Abstract Book – CPA 2022, Calgary, AB

Canadian Psychological Association

June 17 – 19, 2022

Contents

THEME: UNDERSTANDING THE MIND AND THE BRAIN 539

INTRODUCTION

The CPA's 2023 Annual General Meeting and National Convention took place from June 23rd – 25th, 2023, at the Sheraton Centre in Toronto, ON. This year's CPA Convention was held in conjunction with the 5th North American Correctional and Criminal Justice Psychology Conference (NACCJPC). Numerous pre-convention events, including the CPA's Pre-Convention Professional Development Workshops, took place on June 22nd.

Presentation Types

SPOKEN INDIVIDUAL PRESENTATIONS

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 in a "conversation" format without AV as opposed to a formal presentation format with AV.

SPOKEN GROUP PRESENTATIONS

Panel Discussion (55-minutes)

A Panel Discussion is the 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.

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.

POSTER PRESENTATIONS

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.

WORKSHOPS

Standard 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

CPA Keynote

"The Power of Us: Harnessing Our Shared Identities to Improve Performance, Increase Cooperation, and Promote Social Harmony"

Main Presenting Author: Van Bavel , Jay

Abstract: *What causes people to develop an identity? What happens to people when they define themselves in terms of group memberships? And how can our identities instead be harnessed to improve performance, increase cooperation, and promote social harmony? This talk will explain how key principles of social identity are key for understanding the biggest societal challenges, including racism, polarization, group conflict, misinformation on social media, economic inequality, climate change, and democracy.   We argue that groups are central to how we define ourselves. The most important groups in people's lives and thus their most central social identities are often quite stable. And yet we also have a readiness for solidarity—even with complete strangers—which allows us to find common cause around new shared identities. Different identities become salient at different times—and when a particular social identity is active, it can have profound effects on our thoughts, feelings, and behaviors.*

Section: *General Psychology / Psychologie générale*
Session ID: 71962 - CPA Keynote

Cultural Betrayal: From Violent Silencing to Healing for Black Women & Girls

Main Presenting Author: Gómez, M. Jennifer

Abstract: *Societal inequality, including racism, impacts marginalized youth and young adults, including their experience, meaning-making, and outcomes of interpersonal trauma. Proposed by Gómez in 2012, cultural betrayal trauma theory (CBTT) highlights cultural betrayal in within-group trauma in marginalized populations as a dimension of harm that affects mental, physical, behavioral, and cultural health outcomes. In CBTT, within-group trauma violates the (intra)cultural trust—solidary, love, loyalty, connection, responsibility—that is developed in-group to buffer against societal inequality. Thus, within-group trauma, termed a cultural betrayal trauma, can contribute to diverse, costly outcomes, such as dissociation, hallucinations, and internalized prejudice. In this talk, I will first briefly review the literature on racism, intersectional oppression, and sexual trauma. I then will define CBTT, list its postulates, and review the state of empirical support for CBTT in diverse marginalized populations. Next, I will preview the scope of my book project, [working title] _Cultural Betrayal: From Violent Silencing to Healing for Black Women and Girls _(Publisher: APA Books, academic press of the American Psychological Association). Following implications for healing, I will close with concrete steps for engaging in institutional courage (Freyd, 2018) that promotes structural change benefiting Black women and girl survivors of cultural betrayal sexual trauma.*

Section: *General Psychology / Psychologie générale*
Session ID: 71963 - CPA Keynote

Looking Inward, Outward and Forward for Psychology: An Advocacy Perspective

Main Presenting Author: Cohen, Karen

Abstract: *Psychology is a broad and diverse discipline and profession where its members sometimes have as much in common with researchers and practitioners in other fields as they do with each other. And yet, we come together in our knowledge and understanding of how things work and, in particular, how they work for people and other living things. We also come together in our membership in organizations, like the CPA, whose mandate is to meet the needs of the discipline and profession and advance psychology's expertise in the service of society. CPA's advocacy role involves representing psychology with funders and decision-makers whose policies, programs and services are critical to advancing our work but also because policies, programs and services can be informed by what psychology knows. This advocacy role is as important to society as it is to the discipline and profession. The CPA has defined psychology as the study of thinking, feeling and behaviour. It is difficult to imagine any piece of legislation, program, policy, or regulation whose success does not depend on an understanding of how people think, feel, and behave. In this talk, I will review the challenges, successes and opportunities that face psychologists and psychology. These will include those facing the discipline and profession, those faced by society and its institutions to which psychology can contribute, and how psychology might position itself going forward, both to thrive as a field of practice and study, and to make meaningful contributions to the societies in which we live and work.*

Section: *General Psychology / Psychologie générale*
Session ID: 71985 - CPA Keynote

Human Rights and Social Justice: Leading with Compassion and Courage

Main Presenting Author: Sinacore, L. Ada

Abstract: *In this address, I will discuss the role of psychology in the areas of human rights and social justice. I will start by defining human rights and outlining how other organizations have approached this topic. Next, I will discuss the human rights offenses in Canada as identified by the United Nations Human Rights Council (UNHRC) and the areas that can be specifically attended to by psychology. Although, I will be talking about human rights generally, in honor of International Pride Month, I will be using the historic foundations and evolution of Pride. I will use Pride as an example of the importance of human rights work both historically and presently, as LGBTQIA2S+ people continue to face many human rights violations in Canada. Finally, I will discuss how psychologists and the discipline of psychology can be leaders in addressing human rights to bring about lasting systemic change, especially in the areas of research, teaching, clinical practice, and advocacy.*

Section: *General Psychology / Psychologie générale*
Session ID: 71964 - CPA Presidential Keynote Address

CPA Gold Medal Award for Distinguished Lifetime Contributions to Canadian Psychology (Presentation)

"Living Together in Culturally-Diverse Societies"

Main Presenting Author: Berry, W. John

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Abstract: *For many years, I have attempted to answer the question "How shall we all live together in culturally-diverse societies"? This question has great importance for those of us who live in culturally-plural societies that are migrant-receiving or have incorporated diverse nations through colonisation. What can psychologists contribute to answering this question? Many disciplines can contribute to answering this question by examining with the surrounding social and political factors. Psychology deals more with those factors that are internal to the individual, those that involve attitudes, behaviours and motives. Both in Canada and internationally I have been researching three psychological principles that are relevant to answering this question (security, contact and strategies). Here, I focus on one of them: the role of the integration strategy in the achievement of psychological wellbeing and sociocultural adaptation. The integration strategy involves the maintenance of heritage culture while participating in the daily life of the larger society. I review my own research with immigrant communities in Canada and with other samples internationally, as well as meta-analyses of the work of other researchers. I conclude that those individuals and communities that are able to use the integration strategy achieve greater psychological and sociocultural adaptation in culturally-diverse societies.*

Section: *General Psychology / Psychologie générale*
Session ID: 72384 - CPA Gold Medal Award for Distinguished Lifetime Contributions to Canadian Psychology (Presentation)

THEME: CREATING A HEALTHY(IER) PLANET

Working to change human behavior to restore our environment.

12-Minute Talk

Exploring Generation Z's Value-Seeking Behaviour toward Repurposed Products

Main Presenting Author: Kwan, Ernest
Co-Presenting Author: Lu, Irene R. R.

Additional Authors: Li, Lei; Buckingham, Sarah

Abstract: *Most of the extant research on sustainable consumption has focused on recycled or refurbished products. Repurposed product consumption, another form of sustainable consumption, is under-researched. A repurposed product is created when an old product is transformed into something of greater value and serves a different function. For example, when a pair of old jeans are turned into a purse, the purse is a repurposed product. Unlike recycled products, repurposed products do not entail manufacturing raw material from old products; thus, it is relatively easy to repurpose. Unlike refurbished products, repurposed products entail finding a different usage of an old product; thus, repurposing often involves creativity and ingenuity. This could mean that consumers may have very different value-seeking behaviours toward repurposed products, compared to recycled or refurbished products. Furthermore, despite that Gen Z is on its way to become the largest generational cohort in the economy, it is a relatively unexplored population in past research on sustainable consumption. The primary objective of our study is to classify Gen Z into segments based on their value-seeking behaviours toward repurposed products via latent class analysis. The second objective is to identify important predictors of each segment. Our data is comprised of survey responses from a sample of over 700 Gen Zers.*

Section: Environmental Psychology / Psychologie de l'environnement
Session ID: 70914 - 12-Minute Talk

The impact of Covid-19 fear on consumer attitude toward sustainable consumption

Main Presenting Author: Kwan, Ernest
Co-Presenting Author: Lu, Irene R. R.

Abstract: *Since 2020 the world has been grappling with the Covid-19 pandemic. Society has met new challenges and the return to normal may be some time away. We study how the pandemic has impacted sustainable consumption. According to evolution theory, we have evolved a powerful instinct to stay safe from disease. This instinct can even affect decisions in modern society. An important characteristic of this instinct is that when activated, it overrides our response to less imminent threats (e.g., climate change). As many sustainable products are not made from new material, fear of contagion may render such products unappealing during a pandemic. We examine how the concern over Covid-19 impacts attitude towards sustainable products. Our second goal is to compare this impact across three types of sustainable products. We offer the first quantitative study of repurposed products, a type of sustainable product that has become increasingly popular. We compare repurposed to refurbished and recycled products in terms their susceptibility to Covid-19 concerns.*

Our third goal is to explore remedial measures to abate consumer concerns. We identify which type of sustainable product may be most unappealing because of Covid-19 concerns. We offer suggestions on how to promote sustainable products. We also propose future research to better understand attitudes towards repurposed products.

Section: *Environmental Psychology / Psychologie de l'environnement*
Session ID: 71805 - 12-Minute Talk

I'm Not Scared: Climate News Articles and Fear Use

Main Presenting Author: Johnston, Erica

Additional Authors: Fowlie, Devin; Norris, Meghan

Abstract: *The use of fear appeals in media, public health, and environmental advocacy is prevalent and has been studied extensively (see Tannenbaum et al., 2015; Witte and Allen, 2000 for reviews). Fear appeals are common and effective when promoting change in contexts where the change is necessary, immediate, personally relevant, and severe, among others. This has made fear appeals a useful tool in both public health campaigns and in non-health related contexts such as advertising and wildlife preservation. However, news outlets may also utilize fear appeals. Our research analyzed online articles at two timepoints (January 2020 and 2021) from the top 5 newspapers in Canada to explore their use of fear appeals in climate change messaging. Preliminary analyses using criteria outlined by Tannenbaum et al. (2015) indicate that most news articles fail to successfully implement fear appeals when discussing climate. However, we propose that common themes of their messaging may encourage behavioural change if coupled with evidence-based fear appeals at the title level, which is particularly important given low click-through rates of online news pieces. We explore alternative models for analyzing fear appeals specific to climate change, outline important steps for news outlets to encourage climate-positive behaviour, and discuss implications for policy and public information dissemination.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 71474 - Virtual 12-Minute Talk

Printed Poster

Cultural and Islamic Influences on the Perceptions of Mental Health Services in Middle-Aged Muslim Adults

Main Presenting Author: Shahid, Sheza
Co-Presenting Author: Gallant, Natasha L

Abstract: *The Muslims' Perceptions and Attitudes to Mental Health (M-PAMH; Ali et al., 2021), a self-report questionnaire assessing cultural and religious beliefs and familiarity toward professional mental health services factors, has been validated within a sample that was primarily composed of younger Muslim women (Ali et al., 2021); however, research examining mental health perceptions in middle-aged Muslims is non-existent. Therefore, the proposed study is aimed at examining the factors identified in the M-PAMH individually and in concert within the specific population of middle-aged Muslim adults. A mixed-method sequential exploratory study will be conducted. The proposed study will identify differences in mental health experiences and outcomes among minority non-White people in comparison to the majority White community, and these identified difference could provide*

important insights regarding improvements in current therapeutic techniques that would cater better to Muslim communities. It is hoped that the proposed study will lead to a better understanding of ways to promote the use of professional mental health services among Muslim communities within Canada and, by indirectly reducing mental health stigma within the Muslim community, increase the number of Muslim mental health practitioners.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 71877 - 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

A Cognitive Diagnostic Assessment of PISA 2018 Math Items: What Skills did Canadian Students Master?

Main Presenting Author: Li, Johnson
Co-Presenting Author: Zeng, Jianjie

Abstract: *Canadian students' mathematics results have steadily dropped in large-scale international tests since 2003. This study proposes the use of cognitive diagnostic models (CDMs), which provide profiles of mastery of mathematical skills. The aims of this study are to (1) examine whether the PISA 2018 data fit to the skills as stated in the PISA manual, (2) explore the reasons causing declining Canadian scores, and (3) examine differences in mastering mathematics skills across ten Canadian provinces. The results showed that (1) the DINA model, a type of CDMs, is applicable to PISA as evidenced by reasonable goodness-of-fit indices; (2) the mathematics skill, geometry (_space and shape_ skill), has the lowest mastery rate, whereas the mathematics skill, application of mathematics thinking in daily life (_employing_ skill), has the highest mastery rate; (3) students in Quebec acquired the highest mastery rate in all 11 mathematical skills. The findings illuminate the mathematical abilities that Canadian students have acquired or have not entirely grasped, thereby assisting educators and policymakers in establishing and enhancing the educational curriculum for mathematics instruction in Canada.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 70840 - 12-Minute Talk

A Scale to Measure Students' Maladaptive Boredom Beliefs: A Pilot Study

Main Presenting Author: Tze, Virginia

Additional Author: Daniels, Lia

Abstract: *Boredom is a powerful emotion. Experiencing this unsettling emotion makes us try to alter it both consciously and unconsciously. Although a boredom coping scale (Tze et al., 2013) and a precursor to boredom scale (Tze et al., 2014) have been validated among university students, there is still a lack of understanding whether students are holding maladaptive beliefs on boredom. While instructors can take on a more active role in reducing students' boredom in certain contexts, maladaptive beliefs may require more individualized support in additional to a flexible instructional design. Hence, we adapted the irrational thoughts which teachers might be holding (Bernard and Joyce, 1984) to measure students' maladaptive thoughts on boredom. A total of 210 students participated in our study. Using an exploratory factor analysis, the data revealed a two-factor structure (CFI = .964, RMSEA = .059). The first factor captured a boredom belief of entertainment in*

learning and the second factor represented a belief of responsibility. While both factors correlated with boredom in class, only the second factor significantly associated with both task-focused and self-focused boredom. This scale thus provides an opportunity for students to gain a deeper insight on their thought patterns on boredom and relationship with types of boredom experienced.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70048 - 12-Minute Talk

Boredom Intervention Training: Students' Perspectives on Intervention Materials

Main Presenting Author: Tze, Virginia

Additional Authors: Daniels, Lia; Parker, Patti; Sukovieff, Alyse; Brekelmans , Stephanie

Abstract: *It is not uncommon to hear students saying they are bored during class. With this in mind, we designed two intervention materials—a psychoeducational and a cognitive reappraisal video. The first video features a whiteboard animation which provides students with the knowledge on boredom that it is more than just a feeling and includes motivational, physiological, and cognitive components. The second video is intended to help students identify and evaluate their boredom thoughts through 6 simple steps. Ten students from the University of Manitoba were interviewed to watch the first video. Using qualitative analyses, we found students revealed they gained a new understanding of the physiological component of boredom, as well as the locus of responsibility for boredom. Four of these students returned and watched the second video, which comprised an audio-narrated PowerPoint video. While the participants appreciated that the message was informative, they also indicated that they would prefer a more engaging video. With this interview feedback, we shortened the length of the video focusing on the core messages and developed a second whiteboard video with a similar format as the first video. These themes provide preliminary support that intervention videos offer important information for students to equip themselves in a learning situation when they feel bored to help combat boredom.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70059 - 12-Minute Talk

Do you set appropriate goals? It depends on regulatory focus.

Main Presenting Author: Yasuda, Yuto

Additional Author: Goegan, Lauren

Abstract: *Regulatory focus theory (Higgins, 1997, 1998) proposed that there are two types of self-regulations: promotion focus and prevention focus. With promotion focus, people tend to use approach strategies. On the other hand, with prevention focus, people tend to use avoidance strategies. Previous studies have shown that perceived values and motivation increase when each regulatory focus uses appropriate means, which is called regulatory fit (Higgins, 2000). Based on the characteristics of each regulatory focus, we examined promotion and prevention focus separately and their connections to one's goals and academic performance. 173 data of university students were analyzed in this study, in which they answered a questionnaire including items related to regulatory focus, goals, and subjective performance. Mediational analysis was conducted. The results demonstrated that promotion focus and prevention focus respectively predicted the perceived importance of approach and avoidance goals. Then, the perceived importance of each type of goals*

was respectively associated with the achievement of each of them, which led to high perceived performance. The results suggest that goals to enhance performance may be different depending on individuals. The talk will conclude with a discussion on how teachers can implement these findings into their classroom practices.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70616 - 12-Minute Talk

Evaluating the Effectiveness of the Online Teaching of Introductory Psychology

Main Presenting Author: Dumoulin, Amanda

Additional Author: Rusticus, Shayna

Abstract: *In response to COVID-19, universities switched to online delivery, creating challenging learning environments (LE) for students and faculty and raising questions about how to best teach in an online LE. This led to a need for a formative evaluation to identify facilitators and barriers to the switch to online learning in introductory psychology courses at a Canadian university and to determine the effectiveness of teaching these courses online. Questionnaires on aspects of the course including engagement, delivery, assessments, skills, work-life balance, and flexibility were administered to 144 students and 12 faculty involved in the courses from Sep2020 to Apr2021. Descriptive statistics were conducted on individual close-ended items; thematic analysis was conducted on open-ended items to identify themes describing perspectives and experiences of faculty and students in navigating the online LE. Respondents identified flexibility and varied resources as some of the facilitators, but lack of socialization was a large barrier. This evaluation can provide strategies to ensure students receive quality education in online LEs. Recommendations include focusing on community: Deliver content asynchronously to give a background of the material, provide optional synchronous meetings to discuss topics of interest, and implement a structured means for students to communicate with each other.*

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 70169 - 12-Minute Talk

Integrating self-regulated learning within the elementary math curriculum

Main Presenting Author: Marrello, Anna
Co-Presenting Author: Winters, Amy

Additional Authors: Schroeder, Meadow; Makarenko, Erica; Andrews, Jac J. W. ; Hamilton, Sarah; Braunberger, Dana

Abstract: *Self-regulated learning strategies, such as self-instruction, self-monitoring, and self-evaluation, are considered strong predictors of academic achievement (Callan and Cleary 2018; Perels et al., 2009; Perry et al., 2019). The COVID-19 pandemic reinforced the importance of these independent learning strategies, as students and school staff navigated the transition to online learning. Students with learning disabilities (LD) and Attention-Deficit/Hyperactivity Disorder (ADHD) often struggle with self-regulated learning and require explicit guidance to select, utilize, and monitor strategies within the context of academic tasks. This need for support was highlighted, as students with LD and ADHD became increasingly vulnerable in response to increased expectations for independent learning in online platforms. To support the academic needs of this population, a*

school for students with LD/ADHD collaborated with [university removed for blind review] to pilot an instructional program on self-regulated learning. Through a wait-list control design, fifth and sixth grade students participated in a 10-week, in-class intervention. The intervention explicitly taught self-regulated learning strategies in math classrooms and provided students with opportunities to apply these strategies in mathematic problem-solving activities. The intervention is currently being implemented in the classrooms and data from the experimental and control groups will be collected by the end of 2021. By the start of the convention in June 2022, analysis of the pre- and post-intervention pilot data will be available for presentation.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70630 - 12-Minute Talk

Measuring Motivational Teaching: Validity Evidence for a Comprehensive Measure of Motivational Climate in the Classroom

Main Presenting Author: Luong, Raymond

Additional Authors: Johnson, Cole; Robinson, Kristy A.; Flake, Jessica K.

Abstract: *Motivational climate refers to the social, affective, and evaluative features of a learning environment that can motivate or de-motivate learners. Prior research has investigated the role of motivational climate on student motivation, performance, and success, but measures are often created on-the-fly and lack thorough validation. As a result, there are various motivational climate measures with varying strengths and weaknesses but no coherent guidelines on how to use or choose between them. To address this, we developed a comprehensive measure of motivational climate based on principles crosscutting major theories of achievement motivation (Linnenbrink-Garcia et al., 2016). To evaluate the measure, we collected data in multiple STEM courses during Fall 2019 and Fall 2020. Undergraduate students (n = 1,922) responded to 43 items corresponding to 5 instructional design principles: supporting students' competence, autonomy, relevance, learning goals, and belonging. To assess validity, we used a mixed-methods approach including 1) Qualitative item analysis (content review, think-alouds), 2) Exploratory factor analysis, and 3) Confirmatory factor analysis. Preliminary results do not support the hypothesized 5-factor model and suggest more interrelated motivational climate facets. We will provide a refined version of the measure and recommendations for use in education research.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71568 - 12-Minute Talk

Production effect over the long-term: The secret is in serial positions

Main Presenting Author: Saint-Aubin, Jean

Additional Authors: Guitard, Dominic; Poirier, Marie; Yearsley, James M.; Harrigan, Isabelle; Cyr, Véronique

Abstract: *The Production effect refers to the better recall of words read aloud relative to silent reading. Recently, using short-term ordered recall tasks, Saint-Aubin et al. (2021) uncovered critical interactions between the production effect and serial positions. Here, we asked whether these interactions would also be observed with the LTM tasks usually used to investigate the production effect. In Exp. 1, pure and mixed lists of 8 words were presented in both order reconstruction and free*

recall tasks, with a 30-second filled retention interval. In Exp. 2, the list length was extended to 24 words; in Exp. 3, 10-word lists were used with a 2-minute retention interval. Results from all experiments mirrored those observed in short-term memory. With mixed lists, where produced and silently read words alternated, produced items were better recalled, leading to sawtooth serial position curves. With pure lists, produced items were better recalled on the last serial positions, but they were less well recalled on the first serial positions. Results were accounted for by the Revised Feature Model, originally developed to explain short-term memory performance. The findings and model suggest that produced items are encoded with more item-specific, modality-related features, generating a relative distinctiveness advantage. However, the richer encoding comes at a cost: it disrupts rehearsal.

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 70094 - 12-Minute Talk

The performance gap in statistics education for Arts vs. Science students

Main Presenting Author: Mackinnon, P Sean

Additional Authors: McCaughey, J Nick; Hobson, Heather; Hill, Taylor G

Abstract: *Context: There is a performance gap in statistics education for Arts vs. Science students. Many students in psychology choose an Arts degree to avoid statistics courses – only to be unpleasantly surprised when the quantitative nature of psychology is revealed. In this talk, I characterize the differences between these two groups of students within statistics classes. Method: Study 1 (_N_ = 116) measured final percentage grades in an undergraduate introductory statistics class and prior statistics course experience. Study 2 (_N_ = 50) assessed core mathematical skills in undergraduates with a standardized test. Study 3 (_N_ = 447) measured statistics anxiety in undergraduate and graduate students using a short form of the Statistics Anxiety Rating Scale. Results: In Study 1, Arts students scored ~10% lower than Science students and had lower prior experience with statistics. In Study 2, Psychology students had poorer initial mathematics skills at the beginning of a statistics course than Neuroscience students. In Study 3, Arts students had more statistics anxiety than any other degree type. Discussion: Arts students tend to have a weaker statistics and mathematics background and typically enter statistics courses with high levels of anxiety and negative attitudes towards the subject. Reducing student anxiety and incorporating basic mathematics tutorials may help close the gap.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 70101 - 12-Minute Talk

Printed Poster

A theory-based psychoeducational video designed to increase boredom knowledge

Main Presenting Author: Parker, C. Patti

Additional Authors: Tze, M. C. Virginia; Daniels, Lia M.; Sukovieff, Alyse

Abstract: *BACKGROUND: Across postsecondary settings, boredom is a common emotion and can be harmful for achievement striving and motivation. We draw on two theories—Control Value Theory (CVT) and the Components Process Model of Emotions (CPM)—which cover important dimensions of boredom experienced by students. METHODS: Our study used a novel application of a psychoeducational boredom video incorporating CVT and CPM as the first phase of a boredom-specific intervention called BIT (boredom intervention training). We examined: the efficacy of the video to increase students' (_N_ =85) knowledge about boredom as a scholarly construct, whether students learned something novel and expressed interest in the session. Repeated measures analyses tested changes in students' knowledge after viewing the video. RESULTS: Our results showed students indicated more knowledge about boredom post-session, 93% learned something new, and 88% were interested to return for future sessions. CONCLUSIONS: Although a first step, our study reveals a psychoeducational video that teaches about boredom can be an effective approach. Given that boredom is a familiar experience in university, the findings suggest students improved their understanding of the construct above their own personal experience of it. IMPACT: This phase can assist students in identifying specific components that give rise to boredom in various settings.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70030 - Printed Poster

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Academic Honesty in Childhood: The Roles of Executive Function and Self-Efficacy

Main Presenting Author: Wilson, M. Kaitlyn
Co-Presenting Author: Li, Yingxi

Additional Authors: Xu, Y. Amy; Cheung, Christy N. Y. ; Wang, Vivian ; Kermani, Karin ; Cameron, Catherine Ann

Abstract: *Deception is pivotal to normal socio-cognitive development but may give rise to anti-social behaviour if continued into adulthood. The prevalence of academic dishonesty at all levels of education necessitates a longitudinal investigation of contributing factors to the emergence of deception in educational contexts. Executive functioning (EF) is theoretically implicated with academic comportment (AC), though the relationship is unclear. Self-efficacy (SE) has been empirically associated with AC. The present study investigates a potential moderating relationship between EF and SE on AC. Children aged 5-7-years engaged in a virtual protocol mirroring an academic setting. The research question was assessed using the _Formative Self-Efficacy Questionnaire_, selected measures from the _NIH Toolbox Cognitive Domain_, and a lab-developed rule-breaking paradigm. Preliminary analysis based on Year 1 data of this cross-lag longitudinal study suggests a weak negative correlation between SE and EF (r = - .048). Rule-breaking was observed in 78.3% of participants. Children with lower SE and higher EF may have transgressed to feign success, highlighting a need to foster confidence in educational environments. Development of programs to improve SE may reduce children's inclination to break rules.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 70399 - Printed Poster

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Attention-Deficit/Hyperactivity Disorder Symptoms and Some Personality Traits Are Associated with Impairments in Self-Reported Executive Function.

Main Presenting Author: Weerawardhena, Himanthri

Additional Authors: Callahan, Brandy; Al-Khaz'Aly, Hawra

Abstract: *BACKGROUND: Attention-deficit/hyperactivity disorder (ADHD) symptoms are linked to self-reported executive function (EF) deficits. Varying levels of personality traits have been uniquely related to ADHD symptoms and poor EF skills, implying that personality trait levels could affect EF in ADHD. This study examined whether level of personality traits impacts EF skills in adults with ADHD symptoms. METHOD: 195 participants aged 18-47 years (12.8% male) completed an online survey measuring personality traits, ADHD symptoms, and EF skills. Moderation analyses examined the link between ADHD symptoms and self-reported difficulties with Time Management, Organization, Self-Restraint, Self-Motivation and Self-Regulation, with HEXACO personality traits as moderators. RESULTS: Inattention was a stronger predictor of poor time management in more emotional individuals. Hyperactivity was a stronger predictor of poor organization and self-regulation in more honest individuals, and of poor organization in more open individuals. Impulsivity was a stronger predictor of poor self-regulation in more emotional individuals. CONCLUSION: Self-reported scores on EF domains were moderated by personality traits and ADHD symptoms. IMPACT: Individual level of personality traits explain some EF deficits in ADHD adults; personality should be assessed for more tailored and effective interventions for ADHD adults.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 71209 - Printed Poster

Blended Learning Models in Elementary Schools During Year One of the COVID-19 Pandemic

Main Presenting Author: Walsh, E Kathleen

Additional Authors: Wong, Harris; Hall, Marissa; Anderson, Eliah; Ross, Katherine; Ford, Laurie; Perry, Nancy

Abstract: *The COVID-19 pandemic required schools to find innovative ways to meet the needs of students and families given changing health orders. Researchers partnered with school superintendents in the lower mainland of BC to document how districts adapted teaching and learning in response to Covid-19. Guided by two questions, researchers examined how districts adapted instruction and how the adapted models met student needs, in particular issues of equity magnified in the students. 13 school districts participated in questionnaires and interviews exploring the strengths and challenges to district responses. The data were analyzed for important demographics, as well as emergent themes. Preliminary findings indicate that the districts were very adaptable and creative in their responses to learning during the pandemic. Themes relating to the importance of flexible and responsive learning options for students, issues of equity (food security, technology access), at-home supports facilitating online learning and the impact of online learning on students with disabilities and English Language Learners we identified. Strengths and challenges of the learning approaches utilized during the pandemic are highlighted. This information is helpful in making decisions around learning in the future and opening conversations on ways things can be done differently to better meet the needs of students.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71739 - Printed Poster

Enhancing Children's Reading Development: Psychometric Properties of the Reading Readiness Screening Tool

Main Presenting Author: Minhas, Priyanka

Additional Authors: Miller, Courtney; Climie, Emma

Abstract: *Early reading proficiency is a crucial aspect of children's development as it can heavily determine future reading success (Dickinson and Porche, 2011). Strong phonological awareness has been found to strengthen children's reading development, as well as cognition and overall intelligence. One recently developed phonological awareness tool is the Reading Readiness Screening Tool (RRST). This tool is part of the Right to Read (R2R) program, which allows for early detection of reading deficits in elementary students and provides targeted intervention strategies. This study examined the RRST's validity and reliability, and compared similar constructs (e.g., segmenting, blending etc.) to a standardized tool, the Phonological Awareness Test – Second Edition: Normative Update (PAT-2:NU; PAT-2:NU, 2018). One hundred five-year-old students completed the RRST and PAT-2:NU. Anticipated results will address the validity and reliability of the RRST. Further, the RRST will be a comparable tool to the PAT-2:NU on similar constructs. The RRST may serve as a preventative tool and may be a critical resource for teachers and psychologists working with developing readers.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71265 - Printed Poster

Exploring classroom effects in trajectories of student strengths and physical literacy in early childhood education

Main Presenting Author: Zhang, Jasmine

Additional Authors: Brown, Ben; Browne, Dillon T; Young, Michaela

Abstract: *BACKGROUND: PREVIOUS RESEARCH SUPPORTS THE BENEFITS OF HIGH-QUALITY EARLY CHILDHOOD EDUCATION (ECE) FOR CHILDREN'S SOCIOEMOTIONAL FUNCTIONING AND PHYSICAL LITERACY. HOWEVER, THE RELATIONS BETWEEN THESE TWO OUTCOMES REMAIN UNDEREXPLORED, AND LITTLE IS KNOWN REGARDING THEIR SYSTEMATIC VARIATION ACROSS CLASSROOMS IN ECE SETTINGS. METHODS: THIS STUDY ASSESSED THE PREDICTIVE ROLE OF PHYSICAL LITERACY IN THREE-MONTH INDIVIDUAL-AND CLASSROOM-LEVEL TRAJECTORIES OF SOCIOEMOTIONAL STRENGTHS IN CHILDREN ENROLLED IN A LICENSED ECE SERVICE. EDUCATORS (N=37) IN CLASSROOMS (N=22) COMPLETED MONTHLY ASSESSMENTS OF CHILDREN'S (N=235) SOCIOEMOTIONAL STRENGTHS AND PHYSICAL LITERACY. RESULTS: THREE-LEVEL RANDOM INTERCEPT GROWTH CURVE MODELS REVEALED THAT SOCIOEMOTIONAL STRENGTHS IMPROVED THROUGHOUT THE STUDY PERIOD, WITH SIGNIFICANT BETWEEN-CLASSROOM DIFFERENCES IN BOTH THE INTERCEPT (STARTING VALUE) AND SLOPE (RATE OF CHANGE). STRENGTH SCORES WERE ALSO HIGHER WHEN CLASSROOM-AVERAGE AND CHILD-SPECIFIC PHYSICAL LITERACY SCORES WERE HIGHER. CONCLUSION: PHYSICAL*

LITERACY IS AN IMPORTANT PREDICTOR OF POSITIVE SOCIOEMOTIONAL OUTCOMES IN ECE SETTINGS. IT IS IMPORTANT TO CONSIDER CLASSROOM-LEVEL DIFFERENCES IN THESE OUTCOMES, AS WELL. ACTION: RESOURCE AND PROGRAM IMPROVEMENTS FOR CHILDREN'S SOCIOEMOTIONAL FUNCTIONING IN ECE CONTEXTS MUST ACCOUNT FOR UNIQUE CHILD- AND CLASSROOM-LEVEL VARIATION IN OUTCOMES.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 70066 - Printed Poster

Exploring gender differences in pre-service teachers' beliefs about trauma-informed teaching

Main Presenting Author: Pelletier, N Gabrielle

Additional Authors: Daniels, Lia; Wells, Kendra; Pollitt, Tessa

Abstract: *Acknowledging the need for trauma-informed practices in education has recently gained momentum (Thomas et al., 2019). However, the theoretical underpinnings such as pre-service and practicing teachers' beliefs have yet to be explored. The purpose of this study was to compare the gender differences in pre-service teachers surrounding their beliefs about trauma-informed teaching. Our sample consisted of 189 pre-service teachers from the University of Alberta and 60.8% identified as women. We analyzed our data using descriptives, correlations, and independent samples t-tests. Overall, 69.8% were not familiar with trauma-informed teaching practices; there were no gender differences (t(179): 0.01, p = 0.75). Women expressed significantly more agreement when asked about if schools played an important role in supporting students who have experienced trauma (t(179): -1.50, p = 0.00). Women also showed significantly more agreement surrounding the belief that teachers' behaviours could impact the well-being of students who have experienced trauma (t(179): -3.10, p =*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 71613 - Printed Poster

Fear of Public Speaking: College Student Perspectives and Evidence-Based Interventions

Main Presenting Author: Jobin, Marie-Line

Additional Authors: Cayer, Chelsea; Beck, Sara L

Abstract: *According to the Ontario Ministry of Colleges and Universities (OMCU, n.d.), public speaking is an essential skill that post-secondary students are expected to acquire during their studies. However, up to 70% of students experience anxiety and fear related to speaking in front of an audience (Nash et al., 2016), and few intervention programs exist in post-secondary institutions to address this fear. This study examined the nature of the fear experienced by current post-secondary students and identified best-practice interventions. A total of 520 participants completed a survey to identify their thoughts, physical reactions, behaviours, and skill deficits that contribute to their fear of public speaking and their willingness to participate in intervention programs. Using a cross-sectional design, qualitative and quantitative data were analysed using descriptive, thematic, and content analysis. The results demonstrate that students experience a variety of negative thoughts, physical*

reactions, and avoidant behaviours that contribute to their fear of public speaking. Most importantly, students reported interest in participating in a distress-reducing, skill-building speaking program (41%). Based on these findings, we recommend designing a best-practice intervention program to address current students needs and assist them in developing this essential employability skill.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70668 - Printed Poster

How Okay Are You? The Strengths and Resilience of Children with ADHD

Main Presenting Author: Charabin, Emma

Additional Author: Climie, A. Emma

Abstract: *Research on attention-deficit/hyperactivity disorder (ADHD) has begun to examine strengths and resilience in children and youth, rather than focusing on deficits. Positive attributes in individuals with ADHD such as creativity, persistence, and humour have been identified by previous research (Healey and Rucklidge, 2006; Sedgwick et al., 2019). Research examining resilience in children with ADHD has found a variety of protective and promotive factors (Dvorsky and Langberg, 2016). However, no studies have examined both strengths and resilience factors demonstrated by children with ADHD together. This research will identify those factors and assess if a gender difference exists. Participants included approximately 60 children (20 girls and 40 boys) between the ages of 8-17 years with a previous diagnosis of ADHD. The Behavioural and Emotional Rating Scale – Second Edition (BERS-2) and Connor-Davidson Resilience Scale 25 (CD-RISC-25) questionnaires were used to measure self-reported strengths and resilience. Results will describe the strengths and resilience factors reported, along with an analysis of gender differences. This work could offer a direct benefit by providing novel information on the strengths reported by children with ADHD and the resilience factors used when coping with ADHD symptoms. Implications will be discussed with emphasis on how they relate to school psychology.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70139 - Printed Poster

How Should I Think About My Goal Progress? A Metamotivational Approach

Main Presenting Author: Ross, Jessica

Additional Authors: Nguyen, Tina; Grove, Monica; Fujita, Kentaro; Scholer, Abigail

Abstract: *We are often told that if we keep our eyes on the prize (i.e., the finish line), we will achieve our goals. However, research on the dynamics of self-regulation has highlighted that whether it helps to focus on the starting line or the finish line depends on how committed people are to their goals. Specifically, if someone is uncertain about their commitment, focusing on what has already been accomplished ("to-date" information) is more motivating, whereas if someone is highly committed, focusing on how much they have left to accomplish ("to-go" information) is more motivating. Initial investigations of people's metamotivational beliefs using hypothetical scenarios suggest that people have some awareness of the normative benefits of to-date/to-go framing. However, it is unclear whether these beliefs extend to real-world contexts. Applying a consequential choice design, the present research had participants identify a current goal and choose either a to-date or to-go progress tracking worksheet. Correlation and regression*

analyses show that the normatively accurate beliefs found in prior research are reflected in the context of people's own goals, though there may be moderators that influence these beliefs (e.g., optimism). Understanding the factors that influence people's beliefs about motivation can help us target interventions to help people effectively pursue their goals.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 70927 - Printed Poster

Implementation Science: Differences in Applications Across Clinical Disciplines

Main Presenting Author: Infantino, Erika

Additional Authors: Gildone, Sarah; Kang, Yeon Hee (Jenny); Chen, Shiyuan; Shaw, Steven R.

Abstract: *BACKGROUND: In response to the low rates of evidence-based practices being used in clinical settings, implementation science has emerged to promote the use of research findings in real-world practice settings (Eccles & Mittman, 2006). Though, how clinicians in different disciplines use implementation science today is still understudied. OBJECTIVE: Explore the differences among school, counselling, and clinical psychologists in their application of implementation science. METHODS: Part of a larger study, approximately 200 Canadian psychologists will be recruited via online advertising and an email campaign. All participants will complete a 20-minute survey concerning how they apply implementation science into their practice. Results will be analyzed through descriptive statistics such as percentages and means. SIGNIFICANCE: By analyzing how different professionals within psychology perceive, use, and understand implementation science, we will develop a snapshot of how clinicians view and use evidence-based practices and help guide future research and clinical training to improve the translation of research to real-world practice.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71339 - Printed Poster

Investigating the factor structure of a new executive function measure in young adults: the Learning, Executive, and Attention Functioning (LEAF) Scale

Main Presenting Author: Leckey, Jenn

Additional Authors: Munroe, Cory; Johnson, Shannon; Jacques, Sophie

Abstract: *Executive functions (EFs) are cognitive processes implicated in goal-directed behaviour. Questionnaires originally developed to assess EFs in children have been adapted for adults (e.g., BRIEF-A), displaying good psychometric properties and predictive validity. However, many are expensive and do not measure other cognitive processes employed during learning known to closely relate to EFs (e.g., factual memory, concept formation). We investigated the factor structure of a new EF questionnaire—developed for children—in young adults. The Learning, Executive, and Attention Functioning (LEAF; Castellanos et al., 2018) Scale is free and comprises 11, 5-item subscales that measure components of EF, learning-related cognitive processes, and academic abilities. The LEAF was completed by 215 undergraduates (ages 18 – 30). We first confirmed that items from the original 3 academic subscales factored separately and then performed exploratory factor analysis on all items from the remaining 8 subscales. Preliminary analyses revealed an 8-factor solution that is highly concordant with the original LEAF scale structure. The structure of 6 of the original 8 subscales from the child version were well maintained (i.e., ≥4 original subscale items factored together), with 31 of*

40 items factoring exactly as expected. The LEAF promises to be an alternative, accessible measure of EFs for adults.

Section: *General Psychology / Psychologie générale*
Session ID: 70713 - Printed Poster

Learning During the Covid-19 Pandemic: How Motivational Interference Impacts Student's Motivation for Schoolwork

Main Presenting Author: Grouzet, Frederick

Additional Author: Maillet, Myles

Abstract: *BACKGROUND/RATIONALE: Students often face temptations during schoolwork, especially when learning from home during the Covid-19 pandemic, which can create motivational interference (as defined by Vallerand, 1997) that may impact motivation towards schoolwork (Gorges et al., 2014). Research on pre- and post-decisional processes suggests that it may increase students' salient form of motivation (e.g., Gerard and White, 1983). METHODS: In two two-week diary studies (Spring 2021, n = 43; and Fall 2021, n = 44), participants completed surveys at the start and end of each work session. We then examined how motivational interference increases students' salient form of motivation (i.e., autonomous vs. controlled) towards schoolwork. RESULTS: We found some evidence for our hypothesis in Study 1, but not in Study 2. We also found that students higher (vs. lower) in relative autonomous motivation were more likely to continue working when motivational interference occurred. CONCLUSION: Despite mixed evidence of how motivational interference impacts motivation towards schoolwork, relative autonomous motivation may lead to persistence when interference occurs. ACTIONS/IMPACT: Motivational interference is a common experience for people (e.g., employees working from home) and fostering more autonomous (vs. controlled) forms of motivation may help people to manage these challenges.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71786 - Printed Poster

Let's read: Language, executive function, and reading in children with and without epilepsy.

Main Presenting Author: Bailey, Katharine

Additional Author: Im-Bolter, Nancie

Abstract: *Children with epilepsy have problems with reading (Reilly et al., 2014), and also meet criteria for language impairment (Bailey and Im-Bolter, 2021) and have deficits in executive function (EF; MacAllister et al., 2012). Their language and EF deficits could contribute to their poor reading skills, but it is also possible that their reading problems can be attributed to epilepsy. The current study compares the reading abilities of children with epilepsy (EP: n = 7) to a group of children with (LP: n = 12) and without (TD: n = 17) language problems. All groups were comparable for age, nonverbal intelligence, and socioeconomic status. Children were administered standardized measures of language, phonological processing, and reading, as well as measures of EF. The EP and LP groups were comparable on all measures and both groups had worse language and reading skills than the TD group. In addition, children with epilepsy, but not with language problems, performed*

worse than the typically developing group on measures of EF. Results also suggest phonological processing and epilepsy diagnosis are predictors of reading decoding whereas structural language and epilepsy diagnosis are predictors of reading comprehension. These findings suggest that interventions for reading decoding and comprehension problems in children with epilepsy should also address language skills.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 70602 - Printed Poster

Making the Grade: How Grade Level Impacts Teacher Attitudes towards Indicators of Academic Success

Main Presenting Author: Goegan, D. Lauren

Additional Authors: Dueck, S. Bryce; Radil, Amanda I.; Daniels, Lia M.

Abstract: *Conversations about academic success are everywhere, yet there are many indicators of academic success (Goegan et al., 2020, York et al, 2015). Indeed, research by York and colleagues (2015) identified six indicators including (a) academic achievement (e.g., grades), (b) acquisition of skills and competences, (c) attainment of learning outcomes, (d) career success (e.g., post school career performance), (e) persistence and (f) satisfaction. To investigate the complexity of academic success, we examined how teachers' attitudes towards these indicators are impacted by grade-level. Teachers were asked to identify how often they consider each indicator when they are evaluating success for their students. Teachers were grouped into grade-division breaks used in the local school communities (grades 1-3, 4-6, 7-9 and 10-12). We ran a series of one-way ANOVAs. There were several differences in the endorsement of the indicators based on grade, in particular, academic achievement $F_{(3,347)} = 4.15$, $p =.007$, career success $F_{(3,348)} = 7.15$, p*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70775 - Printed Poster

Mobilizing Mindsets: The Effects of Growth Mindset Messaging on Elementary Students' Emotions

Main Presenting Author: Tulloch, L. P. Sierra

Additional Authors: Dueck, S. Bryce; Goegan, Lauren D.; Lou, Nigel M.; Klevyer, Morgan; Sweeney, Darren; Holmgren, Sarah; Noels, Kimberly A.; Daniels, Lia M.

Abstract: *Evidence generally supports a positive association between growth mindset and academic outcomes, even if the experimental evidence for growth mindset interventions precisely is somewhat more tenuous. This is promising as the concept of growth mindsets have grown in popularity with a proliferation of materials readily available to teachers and school administrators. The purpose of this multi-method study was to explore elementary students understanding of growth mindset messaging created by teachers and its association with students emotions. First, 10 semi-structured focus groups consisting of elementary students from Grades 1 through 5 were conducted. Following the focus groups, students in Grades 4 and 5 completed surveys, containing both quantitative and qualitative items, in their classes about their mindsets. The results showed that students as young as grade 1 were positively impacted by the growth mindset messaging, both in school and when facing challenges*

outside of school. Paired-samples t-tests revealed students emotions were also largely adaptive, with the exception of frustration, which participants associated equally with a growth and fixed mindset, $t_{(36)} = -2.56$, p = .015. Results are discussed in relation to mindset theory broadly as well as in regards to teacher or school initiated mindset messages.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70747 - Printed Poster

Open-Source Analogy Model of Research: Crowdsourcing Clinically Relevant Research

Main Presenting Author: Infantino, Erika

Additional Authors: Katseva, Stanimira; Riondino, Giulia; Verma, Neha; Pecsi, Sierra; Shaw, Steven

Abstract: *BACKGROUND: Evidence-based practice is the driving force in the practice of professional psychology. There are a host of barriers to making psychology a truly evidence-based profession. Challenges concerning reproducibility, clinical utility and relevance, inclusiveness, implementation, and the incentive structure of academia are well described in the literature (Grand, Rogelberg, Banks, Landis, and Tonidandel, 2018). Efforts to address these hurdles include elements of open science and implementation science. PROPOSED MODEL: An integrated clinical model of research (Open Source Analogy Model) is proposed to address the hurdles while creating an implementation and research model. The stages of the OSAM model illustrate the integration of consultation, implementation science, and open science concepts to create a horizontal approach to developing the research program from concept to clinical applications, incorporating 10 continuous stages. SIGNIFICANCE: The OSAM is an integrated clinical model of research that supports clinical readiness levels, practical and efficient applications, and significant research productivity. Put in use, it has the potential to significantly narrow the research-to-practice gap, and increase the meaning of evidence-based interventions and the scientist-practitioner model of clinical practice.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71336 - Printed Poster

Teacher Perspectives on Trauma-Informed Practices in Rural Schools

Main Presenting Author: Anderson, Eliah

Additional Author: Ford, Laurie

Abstract: *Youth in rural areas experience high rates of trauma exposure yet few studies have explored specific mental health interventions for this population (James et al., 2017). Schools have long been identified as an ideal location to provide mental health supports (Rones and Hoagwood, 2000) and trauma-informed practices have been shown as an effective treatment for a range of trauma-related symptoms within the school setting (Nadeem et al., 2011). Rural areas have less access to professional mental health supports; thus, teachers and the broader school system have an opportunity to fill an important void in providing youth mental health supports. This study will explore elementary school teacher perspectives on trauma-informed practices in rural areas of Alaska, focusing on the specific strengths and challenges these schools have in implementing trauma-informed practices. A concurrent mixed-mode design will be used within an exploratory survey methodology (De Leeuw and Berzelak, 2016). Participants will complete an online survey, then be given an*

opportunity for a follow-up interview. The study is currently in progress with anticipated completion by May 2022. Results are expected to show how teachers are instrumental in implementing a trauma-informed paradigm in rural schools and may desire further training on trauma-informed teaching strategies specific to rural areas.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70868 - Printed Poster

The Impact of Overt Disagreement on Children's Selective Social Learning

Main Presenting Author: Fobert, Sophie

Additional Authors: Pellegrini, Emma ; Brosseau-Liard, Patricia

Abstract: *Much like scientific journal reviewers, children employ rigorous methods to decipher the reliability of others' claims. Selective learning refers to an individual's propensity to rely on one source of information over another. In fact, children prefer to learn from individuals who demonstrate accuracy, confidence, and prosocial behaviour. Little is known, however, about how children learn from sources who explicitly disagree, as informants presented in most previous studies have made conflicting claims independently of one another. In this study, 3- to 8- year-olds will complete a selective learning task and preliminary findings will be presented (n= 35). In the task, children will be asked to endorse novel object labels provided by two informants. One informant consistently provides information in a neutral manner whereas the other overtly disagrees and denigrates the information provided by the first informant. If children interpret explicit disagreement as an indicator of confidence, they will selectively endorse labels presented by the disagreeing informant (Hypothesis 1), whereas reliance on the non-disagreeing informant would indicate an antisocial interpretation of overt disagreement (Hypothesis 2). As informants often present their claims in dialogue, the findings from this study will provide a deeper understanding of children's selective trust across social contexts.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 71808 - Printed Poster

Trajectories At Risk: Examining Children's Self-Regulation In Classroom Contexts From K to Gr.2

Main Presenting Author: Hall, R Marissa

Additional Authors: Ford, Laurie ; Perry, Nancy E; Hutchinson, Lynda R

Abstract: *Self-regulation (SR) involves individuals' abilities to adapt cognitions, affect, and behaviours to respond to environmental demands and achieve goals. During childhood, SR describes how children coordinate their deployment of basic executive functions and higher-order processes to effectively engage with others. Research in developmental and educational psychology provides empirical support illustrating how children's SR predicts success in school (Perry et al., 2017). Studies also reveal that children differ in their engagement in SR in school, but very few studies have examined the development of children's SR in school trajectories, and how they may be shaped by features of classroom contexts that can serve to impact it. The current study fills a gap in the literature by using longitudinal data to examine trajectories of children's SR in school from K-3 using a case study approach (Pollard and Filer, 1996) assessing demographic information, survey data, and classroom observations. Findings will examine how building SR in classrooms over several years*

may improve childrens overall functioning. Additionally, the findings will extend the literature on how the presence or absence of contextual factors relate to the development of childrens self-regulation in school. The study is in progress at this time but we anticipate completion by May 2022.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70967 - Printed Poster

Assessing Attitudes Towards Working in Student Teams: A Systematic Review of Validity Evidence from Existing Measures

Main Presenting Author: Rusticus, Shayna

Additional Author: Landaverde-Umana, Leonardo

Abstract: *This systematic review identifies measures that assess student attitudes towards teamwork and addressed two key research questions: One, what measures have been developed to assess student attitudes towards teamwork in an academic classroom setting? Two, what type (content, response process, internal structure, relationships to other variables) and strength of validity evidence have been provided for the interpretations and uses of the scores from these measures? Specifically, this review focuses on general attitudes towards teamwork itself and how students feel about working in teams rather than their attitudes toward a specific team. An iterative search strategy was conducted and of the 15,346 initial citations, a total of ten studies, representing eight measures of student attitudes towards teamwork was included. An overall validity score was calculated for each measure and converted to a percentage. Overall, the average validity score was 46% (SD=19%). The highest validity rating was given to the Feelings Toward Group Work Questionnaire (Goudas et al., 2009) with a score of 88%. Only two measures provided evidence spanning all four sources of validity evidence. In conclusion, this review has identified that there is limited validity evidence for the 10 attitudes towards teamwork measures that we reviewed, particularly related to the generalizability of these measures.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71486 - Virtual Posters (pre-recorded content released)

Section Featured Speaker Address

Motivating durable learning: focused attention through instructional design

Main Presenting Author: Kim, Joseph

Abstract: *Most of the undergraduates at McMaster University take introductory psychology in their academic programs. How do you deliver a high-quality educational experience to 6000+ students and maintain an academically rigorous program that motivates deep learning? Research from cognitive psychology on attention, memory and learning has informed our pedagogical decisions to develop evidence-based interventions in education. A key focus has been to promote learning that is durable – extending beyond short-term testing into long-term retention of information that remains with the student after the final exam. In this presentation, I will discuss how academic performance is significantly improved with effective learning strategies that have been established in controlled lab studies and translated to the classroom. These practices work by strengthening long-term retention and depend on instructors to implement effective instructional design and students to take an active role in their own learning.*

Section: Teaching of Psychology / Enseignement de la psychologie
Session ID: 72321 - Section Featured Speaker Address

The Impact of COVID-19 on Child and Youth Mental Health

Main Presenting Author: Vaillancourt, Tracy

Abstract: *Research on the impact of COVID-19 on child and youth mental health suggests a deterioration on most mental health indicators, but not all, and for many youth, but not all. In this keynote, result discrepancies will be explained and key evidence gaps will be highlight. Public health implications will be also be addressed, along with best practice recommendations for a post-pandemic recovery in this area of health.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 76253 - Section Featured Speaker Address

Snapshot

A Qualitative Study Investigating Tabletop Games and Group Connections

Main Presenting Author: Flores, A Daphnnie Robyn

Additional Author: Justus, J Brandon

Abstract: *At university, students must develop and create successful groups, but some students often find selecting adequate group members to be challenging or up to chance (Rusticus and Justus, 2019). Tabletop games have various components to them, and some of the most popular games incorporate some aspect of group work (e.g., Pandemic). In our study, we explored the meaning behind tabletop games and developing group connections. Using an open-ended survey, we asked 81 university students (75% female) four questions about their past experience with tabletop games (e.g., how do you feel about tabletop games as a way to connect with group members?). From those questions, eleven themes were identified using a thematic content analysis (Braun and Clarke, 2006): Group dynamics, stress distractor, assessment, team building, influences the project, cooperative, competitive, mixture, incorporating in the classroom, general entertainment, and developing relationships. One theme to highlight is "team building" as participants found the inclusion of tabletop games in class could help understand their members better. Therefore, by including tabletop games as an ice breaker, it would improve student rapport and socialization as active engagement with others in the learning environment has been emphasized as a core component of successful learning for students (Pascarella and Terenzini, 2005).*

Section: Teaching of Psychology / Enseignement de la psychologie
Session ID: 70033 - Snapshot

Magnitude of Reverse-Generation Effect is Reduced in a Delayed Verbal Recall Test

Main Presenting Author: Ritchie, Michaela

Additional Author: Wilbiks, Jonathan

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Abstract: *The generation effect (GE) states that words generated from one's own mind are better remembered than merely read material. Whether the GE is produced when generating on an electronic device (i.e., typing), remains unknown. A total of 168 participants were recruited for two online studies, each comprising three reading and three generation tasks across three stimulus types: nonword list, word list, passage. After studying, participants engaged in a 2-minute or 6-minute distractor task before recall. A reverse GE was found in Experiment 1. Whether a reverse GE would be eliminated by a longer delay, as indicated by Mulligan and Peterson (2015), was tested in Experiment 2. A repeated-measures ANOVA with within-subjects factors of task type and stimulus type and a between-subjects factor of delay time revealed a reverse GE in the 6-minute delay condition. A significant interaction between task type and delay time (p < .001) indicates that reading was related to improved memory relative to generating on an electronic device, perhaps due to competing processes while typing during encoding. Generating was related to more robust memory over longer delays. The plausible accounts of the GE may be contingent on writing modality; however, generating by typing may produce a more robust memory trace relative to reading, over longer delays.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 70561 - Snapshot

Nature-Based Social and Emotional Learning: An Exploratory Qualitative Analysis in Alberta

Main Presenting Author: Pires, André

Additional Authors: Wilcox, Gabrielle; Seidel, Jackie; Nordstokke, David

Abstract: *A wealth of evidence shows that exposure to the natural environment and nature-based learning can benefit children's physical, mental, social, and emotional health. This study investigated how nature-based learning principles and outdoor/environmental education are being used to promote children's social and emotional learning in Alberta. Teachers were interviewed on their nature-based social and emotional education and on barriers and obstacles to this work. Preliminary thematic analyses show that outdoor/environmental education, outdoor classrooms, and natural elements brought indoors promote children's self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. Anticipated barriers and obstacles include teacher factors (e.g., knowledge, confidence), student/family factors (e.g., accessibility), school/district factors (e.g., curriculum pressures), and environmental factors (e.g., safety, weather). Complimentary to academic learning, social and emotional learning assisted by nature and the outdoors can be a valuable component in whole-child education. This study provides educators and psychologists with important insight into how nature-based social and emotional learning interventions could be implemented in schools to increase the likelihood that they are replicable and sustainable.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70126 - Snapshot

Teachers' Perceived Usefulness of Assistive Technology in Ontario Classrooms

Main Presenting Author: Lamond, Bronwyn

Additional Authors: Mo, Shimin; Cunningham, Todd

Abstract: *Despite the positive impact that assistive technology (AT) can have on the academic success of students with learning disabilities, it is often abandoned. Teachers who perceive AT to be less useful for their students are less likely to implement it in their classrooms, though the variables that contribute to teachers' perceived usefulness of AT are not clear. A mixed methods design including a survey consisting of open- and closed-ended items that elicited information about teachers' AT knowledge and training, their access to AT resources, their perception of administrative support for access to and implementation of AT, the usefulness of AT, and the barriers to AT use in the classroom, as well as a semi-structured interview with a smaller sample of participants (n = 5) was used to examine Grade 6–10 Ontario Certified Teachers' (n = 111) perceptions of AT. An exploratory linear regression to predict perceived usefulness of AT from AT training, AT resources, and AT knowledge revealed that AT resources and AT knowledge added statistically significantly to the prediction, whereas AT training did not. A thematic analysis further identified that access, training, internet, and student motivation influence AT use. Implications for teacher AT training and AT resources will be discussed, as will recommendations for further research into teacher training on AT.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70666 - Snapshot

The Effects of Background Music on Foreign Language Vocabulary Learning

Main Presenting Author: Mazerolle, Kimberly

Additional Author: Wilbiks, Jonathan

Abstract: *Vocal background music has been found to negatively affect foreign language learning (de Groot and Smedinga, 2014). The present study hypothesized that familiar language, fast tempo music would have the most significant adverse effect on foreign language vocabulary learning. Consenting undergraduate psychology students (_N_ = 60) from the University of New Brunswick in Saint John, New Brunswick, completed three self-report questionnaires on their demographics, extraversion, and background music preference. The participants were asked to learn foreign language vocabulary by the paired-associates learning method while listening to background music. Following learning, participants were tested on their memory of the foreign language vocabulary with no background music. Final analyses featured factorial ANOVAs to determine the mean vocabulary successfully learned during each background music condition. This study indicated significant relationships between background music language and tempo with foreign language vocabulary recall. The present study's findings support the hypothesis that background music negatively affects foreign language vocabulary learning. Following the completion of this study, it was noted that future researchers should remain consistent within their methodology. Additionally, the tempo, genre of music, and vocabulary difficulty should be considered.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71689 - Snapshot

The impact of course format on student perceptions of the classroom learning environment

Main Presenting Author: Rusticus, A Shayna

Additional Authors: Wiechers, Michael; Landaverde-Umana, Leonardo

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Abstract: *This past year has seen key changes in how classes are delivered, which raises questions about how the classroom learning environment is impacted by class format. Using the community of inquiry framework, this study explored differences between five class formats on teaching, social, and cognitive presence, sense of community, and perceptions of teamwork using an anonymous online survey. While data collection is currently ongoing, a preliminary analysis was conducted with 113 students (70% female; 25% international) who responded to the survey based on the following class formats: in-person (n=36), blended–alternating (n=16), blended–exam only (n=16), online–synchronous (n=20), and online–asynchronous (n=25). Between groups ANOVAs revealed differences among the class formats for six of the eight dependent variables, with medium to large effect sizes; only the two teamwork variables showed no differences. In each case, students in an in-person class reported higher levels of social, teaching and cognitive presence and sense of community related to both connection and support of learning. Statistical differences tended to be between the in-person and blended–exam only format. These results show the importance of in-person classes for the social aspect of student learning and can provide guidance on how class formats can influence student perceptions of the learning environment.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 69433 - Snapshot

Symposium

Out with The Old and in with The New: A series of student presentations on a psychological disorder and an evidence-based intervention with the freedom to choose any medium for the project

Additional Author: Mueller, B Melissa

Moderator: Mueller, Melissa B

Panelists: Felstad, Keely; Hildebrandt, Alison ; Greaves, Kathryn

Abstract: *Research in teaching and learning is constantly advancing recommendations for teaching practice in the classroom, but in so many post-secondary classrooms we see the same old format for evaluating learning. It is pretty typical to see a midterm, final exam, and a paper to determine whether or not a student has learned the concepts of the course. The undergraduate students in an Introduction to Clinical Pyschology course were tasked with choosing a diagnosis from the Diagnostic and Statistical Manual of Mental Disorders, explaining the diagnosis, choosing an evidence-based intervention for their chosen disorder, and presenting evidence that supports the intervention. The medium in which they included these areas was of complete free reign provided they had it approved through a project outline with the instructor. Six undergraduate students from Ambrose University will present on the projects they completed for their clinical psychology course. They will share the experience of having free will to choose any medium and how that compared to a traditional research paper. They will discuss the process of how they arrived at their final project and show the final results ranging from a painting to Tik Tok videos. From this symposium we hope that discussion can be generated around changing the traditional assessment methods in post-secondary institutions.*

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 69052, Presenting Papers: 71917, 71915, 71911 – Symposium

A leap towards a new way of learning: Cognitive behavioral therapy as an evidence-based intervention for Attention-Deficit/Hyperactivity Disorder and Agoraphobia in a non-traditional undergraduate student assignment

Main Presenting Author: Thomson, Katherine
Co-Presenting Author: Greaves, Kathryn

Abstract: *In the spirit of evidence-based practices, undergraduate students at Ambrose University in Calgary, Alberta were tasked with identifying a _Diagnostic and Statistical Manual of Mental Disorders (DSM-5)_ diagnosis and an appropriate intervention but using any medium they desired. The purpose of challenging the status quo research paper was to allow students to express their learning through a medium that aligned with their creative style. The assignment itself is the same as most research papers in an Introduction to Clinical Psychology course in that the students needed to select a DSM-5 diagnosis, explain it, identify an evidence-based intervention, and provide peer-reviewed evidence to support their intervention decision. The key difference was that they could not only choose to write a research paper but could use Tik Tok, videos, podcasts, painting, or anything they saw as a personal strength to cover the articulated content areas. In this co-authored presentation two undergraduate students will share how Cognitive Behavioral Therapy (CBT) is an appropriate evidence-based intervention for Attention-Deficit Hyperactivity Disorder and Agoraphobia in their distinct mediums of choice. Not only will you walk away with clear applications of CBT to two DSM-5 disorders, but you will see the possibility of going out with the old and in with the new method of assessment.*

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 71917 - Paper within a symposium (Symposium ID: 69052)

Fast Forward to the Future of Teaching and Learning: Cognitive behavioral therapy as an evidence-based intervention for Schizophrenia and Post-Traumatic Stress Disorder in a non-traditional undergraduate student assignment

Main Presenting Author: Defante, Karanah
Co-Presenting Author: Vail, Kaitlin

Abstract: *In the spirit of evidence-based practices, undergraduate students at Ambrose University in Calgary, Alberta were tasked with identifying a _Diagnostic and Statistical Manual of Mental Disorders (DSM-5)_ diagnosis and an appropriate intervention but using any medium they desired. The purpose of challenging the status quo research paper was to allow students to express their learning through a medium that aligned with their creative style. The assignment itself is the same as most research papers in an Introduction to Clinical Psychology course in that the students needed to select a DSM-5 diagnosis, explain it, identify an evidence-based intervention, and provide peer-reviewed evidence to support their intervention decision. The key difference was that they could not only choose to write a research paper but could use Tik Tok, videos, podcasts, painting, or anything they saw as a personal strength to cover the articulated content areas. In this co-authored presentation two undergraduate students will share how Cognitive Behavioral Therapy (CBT) is an appropriate evidence-based intervention for Schizophrenia and Post Traumatic Stress Disorder in their distinct mediums of choice. Not only will you walk away with clear applications of CBT to two DSM-5 disorders, but you will see the possibility of going out with the old and in with the new method of assessment.*

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 71915 - Paper within a symposium (Symposium ID: 69052)

Two sides of the same coin: Cognitive behavioral therapy as an evidence-based intervention for Social Anxiety and Generalized Anxiety Disorder in a non-traditional undergraduate student assignment

Main Presenting Author: Hildebrandt, Alison
Co-Presenting Author: Felstad, Keely

Abstract: *In the spirit of evidence-based practices, undergraduate students at Ambrose University in Calgary, Alberta were tasked with identifying a _Diagnostic and Statistical Manual of Mental Disorders (DSM-5)_ diagnosis and an appropriate intervention but using any medium they desired. The purpose of challenging the status quo research paper was to allow students to express their learning through a medium that aligned with their creative style. The assignment itself is the same as most research papers in an Introduction to Clinical Psychology course in that the students needed to select a DSM-5 diagnosis, explain it, identify an evidence-based intervention, and provide peer-reviewed evidence to support their intervention decision. The key difference was that they could not only choose to write a research paper but could use Tik Tok, videos, podcasts, painting, or anything they saw as a personal strength to cover the articulated content areas. In this co-authored presentation two undergraduate students will share how Cognitive Behavioral Therapy (CBT) is an appropriate evidence-based intervention for Social Anxiety Disorder and Generalized Anxiety Disorder in their distinct mediums of choice. Not only will you walk away with clear applications of CBT to two DSM-5 disorders, but you will see the possibility of going out with the old and in with the new method of assessment.*

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 71911 - Paper within a symposium (Symposium ID: 69052)

THEME: EXPLORING INTELLECTUAL ROOTS

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

Conversation Session

Embodying the Mind of Clinical Psychology: Synthesizing Insights from Trauma Research

Main Presenting Author: Feige, Sarah

Abstract: *Cognitive-behavioral therapy (CBT) has gained in prominence in clinical psychology by way of the evidence-based practice movement. I locate the intellectual roots of CBT in the body and mind of Descartes, exploring the problems that a Cartesian metaphysic presents for psychological understandings of subjectivity. Informed by Merleau-Ponty's phenomenological critique of psychology, I point a way forward for clinical psychological theories, drawing illustrative examples from research in psychology and neuroscience about trauma and stress response. Investigating claims such as "the body remembers" (Rothschild), "keeps score" (Van Der Kolk), and _thinks_ in myriad ways, I will consider the ways in which trauma psychology can be put into conversation with Merleau-Ponty's non-mechanistic understanding of the body as a self-experiencing consciousness. Questions about the degree to which clinical services are trauma-informed—of the utmost concern to the public and care providers alike—will be thrown into light by examining their deeper philosophical roots. Participants will discuss the wider implications of the idealization of Cartesian rationality that extends throughout the CBT family of therapies, and generate possibilities for meaningful response. I will facilitate discussion by posing questions, drawing links between contributions, and offering insights from treatment contexts.*

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 71142 - Conversation Session

The Curious Case of Jerome Bruner: Exploring Narrative and Psychological Truth

Main Presenting Author: Franchuk, George Neil

Abstract: *The discipline of Psychology is facing various important criticisms: the replication crisis (Anderson et al, 2015), the generalizability crisis (Yarkoni, 2019), the neglect of lived experience (Schiff, 2017), the widespread conceptual confusion about the self (Barresi and Martin, 2010), and problematic neoliberal values (Sugarman, 2015). I argue that a significant portion of these problems stem from the discipline narrowly valuing one conception of truth. By building on the theoretical framework developed by the 20th century cognitive psychologist, Jerome Bruner, we can see that psychological truth is produced from the interplay of two different modes of knowing: one involving the ideal of a "mathematical system of description and explanation" (Bruner, 1986) and the other concerning itself with "the vicissitudes of human intentions" (p. 16). The dominant criteria of truth today is based on the former, the logicio-scientific mode, at the exclusion of the latter, the narrative mode. This is one reason why psychology is often accused of being too abstract and disembodied: the narrative mode is essential for understanding meaning. By reading Bruner, we see that the establishment of psychological knoweldge is deeply influenced by the values of a culture and its*

participants, and these values influence the kinds of knowledge produced and the methods used to obtain them.

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 71566 - Conversation Session

Panel Discussion

Visions for the future of the HPP section

Moderator: Radtke, Lorraine

Panelists: Teo, Thomas; Chirkov, Valery

Abstract: *The History and Philosophy of Psychology section was founded in the mid-1980s. The section has not only provided a vibrant forum to discuss historical and conceptual research, it has also provided a platform for critical psychological scholarship and qualitative research. Moving forward, we propose to recognise this character of the section formally by expanding the vision and scope of the section. We observe parallels in how these forms of scholarship are represented in the American Psychological Association. History and philosophy of psychology in the APA have been represented by Divisions 26 and 24, respectively. More recently, Division 5 added a section dedicated to qualitative research. We argue that there is value in bringing these areas of scholarship together under the same roof. Quantitative psychology has long been accused of being insufficiently aware of and sensitive to historical and philosophical concerns, and the same charge can be made of much qualitative research. At the same time, having scholars conducting historical and philosophical inquiry in psychology talking only to each other, isolated from their more empirically oriented peers, limits the value this scholarship can contribute to the discipline and broader society. An expanded scope for the HPP section reflects both existing trends within the section and opens up exciting new horizons for the future.*

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 70359 - Panel Discussion

What is critical psychology and what do critical psychologists do?

Moderator: Yen, Jeffrey

Abstract: *To many Canadian psychologists, critical psychology appears as an unknown. Yet, CP as an international movement has been generative in the last five decades and has had a global academic and practical presence. Critical psychology is not only about the critique of psychology, which is a broader historical and theoretical field, but about doing justice in and through theory and method, justice with and to groups of people, and justice to the reality of society, history, and culture as they powerfully constitute subjectivity, as well as the discipline and profession of psychology. Yet, there is no agreement on or clearly demarcated definition of critical psychology. Some critical psychologists prefer a very narrow while others suggest a broad understanding of this framework. The panel discusses the advantages/disadvantages of a broad definition while reflecting of various streams of critical psychology from historical, theoretical, and personal points of view. Attention is given to the complexities of critical psychology in Canada and around the world while emphasizing the importance of reflexivity and action when it comes to changing the conditions*

for social and mental life. Concrete research and social activities by Canadian critical psychologists are discussed in order to find a possible consensus on what critical psychology could mean.

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 71211 - Panel Discussion

Printed Poster

"I Could Have": The Lived Experience of Bereavement-Related Regret of Relational Inaction

Main Presenting Author: Yang, Y Allison

Additional Author: Klaassen, Derrick

Abstract: *Regret is a common yet complex phenomenon, with regrets of inaction making up the majority of people's greatest long-term regrets (Gilovich and Medvec, 1994). The anguish of the "I could have" is made especially salient in bereavement-related regret, as the opportunity to make amends has passed. This "I could have" notion of regret emerges from the interaction of the "I can" of the past and the "I cannot" of the present (Eldridge, 2017). This phenomenological study aimed to understand the embodied, dialogical, and lived experience of bereavement-related regret of relational inaction through the novel research method of chair work. First, participants took part in semi-structured interviews, describing their lived experience of regret verbally. Second, participants were invited to take part in a two-chair exercise. With one chair representing their past "I can" and the other their present "I cannot" concerning their regret, participants alternated between the chairs, being prompted by the researcher to embody and speak from these respective perspectives. Data were analyzed using hermeneutic phenomenological analysis (Finlay, 2011) to reveal the felt, sensed, and relational nature of the experience of bereavement-related regret. Currently underway, this study will be complete by the time of the convention. Implications and future directions will be discussed.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71594 - Printed Poster

Review Session

John Peter Zubek (1925-1974): The rise and fall of sensory deprivation research in Canada

Main Presenting Author: Connors, B John

Abstract: *In the 1950s, sensory deprivation research emerged as an influential new field for behavioral science researchers. Started at McGill by Professor Donald Hebb, he began a series of experiments on rats raised in in either enriched or restricted environments to determine the effects of sensory deprivation. This was followed up by another research project examining the effects of restricted environments on adult human volunteers. Subjects were asked about their opinions on controversial topics before and after sensory deprivation. Soon his studies on humans attracted the interest of American intelligence officials who were concerned about prisoner's false confessions as a type of brainwashing. Subjects also reported hallucinations, delusions, disorientation, and out of body experiences. His results were at first considered classified until leaked to the press in 1954. John*

Zubek had worked with Hebb until transferring to the University of Manitoba in 1953. There he built a lab examining[JC1] [1] on the physiological effects of sensory deprivation under different conditions including immobilization. Political events brought about the decline in respectability when the results were applied to the interrogation of political prisoners. ------------------------Links:------[1] http://events.decorporate.ca/#_msocom_1

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 70790 - Review Session

The Historical and Conceptual Roots of the Theory of Sociocultural Models: Insights into Mechanisms of the Sociocultural Regulation of Human Activity

Main Presenting Author: Chirkov, Valery

Abstract: *This presentation will review and synthesize theorizings, starting with the 18th century, about the role culture and society play in guiding people's everyday activities and shaping their mentalities. It will address the notions of _volksgeis_t (Herder), _collective representations _Durkheim), _the communal stock of knowledge_ and _cultural patterns of group life_ (Schutz), _habitus_ (Bourdieu), _social representations _(Moscovici), and _cultural models _(Shore and D'Andrade). This synthesis will be used to support the consilience of these approaches by bringing together their arguments toward a unified understanding of the sociocultural regulation of people's behaviours. This understanding has been conceptualized as the theory of sociocultural models (Chirkov, 2020). Its primary concepts include the idea of _sociocultural models (SCM)_, their _publi_c and _internalized aspects_, the role _everyday interactions_ play in maintaining these models; their _collectively intentional _and _intersubjective nature_; other concepts include but are not limited to _schemes of expression and interpretation_, _habitus,_ and _externalization _and_ internalization of SCM. _ The presentation will conclude by articulating the challenges of this theory, areas of its application, and future directions of its examination.*

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 71385 - Review Session

Section Featured Speaker

Back to the Future: Examining Psychology's Past, Reimagining Psychology's Future

Main Presenting Author: Faye, Cathy

Abstract: *History has frequently served a celebratory role, called forth to mark the anniversary of a milestone event, to celebrate the contributions of a significant person, or to honor the founding of a key place or organization. History also serves to commemorate the past, marking difficult moments for reflection and learning. More recently in our own field, history has been called forth to account for, acknowledge, and express regret for past harms, as evidenced by the recent apology issued by the American Psychological Association. Despite the different roles for history in each of these cases, in all three, it is called on to frame the present in some meaningful way. In this presentation, I will explore the history of psychology as a "rear-view mirror," a mechanism by which we look back with the clear intention of informing the road ahead. Using stories and projects from our public work at the Cummings Center for the History of Psychology and the National Museum of Psychology, I discuss*

how we use this rear-view mirror—and the approaches of celebration, commemoration, and reckoning—with the goal of broadening our ideas about what psychology has been in the past and reimagining what it can be in the future.

Section: History and Philosophy of Psychology / Histoire et philosophie de la psychologie
Session ID: 74347 - Section Featured Speaker Address

Snapshot

Citation Analysis of Empirical and Conceptual Applications of Interbehaviorism in Contemporary Research: 1984-2021

Main Presenting Author: Axenova, Kristina

Additional Author: Malkin, Albert

Abstract: *J.R Kantor's Interbehaviorism, introduced in the early 20th century, is a system which is characteristic of a naturalistic foundation to explain all scientific psychology, behavior, and activity. The aim of this citation analysis is to examine the influence of Interbehaviorism between 1984 and 2021; accounting for a period since research by Ruben (1984) evaluated major trends in Interbehavioral psychology between 1937 and 1983. Analysis focused on peer-reviewed Empirical (experimental) and Non-Empirical (reviews or conceptual) studies citing Interbehavior-related search terms, with an emphasis on non-empirical articles. The analysis was further organized by journal, topic, empirical details (populations, participant demographics, manipulation, measures, results), and country of origin. Additional information was recorded on applicable non-peer reviewed work authored through university/graduate institutions, as well as variations in referencing applicable authors and key terms. Databases searched included Web of Science, PsycInfo, and Google Scholar. The analysis revealed 91 articles that met the inclusion criteria. Of these, 10 (10.9%) were Empirical and 81 (89%) were Non-Empirical. The Non-Empirical category included 21 (23.5%) Review and 60 (74%) Conceptual articles. These results provide ongoing evidence of the influence of Kantors Interbehaviorism on contemporary research.*

Section: History and Philosophy of Psychology / Histoire et philosophie de la psychologie
Session ID: 71722 - Snapshot

Introducing the Psychology Commons: An open access repository of online activities for teaching psychology

Main Presenting Author: Norris, Meghan

Additional Authors: Grant, Sydney; Johnston, Erica; Malcolmson, Emma; Atallah, Reem

Abstract: *Psychology is a discipline that is very broad, and often misunderstood (e.g., Bensley and Lilienfeld, 2017). Psychology is also one of the most popular undergraduate programs, consistently ranked in the top 10 (American Psychological Association, 2016; Statistics Canada, 2011). One method for promoting evidence-based and accessible education is through the use of Open Educational Resources (OER; Ally & Samaka, 2013). Funded by eCampus Ontario, the Psychology Commons is a peer-reviewed open-access project being developed to serve as a "living" repository of interactive online activities spanning the discipline of psychology at all levels of study. Critical to this*

project is a commitment to diversity: psychology is a discipline that is known for its use of "WEIRD" (Western, educated, industrialized, rich and democratic) samples (Henrich and Heine, 2010), and thus a primary goal of this project is to ensure that content is globally representative. Inherent in this need is the requirement to provide beginning content to support students in considering multiple ways of knowing. In addition to presenting this project, methods for analyzing impact from OER, and strengths and challenges of developing OER are discussed.

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 71300 - Snapshot

THEME: EXPLORING LIFE STAGES

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

12-Minute Talk

A Good Life with Dementia

Main Presenting Author: Hartney, Elizabeth

Abstract: *The aims of the Good Life with Dementia were to begin to address the systemic issue of prescribed disengagement and engage, empower and enable people with dementia to act as agents of change to support a good life with dementia in a region in South Vancouver Island. Actions included engagement of people with dementia and care partners to better understand their needs and learn from them and understand how we can meet their needs as a community and to develop the foundations for a dementia-inclusive community by developing and facilitating memory cafes and a one-stop website of resources. The website was developed with the guidance and input of people living with dementia and family care partners. Project activities began prior to the COVID-19 pandemic, and in spite of interruptions and adaptations, continued during the pandemic when people with dementia were recognized as being at particularly high risk of isolation and disconnection.*

Section: Adult Development and Aging / Développement adulte et vieillissement
Session ID: 71845 - 12-Minute Talk

Career Transitions of Semi-Elite Amateur Ballet Dancers: Hopelessness and Hope

Main Presenting Author: Sandham, J Tricia

Additional Authors: Larsen, J Denise; Nicol, Jennifer J

Abstract: *Training for a professional ballet career requires single-minded focus. As training becomes increasingly competitive, many dancers give up this aspiration and choose a new career. Although researchers have studied professional ballet dancers' career transitions, career transitions of semi-elite amateur ballet dancers remain unstudied. The purpose of the first study was to explore this populations' career transition experiences. A retrospective qualitative study informed by narrative inquiry was conducted with five females. Data were collected through semi-structured interviews and analyzed using thematic analysis. The findings suggested that this phenomenon elicits feelings of hopelessness. The role of hope in this phenomenon has yet to be explored. The purpose of the second study was to explore the lived experience of hope during career transitions of this population. A retrospective qualitative study using interpretative phenomenological analysis was employed with 10 females. Data were collected through semi-structured interviews and analyzed using IPA guidelines. The findings echoed feelings of hopelessness and highlighted the importance of hope in this transition. The findings facilitate future research in addition to informing parents/caregivers, ballet teachers, and helping professionals how to better support this population during their career transitions.*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 71335 - 12-Minute Talk

Location, Location, Location: Changes in School Delivery, Student Stress Reactions, and Behavioural Concerns During COVID-19

Main Presenting Author: Makarenko, Erica
Co-Presenting Author: Schwartz, Kelly

Additional Authors: Exner-Cortens, Deinera; McMorris, Carly; Van Bavel, Marisa

Abstract: *Following prolonged global school closures (April, 2020), much was speculated about how school delivery (i.e., online/virtual, in-person) would impact student outcomes (e.g., Hoffman and Miller, 2021) in the 2020-21 school year. Early reports indicated a deleterious impact on learning (Engzell et al., 2021), but few were measuring impacts on mental or behavioural functioning based on school delivery. This paper presents findings on the relationships among school delivery, stress reactions, and self-reported behavioural concerns at four time points (September and December, 2021; March and June, 2021) over the previous school year. Students (_N_ = 1,478) age 12-18 (_M_age = 14.3) completed measures of stress reactions (i.e., CRIES; Weiss and Mamar, 1997) and of conduct, negative affects, and attentional concerns (i.e., BIMAS; McDougall et al., 2016); they also identified school delivery form (i.e., online/virtual, in-person) at each of the four times. Results indicated students who transitioned from in-perso to online school delivery reported higher stress reactions compared to online or in-person only. Surprisingly, students in in-person learning reported higher negative affect and attentional concerns at Time 1, and both behaviours increased in risk level over the four data collection times. Results are discussed in terms of how school closures impacted student functioning during COVID-19.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71796 - 12-Minute Talk

Older Siblings' Intentional Maltreatment Injury Event Descriptions: Do they conceal awareness of intent like parents?

Main Presenting Author: Flores de la Parra, P. Jessica
Co-Presenting Author: de Villiers, Jessica

Abstract: *Parent-to-child intentional maltreatment injury (IMI) events are more often described by parents as if they were unintentional (non-IMIs) as compared to non-parents (e.g., relative, caregiver) (Flores de la Parra, 2019). Pediatricians note that concealment of awareness of intent prevents the provision of support to children and families, and that IMIs do not always look like an IMI based on body markers. For these reasons, other data that are available during an injury assessment need to be queried for their utility in differentiating IMIs from non-IMIs. Such data include the language that is used and how it is used as an injury event is described. Here, the Flores de la Parra (2019) findings are extended with an 18-year-old sibling (sibling) to parent vs. non-parent linguistic pattern comparison. Objective: To see if sibling descriptions are more or less like parent vs. non-parent patterns based on age-based linguistic content and structure, and on their sibling and son/daughter roles. Hypothesis: Sibling patterns will include fewer markers of concealment of awareness of intent vs. parents, but more vs. non-parent, as moderated by their social roles. It is anticipated that this query can contribute to a better understanding of the linguistic features that may characterize sibling descriptions specific to how concealment of awareness of intent is conveyed when they report IMIs.*

Section: Developmental Psychology / Psychologie du développement
Session ID: 71948 - 12-Minute Talk

Same Storm, Different Boats: COVID-19, Academic Functioning, and the Impact of Student Stress Reactions During the 2020-21 School Year

Main Presenting Author: Schwartz, Dean Kelly
Co-Presenting Author: Exner-Cortens, Deinera

Additional Authors: McMorris, Carly; Makarenko, Erica; Van Bavel, Marisa

Abstract: *During the past year, the COVID-19 pandemic impacted students across multiple domains. Although student stress levels were found to be positively correlated with behavioural and adaptive functioning early in the school year (Schwartz et al., 2021), questions remained about whether perceived academic functioning was declining over the course of the school year. This paper presents results related to academic functioning and the impact of COVID-related stress reactions over the 2020-21 school year. Students (N = 1,478) age 12-18 (Mage = 14.3) completed measures of stress reactions (i.e., CRIES; Weiss and Mamar, 1997) and a measure of academic functioning (i.e., BIMAS; McDougall et a., 2016) at four different times during the school year (September and December, 2020; March and June, 2021). Results indicated that academic functioning was not significantly moderated by time or stress, but some students did self-report significantly different academic functioning; females and those who did not have a previously diagnosed mental health/cognitive disorder showed weaker correlations with or had significantly (p < .001) higher means scores of academic functioning compared to males and those with a previous diagnosis, respectively. Results are discussed in context of waves of COVID-19, school closures, and fluctuations in self-reported stress reactions over the school year.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 71762 - 12-Minute Talk

Printed Poster

A Longitudinal, Multimethod Study of Children's Early Emerging Maladaptive Personality Traits

Main Presenting Author: Damsgard, L Erika

Additional Authors: Kotelnikova, Yuliya; Mackrell, Sarah V. M.; Clark, Lee Anna; Hayden, Elizabeth P.

Abstract: *Children are at increasingly high risk for the development of antisocial behavior when parental risk factors, such as fathers' history of alcohol dependency, are present. However, not all high-risk children develop maladaptive personality traits associated with antisocial behavior. Mitigating factors in the development of future antisocial behavior include the child temperament traits of fearlessness and effortful control (EC). In particular, high-risk children with high levels of fearlessness are more likely to develop antisocial behavior, whereas high levels of EC are associated with reduced risk. The present study included 205 community-dwelling children and their families. At the initial assessment, 7-year-olds completed a battery of laboratory tasks coded for EC and other temperament traits. At age 9, teacher-reported child self-control and anxious behaviors, as well as*

activity of the hypothalamic-pituitary-adrenal axis were assessed. At an age-12 follow-up, 150 children completed the Schedule for Nonadaptive and Adaptive Personality for Youth. Multiple markers of child fearfulness and (low) EC were related to trait aggression, but only in children with a paternal history of alcohol dependence. These results demonstrate the potential for early detection of traits related to emerging antisocial behaviors that could be informative for early identification and prevention.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71863 - Printed Poster

Adolescent's Similar Perspectives Despite Divergent Experiences in Romantic Relationships

Main Presenting Author: Gill, Harleen

Additional Authors: Gerhardt, Elizabeth; Cheung, Christy; Yao, Emma; Xu, Amy; Richard, Morgan E; Cameron, Catherine Ann

Abstract: *Early experiences influence social development and ultimately, romantic relationships. Boys and girls have divergent romantic experiences, so we explored their perspectives on these lived experiences to explore both the major similarities and minor nuanced differences among them. Canadian youth (Grades 9-12) engaged in mixed-age and gendered group discussions. Grounded Theory and Emergent Fit analyses were used to inspect discussion transcripts. The data were coded, resulting in core- and sub-categories of the emerging grounded theory. Four key themes arose from all: _Wrestling with Gender Expectations, Digital Communication, Keeping it in/Letting it out, _and_ Trusting/Not Trusting_. All youth were aware of and subject to gendered norms and expectations, but desired more egalitarian relationships. Emotional transparency and communication are key for relational trust. Digital communication substantially helps in expressing emotions, especially early in relationships. Gendered experiences impact the quality and tone of these youths' romantic perspectives. This study fills a literature gap by examining the similarities youths experience when wrestling with various gender and social expectations. By investigating trust in communication and gaining insight into digital communication's impact on relationships we can serve youths' social development and confidence in romantic relationships.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 70031 - Printed Poster

Associations Between Parental COVID Stress and Adolescent Emotional Well-being

Main Presenting Author: Van Kessel, Kate

Additional Authors: Aitken, Charlotte; Nilsen, Elizabeth

Abstract: *RATIONALE: Relative to pre-pandemic levels, there has been an increase in adolescent psychological distress (De France et al., 2021). As well, COVID-19 disruption has increased parental stress which negatively affects adolescents by disrupting the parent-child relationship (Westrupp et al., 2021). The present work evaluates associations between COVID-19 related parental stress (COVID stress), a parent's capacity to evaluate mental states in their child (parental reflective*

functioning; PRF) and adolescents' emotional functioning. METHOD: 72 parents completed online measures that assessed PRF (PRFQ; Luyten et al., 2017), COVID-19 disruption (CoFaSS; Prime et al., 2021), and their adolescents' emotional problems (SDQ; Goodman, 1997). Data collection is ongoing until N=100. RESULTS: Preliminary results suggest a positive association between a parents' COVID stress and youth emotional difficulties. Moreover, hierarchical regression modeling indicates that PRF moderates the relation between COVID stress and adolescent emotional functioning, such that COVID stress is only associated with worse youth emotional outcomes when parents have weak reflective functioning. CONCLUSIONS: These findings suggest that when parents are better able to consider the mental states underlying their child's behaviour, the impact of familial COVID stress on adolescents' emotional functioning is mitigated.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71131 - Printed Poster

Big Questions: Do Verbally-Intelligent Youth Experience More Emotional Challenges?

Main Presenting Author: Boey, M Jennifer

Abstract: *BACKGROUND/RATIONALE: This study will explore the emotional vulnerabilities (e.g., anxiety, depression) that may be common in intelligent youth with specific cognitive profiles. It will also explore protective factors like self-compassion, sense of meaning, and subjective well-being in this population. METHODS: Archival assessment data will be used to group adolescents by WISC-V profile (i.e., Fluid Reasoning and Verbal Comprehension Indexes). Groups will be compared based on specific profiles to determine higher probabilities of being diagnosed with an anxiety or mood disorder. A sub-sample of these participants will be recruited to complete questionnaires about self-compassion, sense of meaning in their life, and overall well-being. ANALYSIS: Regression analyses (controlling for age and gender) will be conducted to determine a) whether one or more cognitive profiles are predictive of diagnostic outcomes (e.g., depressive or anxiety disorder), and b) if self-compassion, well-being, or sense of meaning moderates the relationship between the cognitive scores and mental health outcomes. IMPACT: Greater understanding about how cognitive profiles are predictive of social-emotional outcomes would enable educators and carers to provide preventative action and earlier intervention, better supporting a child's mental health and academic success.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70512 - Printed Poster

Cardiovascular Risk Factors do not Significantly Predict Conversion to Dementia Among Older Adults with Bipolar Disorder

Main Presenting Author: Peckham, Stephen (Ben)

Additional Author: Callahan, L Brandy

Abstract: *Background: Cardiovascular risk factors (CVRFs) contribute to dementia risk in the general population, but this relationship has not been established in bipolar disorder (BD). BD affects ~760,000 Canadians and more than doubles dementia risk. This study aimed to address this knowledge gap in this high-risk and understudied population. Methods: National Alzheimer's Coordinating Center (NACC) data were drawn for initially non-demented adults with (_n _= 179) and*

without BD (_n_ = 21,592), having 1-16 years follow-up. Generalized linear mixed effects models were used to predict incident dementia based on CVRFs (smoking, hypertension, high cholesterol, diabetes, obesity), apolipoprotein-e4 (ApoE4) alleles, and BD status, controlling for age, sex, education, and length of follow-up. Results: Male sex (_B_ = 0.301, _p_ < .001) and two ApoE4 alleles (_B_ = 0.377, _p_ = .006) were more strongly associated with incident dementia in BD than non-BD participants. Age contributed to dementia risk in both groups. CVRFs did not increase dementia risk in BD, but obesity was protective (_B_ = -0.149, _p_ = .006). BD independently predicted incident dementia. Conclusions: Results tentatively suggest that CVRFs are not major contributors to incident dementia in BD, though selection biases in NACC must be acknowledged. Impact: Additional research is needed into the mechanisms of accelerated cognitive decline in BD.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 70750 - Printed Poster

Criminal Contributions: Exploring Associations of Attachment, Adversity, and CriminalBehaviour

Main Presenting Author: Cahill, Hannah

Additional Authors: Scharfe, Elaine; Curran, Scottie; Lindon, Emmilie

Abstract: *BACKGROUND: Researchers have provided evidence that attachment may be independently linked to adversity and criminal behaviour. I examined the combined associations among these variables in a student (_n_ = 590) and community sample (n=294).. METHOD: The first study consisted of undergraduate students who completed surveys to assess adversity (Felitti, et al., 1988), attachment (Scharfe, 2016) and criminal behaviour. Participants were grouped based on their reports of adverse experiences: none, one, two, three, and four or more, and criminal behaviours as "yes" and "no". The second study was a replication of the first. Participants were recruited using online social media platforms. RESULTS: My hypotheses were partially supported. As expected, there was a significant main effect for adversity when examining the mean scores of attachment representations to mothers (Study 1 _F_(16, 1763.40) =3.61, _p_*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 70963 - Printed Poster

Does emotion recognition change across adulthood?

Main Presenting Author: Eskritt-Keck, Michelle

Additional Authors: Seale, Chaya; Brownell, Marie Eve; Bergeron-Germain, Noémie

Abstract: *BACKGROUND: Research on emotion recognition suggests older adults may sometimes struggle to identify negative facial expressions while remaining unimpaired for positive emotions, a finding termed the positivity effect. We investigated whether the positivity effect would occur in a diverse sample with a balanced set of more natural stimuli. METHOD: Adults ranging in age from 19 to 80 years, recruited predominately from the general population, were asked to judge emotions expressed by men and women in pictures and videos on several dimensions. The emotions expressed were anger, irritation, anxiety, neutral, happiness, relief, and contentment. RESULTS: Preliminary data analysis on 61 participants suggests no changes in emotion identification accuracy with age. However, older adults rated the positive emotions expressed in videos as more positive, and positive*

emotions in both videos and pictures as more intense compared to young and middle-aged adults. CONCLUSION: Though the results demonstrate some signs of a positivity effect in emotion perception with age, this did not translate into differences in accuracy of emotion recognition. IMPLICATIONS: The findings suggest that emotion perception may not decline with age when a diverse sample of participants view a balanced stimuli set which fits better with research suggesting that emotional understanding in general may increase with age.

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 70537 - Printed Poster

Dyadic Associations between Physical Health and Health-Related Quality of Life for Persons Living with Dementia and Their Care Partners

Main Presenting Author: Trites, Michaella

Additional Authors: MacDonald, Stuart; Grewal, Karl S; McDowell, Cynthia; Smith, Andre; Sheets, Debra

Abstract: *Caring for persons with dementia (PwD) often involves family caregivers (CG). Evidence shows that CGs physical health can impact the wellbeing of the PwD. The purpose of this study was to investigate the within- and between-dyad impacts of changes in physical health of each dyad member on the health quality of life (QOL) of the other member. PwD-CG dyads (n=34) participated in the longitudinal Voices in Motion choral intervention. Using an intensive repeated measures design, participants were assessed for up to 8 assessments spanning 3 choral seasons over 18 months. Physical health outcomes were indexed using the WHOQOL health subscale, as well as normalized gait velocity (a commonly used functional biomarker of health) under single- and dual-task conditions. Using multilevel models, dyadic coupling associations between health QOL and physical health were examined within and between dyads. Preliminary results show that, within dyads, declines in gait velocity (both single- and dual-task) of one member of the dyad pair were related to diminished health QOL of the other member. Additionally, key moderators (e.g., gender, relationship type) of these associations are currently being explored. Physical health of both CG and PwD are dyadically related, implying that function of both dyad members be considered when developing dementia care plans.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 71906 - Printed Poster

Early Adversity and Reactive Aggression in Adulthood: A Moderated Mediation Analysis of Hostile Attribution Bias and Emotional Processing

Main Presenting Author: Scott, Jesse

Additional Author: Babb, A. Kimberley

Abstract: *Uncovering the underlying mechanisms involved in reactive aggression is essential to better understanding and managing this damaging behaviour. Extant research has provided evidence supporting the relation between adverse childhood experiences (ACEs; e.g., incarcerated household member, low socioeconomic status, peer rejection, abuse) and reactive aggression in adulthood. Yet, critical questions about how emotional processes might interact with cognitive biases in the relation*

between early adversity and later reactive aggression remain largely unanswered. The rationale of this present study is to address this identified gap in clinical and forensic literature. Participants (_n_ = 238) were recruited from the community and an undergraduate participant pool to complete an online survey. Conditional process analysis was conducted to test a moderated mediation model, which hypothesized that the relation between ACEs and reactive aggression would be mediated by hostile attribution bias and that emotional understanding and emotion regulation would moderate this indirect effect. Findings will be reviewed in the context of understanding and supporting the social information and emotional processing of adults with high levels of ACEs and reactive aggression. Theoretical and practical implications of integrating cognitive and emotional processing frameworks in this area will be discussed.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 71321 - Printed Poster

Family cohesion in early adolescence as a predictor of romantic physical victimization in emerging adulthood: The mediating role of depresssive symptoms

Main Presenting Author: Bouvier, Jeremie

Additional Authors: Poulin, François; White-Gosselin, Charles-Étienne; Boisvert, Stéphanie

Abstract: *Up to one in five emerging adults report being physically victimized by a romantic partner. When it comes to developing emotional regulation and communication skills essential for healthy relationships, family context characterized by cohesion is the foremost socializing agent. Young adolescents who experience lower levels of family cohesion may be more likely to develop internalizing problems in the following years, manifesting as depressive symptoms, which would increase the likelihood of being physically victimized by a romantic partner in emerging adulthood. This study aims to (1) examine the prospective association between low family cohesion in early adolescence and physical victimization by a romantic partner in emerging adulthood, and (2) test the mediating role of depressive symptoms during adolescence on this association. This longitudinal study included 390 participants (58.2% females) followed from age 12 to age 22. Participants reported about their family cohesion at age 12, depressive symptoms annually from ages 13 to 17 and physical victimization annually from ages 18 to 22. Lower family cohesion predicted physical victimization in emerging adulthood and this association was partially mediated by depression symptoms. These results provide avenues for violence prevention and interventions to promote healthy dating relationships in adolescence.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 70650 - Printed Poster

Family Factors Associated with Hands-On Play and Screen Time During the COVID-19 Pandemic

Main Presenting Author: Stienwandt, Shaelyn

Additional Authors: Cameron, E Emily; Casar, Mercedes; Le, Cindy; Soderstrom, Melanie; Roos, Leslie E

Abstract: *Parent-child interactions are crucial for child development. The COVID-19 pandemic has negatively affected mental health and increased parenting challenges impacting parent-child functioning. This study examined parent factors related to more and less enriching child activities during the pandemic. A convenience sample of parents (_N_ =708), primarily mothers (87.4%), with children ages 2-8 years completed an online questionnaire between April 14-June 1, 2020. Participants mostly resided in Canada, had an income of >$100,000, and identified as White (82.4%). Parent-child activities were measured as total weekly time and combined time across activities within two categories: hands-on play and screen time. Bivariate correlations informed blockwise linear regression models. For families with childcare needs, parental anxiety was associated with higher total hands-on play, combined hands-on play, and combined screen time. Families without childcare needs indicated parenting stress was associated with lower total hands-on play and combined hands-on play, and higher supervised screen time. Family structure and indices of SES were also predictive of activities. To promote high-quality parent-child interactions and positive developmental outcomes during the pandemic, childcare needs and parent wellbeing should be supported and screen time in this context should be further researched.*

Section: Family Psychology / Psychologie de la famille
Session ID: 70682 - Printed Poster

Forms of Peer Victimization in Adolescence: Covariation with Symptoms of Depression

Main Presenting Author: Cho, Daniel

Additional Authors: Zatto, R. L. Brenna; Hoglund, Wendy L. G.

Abstract: *Peer victimization is a common concern in adolescence that includes both relational (e.g., exclusion, rumor spreading) and overt (e.g., hitting, threatening) forms. Relational and overt peer victimization have shown to be differentially associated with depressive symptoms, with relational peer victimization showing a stronger association to depressive symptoms than overt peer victimization. The current study uses an accelerated longitudinal research design to investigate: (1) how relational and overt peer victimization, and depressive symptoms change over an accelerated age period from 11.1 to 16.8 years (centered at 12.5 years); and (2) concurrent and prospective associations of relational and overt peer victimization with depressive symptoms. Gender differences are investigated. Both forms of peer victimization and depressive symptoms increased from age 12.5 to age 14 before decreasing by age 16.8 years. Frequency of relational peer victimization at age 12.5 was related to depressive symptoms at age 16.8. Frequency of depressive symptoms at age 12.5 predicted change in both forms of peer victimization at age 16. Some gender differences were observed. This study contributes to the body of literature on how experiences of relational and overt peer victimization are associated with depressive symptoms in early to middle adolescence.*

Section: Developmental Psychology / Psychologie du développement
Session ID: 70543 - Printed Poster

Increased Prevalence of Early Lewy Body Disease Markers in Adults with Attention-Deficit/Hyperactivity Disorder

Main Presenting Author: Becker, Sara

Additional Authors: VanderZwaag, Baeleigh; Al-Khaz'Aly, Hawra; Wall, Alexandra; Callahan, Brandy

Abstract: *BACKGROUND: Attention-deficit/hyperactivity disorder (ADHD) may be linked to increased risk of developing Lewy body diseases (LBD). Our aim was to determine the prevalence of known behavioral markers of early LBD in adults with ADHD. METHODS: Thirty-two adults with ADHD completed the University of Pennsylvania Smell Identification Test (UPSIT), the Beck Depression Inventory-II (BDI), a 5-item self-report questionnaire for autonomic dysfunction, and the Innsbruck REM Sleep Behavior Disorder (RBD) Inventory. Prevalence of each behavioral marker was analyzed. RESULTS: The sample was mostly female (84.4%) with a mean age of 30.8 years (SD=9.5) and a mean BDI score of 21 (SD=13.1), indicating moderate depression. The mean UPSIT percentile score was 27.4 (SD=23.1), and 13 participants (40.6%) were classified as having impaired olfaction. They most often endorsed having orthostatic dizziness (59.4% sometimes, 34.4% regularly) and excessive perspiration (37.5% sometimes, 12.5% regularly). 16 (50%) participants scored above the Innsbruck RBD cut-off of ≥0.25, classifying them as having probable RBD. CONCLUSIONS: Our ADHD sample had notably high frequencies of impaired olfaction, autonomic disturbances, and symptoms of RBD (relative to population prevalences: ~10%, 10% and 1%, respectively). IMPACT: Future studies will need to compare these findings to age-matched healthy controls.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 71112 - Printed Poster

Investigating the role of adverse childhood experiences (ACEs) and resilience in older adult outcomes: A scoping review

Main Presenting Author: Haczkewicz, Kelsey
Co-Presenting Author: Shahid, Sheza

Additional Authors: Finnegan, Heather; Moninn, Caroline; Gallant, Natasha

Abstract: *A scoping review using AgeLine, CINAHL, Medline, PsycINFO, and Scopus was carried out to map out the role of adverse childhood experiences (ACEs) and resilience on older adult outcomes. This search identified 4,396 studies. After excluding articles following titles/abstracts screening (_N_ = 4,329) and full text reviewing (_N_ = 58), a total of 9 articles were eligible. Studies included longitudinal cohort studies (_N_ = 7) and observational cross-sectional studies (_N_ = 2). All eligible studies examined ACEs, but only 3 eligible studies examined resilience in addition to ACEs. Outcomes that were examined within the context of ACEs and/or resilience included self-rated health (_N_ = 2), satisfaction with life (_N_ = 2), and functioning (i.e., cognitive [_N_ = 4], physical [_N _= 2], psychological [_N_ = 4], social [_N_ = 2]). Based on the findings of this scoping review, future studies should focus on moving beyond the focus on ACEs to also include resilience as a predictor and examining the biological (e.g., inflammatory processes), psychological (e.g., coping strategies), and social (e.g., social support) pathways through which ACEs and resilience influence older adult outcomes. Reviews using more comprehensive search and evaluation methodologies that also include studies published in languages other than English and French are warranted.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 71866 - Printed Poster

Longitudinal Association Between Late-Life Depression and Normal Age-Related Changes in Cognition

Main Presenting Author: Pham, Evan

Additional Author: Kim, Sunmee

Abstract: *BACKGROUND: Late-life depression (LLD) has been considered the prodrome of mild cognitive impairment (MCI) for older adults over 65. However, many recent studies support otherwise. This study examines the longitudinal relationship between LLD and MCI trajectories using a large-scale longitudinal data source, the University of Michigan Health and Retirement Study (HRS). METHODS: The present research includes 3,109 American older adults over 65 collected in HRS. We use autoregressive latent curve (ALC) modelling to examine if initial depression scores at earlier ages predict the risk of elevated MCI at later time points. RESULTS: From the HRS sample spanning 20 years, the trajectory of cognitive performance was found to be significantly decreased with age, whereas depression symptoms did not show any significant changes. In addition, the initial depression level at earlier time points did not significantly predict the rate of cognitive decline. CONCLUSIONS: This large-scale observational study suggests no negative longitudinal correlation between LLD and MCI. The result supports the premise that LLD at the earlier stage of ageing may not be a strong predictor for later-life MCI. ACTION: In the future, more research should be done to include potential risk factors (e.g.: vascular disease or diabetes) to explain the trajectory of cognitive decline in older adults*

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 71599 - Printed Poster

Maladaptive coping mediates the influence of executive functions on depressive symptoms in teens

Main Presenting Author: Abraham, H Eleenor

Additional Author: McAuley, Tara

Abstract: *BACKGROUND: Depression is becoming 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 investigated the unique and joint influence of ER and EF on depressive symptoms in a community sample of 186 youth ages 11-18 who completed self-report measures. RESULTS: A principal component analysis of the Lifespan Emotion Regulation Questionnaire using the varimax rotation indicated two factors, accounting for 57% of the variance on depression. Factor 1 represented maladaptive strategies (e.g., rumination, distraction, catastrophizing, other blame, self-blame, and expressive suppression), with rumination having the highest factor loading. Factor 2 represented adaptive strategies (e.g., positive reappraisal and putting into perspective). Mediation analyses suggested a mediated relationship of EF influencing depression via maladaptive, but not adaptive strategies. CONCLUSIONS: Maladaptive coping mediated the impact of EF on depressive symptoms in youth. IMPACT: Early identification of potential risk factors such as EF and maladaptive coping (e.g., rumination) is critical for guiding prevention and treatment efforts that can mitigate the effects of depression in adolescence and in later life.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71558 - Printed Poster

Maternal Postpartum Factors Associated with Infant Behavioural Difficulties

Main Presenting Author: Vaillancourt, Monica

Additional Authors: Savard, Sabrina; Da Costa, Deborah

Abstract: *Behavioural difficulties in infancy are associated with adverse mental health later in life. This study examined sociodemographic and psychosocial factors associated with infant behaviour. A total of 66 women (age=32.2 ± 4.5) completed self-report questionnaires at 6 months postpartum measuring sociodemographics, breastfeeding, gestational age at birth, depression, and parenting stress. Infant social and emotional behaviour was measured by maternal self-report with the Baby Pediatric Symptom Checklist (BPSC). At 6 months, 37.9%, 22.7% and 16.7% of babies had problem scores for difficulties with routines, inflexibility and irritability, respectively. Hierarchical multiple linear regressions determined that greater parenting stress was independently associated with higher scores on inflexibility (p=.018), irritability (p=.013), and difficulty with routines (p=.009). A trend towards an independent association between maternal depressive symptoms was found for irritability (p=.074). Younger maternal age was independently associated with inflexibility (p=.008) and non-white ethnicity with increased difficulty with routines (p=.053). Preterm birth (*

Section: Family Psychology / Psychologie de la famille
Session ID: 71128 - Printed Poster

Meaningful engagement and letting go: Older men's successful transition to retirement

Main Presenting Author: Borgen, A. William
Co-Presenting Authors: Nishikawara, Ria K.; Mathew, Deepak

Additional Authors: Tangsoc, Esther; Raymond, Danielle

Abstract: *Retirement is a significant life transition during which people often face many disruptions and reconstructions of their lives. As life expectancies increase and the Canadian population ages, the transition to retirement is becoming less defined and retirement can span for over 25 years for many people. This qualitative study used narrative life review to explore the experiences of eight older men (ages 55 and older) who describe themselves as highly work-identified, and believe they are doing well with the transition to retirement. Interviews explored participants' stories with regards to their journey and process of meaning-making as they transitioned into retirement. Narrative accounts were generated from interview transcripts. Findings identified seven themes: letting go, transitional reflections and preparations, managing expectations, acceptance of the new stage, support and inspiration, active transition, taking it easy, and meaningful engagement. These findings can help better understand psychological aspects related to successful retirement transition, inform more inclusive tools and counselling interventions, and inform policy level interventions to address factors that challenge mens obstacles to retirement. This ongoing study is funded by the Social Sciences and Humanities Research Council (SSHRC).*

Section: Adult Development and Aging / Développement adulte et vieillissement
Session ID: 71836 - Printed Poster

Neurocognitive Performance Across Time in Post-Traumatic Stress Disorder: Findings from the Canadian Longitudinal Study on Aging.

Main Presenting Author: Ranger , Valerie

Additional Author: Taler, Vanessa

Abstract: *Less research has investigated neurocognitive changes in older adults than in younger adults suffering from post-traumatic stress disorder (PTSD). As the aging population increases, it is important to understand how aging interacts with different psychological conditions and its impact on cognition. There is a need for more longitudinal studies focusing on cognitive changes in people with PTSD to understand how these changes evolve across time. This study will examine (1) whether individuals with PTSD are more likely to show decline in cognition (i.e., 3 years) and (2) uncover the magnitude of neuropsychological deficits experienced by participants with PTSD. The study will be conducted using data from the first two waves of the Canadian Longitudinal Study on Aging, a nationwide study on health and aging. The study will include 1,100 participants that exhibited symptoms of PTSD and 22,200 cognitively healthy older adults all between the ages of 45-85 at baseline. Symptoms of PTSD were accessed using an adapted version of the Primary Care PTSD Screen Test and participants completed neurocognitive tests in the domains of executive functioning, verbal learning, and prospective memory. Findings from this study will provide important knowledge about the nature of long-term cognitive deficits following PTSD in older adults and could serve to inform public health initiatives.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 71802 - Printed Poster

Parental Sensitivity and Child Behavioral Problems: A Meta-Analytic Review

Main Presenting Author: Watt, Julianna

Additional Authors: Deneault, Audrey-Ann; Cooke, Jessica; Devereux, Chloe; Eirich, Rachel; Fearon, Pasco; Madigan, Sheri

Abstract: *Sensitive caregiving—that is prompt, contingent, and appropriate responses to the children's needs and cues—plays a foundational role in children's socioemotional development. Recent findings suggest that increased child behavior problems (internalizing and externalizing problems) are linked to parental insensitivity, but the magnitude of the association has been inconsistent across studies. To estimate an average effect size and inform interventions, this study meta-analysed studies examining the association between parental sensitivity (measured through observational measures) and child behavior problems, and tested for potential moderators. Across 108 studies (_N_ = 28,114), results revealed significant negative relationships between sensitivity and child behavior problems (externalizing: _r_ = -.14; internalizing: _r_ = -.08); the association was significantly stronger for externalizing symptoms. Significant moderators were identified for internalizing problems. Associations were stronger in low socioeconomic status samples, in peer-reviewed publications, and in studies using a composite sensitivity measure. Overall, a small, negative, and association exists between parental sensitivity and child behavior problems. Our findings highlight the importance of sensitive caregiving for child development, and the need for early interventions to target and improve parental sensitivity.*

Section: Developmental Psychology / Psychologie du développement
Session ID: 71641 - Printed Poster

Preschool Antisocial Profiles and Emotional Difficulties Predict the Persistence of Behavioral Problems up to Preadolescence

Main Presenting Author: Paré-Ruel, Marie-Pier

Additional Authors: Stack, M. Dale; Hastings, Paul D.; Mills, Rosemary S.L.; Serbin, Lisa A.

Abstract: *No study has examined the factors promoting the persistence of antisocial behaviors (AB) across key childhood transitions. The goal of this study was to determine if distinct groups of children adopt different types of AB, and if these behavioral patterns predict individual variations in persistence. Given that emotion reactivity (ER) and callous-unemotional traits (CU) are related to persistent AB, both were included as predictors of membership and transitions across subsets over time. 525 children participated at ages 3-5, 6-8, and 10-12. AB were measured via mother-rated CBCL forms. Using latent transition analysis, we derived antisocial subsets with 4 indices: aggression, opposition, property violations, and status offenses. Four subsets arose at Time 1, with children specialized in aggression (1) or property violations (2) or, alternatively, characterized by high levels on all types of AB (3), or none (4). Aggressive subsets (1&3) persisted more across transitions and exhibited higher levels of ER and CU. Property violation specialists (2) showed similar rates of CU as aggressors (1), but lower ER. These results show that youth with several emotional and behavior difficulties are less likely to desist from negative developmental trajectories than those exposed to a lower number of difficulties, which suggests they should be considered as priorities for intervention.*

Section: Developmental Psychology / Psychologie du développement
Session ID: 71865 - Printed Poster

Remote Assessment of Executive Function in Preschool-Aged Children: Feasibility and Associations with Cardiac Measures

Main Presenting Author: Penner-Goeke, Lara

Additional Authors: Hatherly, Kathryn; Roos, Leslie E; Giuliano, Ryan

Abstract: *Assessment of executive function in young children is common; however, there is a paucity of childhood executive function assessment methods which can be used remotely. Here, we present a novel adaptation of two child-friendly variants of the Stroop task which were conducted remotely with a small (N=40) sample of 3-to 5-year-old children of mothers with depression. During assessments, children's heart rate at baseline and during each task was measured using wrist-worn heart rate monitors. The tasks showed good feasibility in this sample; a majority of children (80%) completed both tasks, with variability in accuracy and completion time observed across children. Correlation analyses showed that older age and slower resting heart rate were related to better accuracy and faster completion time. Follow-up regression analyses including age, household income, baseline heart rate, and heart rate reactivity as predictors accounted for significant variability in accuracy and completion time. In final models, age was a significant predictor of accuracy and completion time. Resting heart rate was a significant predictor of completion time; children with slower resting heart rate completed the tasks faster. Despite limitations, our findings support the feasibility of online,*

remote assessment of executive function in young children with implications during the Covid-19 pandemic and beyond.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 71384 - Printed Poster

The many faces of wisdom: An investigation of wisdom exemplar ideal types

Main Presenting Author: Feng, Zhe

Additional Authors: Ferrari, Michel; Zhang, Haotian; Hu, Chao

Abstract: *Wisdom may be an ideal endpoint of human development. What does the "wise person" look like in peoples mind? Taking an exemplar approach to investigate implicit theories of wisdom, this study invited a sample of 258 participants from mainland China to name a historical figure whom they believed to be wise. From their responses, 11 most frequently nominated individuals (Zhuge Liang, Confucius, Mao Zedong, Albert Einstein, Cao Cao, Wu Zetian, Zhou Enlai, Lao Tsu, Ying Zheng, Li Shimin, and Leonardo da Vinci), together with 3 additional wise historical figures (Mahatma Gandhi, Abraham Lincoln, and Jesus Christ) from existing literature, were presented to another sample of 352 mainland Chinese participants who 1) indicated on a 5-point scale how wise they were, 2) compared every two wisdom nominees' wisdom similarity, and 3) provided descriptors that represented their wisdom attributes. These results were respectively analysed using exploratory factor analysis, multidimensional scaling, and cluster analysis which converged and produced 5 wisdom exemplar ideal types, including the ruthless leader, the sage leader, the spiritual leader, the life teacher, and the artist/scientist, mapped on a 2-dimensional space along the heart-mind - rationality continuum and the pragmatism-transcendence continuum. These results have implications for wisdom cultivation and leadership preferences.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 70329 - Printed Poster

The Psychological Impacts and Coping of Chinese Canadians to the COVID-19 Pandemic: An Age and Gender Stratified Qualitative Interview

Main Presenting Author: Yang, Lixia

Additional Authors: Wang, Miao; Xie, Jingya; Ding, Yating; Zhang, Weiguo; Wang, Peizhong

Abstract: *BACKGROUND: The psychological impacts of the COVID-19 pandemic have been widely reported. This study aims to examine age and gender differences in emotional experiences and coping among Chinese Canadians during the pandemic. METHODS: Three age groups, including 20 young (aged 18-39), 21 middle-aged (aged 40-64), and 20 older adults (aged 65 or over), roughly half males and half females, participated in a semi-structured interview. RESULTS: Participants reported proportionally more negative than positive emotions. Behavioural coping was most prevalent during the pandemic. Females and younger adults differentially reported more negative emotions relative to their comparing groups. Furthermore, females and older adults demonstrated a heightened resilience compared to their counterpart groups. CONCLUSIONS: Negative emotions and behavioural coping were more prevalent during the pandemic. Females and young adults were differentially more psychologically impacted by the pandemic, but females and older adults demonstrated more active coping approaches. IMPACTS: The results shed light on our understanding of the positive aging in the*

context of the adversity and could potentially guide public health practitioners and community partners to best support Chinese Canadians.

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 71283 - Printed Poster

The Relationship Between Self-Stigma and Self-Esteem in Youth with ADHD

Main Presenting Author: Jelinkova, Kristina

Additional Author: Climie, Emma

Abstract: *Mental health disorders, like attention-deficit/hyperactivity disorder (ADHD), are often subject to public stigma (Bisset et al., 2021). "Self-stigma" occurs when a person with a stigmatized identity is exposed to stigma, and then accepts and internalizes the prejudice towards themselves (Lucksted and Drapalski, 2015). Concerningly, greater self-stigma is associated with worse self-esteem in adolescents with various mental health disorders and in adults with ADHD (Masuch et al., 2019; Moses, 2009). However, no research has looked at the association between self-stigma and self-esteem in youth with ADHD and the role of gender. To answer this question, participants with ADHD between the ages of 8 and 17 years of age completed the Paediatric Self-Stigmatization Scale to measure self-stigma and the Rosenberg Self-Esteem Scale was used to self-esteem (Kaushik et al., 2017; Rosenberg, 1965). Results will explore the relationship between self-stigma and self-esteem in youth with ADHD and how gender may influence this relationship. Understanding this relationship will help guide future research and intervention targets for youth with ADHD, such as reducing self-stigma to improve overall quality of life and well-being (Mulfinger et al., 2018). Implications for families with children with ADHD, as well as teachers and school psychologists, will be discussed.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71301 - Printed Poster

Unwanted intrusive thoughts of infant-related harm in the postpartum period

Main Presenting Author: Collardeau, Fanie

Additional Authors: Anglin, Olivia; Mayhue, Jazlin ; Fairbrother, Nichole

Abstract: *Unwanted, intrusive thoughts (UITs) of infant-related harm are a normative phenomenon frequently experienced by new parents (Brok et al., 2017). UITs of infant-related harm may be thoughts, images or urges of the baby being accidentally harmed (TAH; e.g., baby dying of SIDS), or of intentionally harming the infant (TIH; e.g., strangling the baby; Fairbrother and Woody, 2008). UITs are ego-dystonic and can cause significant distress (Fairbrother and Woody, 2008). 547 birthing people in British Columbia provided information on TAH and TIHs at 9 weeks postpartum and 5 months postpartum, using the postpartum intrusion interview (PPII; checklist of 25 TAHs and 20 TIHs) and the Yale Brown Compulsive Scale for TAHs and TIHs separately (time, distress and impairment/week). Across the postpartum period, 95.8% of participants reported at least one TAHs at any time point and 53.9% at least one TIHs. Both TAHs and TIHs started in the first month postpartum, with the most intense period occurring in the first two months. A Wilcoxon signed-rank test showed that TAHs were rated as more time-consuming (p*

Section: Women and Psychology / Femmes et psychologie
Session ID: 71091 - Printed Poster

The Ingredients for a Successful Foster Home for a Youth at Risk of Sex Trafficking during the Covid-19 Pandemic

Main Presenting Author: Fisher, S. Riana

Additional Authors: McDonald, Kyla; Connolly, Jennifer A

Abstract: *Youth within the child welfare system are overrepresented as sex trafficking victims. Due to their histories of abuse and complex mental health needs, there is a need to support youth susceptible to being sex trafficked through specialized family-based care settings. Using a longitudinal case study approach, the goal of the current project is to pilot a model of care for a youth at risk of sex trafficking. After one year, this placement was deemed successful, as the youth has displayed less risk behaviours and is engaged with services. Interviews were analyzed using thematic analysis to understand components of this successful therapeutic home (n = 6 interviews with foster parent and youth in Winter, Spring and Fall across 2021). Three overarching themes emerged with regards to ingredients for a successful foster home: 1) Positive youth-foster parent relationship through spending quality time together; 2) Essential foster parent strategies including supporting youth academic and social skills, discussing romantic boundaries, and having sex trafficking knowledge; and 3) access to wraparound care such as psychoeducational assessments and psychosocial therapy. Findings from the present research highlight a successful model of care implemented to support a vulnerable developmental population, namely, youth at risk of sex trafficking in the child welfare system.*

Section: Developmental Psychology / Psychologie du développement
Session ID: 70886 - Virtual Poster

Section Invited Speaker

Considerations in the assessment of age-related disorders of cognition in older adults with bipolar disorder.

Main Presenting Author: Callahan, Brandy

Abstract: *Bipolar disorder is a chronic mood disorder affecting roughly half a million Canadians. In addition to its core clinical features (severe mood swings cycling between intense highs and lows), bipolar disorder often includes 'trait-like' cognitive difficulties – even during euthymic periods – affecting executive functions and episodic memory most prominently. Considerable evidence from large population studies, systematic reviews, and meta-analyses indicate that bipolar disorder also increases risk for dementia later in life, independent of psychiatric symptom severity or psychotropic medication use. Clinically, it can be challenging to distinguish signs of dementia from the trait-like cognitive difficulties inherent to the disorder when assessing older adults. In this presentation, I will review recent empirical findings describing the cross-sectional and longitudinal cognitive profiles of older adults with bipolar disorder, and highlight key clinical and neuropsychological differences between individuals who do vs. do not develop incident dementia. I will also address some important methodological considerations in the interpretation of neuropsychological test scores in this population, and introduce directions for future research.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 73875 - Section Featured Speaker Address

Snapshot

Bidirectional Associations Between Parenting and Youth's Agency in Career Decision Making

Main Presenting Author: Ahn, S Jiseul

Additional Authors: Ratelle, F Catherine; Plamondon, André

Abstract: *Parents play a key role in supporting youths in their career decision-making. One form of support is fostering youth's autonomy. When autonomously motivated in their career search, youths can find a personally meaningful career choice, which is less the case when they feel pressured and controlled. The study examined how youth's autonomy in career search evolves within the parent-provided context during the postsecondary transition. The sample was 642 Quebec students (_M_age=14; 54% girls) in Secondary 3 at the first wave of measurement (W1). They annually completed the questionnaire for 5 years about parental support as well as their career-related controlled and autonomous motivations. To estimate within-person cross-lagged paths, which are the closest estimates of causal effects in development, we fitted random-intercept cross-lagged panel models. Results found parent-driven paths for both motivations: A higher-than-usual level of support at W4 predicted a moderate increase in W5 autonomous motivations; likewise, higher-than-usual levels of W1 and W4 support predicted a moderate increase in W5 controlled motivations. One child-driven path was also found: Higher-than-usual levels of W4 controlled motivations predicted a decrease in W5 parental support. The findings underscore the importance of parents in youth's career decision-making even after the postsecondary transition.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71071 - Snapshot

Influence of Peer Pressure on Cannabis-Related Behaviours: Perceptions of Canadian Youth and Young Adults

Main Presenting Author: Drakes, H. Dalainey

Additional Authors: Donnan, R. Jennifer; Bishop, Lisa D. ; Najafizada, Maisam

Abstract: *INTRODUCTION: Adolescents are at risk for cannabis consumption-related harms and pose a threat to themselves or others engaging in risky behaviours which can be influenced by peer pressure. This qualitative research explored youths' perceptions of peer pressure on cannabis-related behaviours. METHOD: Focus groups were facilitated with youth and young adults (13-25) using a semi-structured interview format. Sessions were recorded and transcribed for inductive thematic analysis informed by the socio-contextual model of autonomy development and peer influence. RESULTS: Eleven focus groups with 91 participants were conducted. Participants were predominantly female (_n_=64) and were from both rural (_n_=37) and urban (_n_=54) areas with representation of consumers (n=48) and non-consumers (n=40). Three themes identified pertaining to peer pressure included: i) cannabis consumption, ii) driving under the influence, and iii) social skill development. CONCLUSION: These findings align with the socio-contextual model and will inform*

the inclusion of social skill development in cannabis education, while emphasizing the importance of health prioritization in their consumption decisions. Our findings support initiatives to inform parents, educators, and law enforcement about the influence of peer pressure on cannabis-related behaviors.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 71475 - Snapshot

Linguistic Predictors of Child, Parent, and Family Emotion Functioning

Main Presenting Author: Reaume, Chelsea

Additional Author: Thomassin, Kristel

Abstract: *Language serves as a reflection of our thoughts, feelings, and beliefs and has been used to predict psychological functioning within the clinical and developmental literatures. The present study explored parents' emotion beliefs using a linguistic framework and examined the predictive utility of linguistic content on emotion functioning at the child, parent, and family level. We investigated 102 parents of children ages 8 through 12 who participated in focus groups on emotion beliefs. Parents completed questionnaires one year later that assessed child and parent emotion regulation and family emotion expressiveness. Focus group transcripts were analyzed for proportion of first- and third-person pronouns, cognitive, and emotion word categories, as well as a linguistic marker of psychological distancing. Analyses revealed that fathers engaged in greater linguistic distancing than mothers, $t_{(98)}$ = 2.07, p = .041, and that the proportion of parental emotion word use negatively predicted child emotion regulation at follow-up, β = -0.29, p = .021. Findings suggest that immersion in one's child's emotional experiences through labelling during emotion discussion can influence regulation in middle childhood. The present research furthers understanding of relations between parental communication patterns about their child's emotions and child and family well-being.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 71406 - Snapshot

Mental Health Literacy Moderates the Degree to Which Internalized Stigma Affects Intentions to Seek Help Among Psychologically Distressed Older Adults

Main Presenting Author: Mackenzie, S Corey

Additional Authors: Krook, Melissa; Rapaport, Li-elle

Abstract: *Background: Most people with common mental health problems do not seek professional help, and older adults are especially unlikely to do so. Although stigma is a known barrier to help-seeking, less is currently known about how it affects help-seeking (i.e., mediation) and which older adults are most likely to have stigma affect help-seeking (i.e., moderation). Methods: This study employed a cross-sectional survey design. A total of 351 clinically distressed older adults (65+) completed a battery of self-report measures, including sociodemographics and reliable and valid measures of public and self-stigmas of seeking help, and attitudes and intentions toward seeking help. Results: The indirect effect of public stigma on intentions to seek help through self-stigma was moderated by mental health literacy (MHL). The negative effect of public stigma on intentions through self-stigma was significantly greater for older adults low in MHL (B = -.18, 95%CI = -.29, -.09) than for those high in MHL (B = -.06, 95%CI = -.12, -.01). Conclusions: These findings add important*

information to our current understanding of mediators through which stigma affects mental health services among older adults, and that MHL is an important moderator of the degree to which internalized stigma affects help-seeking. Action/Impact: Future anti-stigma interventions for older adults should target those low in MHL.

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 70965 - Snapshot

Prenatal affective and physiological symptoms of stress and infant socioemotional development

Main Presenting Author: Duguay, Gabrielle

Additional Authors: Garon-Bissonnette, Julia; Bernier, Sabrina; Lemieux, Roxanne; Berthelot, Nicolas

Abstract: *BACKGROUND: An upsurge in psychological distress has been documented in pregnant women during the COVID-19 pandemic. The current study aimed to evaluate the association between affective and physiological symptoms of stress in pregnant women during the COVID-19 pandemic and their infant's socioemotional development (SED). METHODS: Pregnant women (n=453, Mage=30.03 years, SD=3.80) were recruited during the COVID-19 mandatory confinement of April 2020 in Quebec, A multiple linear regression analysis was performed to evaluate the association between negative affect (NA; Positive and Negative Affect Scale), physiological symptoms of stress (PSS; Calgary Symptoms of Stress Inventory) and infant SED at two-months (Age and Stage Questionnaire; social-emotional). RESULTS: The regression model with NA and PSS significantly predicted infant SED, F(2, 451)=4.726, p=.009, adjusted r2=.02). Examination of the regression coefficients revealed that PSS (b=.17, p=.03) but not NA (b=.11, p=.30), were associated with poorer infant SED. CONCLUSIONS: Our findings showed a small size association between higher prenatal PSS and poorer SED in offspring of women that were pregnant at the beginning of the COVID-19 pandemic. IMPACT: These results have implications for the early identification of at-risk mothers and for innovative and preventive interventions.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 70707 - Snapshot

The impact of parents' psychosocial well-being and body image satisfaction on children's body image development during COVID-19

Main Presenting Author: Gardam, Olivia

Additional Authors: Kokenberg-Gallant, Laila; St. John, Elizabeth; Aucoin, Philip; Guimond, Fanny-Alexandra

Abstract: *Past research has highlighted parent risk factors, such as body image dissatisfaction and mental health problems, that play a role in influencing children's body image development. The COVID-19 pandemic has led to social restrictions, increasing the amount of time families spent together, and potentially the impact of parent risk factors on children's body image. The present study investigated the longitudinal impact of parent factors on children's body image during the pandemic. Participants were 247 7-12-year-old children from 177 families. Parents completed a questionnaire*

on their anxiety, depression and body dissatisfaction, as well as on their children's body image, at two time points, three months apart. Multilevel regression analyses indicated that parent's gender (mothers) and body dissatisfaction at Time 1 significantly predicted children's body dissatisfaction at Time 2 (_p_ = .01). Parent's depression also moderated the relationship between parent and child body dissatisfaction (_p_ < .01). Hence, parents that were not satisfied with their body and that were depressed were more likely to have children with poor body image over time. Given the known adverse effects of body dissatisfaction (e.g., eating disturbances), many of which have been on the rise during the pandemic, our findings can help identify families at a higher risk of struggling with body dissatisfaction.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 70599 - Snapshot

The Relationship between Childhood Victimization and Dating Violence in Canada: An Analysis of the General Social Survey Cycle 34, 2019

Main Presenting Author: Easton, L. Denae

Abstract: *Revictimization in intimate partner violence situations may occur due to the cyclical nature of violence. Previously, the link between childhood maltreatment and intimate partner violence has been well examined in the literature. However, there has not been as much research on the relationship between childhood abuse and dating violence, especially in adolescents. In this study, we will be using data from the General Social Survey (GSS) cycle 34 - Canadian's Safety (2019) to analyze the relationship between experiencing childhood abuse and becoming a victim of dating violence. The purpose of this project is to examine what factors appear to be associated with dating violence in adolescents and young adulthood. The study will address two principal research questions. The first is: What negative childhood experiences may be contributing to dating violence? This can be divided into a typology of: a) emotional abuse, b) physical abuse, and c) sexual abuse. The second research question is: Are there other factors that may contribute to dating violence? This may include: gender differences, substance use, mental health, and neighbourhood conditions. The findings of this research could potentially result in suggestions for early intervention strategies.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 71927 - Snapshot

Symposium

Assessing foundational claims of attachment theory in at-risk samples: Insights from diverse methodologies

Moderator: Deneault, Audrey-Ann

Abstract: *Attachment theory is one of the more influential theories in developmental psychology. It proposes that sensitive caregiving fosters the formation of a secure child-caregiver attachment, which in turn promotes positive social adaptation in children. Attachment studies were initially conducted on middle-class samples but have since been applied in samples with known risks (e.g., low income, high parenting stress). These studies suggest that high-risk environments may interfere with caregiving and thereby the formation of a secure attachment. For example, parents who are at sociodemographic risk or psychosocial risk (e.g., adolescent mothers) are burdened by other life stressors which may hamper*

their ability to attend to the needs of their child. This symposium uses diverse methodologies to examine foundational claims in attachment theory in samples with known risk factors. The first talk by Deneault uses a meta-analysis approach to examine if indicators of risk influence attachment distributions. The second talk by St-Laurent examines dyadic interactions and attachment in a low-SES maltreatment sample. The third talk by Tarabulsy examines if attachment processes moderate the association between risk factors and aggression in a psychosocial risk sample. Insights from this symposium may help inform parenting and attachment-based interventions adapted to at-risk populations.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 70177, Presenting Papers: 71309, 71310, 71307 - Symposium

A Meta-Analysis of the First 20,000 Strange Situation Procedures: Does Risk Affect the Attachment Distribution?

Main Presenting Author: Deneault, Audrey-Ann

Additional Authors: Fearon, Pasco; Ly, Anh; Cooke, Jessica; Schuengel, Carlo; Verhage, Marije; Duschinsky, Robbie; Bakermans-Kranenburg, Marian J.; Oosterman, Miriam; van IJzendoorn, Marinus H.; Madigan, Sheri

Abstract: *BACKGROUND: The Strange Situation Procedure (SSP) is one of the most used paradigms in child development research. The SSP was initially used with mother-infant dyads from low-risk samples (Ainsworth et al., 1978), but has now been used in both high- and low-risk socio-demographic contexts. An examination of the distribution of the SSP classifications across these contexts tests the foundational theoretical claim of attachment theory that parent-infant attachment is more likely to be compromised in certain contexts of risk, such as parent psychopathology and socio-economic deprivation (Van IJzendoorn et al., 1992). METHOD: This comprehensive meta-analysis synthesizes the distributions of the SSP classifications and examines indicators of contexts of risk as moderators across 287 studies (21,439 parent-infant dyads). RESULTS: Statistically significant moderators included sociodemographic status, adoptive/foster status, maltreatment status, and psychopathology, which generally saw lower rates of secure attachment and higher rates of disorganization attachment. CONCLUSION/ACTION: This study highlights the need for prevention efforts to support caregivers enduring contextual risks or psychological distress, which may in turn bolster the quality of the parent-infant attachment relationship.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 71309 - Paper within a symposium (Symposium ID: 70177)

Attachment Processes, Psychosocial Risk, and Early Manifestations of Aggressive Behaviors

Main Presenting Author: Tarabulsy, M. George

Additional Authors: Gauthier-Légaré, Audrey; Bernier, Annie; Munoz, Pablo; Lemelin, Jean-Pascal; Petitclerc, Amélie; Glowacz, Fabienne; Gravel, Jérôme; Tremblay, Jessie

Abstract: *Attachment researchers have long maintained that relationship-based processes (e.g., sensitivity and attachment) are involved in fostering the early emergence of aggressive behavior in high-risk contexts. However, it remains unclear whether attachment mediates the association between psychosocial risk and aggressiveness early in development. The purpose of this study is to address the*

potential mediating role of attachment processes in the association between risk and aggressiveness during infancy. 138 mother-infant dyads participated in this study with an oversampling of dyads with psychosocial risk (i.e., adolescent mothers, n=93). Maternal sensitivity was assessed at 6 and 10 months using the Maternal Behavior Q-Sort. Attachment security was assessed at 15 and 18 months using the Attachment Q-Sort. Aggressive behaviors at 18 months were based on parent ratings of a 6-item subset of the Child Behavior Checklist-Preschool version. Hierarchical regressions indicated that a sensitivity and attachment factor negatively predicted 18-month aggressiveness after controlling for psychosocial risk. The association between psychosocial risk and aggressiveness was completely mediated by attachment processes. This result should prompt more observations of attachment-based processes in developmental models of aggressiveness to help guide early prevention efforts.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 71310 - Paper within a symposium (Symposium ID: 70177)

Child Attachment and Quality of Mother-Child Interaction in a High-Risk Preschool Sample

Main Presenting Author: St-Laurent, Diane

Additional Authors: Dubois-Comtois, Karine; Cyr, Chantal; Urbain, Charlotte; Milot, Tristan

Abstract: *BACKGROUND/RATIONALE: Disorganized/controlling (Disorg/Contr) attachment has been associated with poor quality of caregiver-child interactions (Madigan et al., 2006; O'Connor et al., 2011). However, few studies have focused on subtypes of Disorg/Contr attachment among at-risk preschoolers. The aim of this study is to examine associations between attachment (secure, insecure-organized, Disorg/Contr subtypes) and quality of mother-child interaction in a high-risk preschool sample. METHOD: Participants were 65 maltreated children and 110 non-maltreated children from low SES and their mother. Attachment was assessed through a separation-reunion procedure. Quality of mother-child interactions was evaluated during a snack-time period and a joint planning task. RESULTS: In the sample, 45.1% of children were secure, 7.5% avoidant, 10.9% ambivalent, 11.4% controlling-caregiver, 9.1% controlling-punitive, and 16.0% behaviorally disorganized. Attachment was not linked to child maltreatment. Results indicated poorer mother-child interactive quality in Disorg/Contr groups, particularly in the controlling-punitive and behaviorally disorganized subgroups. CONCLUSIONS: Disorg/Contr preschoolers form a heterogeneous group with different interactional profiles. ACTION/IMPACT: These findings suggest different levels of risk among Disorg/Contr subgroups that could inform intervention efforts.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 71307 - Paper within a symposium (Symposium ID: 70177)

Exploring social success, closeness, and online behaviour in adolescents

Moderator: McAuley, Tara

Abstract: *BACKGROUND/RATIONALE: Adolescence is characterized by increased social motivation and peer influence, yet facets of adolescent social function remain unexplored. This symposium highlights contributions to our understanding of social phenomena in youth, including parent influences on youths social success (Study 1), socio-cognitive predictors of youths online social behaviour (Study 2), and youths social relationships in the context of executive function (EF) challenges (Study 3). METHODS: Studies included complimentary research designs (correlational, experimental), incorporation of socio-cognitive skills (EF, empathy, mentalizing), and diverse*

measures of social function (self/parent rating scales, performance-based tasks). RESULTS: Parent and youth mentalizing uniquely contribute to youth report of peer problems and prosociality (Study 1). Youths' online communication is malleable to prosocial perspective-taking cues on social media. (Study 2). High levels of social closeness mitigate the impact of EF difficulties on youths' well-being (Study 3). CONCLUSIONS: This work highlights important social and cognitive factors that relate to adolescents' ability to engage with peers. ACTION/IMPACT: Findings hold practical relevance for supporting the social functioning of adolescents, a timely topic given the recent reports of increased social disconnection by youth.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 69777, Presenting Papers: 70913, 70710, 70353 - Symposium

Parent Mentalization and Youth Social Functioning

Main Presenting Author: Aitken, Charlotte
Co-Presenting Author: Nilsen, Elizabeth

Abstract: *RATIONALE: Parental reflective functioning (PRF), the ability to reason about the mental states of one's child, is an important element of attachment and predicts social-emotional outcomes in young children. Less is known about the role of PRF for adolescent outcomes, despite the continued growth in perspective-taking and increased salience of social relationships during this developmental period. METHOD: Parent and youth (ages 12-15; N=62 pairs) independently completed online measures. Parents completed the parental reflective functioning questionnaire (PRFQ; Luyten et al., 2017) and youth completed task-based (TASIT-S; McDonald et al., 2017) and self-report (RFQY; Sharp et al., 2009) measures of mentalizing; both parents and youth reported on youth social functioning (SDQ; Goodman, 1997). RESULTS: Controlling for youth age/gender, both PRF and the adolescent's own mentalizing ability (task-based and self-report formats) uniquely predicted youth-reported social functioning. CONCLUSIONS: Preliminary results find that youth with parents who show greater interest in and understanding of their child's mental states, and who themselves possess better mentalizing abilities, experience more social success and fewer peer problems. IMPACT: This work has theoretical implications for the construct of PRF and practical implications for supporting the social functioning of adolescents.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70913 - Paper within a symposium (Symposium ID: 69777)

Social and Executive Function Influences on Subjective Well-Being Across the High School Transition

Main Presenting Author: Wasif, Fatima
Co-Presenting Author: McAuley, Tara

Abstract: *BACKGROUND / RATIONALE: The high school transition has implications for adolescents' affective experience and life satisfaction (subjective well-being; SWB) – potentially due to changing social dynamics and increasing demands on academic autonomy. This study examined the unique and joint influence of positive social relationships and executive function challenges (EF) on adolescent SWB before and after the transition to high school. METHODOLOGY: 108 youth (57% female) aged 13-to-15-years were recruited in Waterloo region. Youth completed questionnaires assessing mood, mental health concerns, life satisfaction, social relationships, and EF challenges. RESULTS: Psychological distress increased and life satisfaction decreased across the transition to high school. Psychological distress was higher in youth who were female, had more EF difficulties, and weaker social relationships. Life satisfaction was predicted by the interplay of social relationships*

and EF, such that EF difficulties predicted lower life satisfaction except for youth with strong positive relationships. CONCLUSIONS: The high school transition is marked by a decline in SWB due in part to the unique and joint influence of social and cognitive factors. ACTION / IMPACT: Social relationships are a protective factor for youth with EF challenges – the mechanisms of which will be important to explore in future research.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70710 - Paper within a symposium (Symposium ID: 69777)

The Impact of Perspective-Taking Cues and Socio-Cognitive Skills on Adolescents' Choices Online

Main Presenting Author: Bowman-Smith, Celina
Co-Presenting Authors: Sosa-Hernandez, Linda; Nilsen, Elizabeth

Abstract: *RATIONALE: Adolescents' communication has increasingly transitioned online. However, less is known about the impact of youths' characteristics on their communicative behaviour and if perspective-taking prompts can influence such choices. METHOD: 12- to 15-year-old participants (N = 72, 36 girls) viewed pictures of other adolescents on an app similar to Snapchat and chose between aggressive or prosocial comments to send to a recipient under three conditions: a perspective-taking cue, a time-delay, no delay. Participants also completed self-report questionnaires assessing individual differences. RESULTS: Following perspective-taking cues, participants chose more prosocial comments to send compared to when participants were permitted to choose a comment immediately after viewing another adolescent's picture, while controlling for a brief time-delay. Adolescents' individual characteristics (e.g., social media use, mood, affective empathy, gender) were associated with their choices online. CONCLUSIONS: The results suggest that adolescents' social media communication is malleable with a brief perspective-taking cue to consider a recipient. ACTION/IMPACT: Findings from this work provide new insights into the ways adolescents navigate their complex and increasingly online peer interactions.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70353 - Paper within a symposium (Symposium ID: 69777)

Understanding and mitigating the impact of stress on the family system.

Moderator: Ritchie, Tessa

Abstract: *Substantial research has provided evidence that familial stressors and hardships can contribute to changes in social and emotional outcomes for adults and children alike. Understanding the stressors, the consequences and what qualities mitigate the impact of the stressors are all critical steps to understanding how interventions can better support and alleviate adverse outcomes. This symposium brings together three research projects that examine unique stressors on families, their consequences, and implications for intervention. In paper 1, Khan discusses how in the line of duty, public safety personnel often experience operational stress that may negatively impact their lives at home and often turn to their spouse/partners for informal psychosocial support. This presentation discusses the strengths and needs of public safety personnel and their spouses/partners, highlighting the need for evidence-based resources and support for their unique needs. In paper 2, Renauld examines the clinical profiles of youth with medically unexplained symptoms. Additionally, she looks at how their parents' symptoms, characteristics and practices are related to the severity and the quality of the youths' medically unexplained symptoms. Finally, in paper 3, Naoufal reviews how*

resilience may have served as a protective factor against heightened levels of reported parental stress during COVID-19.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71218, Presenting Papers: 71768, 71770, 71771 – Symposium

Exploring Intervention Areas for Public Safety Personnel and their Spouse/Partners

Main Presenting Author: Khan, Kaleem

Additional Author: Schwartz, Kelly

Abstract: *In the line of duty, public safety personnel (PSP) experience operational stress that may negatively impact their lives at home. While targeted psychosocial interventions are offered to PSP, research indicates that PSP often turn to their spouse/partners (SP) for informal psychosocial support (Carleton et al., 2019). Accordingly, SP may experience secondhand stressors related to their PSP partner's occupation while simultaneously managing their family's needs. SP may benefit from resources and support, although no interventions presently offer evidence-based support for their unique needs. The current study collected 131 survey responses from both PSP and SP to explore relative strengths and needs. Exploratory factor analysis revealed three underlying dimensions in survey item responses: (a) parenting and communication, (b) family peer support, and (c) operational stress and resources. Analysis of variance examined differences within factors on several demographic variables, including gender, family size (i.e., number of children), and municipality size. Planned comparisons yielded significant between-group differences based on derived factors; no significant differences were observed between PSP types (police vs. non-police PSP) by way of the factors. Results are discussed in terms of shared and unique needs within and potential supports for PSP families.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71768 - Paper within a symposium (Symposium ID: 71218)

Impact of anxiety and depression on the clinical profile of youths with medically unexplained symptoms and their parents.

Main Presenting Author: Renauld , Karolane

Additional Author: Denise, Isabelle

Abstract: *Background: Ten to 20% of youths suffer from medically unexplained symptoms (MUS). MUS are often comorbid with other psychiatric disorders, most often with anxiety disorders (50%) and depression (40%). To our knowledge, no study provides a comprehensive clinical profile of youths with MUS and their parents, and comorbidity with anxiety (ANX) or depressive symptoms (DEP) is not considered in the studies. The present study aims to dress the clinical profile of youths with MUS comorbid with or without anxiety or depressive symptoms and their parents. Method: 134 youths aged 8 to 17 years with at least one recurrent MUS and their parents participated in the study. Questionnaires were completed online by youths and the parents. Youths were divided in four groups: MUS, MUS+ANX, MUS+DEP, and MUS+ANX/DEP. Results: Youths in the MUS+DEP group presented more severe MUS, disability, catastrophizing and anxiety symptoms. Parents with children in the MUS+ANX/DEP group presented more MUS and more severe catastrophizing than those from*

the MUS group. Conclusion: The presence of anxiety and depression is associated with more severe difficulties in youths with MUS and their parents.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71770 - Paper within a symposium (Symposium ID: 71218)

Personal Competence as a Protective Factor of COVID-19-related Parental Stress

Main Presenting Author: Naoufal, Michael

Additional Author: Montreuil, Tina

Abstract: *BACKGROUND: The COVID-19 pandemic has led to increased amounts of stress to the already stress-marked and challenging role of parenting, with soaring reports of mental health issues attributed with the pandemic. Resilience has been shown to serve as a protecting factor against the negative impacts of exposure to trauma and the associated chronic levels of stress. The present study investigated how resilience served as a protective factor against heightened levels of reported parental stress during COVID-19. METHODS: Participants (N=319) were parents of children and adolescents who completed an online questionnaire which included the Resilience Scale for Adults (RSA) and investigator-developed items measuring parents' COVID-19 stress experience. RESULTS: Bivariate analysis showed a significant negative relationship between COVID-19 stress and parents' levels of resilience (r= –.343, p*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71771 - Paper within a symposium (Symposium ID: 71218)

Section Invited Symposium

Perspectives on Aging and Retirement: Academic, Research, and Personal Experiences

Moderator: Heisel, Marnin

Abstract: *Retirement is a both a career transition and stage of life that typically occurs in middle to older adulthood, and is often accompanied by a host of questions, concerns, and lifestyle considerations. Initially conceived as a societal policy to reward lifelong contribution to the workforce and reduce disability and poverty in later-life, retirement has evolved to take on additional meanings and options for the next stages of life (e.g., Sargent et al., 2013), resulting in widely divergent retirement experiences. The late-2009 abolishment of a formal retirement age in Canada, together with the aging of the vast baby-boom cohort, improving health, and shifting gender roles, have collectively led to a trend towards increased employment among older Canadians. Yet, the November 2021 issue of the Canadian Labour Force Survey reported that roughly six million Canadians over 65 (85% of the population) were not in the workforce (Statistics Canada). For some, retirement marks the end of formal work-life and the start of a stage of life typified by leisure, travel, hobbies, and increased social interactions. For others, it is a time to take-up new interests, roles, and/or careers. And, for others still, it is a time of declining health, finances, and psychological well-being (e.g., WHO, 2017). Despite the prominence of select psychologists in the study of retirement, many do not seriously focus on this issue until it is upon them. The CPA SECTION OF PSYCHOLOGISTS AND RETIREMENT was established in 2012 to provide a "home" for retired CPA members to meet and share experiences of retirement, and for members actively engaged in the study*

of retirement, many of whom are also members of CPA's ADULT DEVELOPMENT AND AGING SECTION. This symposium, to be sponsored by both sections, will broadly examine the psychology of retirement from multiple perspectives, focusing on issues of ageism and social exclusion, research on psychological well-being in retirement, and personal narratives of CPA members regarding anticipated and lived experiences of retirement. Sponsored by: * The CPA Section on Psychologists and Retirement (SPAR) * The CPA Adult Development and Aging Section

Section: *Psychologists and Retirement / Psychologues et la retraite*
Session ID: 74096, Presenting Papers: 74098, 74100, 74099, 74097 - Section Invited Symposium

Ageism's role in decisions to stay in, exit, and return to the workforce

Main Presenting Author: Gallant, Natasha

Abstract: *A changing demographic structure due to population aging is expected to result in labour force shortages and shortages in skilled labour. One solution to offset these shortages is to increase the labour force participation of older Canadians. However, older workers face barriers in staying or returning to the workforce due to ageist stereotypes, prejudice, and discrimination. This presentation is therefore aimed at identifying the ways in which ageism could be addressed to increase the labour force participation of older Canadians. To accomplish this aim, a scoping review of the research literature; a jurisdictional scan on existing legislation, policies, and programs; and an evaluation of current government mandate letters, annual budgets, and party platforms were conducted. Moreover, an in-depth case analysis of Nova Scotia and Quebec's policies and programs was carried out. Financial incentives, retirement income systems, skills development, and employment services were seen as promising in terms of higher employment rates, increased employment income, older worker retention rates, and later expected age of retirement. It is expected that policies and programs that facilitate the hiring and retention of older workers would, in turn, reduce ageist stereotypes, prejudice, and discrimination because of increased exposure to positive intergenerational relations.*

Section: *Psychologists and Retirement / Psychologues et la retraite*
Session ID: 74098 - Paper within a symposium (Symposium ID: 74096)

Meaning-Centered Groups: Finding Meaning in the Transition to Retirement

Main Presenting Author: Heisel, Marnin

Abstract: *Older men have the highest rates of suicide in Canada and worldwide (Statistics Canada; WHO, 2014) and the older adult population is growing, necessitating interventions to help promote psychological well-being and reduce risk for suicide in later life. This presentation will focus on findings of a study, initially funded by Movember Canada, to develop, refine, test, and initially disseminate Meaning-Centered Men's Groups (MCMG; e.g., Heisel et al., 2016), 12-session community-based "upstream" psychological intervention groups, for middle-aged and older men concerned about or struggling with the transition to retirement. MCMG was developed drawing on tenets of Viktor Frankls meaning-centered existential psychotherapy, findings of positive associations between Meaning in Life (MIL) and psychological well-being and negative associations between MIL and suicide ideation (Heisel and Flett, 2008, 2016), and of the benefits of meaning-centered interventions for retirees (e.g., Lapierre et al., 2007). MCMG groups were initially delivered in-person, but pivoted online following the onset of the COVID-19 pandemic. This session will provide a brief background and theoretical rationale for MCMG, outline group content, exercises, and experiences, and share process and outcomes findings from in-person and virtual courses of MCMG. Discussion will focus on the need for and potential benefit of meaning-centered interventions during*

times of transition, and outline newer projects aiming to adapt and test meaning-centered groups for Veterans and First-Responders facing career transition and for older retirement home residents of all sexes and genders struggling with pandemic-related social isolation and psychological distress.

Section: *Psychologists and Retirement / Psychologues et la retraite*
Session ID: 74100 - Paper within a symposium (Symposium ID: 74096)

Older Women Negotiating the "Pushes and Pulls" of Paid Work Versus Retirement

Main Presenting Author: Radtke, H. Lorraine

Abstract: *Interest in older women's experiences of retirement from paid work or continuing with paid work beyond "normal" retirement expectations (typically, in Canada, age 65 years) is fueled by demographic changes, whereby women have come to represent a significant proportion of the labour force and therefore their loss upon retirement is felt within the economy and they constitute a more noticeable segment of the population. Further, aging populations globally mean that encouraging the older worker, including women, to remain in the labour force for longer than normal expectations has become the focus of government regulation aimed at benefiting national economies, at least in Canada and Europe. Drawing on recent empirical and theoretical work (in collaboration with Jenna Young and Janneke van Mens-Verhulst), I will draw attention to various tensions (or "pushes and pulls") confronted by the older woman that influence her "choice" to remain in, or leave, the labour force and her quality of life regardless of that "choice". Informed by a feminist and life-course perspective, I will argue that this may be understood in the broader context of integrating paid work with the rest of life, which for women often entails unpaid care work in various, evolving forms across the lifespan.*

Section: *Psychologists and Retirement / Psychologues et la retraite*
Session ID: 74099 - Paper within a symposium (Symposium ID: 74096)

Still working in academia: a new marginal identity

Main Presenting Author: Cohen, Joan Annabel

Abstract: *Not everyone in academia retires at "normal" retirement age. Some individuals have good reasons for continuing their academic position (e.g., fulfilment of productive work to which one has dedicated one's life). The "still working" faculty members represent a new minority, adding a further marginalized identity within academia. This presentation explores psychosocial, sometimes paradoxical, aspects of "still-working" in academia. Age, in complex interaction with other marginalized identities, may influence student, staff, and faculty perceptions of the still-working faculty member, creating a new psychosocial environment that may impose pressures beyond those of ordinary academic life. For the still-working faculty member, there are fewer age-mates in meetings and around the coffee-pot with whom to feel the comfort of institutional memory. For the still-working, the new context of increasing numbers of younger faculty members may offer opportunities for mutually rewarding and inspirational mentorship relations and pathways that could ease the transition to retirement or conversely be so successful as to keep the still working, still working.*

Section: *Psychologists and Retirement / Psychologues et la retraite*
Session ID: 74097 - Paper within a symposium (Symposium ID: 74096)

Understanding the diversity in parenting

Moderator: Ritchie, Tessa

Abstract: *The development of children is the result of a complex interaction between biological (e.g., genetic) and environmental factors (e.g., life experience). One of the most studied ecological factors is parents/caregivers impact on children and youth. This symposium will explore the dynamics of parenting, looking specifically at parent involvement for fathers post-separation, the parent-parent-child dynamics in families who recently immigrated to Canada, as well as the early impact of parents on childrens early cognitive development. In paper 1, Laruche seeks to identify the profiles involvement of 656 separated fathers of children less than 14 years of age. The profiles were developed based on positive involvement activities, indirect care and decision-making and examined in conjunction with father, child, and separation characterizes associated with each profile. In paper 2, Li adopts a person-centred approach with a family lens to examine acculturation gaps among mother-father-child triads in Chinese Canadian immigrant families and their associations with family functioning and individual wellbeing. Finally, in Paper 3, Laflamme uses a longitudinal study to understand the role of paternal and maternal autonomy support (AS) in developing cool and hot components of child EF during toddlerhood.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71190, Presenting Papers: 71645, 71646 - Section Invited Symposium

A Person-Centred Analysis of Triadic Acculturation Gaps in Chinese Canadian Immigrant Families

Main Presenting Author: Li, Jie

Abstract: *Past research on the impacts of acculturation gaps in immigrant families has focused mainly on parent-child dyads and has yielded inconclusive results (e.g., due to inconsistent analytical methods, discrepant conceptualizations of acculturation gaps). This study adopts a person-centred approach with a family lens to examine acculturation gaps among mother-father- child triads in Chinese Canadian immigrant families and their associations with family functioning and individual wellbeing. Data from 165 Chinese Canadian immigrant families have been collected and reports of acculturation in the domains of cultural values and identity will be analyzed using latent profile analyses. Emergent family acculturation profiles will be described and compared to acculturation processes that are commonly observed at the individual level (e.g., Berrys integrated, assimilated, separated, marginalized). This study will then test how different family acculturation profiles may be linked to individual depressive symptoms and family conflicts. Although we cannot pre-specify what family acculturation profiles will emerge, it is expected that larger acculturation gaps among family members will be associated with more depressive symptoms and more family conflicts. However, results may also reveal family configurations of acculturation gaps that are not associated with higher distress.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71645 - Paper within a symposium (Symposium ID: 71190)

Paternal autonomy support and child executive functions

Main Presenting Author: Laflamme, Emma

Abstract: *Executive functions (EF) are crucial for childrens socio-emotional and school adjustment (Diamond, 2012). EF have cool cognitive components, which are involved in cognitive regulation, and hot emotional components that support emotion regulation (Zelazo and Carlson, 2012). Factors that are associated with the optimal development of these crucial cognitive skills are not well-understood. This longitudinal study aimed to understand the role of both paternal and maternal autonomy support (AS) in the development of cool and hot components of child EF during toddlerhood. AS encompasses parenting behaviors that encourage children to solve problems on their own and make their own choices (Grolnick, 2002). 80 father-mother-infant triads took part in two home visits. Paternal and maternal autonomy support was rated at 12 months with a well-validated coding scheme applied to parent-infant problem-solving sequences. At 18 months, child EF were measured using three experimental tasks targeting both hot and cool components of EF. Paternal AS was found to be positively associated with hot EF ($r = .302$, $p < .008$), but not with cold EF ($r = .107$, $p = .369$). Maternal AS was positively associated with cold EF ($r = .243$, $p < .029$), but not with hot EF ($r = .176$, $p = .115$). This study highlights the unique and differential role of paternal and maternal AS in toddlers' EF.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71646 - Paper within a symposium (Symposium ID: 71190)

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

Post Secondary Trends in Cannabis Consumption

Main Presenting Author: Mykota, David

Abstract: *This study presents the findings of the University of Saskatchewan Campus Experience with Cannabis Survey. The studys purpose is to describe trends in cannabis use by itself and in combination with other substances along with student identified service needs associated with cannabis use. In partnership with Student Wellness the survey was administered to a random sample of approximately 6,000 students. Findings indicate that over one half of the student respondents endorsed past 6-month cannabis use. Females endorsed more strongly their reason for using cannabis medicinally than males, but many were unsure as to what combination of THC and CBD should/could be used. Females also tended to apply protective strategies more so than males with past 6-month hazardous cannabis users the least likely to apply protective strategies. Recommendations arising from the study include: 1) a need to monitor post legalization trends in cannabis use and substance use among students; 2) promote a harm reduction approach to the use of cannabis both recreationally and medicinally, through the development of safe guidelines and protective strategies for its consumption in both the traditional form and as edibles; and 3) promote educational information pertaining to overall mental health, substance use, and cannabis use along with online intervention and screening tools for cannabis consumption.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 71032 - 12-Minute Talk

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""Cutting Red Tape""- Understanding Student Barriers to Mental Health Services on Campus

Main Presenting Author: Neprily, M Kirsten
Co-Presenting Author: Qureshi, Maryam

Abstract: *BACKGROUND: Wellness centers on campus are optimally positioned points of care for student mental health, being both affordable and conveniently located. At the same time, Wellness Centers have faced a surge in demand that is often hard to meet, and student bodies continue to face barriers to access. To elucidate students' experiences of accessing mental health on campus during Covid, a needs assessment was conducted. The current study aimed to understand: (1) Knowledge of Services; (2) Usage of services; (3) Perceived need of services; and (4) Barriers to accessing services. METHODOLOGY: Quantitative and qualitative data were collected by survey and focus groups and analyzed using statistical and thematic analysis. 1980 students participated in the study. RESULTS: Participants reported they were knowledgeable of the wellness centre and counselling services were most used. With respect to barriers, the most salient were structural barriers (i.e., around cost, wait times, lack of service knowledge, and hours. Recommendations and our process of translating research to changes in clinical practice and/or procedures will be*

discussed. IMPACT: For campus wellness services, these results have the potential to inform optimal allocation of resources, stigma prevention, and marketing strategies to meet student needs and reduce barriers to accessing mental health resources.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70012 - 12-Minute Talk

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""Weight Watchers"": Weight Understood through the Lens of the Panopticon and Synopticon

Main Presenting Author: Russell-Mayhew, Shelly
Co-Presenting Author: Lefebvre, Danielle C

Additional Authors: Estefan, Andrew; Morhun, Janelle; Moules, Nancy; Myre, Maxine; Saunders, Jessica; Wong, Kate

Abstract: *Monitoring weight, or weight watching, is normative and prevalent to a point where watching weight has become synonymous with good citizenship and moral character. Individuals living in larger bodies are thus deemed ""deviant"" and subjected to punishment in the form of criticism and exclusion. The current study sought to explore the perspectives and experiences with weight of individuals with personal and professional expertise. Hermeneutics, a qualitative research method, was used in this study. Seven expert professionals and ten lay experts were interviewed. The interviews were transcribed then interpreted by the researchers in accordance with hermeneutics. Through analysis of interview transcripts and group discussions, several interpretations emerged. The interpretations pertain to the watching of weight and the involvement of Foucaults panopticon (the few watching the many) and synopticon (the many watching the few): (a) ""fitting in"" and discipline, (b) captured by numbers, (c) dieting: the tyrannic tower, and (d) the male gaze. The interpretations highlight the notion of watching and being watched as understood through the analogies of the panopticon and synopticon. This research has numerous implications, both in professional and personal spheres, for future research, body image, dieting, eating disorders, and how we conceptualize weight and weight bias more broadly.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71318 - 12-Minute Talk

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(Not So) Silent Witnesses: Can Emotionally Focused Family Therapy Give a Voice to Children Exposed to Situational Couple Violence?

Main Presenting Author: Paquette, Rosalie
Co-Presenting Author: McBride, Dawn

Abstract: *Should therapists offer family therapy services when there is violence between parents, particularly bidirectional violence? Until now, there has been no empirical research on the use of emotionally focused family therapy (EFFT) for cases of situational couple violence (SCV). Emotionally focused couples therapy has been proposed as one approach for conjoint therapeutic management of SCV (e.g., Slootmaeckers and Migerode, 2018; 2020). Although this approach*

recognizes the important role adult attachment plays in SCV, it does little to address the attachment needs of child witnesses. When psychotherapists (n=79) from around the world were surveyed by the first author about their views on inviting children into the therapeutic process when SCV was identified, many indicated potential for this approach to support more responsive caregiving. However, many of the surveyed therapists were hesitant to use this approach unless there was active clinical supervision and training specific to intimate partner violence. This presentation will include a brief overview of EFFT and SCV, followed by key findings from this quantitative research study with ample connections made to enhance the assessment and treatment of intimate partner violence. Specific recommendations for researchers, therapists, and institutions will also be provided. A handout will be available.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71717 - 12-Minute Talk

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Back to the Future: Screen Time Associations with IQ Scores and Academic Achievement Outcomes

Main Presenting Author: Mueller, B Melissa
Co-Presenting Author: Schwartz, Kelly D

Additional Author: Makarenko, Erica

Abstract: *An irreplicable naturalistic study from 1986 in British Columbia, Canada was able to examine children with no access to screen time, some with limited television channels, and those with advanced television channels (Williams, 1986). The results of this seminal study demonstrated that the developmental gap between children excelling in school and those struggling increased upon the arrival of television. Researchers found that those already excelling in school made better choices in content and time spent watching compared to those struggling who made poorer content choices and used it to avoid homework. In order to understand if this developmental gap still exists today, data from clients that were assessed at the Integrated Services in Education (ISE) clinic at the University of Calgary in 2019 and 2020 will be used. The self-reported screen time will be examined with the child or adolescent's cognitive and academic achievement scores. Based on the Williams (1986) study, it is anticipated that those who engage in less screen time will have higher cognitive and academic achievement scores. Recommendations from this study will inform screen time recommendations for Canadian families.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 70380 - 12-Minute Talk

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BDSM Practice, Sexual Communication, and Relationships

Main Presenting Author: Maki, M. Samantha

Additional Author: Cioe, D. Jan

Abstract: *Bondage and discipline, dominance and submission, and sadism and masochism (BDSM) is the practice of experiences (often sexual) relating to dominant and submissive play, physical restraint,*

and sensory play. Mutual consent is what distinguishes BDSM behaviours from abuse or violence. Movies, books, and TV shows have increased awareness of some of the practices associated with BDSM. Audiences are exposed to depictions where consent is broken, consent is played with, or love is used as a bargaining chip for BDSM activities. This study looks at those who engage in varying levels of BDSM activities. It also looks at sexual communication and self-efficacy during and prior to engaging in sexual activity. We aim to better understand what types of relationships people are in when they engage in BDSM activities. We expect that our results will show that pre-sexual activity communication is not common, even when low to moderate levels of BDSM behaviours are practiced. We expect that rates of sexual self-efficacy will depend on the level of BDSM practiced. The romanticization of these relationships means that emotional abuse and coerced consent may be seen as acceptable and common. Without proper education around safety and consent, there is a higher likelihood of injury and unwanted sexual activity.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71627 - 12-Minute Talk

Changes in sleep beliefs and habits in individuals remitted from insomnia after cognitive behavioural therapy at post-treatment and one-year follow-up

Main Presenting Author: Lau, Parky

Additional Authors: Marway, Onkar; Carney, Colleen E

Abstract: *INTRODUCTION: CBT-I is an efficacious and robust intervention for chronic insomnia; however, it remains uncertain whether the recommendations provided in CBT-I are a life-sentence that an individual must follow to maintain good sleeper status. The present study investigates whether there are differences in trajectories at post-treatment (PostTx) and one-year follow-up (FU) for sleep habits associated with insomnia-like thinking compared to value-based behaviours. METHODS: Participants (N=179) received four sessions of CBT-I and completed sleep-related measure at each time-point. RESULTS: Repeated measures ANOVAs indicated that measures associated with insomnia-like thinking significantly reduced from baseline to PostTx and remained low at FU (_p_s < .05). On the other hand, wakefulness in bed related to values reduced significantly from baseline to PostTx, Mdiff = -.85, 95% CI [-1.12, -.58], _p_ < .001, but increased at FU, Mdiff = .28, 95% CI [.11, .44], _p_ < .001, without impact on insomnia severity (_p_ > .05). DISCUSSION: Patients remitted from insomnia after CBT-I can confidently choose sleep habits consistent with their values without significant impact on sleeper status. The knowledge that the recommendations provided by CBT-I are short-term may increase adherence. IMPACT: The evidence contributes to our confidence in CBT-I as a short-term and durable intervention of insomnia.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 69940 - 12-Minute Talk

Clustering of health behaviours in Canadians: A multiple behaviour analysis of data from the CLSA

Main Presenting Author: van Allen, Zack

Additional Authors: Bacon , Simon ; Bernard , Paquito ; Brown , Heather ; Desroches , Sophie ; Kastner , Monika ; Lavoie , Kim; Marques , Marta ; McCleary , Nicola ; Straus , Sharon ; Taljaard , Monica ; Thavorn , Kednapa ; Tomasone , Jennifer ; Presseau , Justin

Abstract: *Health risk behaviours such as physical inactivity, unhealthy eating, smoking tobacco, and alcohol use are each leading risk factors for non-communicable chronic disease and play a central role in limiting health and life satisfaction. Understanding which behaviours tend to co-occur (i.e., cluster together), and how such clusters are associated with health outcomes may provide opportunities to develop more comprehensive behaviour change interventions. Using cross-sectional baseline data (N=40,268) from the Canadian Longitudinal Study of Aging, we performed agglomerative hierarchical cluster analysis to cluster individuals based on their behavioural tendencies and multinomial logistic regression to examine how these clusters are associated with demographic characteristics, healthcare utilization, and general health and life satisfaction, and assessed whether sex and age moderate these relationships. Seven clusters were identified with clusters differentiated by six of the seven health behaviours included in the analysis. Sociodemographic characteristics varied across several clusters while self-reported physical/mental health showed less variation across clusters. The seven identified clusters of health behaviours will help inform the development of future health behaviour change interventions tailored to sub-populations and their sociodemographic profiles.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 70805 - 12-Minute Talk

Collaborator Network Analysis of Health Psychology Faculty in Canada

Main Presenting Author: Ross, M Kharah

Additional Authors: Hoggan, Ryan; Campbell, Tavis S; Gosselin Boucher, Vincent; Kim, Eric; Lavoie, Kim; Rash, Joshua A; Rouleau, Codie; Stewart, Sherry; Gordon, Jennifer L; Presseau, Justin

Abstract: *Health psychology is a rapidly growing and under-characterized field in Canada. We aimed to conduct a collaborator network analysis of university-affiliated health psychology faculty in Canada to characterize how they cluster and interconnect. METHODS: University-affiliated health psychologists were identified using an environmental scan of faculty profiles in health- and psychology-related faculties at Canadian universities. Research outputs published from 01/2018-03/2021 were obtained through a literature search. Co-author information was extracted and subjected to a collaborator network analysis. RESULTS: A total of 285 university-affiliated health psychologists were identified, publishing 3,274 peer-reviewed articles with 11,000 unique collaborators. Communities (_modularity_ = .848) were formed around research topics (e.g., pain, sexual health), geography (e.g., Montreal, University of Manitoba), and maintained trainee-rooted relationships (trainee cohorts or former mentor-mentee relationships). A minority of health psychology faculty (13%) were not well connected to the network (defined as one link or no links to the main network). CONCLUSION: Most Canadian health psychology faculty are interconnected within a collaborator network. Future research will identify barriers to network integration.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 70635 - 12-Minute Talk

Correlates of intention to donate plasma among gay, bisexual and other men who have sex with men

Main Presenting Author: Vesnaver, Elisabeth

Additional Authors: Gibson, Emily; Goldman, Mindy; Butler-Foster, Terrie; Hill, Nolan E.; Rosser, Andrew; Lapierre, Don; MacDonagh, Richard; Miguel, Glenndl; Palumbo, Amelia; Macpherson, Paul; Randall , Taylor; Osbourne-Sorrell, William; O'Brien, Sheila; Rubini, Kyle A. ; Bridel , William; Canadian Blood Services, Joanne O'Brien; Greaves, Mark; Al-Bakri, Taim B; Castillo, Gisell; Reid, Marco; Labrecque, Maximilian; Germain, Marc; Orvis, Shane; Clapperton, Andrew T.; Devine, Dana; Presseau, Justin

Abstract: *BACKGROUND: Gay, bisexual and other men who have sex with men (gbMSM) continue to face restrictions regarding blood donation. Recently-approved changes to gbMSM eligibility for plasma donation could help address Canada's insufficient domestically collected plasma if more gbMSM donate as a result. We aimed to identify modifiable theory-informed predictors of gbMSM's intention. METHODS: We developed, piloted, and disseminated a new questionnaire based on the Theoretical Domains Framework (TDF). We recruited gbMSM in London (ON) and Calgary (AB) to an anonymous and online survey. RESULTS: _N_=247 men identifying as gay, bisexual or as having sex with men completed the survey. Intention to donate was high (Mean=4.24; _SD_=.94). We investigated bivariate associations between intention to donate plasma and TDF domains (all _p_>.01): Knowledge (α=.68, _r_=.32), Beliefs about Consequences (α=.85, _r_=.33), Reinforcement (α=.87, _r_=.44), Social Role and Identity (α=.91, _r_=.39), Social influences (α=.73, _r_=.45), Environmental Context (single item, _r_=.31), Beliefs about Capabilities (α=.81, _r_=.29), Emotion (α=.73, _r_=.38), Goals (α=.72, _r_=35). CONCLUSIONS: We identified a number of modifiable factors correlated with intention to donate plasma. IMPACT: There are clear opportunities for developing theory-informed interventions to support gbMSM to donate plasma as policies become more inclusive.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 69917 - 12-Minute Talk

Exploring Anishinabe Youth Resilience during the COVID-19 Pandemic: A Multi-Level Analysis of Cultural Awareness Moderating Within-Person Effects of Positive and Negative Affect on Alcohol Use and Consequences

Main Presenting Author: Dumont, Julianne

Additional Author: O'Connor, M. Roisin

Abstract: *Since time immemorial, First Nations (FN) communities have incorporated culture into their wellness models. Though, empirical support linking cultural components with alcohol use is relatively new. Notably, the COVID-19 pandemic presents a particular context in which state affect can exacerbate risk for alcohol misuse. Coupling this with growing recognition that cultural connectedness promotes FN peoples' well-being, the current study assessed the influence of cultural awareness constructs on affect-related alcohol use during the COVID-19 pandemic. We hypothesized that elevated cultural connectedness (CCS) and awareness of connectedness (ACS) would mitigate, and historical loss (HLS) would exacerbate, the risk of low positive/high negative affect on alcohol*

outcomes. Our 7-week online study included 48 Anishinabe youth (15-30 years old). Multi-level Zero-Inflated Poisson regressions supported CCS and ACS as moderators of the affect-alcohol relation. At high CCS likelihood of alcohol use was mitigated at low positive affect, as hypothesized, but unexpectedly, risk for use was evident at high positive affect. As hypothesized, elevated negative affect was associated with reduced negative alcohol consequences, at high (not low) ACS. Results support the protective role of FN youths' cultural awareness constructs on affective risk for alcohol use in the COVID-19 context.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 71659 - 12-Minute Talk

Expressions of stress and hope across four cities: A social media analysis examining characteristics of resilient communities

Main Presenting Author: Agbeyaka, Senyo

Additional Authors: Shankardass, Ketan ; Jewers-Dailey, Kim; Robertson, Colin; Sykora, Martin; Elayan, Suzanne; Phillips, Sierra

Abstract: *BACKGROUND: To address the challenges of mental health inequities, ongoing efforts are needed to identify areas that are experiencing high levels of negative emotions as well as low levels of positive ones. One strategy to explore the distribution of emotions at a local level involves examining social media content generated within a specific area. METHODS: This study explored the spatial distribution of stress and hope using Stresscapes and Extracting the Meaning of Terse Information in a geo-Visualization of Emotion, programs that engage in sentiment analysis of geo-located social media content. Publicly available posts from Twitter (tweets) produced across four Southern Ontario cities (Hamilton, Ottawa, Toronto, and Waterloo) were analysed. Data was collected over a one-year (2017-2018) and mapped using GIS software to compare the spread of stress emotions and hopeful emotions (a proxy for resilience) over time and location. Data was combined with 2016 Census data to explore if sociodemographic variables consistently influence expressions of stress and hope. RESULTS: Results suggest that the distribution of stress across each neighbourhood and each city was wide. ACTION: Changes in stress to hope will be used to identify areas that are resilient, and results will be helpful for leaders and policy makers to plan targeted interventions.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 69315 - 12-Minute Talk

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Female Exposure to Natural and Modified Vulvas: Effects on Genital Self-Image

Main Presenting Author: Maki, Samantha
Co-Presenting Author: Nemes, F. Dylan

Additional Author: Cioe, D. Jan

Abstract: *Western culture depicts women's bodies as young and hairless. It is important to understand the positive impact that exposure to female genital diversity can have on women's self-perceptions. If women are exposed to more diverse genital representation, they may decline elective genital surgeries that may result in complications and minimal post-surgery improvement. We used*

two experimental conditions to demonstrate the impact that exposure to vulva diversity versus vulva uniformity has on women's genital self-image (GSI). Participants were asked to view 40 photos corresponding to one of three conditions (i.e., neutral, modified, natural). They then completed post-test measures of GSI. Two weeks after the initial manipulation, participants were asked to fill out the GSI measure again. There were no significant differences between experimental conditions from pretest to post-test and follow-up. The results showed an increase in overall GSI from pretest to post-test and follow-up. Exposure to any vulva images may have a positive effect on women's GSI. This could be due to the previous finding that many women have not been exposed to female genitals in any capacity – with some women never viewing their own vulva. Exposure to genital images may have allowed women to gain knowledge of female genital appearance, and increase their positive feelings towards their own appearance.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 70604 - 12-Minute Talk

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Healthcare Leadership Interventions to Reduce Workplace Burnout

Main Presenting Author: Novitsky, Christine

Additional Authors: Foote, Michael; Gilin, Debra; Manels-Murphy, Megan

Abstract: *BACKGROUND: COVID's psychological impact has affected many professions. However, healthcare frontline workers, in particular, have not been given any chance to rest or recover and as many as 53% have high levels of burnout (Jalili et al., 2021). To combat burnout, this study will focus upon healthcare leadership workshop interventions and coaching. METHODOLOGY: To understand the impact of leadership burnout intervention workshops and coaching on Ontario healthcare leaders, two groups of 25 leaders (n =50) will participate in six weeks of workshops. The study will occur over eight weeks, tracking wellness indicators via Fitbits and weekly surveys using valid and reliable self-report scales. A control group of 38 non-intervention leaders will take the pre and post-surveys. RESULTS: The intervention study will occur February-April, 2022. We hypothesize that the 6-week course will improve leader burnout and work engagement, as assessed via Fitbits and surveys. IMPLICATIONS: This study will advance knowledge of the effectiveness of leadership intervention workshops with coaching. The study will support Ontario healthcare leaders' burnout, giving the leaders the tools and perspectives to create a supportive work environment conducive to burnout recovery for healthcare employees.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71804 - 12-Minute Talk

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Implementing a Trauma-Informed Care and Mental Health Screening Initiative in the Maternity Setting

Main Presenting Author: Zumwalt, Katarina
Co-Presenting Authors: Ereyi-Osas, Whitney; Byles, Hannah

Additional Authors: Raccine, Nicole; Madigan, Sheri; Killam , Teresa

Abstract: *INTRODUCTION: THE RISK OF MENTAL HEALTH DIFFICULTIES IN PREGNANCY DUE TO ADVERSE CHILDHOOD EXPERIENCES (ACES) IS WELL DOCUMENTED. YET, ASKING ABOUT ACES IN PRENATAL CARE REMAINS CONTROVERSIAL DUE TO THE RISK OF RETRAUMATIZATION. THE CURRENT STUDY SOUGHT TO 1) DESCRIBE A TRAUMA-INFORMED INITIATIVE THAT INCLUDED ASKING ABOUT ACES IN A MATERNITY CLINIC, AND 2) IDENTIFY IF PAST TRAUMATIC EXPERIENCES ARE LINKED TO MENTAL HEALTH OUTCOMES IN PREGNANCY. METHODS: PREGNANT WOMEN (N=338) RECEIVING PRENATAL CARE AT A LOW-RISK CLINIC (JUNE 2017 - DECEMBER 2018) WERE ASKED TO SELF-REPORT ACES PRIOR TO 18 YEARS. AT EACH APPOINTMENT, PATIENTS WERE SCREENED FOR SYMPTOMS OF DEPRESSION (PHQ-2) AND ANXIETY (GAD-2). MATERNAL HEALTH OUTCOMES, SUBSTANCE USE, AND ADVERSE BIRTH OUTCOMES WERE EXTRACTED FROM THE MEDICAL RECORDS. RESULTS: A TRAUMA-INFORMED APPROACH TO PATIENT CARE INCLUDING OBTAINING AN ACES HISTORY WAS SUCCESSFULLY IMPLEMENTED IN THE PRENATAL SETTING. USING LOGISTIC REGRESSION, ACES WERE ASSOCIATED WITH INCREASED ODDS OF PRENATAL DEPRESSION, ANXIETY, AND SUBSTANCE USE IN A DOSE-RESPONSE FASHION. CONCLUSIONS: ASKING ABOUT ACES WITHIN A BROADER TRAUMA-INFORMED CONTEXT MAY PROVIDE AN OPPORTUNITY TO DISCUSS HOW PREVIOUS ADVERSE EXPERIENCES IMPACT MENTAL HEALTH IN PREGNANCY. THE ACES QUESTIONNAIRE, WITH OTHER TOOLS, MAY BE USED TO SUPPORT WELLBEING DURING PREGNANCY.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 71455 - 12-Minute Talk

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Improving online interventions for students using motivational interviewing and booster lessons

Main Presenting Author: Peynenburg, Vanessa

Additional Author: Hadjistavropoulos, Heather

Abstract: *BACKGROUND: Anxiety and depression are common among post-secondary students. Internet-delivered cognitive behaviour therapy (ICBT) is an effective treatment option, although high attrition rates remain a concern and long-term outcomes are understudied. Including pretreatment motivational interviewing (MI) and a self-guided booster may reduce attrition and maintain long-term symptom improvements. METHODS: 308 clients were randomized to standard care (n = 78), MI (n = 76), booster (n = 77), or MI + booster (n = 77), and 89% (N = 277) started treatment. All clients accessed a 5-week transdiagnostic ICBT course with weekly therapist contact. RESULTS: Clients reported large decreases in symptoms of depression and anxiety and small improvements in perceived academic functioning that were maintained at 1- and 3-month follow-up. MI did not reduce attrition or improve engagement, but was associated with small benefits for depression, anxiety, and disability. The booster was accessed by 30.9% of clients, with small benefits in favour of the booster for depression at 3 months. CONCLUSIONS: Pre-treatment MI may not improve attrition or engagement if client motivation is already high. The booster had low utilization, but may improve long-term outcomes. IMPACT: Results from this trial provide insight into the inclusion of MI and booster lessons in ICBT to improve student mental health.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70640 - 12-Minute Talk

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Leveraging eHealth Technologies & Patient-Engagement to Mitigate the Impacts of the COVID-19 Pandemic on Family Mental Health.

Main Presenting Author: Roos, E. Leslie
Co-Presenting Author: Tomfohr-Madsen, Lianne

Additional Authors: Reynolds, Kristin; Berard , Lindsay ; MacKinnon, Anna; Simpson, Kaeley; Xie, Bailin; Pierce, Shayna; Penner-Goeke, Lara

Abstract: *Depression increased during the pandemic, affecting 25-30% of mothers. An absence of screening and service backlogs highlighted a need for innovations in treatment access. We conducted iterative projects to identify patient-identified priorities which we built on through our knowledge synthesis work. We then led a series of pilot trials for mothers with depression. BRIDGE (N = 39) pairs dialectical behavior therapy and emotion-focused parenting for mothers of 3-5 year olds. Results demonstrated that traditional telehealth was not better than a video-supported shorter group for improving depression there were advantages of the adapted version for child mental health. BEAM (N=68) brings video-supported telehealth and forums to an app-based program for mothers of 1.5-3 year olds. Results indicate high interest with > 400 parents screened. Tech challenges contributed to low engagement. Preliminary results indicate similar declines in maternal depression in active and control groups with greater reductions in anxiety, sleep and child mental health in the BEAM group. Mothers are interested in eHealth solutions, but questions remain about how to best deliver services. Emotion-focused programs can improve family mental health. Results will inform three RCTs (N = 900+). Shared learning holds promise for eHealth to advance mental health care through accessibility and cost-efficacy.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71230 - 12-Minute Talk

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Online LTP+CaCBT for treating depressed mothers of African/Caribbean heritage in the UK: A pilot RCT

Main Presenting Authors: Jidong, Ezekiel Dung ; Ike, Tarela Juliet

Abstract: *Background: By 2030, it is projected that depression will be the leading cause of global disease burden that affects approximately 75% of women primarily due to childbirth and parenting. Depressed mothers are at high risks of transferring intergenerational mental health disease burdens such as their children's health being affected at pre-school and later life. This is more common in British African/Caribbean communities, which are under-served and under-researched. Methods: The pilot trial was designed to test the appropriateness and acceptability of an online Learning Through Play plus Culturally adapted Cognitive Behaviour Therapy (LTP+CaCBT) for treating depressed British African and Caribbean mothers. N=80 participants scoring 5 and above on the PHQ-9, followed with Clinical Interview Scheduled-Revised (CIS-R), are recruited for baseline assessments and randomised into experimental (LTP+CaCBT; n=40) and controlled (psychoeducation; n=40) groups.   Pre-conclusions: If well-adapted, LTP+CaCBT could be a low cost, sustainable, community-based and culturally relevant intervention that is potentially novel to existing treatment options for postnatal depression for British African/Caribbean mothers. It is*

ecologically friendly as it is manualised and delivered by non-mental health specialists such as trained community health workers, and thus, helps address the workforce shortage.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70026 - 12-Minute Talk

Post-Secondary Students and Excellent Health: What helps them thrive?

Main Presenting Author: Flessati, L. Sonya
Co-Presenting Author: Miller, Janet

Abstract: *THE COLLEGE/UNIVERSITY YEARS COINCIDE WITH THE TIME IN LIFE WHEN INDIVIDUALS ARE PARTICULARLY VULNERABLE TO DEVELOPING MENTAL HEALTH ISSUES. ONE THIRD OF POST-SECONDARY STUDENTS IN NORTH AMERICA HAVE ELEVATED LEVELS OF STRESS OR MEET DIAGNOSTIC CRITERIA FOR A MENTAL DISORDER (PORTER, 2018). STUDENTS' PSYCHOLOGICAL DISTRESS CONTRIBUTES TO MANY NEGATIVE ACADEMIC, HEALTH, AND INTERPERSONAL OUTCOMES (PITTMAN and RICHMOND, 2008; V'AZQUEZ, OTERO, and D'IAZ, 2012). NOT ALL STUDENTS ARE SUFFERING FROM NEGATIVE IMPACTS OF STRESS THOUGH; SOME ARE THRIVING. RESULTS FROM THE 2019 CANADIAN ADMINISTRATION OF THE NATIONAL COLLEGE HEALTH ASSESSMENT (NCHA) SHOWED THAT 10% OF RESPONDENTS (5,471) CHARACTERIZED THEIR HEALTH AS "EXCELLENT". A COMPARISON OF STRESS LEVELS, MENTAL HEALTH CONCERNS AND BARRIERS REVEALED THAT STUDENTS WITH "EXCELLENT HEALTH" SEEM TO COPE WITH CHALLENGES BY ENGAGING WITH COMMUNITY AND SERVICES. RESULTS SHOW THAT ATTITUDES IMPACT SUCCESS AND WELLBEING. WE WILL LINK THESE RESULTS TO THE ICONIC YERKES-DODSON STUDY (1908), HANSON'S (1985) CONCEPT OF THE_ JOY OF STRESS_, AND CSIKSZENTMIHALYI'S (1990; 1994) CONCEPT OF FLOW. WE WILL REVIEW HOW THEMES OF BELONGING AND INCLUSION SHOW UP IN THESE RESULTS, AND CONSIDER HOW THESE FINDINGS CAN INFORM COUNSELLING PSYCHOLOGY PRACTICES.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71676 - 12-Minute Talk

Prehabilitation Contributes to Improved Depressive and Anxious Symptoms While Awaiting CABG

Main Presenting Author: Williamson, Tamara

Additional Authors: Rouleau, R. Codie; Chirico, Daniele; Hauer, Trina; Kidd, William; Arena, Ross; Aggarwal, Sandeep G.

Abstract: *BACKGROUND: Prehabilitation before coronary artery bypass grafting (CABG) is shown to enhance surgical outcome, but its impact on psychological status is uncertain. METHODS: We examined changes in depression/anxiety symptoms in patients who completed ≥3 weeks of prehabilitation at TotalCardiology Rehabilitation (Calgary, AB) from 2018-2020. Patients on the CABG waitlist received supervised exercise training and multidisciplinary support with risk factor modification until surgery. The Hospital Anxiety and Depression Scale (HADS) was administered at baseline and post-CABG. RESULTS: On average, patients (_N_=37, 95% male, _M_=65 yrs old) presented with HADS in the normal range for depression (_M_=4.36, _SD_=2.70) and anxiety*

(_M_=7.00,_SD_=3.31), but elevated symptoms (HADS>7) of depression and anxiety were observed at baseline in 3 (8%) and 13 (35%) of patients, respectively. Depression [_t_(21)=3.58, _p_=.002] and anxiety [_t_(21)=5.00, _p_.05). CONCLUSIONS/IMPACT: Prehabilitation holds promise to improve perioperative psychological health in patients awaiting CABG. Future research is needed to clarify causality and mechanisms of action in diverse samples including women and patients with established psychopathology.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 70540 - 12-Minute Talk

Pursuing and developing a passion during the COVID-19 pandemic: Impacts on mental health

Main Presenting Author: Paquette, Virginie

Additional Authors: Holding, Anne ; Cimon-Paquet, Catherine; Giroux, Alexandra; Gosselin-Boucher, Vincent; Vallerand, Robert J.

Abstract: *People had to find ways to cope with the isolation and lockdowns during the COVID-19 pandemic. One way suggested to help individuals overcome stressful times is engaging in a passionate activity (Paquette et al., 2021). This is so because of the emotions it entails. Thus, this research examined the effects of engaging in a pre-existing and a newly developed passion on people's mental health during the pandemic. It also examined the mediating role of emotions in the relationship between passion and mental health outcomes. Participants, recruited via MTurk, filled an online survey assessing their passion, emotions, and mental health during the pandemic. In Study 1 (_n_ = 187), a path analysis showed that pursuing a pre-existing harmonious passion was positively associated with positive emotions that facilitated well-being and it was also negatively associated with negative emotions and their negative effects on mental health. Conversely, pursuing a pre-existing obsessive passion was positively and directly related to well-being, but it was also positively related to negative emotions facilitating symptoms of depression and anxiety. Study 2 (_n_ = 411) replicated these findings with a passion newly developed during the pandemic. Overall, these results show that engaging in a passion during stressful times, especially a harmonious passion, benefits people's mental health.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 70761 - 12-Minute Talk

Supporting the Adoption of Developmentally Appropriate COVID-19 Risk Reduction Strategies

Main Presenting Authors: Drefs, Michelle; Czarnecki, Natalia
Co-Presenting Authors: Snell, Diana; Shajani, Zahra

Additional Authors: Portela, Natasha; Robertson, Sharon; Beran, Tanya

Abstract: *Risk reduction strategies are preferable to school closure in reducing the spread of COVID-19 in schools, yet selecting appropriate school strategies is challenging given a paucity of existing policies and procedures. Less is known as to which strategies are developmentally*

appropriate for kindergarten-age children, a group at greatest risk for missed learning opportunities during a pandemic, with kindergarten optional in some jurisdictions and parents likely to keep their children at home if uncomfortable with the school's risk reduction strategies. The current study sought to examine the impact of risk reduction on 1) kindergarteners' learning and well-being and 2) caregiver confidence. Kindergarten students (93), their parents (16), and teachers (15) from three school authorities shared their experience of schooling and views on the impact of adopted risk reduction strategies. Data were collected using drawings (students), interviews (students, teachers), and surveys (parents), with the data analyzed using thematic analysis. Participants' responses revealed common themes despite divergent school populations and risk reduction strategies across the three school authorities. A key finding was the importance of social connectedness. The study is of value to school psychologists in supporting schools in adopting developmentally appropriate risk reduction strategies.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71674 - 12-Minute Talk

The Death and Dying Distress Scale: Validation in patients with advanced cancer

Main Presenting Author: Shapiro, Gilla

Additional Authors: Mah, Ken; Li, Madeline; Zimmermann, Camilla; Hales, Sarah; Rodin, Gary

Abstract: *BACKGROUND: Distress about dying and death is an important clinical and research outcome in advanced cancer. A 15-item Death and Dying Distress Scale (DADDS) measure has undergone preliminary validation, but full validation in a large sample has not previously been reported. We investigated its psychometric characteristics and responsiveness to a therapeutic intervention. METHODS: This is a secondary analysis of baseline data obtained from a randomized controlled trial of psychotherapeutic intervention for patients with advanced cancer. Participants (n=386) completed the DADDS, and measures of depression, anxiety, demoralization, quality of life (including preparation for end of life), among others. RESULTS: A confirmatory factor analysis revealed factors related to "Finitude" and to "Dying." Construct validity was demonstrated by a positive correlation between DADDS and demoralization (r=0.569-0.679), and a negative correlation with preparation for the end of life (r=-0.475- -0.678). At 6 months, intervention participants with moderate DADDS scores at baseline reported significantly lower DADDS scores on both factors compared to usual care. CONCLUSIONS: The DADDS is a valid and brief two-factor measure that assesses distress related to the shortness of time and process of dying. IMPACT: This measure has utility for research and clinical care in patients with advanced cancer.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71522 - 12-Minute Talk

The Development of the Motivational Communication Competency Assessment Test (MC-CAT): The Need for a New Tool in this Digital Era

Main Presenting Author: Gosselin Boucher, Vincent

Additional Authors: Bacon, L. Simon; Voisard, Brigitte; Dragomir, Anda I.; Lavoir, Kim L.; -, for The Canadian Network for Health Behavior Change and Promotion

Abstract: *The objective of this study was to develop and validate a digital tool assessing physicians Motivational Communication (MC) competencies, the Motivational Communication Competency Assessment Test (MC-CAT). Between 2016 and 2021, using a 5-step integrated knowledge translation approach, the MC-CAT was created by: 1) developing a set of four core cases and a scoring scheme; 2) validating the core cases and scoring scheme with international experts; 3) creating three alternative versions of the four core cases; 4) integrating the cases into the MC-CAT online platform; and 5) conducting initial internal validity assessments with health university students. The MC-CAT assesses CM competencies in 20 minutes by presenting 4 cases (out of 16) addressing various target behaviours. Individual and global competency scores are automatically calculated for the 11 competency items among the 4 cases, resulting in automatic scores out of 100. Initial tests of internal consistency among the 32 student participants were acceptable (alpha = 0.78) and factorial analysis show no difference between the different case version (p's > 0.05). The results suggest that the MC-CAT is an internally valid tool to facilitate the evaluation of MC competencies among health professionals, and that it is ready to undergo comprehensive analyses of its psychometric properties with a national sample of physicians.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71299 - 12-Minute Talk

The impact of introducing publicly funded school-based immunization programs for boys on human papillomavirus vaccination

Main Presenting Author: Shapiro, Gilla

Additional Authors: Tatar, Ovidiu; Knauper, Barbel; Griffin-Mathieu, Gabrielle; Rosberger, Zeev

Abstract: *BACKGROUND: The impact of publicly funded HPV immunization programs and the interplay of sociodemographic, psychosocial and policy factors in maximizing vaccination is poorly understood. This observational study examined the impact of introducing HPV vaccination programs for boys on vaccine uptake. METHODS: Data were collected from a national, longitudinal sample of Canadian parents of children aged 9-16 years during August-September 2016 (T1) and June-July 2017 (T2). Participants completed an online questionnaire measuring sociodemographic characteristics, vaccine knowledge and attitudes, healthcare provider recommendation, and HPV vaccine uptake. Analyses were conducted separately for parents of boys and girls using logistic regression analyses at T1 and T2. RESULTS: Vaccination was associated with child's age, healthcare provider recommendation, perceived vaccine harms, and perceived vaccine affordability. Funding of HPV vaccine programs for boys had higher odds of vaccination amongst boys than jurisdictions without funding at both time-points. CONCLUSIONS: This gender-sensitive analysis highlights the interplay of sociodemographic, psychosocial, and policy factors that can improve HPV vaccination. ACTION/IMPACT: Publicly funded school-based programs and provider recommendation are impactful strategies to increase HPV vaccination.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71521 - 12-Minute Talk

Understanding the relationship between body image and menopause in South Asian Canadian women

Main Presenting Author: Dhillon, K Taranjot

Additional Author: GAMMAGE, L KIMBERLEY

Abstract: *Research regarding women's body image during menopause is limited; few studies reflect the experiences of South Asian women in Canada. This study used interpretive phenomenological analysis to explore the relationship between body image and menopause in South Asian Canadian women. Nine first generation South Asian immigrant Canadian women, age 49-59 years, in perimenopause or postmenopause took part in semi-structured individual interviews. Overall, three themes were constructed. _Complexity and intertwining of body image and menopause experiences_ showed women understood body image as a multidimensional construct, but their own body image focused on weight and appearance. _"Its just something we go through silently" _described the disconnection from their body and lacking support from family and South Asian community. _The push and pull of South Asian and Western cultures _focused on the challenge of the South Asian cultural perspectives on beauty, body image, and aging in a Western context. The findings demonstrate a need for culturally-appropriate and community-based interventions and resources (e.g., workshops, seminars). Given the underlying narrative of the conflict between Western vs South Asian cultures, examining acculturation in this understudied group will uncover potential protective strategies for subsequent generations of South Asian women.*

Section: Women and Psychology / Femmes et psychologie
Session ID: 70127 - 12-Minute Talk

What do adults with chronic illness want from group therapy?

Main Presenting Author: Kubik, Dalaine
Co-Presenting Author: McBride, Dawn

Abstract: *This research study appears to be the first to describe group therapy preferences and illness identities in a transdiagnostic population of adults with chronic health conditions. While the literature supports the use of group therapy for those with medical conditions, there is limited research asking clients what they want from group therapy to assist in coping with chronic illness. Recent work has begun expanding the collective knowledge of illness identity, but until the first author conducted this empirical research study, this concept had yet to be explored in the context of psychotherapy. Participants from around the world were asked to rate the extent they incorporated their illness into their sense of self and their preferences for group therapy, including their preferences for therapist characteristics, such as history with chronic illness; organizational components, such as open or closed groups; and topics to explore in the group, such as coping skills or existential topics. In this presentation, the methodology will be briefly outlined, and key findings will be highlighted to showcase participants' preferences for certain components of group therapy. Specific practice recommendations will be offered related to how the participants' preferences differed based on their illness identity states and illness perceptions. An extensive handout will be provided.*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 71698 - 12-Minute Talk

A User-Centered Approach in the Development of an eLearning Program for Classroom Teachers of Students with Disruptive Classroom Behaviour

Main Presenting Author: Orr, Matt

Additional Authors: Corkum, Penny; Smith, Isabel M.; Chambers, Christine T.

Abstract: *Disruptive classroom behaviour (DCB) is common and affects student outcomes and teacher stress. Although effective interventions for DCB exist, teachers' access to training in these is limited. The proposed presentation will describe the iterative user-centred design approach taken to developing an eLearning program for classroom teachers on implementing in-class interventions for DCB. Three studies were conducted. To understand the extant literature, a meta-analysis was conducted, the results of which suggested potential interventions to include in the program. Using those results, a needs assessment was conducted to assess potential end-users' and stakeholders' knowledge and experiences with interventions. Participants' responses narrowed the interventions to include in the program and provided important insights into intervention implementation. Once the program was finalized, a usability study was conducted to assess whether the program met end-users needs. Participants' ratings and open-ended feedback suggested that it was viewed as usable, useful, desirable, valuable, accessible, findable, and credible. Taken together, the results of these studies show a direction for future development of the program. They may also guide user-centred development of other eLearning programs for classroom teachers.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71758 - Virtual 12-Minute Talk

Conversation Session

Digging Out From Under; Unpacking The Complexities of Hoarding Disorder

Main Presenting Author: Anderson, Murray
Co-Presenting Authors: Freed, Galina; Jahn, Karli

Abstract: *HOARDING DISORDER (HD) IS A TREATMENT-RESISTANT MENTAL HEALTH CONCERN AFFECTING DIFFERENT STAKEHOLDERS. HD IS CHARACTERIZED BY A DIFFICULTY OF DISCARDING POSSESSIONS, A LACK OF INSIGHT, AND ACCUMULATION OF EXCESS BELONGINGS RESULTING IN LOSS OF LIVING SPACE. BECAUSE HD IMPACTS DIFFERENT STAKEHOLDERS, A WIDE VARIETY OF INTERVENTIONS EXIST, RANGING FROM SUPPORTIVE COMMUNITY-BASED APPROACHES TO FORCED CLEANOUTS AND EVICTIONS. CURRENT INTERVENTIONS FOR HD INCLUDE COGNITIVE BEHAVIOUR THERAPY, MOTIVATIONAL INTERVIEWING, SUPPORT GROUPS, SELF-HELP OPTIONS, HARM REDUCTION, SUPPORT GROUPS FOR FAMILY MEMBERS, AND THIRD-WAVE BEHAVIOUR THERAPIES. SINCE HD IMPACTS AND IS MANAGED BY VARIOUS STAKEHOLDERS, MULTIPLE PERSPECTIVES ARE NECESSARY TO CREATE EFFECTIVE APPROACHES THAT MEET BOTH INDIVIDUAL AND COMMUNITY NEEDS. THEREFORE, IT IS IMPERATIVE TO CONSIDER THE PERSPECTIVES OF INDIVIDUALS LIVING WITH HD, FAMILY MEMBERS, SERVICE PROVIDERS, LANDLORDS, CIVIC AUTHORITIES, AND FRONTLINE RESPONDERS. THIS SESSION OFFERS A PLATFORM FOR STAKEHOLDERS TO SHARE NARRATIVES FROM VARIOUS PERSPECTIVES AND LIVED EXPERIENCES IN RELATION TO HOARDING. THIS ROUND TABLE DISCUSSION WILL FOCUS ON THE FOLLOWING QUESTIONS: * THE IMPACT OF STIGMA ON THOSE STAKEHOLDERS*

*AFFECTED BY HD * CURRENTLY EFFECTIVE WAYS OF DEALING WITH HD, INCLUDING RESOURCE SHARING * IMPACT OF COVID ON HD INTERVENTIONS*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 70792 - Conversation Session

Relative Risk of Early to Mid-Stage Pharmacological COVID Treatments, Vaccines, and Resultant Psychological Harm by Age

Main Presenting Author: Nussbaum, David

Abstract: *The effectiveness of vaccines to protect individuals from COVID currently appears less optimistic than initially expected. As time progresses, the number of deaths officially recorded in response to COVID vaccines by the Vaccine After Effect Reporting System (VAERS) increases (19,532 as of Nov. 26, 2021.) It becomes critical to look at a number of medical treatments currently used to treat the disease once contracted to effectively manage and reduce its harm. Psychological harm including anxiety, depression, PTSD, domestic violence and suicide have increased in association with social isolation caused by COVID restrictions. The risk of COVID-related mortality appears directly related to age while the risk to mortality from COVID vaccines appear inversely related to age. This talk will review recent empirical data describing relative COVID, vaccine, and psychological risks stratified by age. The discussion will focus of implications for policy and effective psychological interventions.*

Section: *Psychopharmacology / Psychopharmacologie*
Session ID: 71971 - Conversation Session

Printed Poster

"Being there": The perspectives and experiences of support systems of adults 50 years and older with mental health concerns in rural BC

Main Presenting Author: Paterson, Carley

Additional Authors: Oelke, Nelly; Szostak, Carolyn

Abstract: *Support from social connections is crucial for the wellbeing of adults 50 years and older with mental health concerns (MHCs) in rural communities where resources are limited. This study explored the experiences and perspectives of family, friends, and co-workers who provide support to individuals 50 years and older with MHCs in rural BC. Nine adults who provided this support were interviewed. Three themes were identified using thematic analysis. The first theme, 'the makings of a deep connection,' highlighted the components of these relationships, including the importance of communication and engaging in activity together. 'Behind the scenes' captured factors that influence the relationships, including participants' personal responsibilities or their own MHCs. These factors contributed to the third theme, 'the pressure and burden of providing support.' Other variables that contributed to the sense of burden included a feeling that they were alone in providing support. These feelings of pressure and burden negatively impacted the deep connections. In contrast, motivations identified in the second theme, such as love, contributed positively to relationships and often lessened the feelings of pressure and burden. The findings informed recommendations for the future, including the development of interventions for the supporter to improve relationship quality and wellbeing.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70959 - Printed Poster

"We need immunizations so that we can all be together again": A qualitative study of domestic violence service providers' experiences during the COVID-19 pandemic in Saskatchewan.

Main Presenting Author: Camacho Soto, Nicole Jeniffer
Co-Presenting Author: Jewell, Lisa

Abstract: *Social distancing regulations implemented because of the COVID-19 have led to a massive modification of domestic violence (DV) service delivery. Previous emergencies have been known to increase challenges with accessing DV services (Morrow and Enarson, 1997). During the pandemic, physical distancing and stay-at-home orders may create and/or intensify challenges for DV victims and service providers. This study qualitatively assesses the opportunities, needs, and challenges of service providers and DV victims when providing and accessing services, respectively. Six DV service providers from Saskatchewan were recruited using a purposive sampling strategy and interviewed remotely. A range of themes and sub-themes were identified through a thematic analysis guided by Braun and Clarkes (2006) thematic analytic approach. Victims needs and barriers to accessing services related to limited access to technology, connectivity issues, lack opportunities for human connection, decreased availability of support services, technological discomfort and mistrust, and isolation. Service providers experienced difficulties with keeping clients mentally stable; managing increased workloads; assisting victims properly due to a limited capability of reading and understanding body language signs. Recommendations for addressing these challenges during future global crises are provided.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71448 - Printed Poster

A Comparison of Online Gamblers, Offline Gamblers, and Hybrid Gamblers on Gambling and Substance Use

Main Presenting Author: McGrath, Daniel

Additional Author: Slack, Braydon

Abstract: *Background/Rationale: The emergence of online gambling has increased access to gambling 24 hours a day. Unlike land-based venues, online gamblers also have access to unregulated forms of gambling. Further, ease of access allows for problem gambling behaviours to perpetuate at home. However, the extent to which online gambling could exacerbate substance use has not be adequately explored. This study compared a sample of online gamblers, offline gamblers, and hybrid gamblers to better understand the role of online gambling on substance use. Methods: A sample ($\_N\_$ = 300) of three different types of gamblers (online gamblers, offline gamblers, and hybrid gamblers) completed a survey assessing gambling motives, substance use, and mental health. Multinomial logistic regression analyses assessed statistical predictors (i.e., gambling behaviour, substance use, mental health variables) of gambling type. Results: It is expected that gambling severity, specific activities, and greater substance use will differentiate gambler types. Furthermore, it is anticipated that gambling motives will moderate the relationship between type of gambler and substance use. Conclusions/Impact: Understanding predictors of gambling type plays an important*

role in helping individuals that are at risk of experiencing problem gambling. Implications for treatment programs and policy will be discussed.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 70817 - Printed Poster

A Meta-Analytical Review of Randomized Clinical Trials Investigating The Effectiveness of Cannabidiol (CBD) in the Reduction of Anxiety

Main Presenting Author: Nelson, Christopher

Additional Author: Fisak, Brian

Abstract: *Based on emerging evidence, cannabidiol (CBD) has potential anxiolytic effects. A number of randomized double-blind placebo control studies have been conducted to examine the effectiveness of CBD in the reduction of anxiety. The purpose of the current study was to conduct the first known systematic and meta-analytic review of these studies and to explore potential moderators of the impact of CBD on anxiety symptoms. Primary inclusion criteria used in the review were as follows: (1) randomized, double-blind studies with a placebo control; (2) adult participants; (3) single-occasion administration in a controlled laboratory setting, and (4) anxiety was the primary outcome variable. Thirteen trials met inclusion criteria. Based on a fixed-effects model, the mean weighted effect size was statistically significant and moderate in magnitude, $d = -.53$, $Z = 4.59$, $p < .001$. The dose of CBD was not found to be associated with effect size, $Q(1) = 0.37$, $p = .54$. The effect size for mixed male and female samples, $d = -.93$, $Z = -6.08$, $p < .001$, differed significantly from male-only samples, $d = -.01$, $Z = -0.04$, $p = .97$. Additionally, there was no significant difference between the other psychological condition samples, $d = -.64$, $Z = -3.83$, $p < .001$, and the non-clinical samples, $d = -.42$, $Z = -2.69$, $p < .01$. In laboratory settings, CBD appears to reduce anxiety symptoms, regardless of dose.*

Section: *Psychopharmacology / Psychopharmacologie*
Session ID: 71913 - Printed Poster

A Qualitative Exploration of Potential Barriers and Facilitators to Participation in a Behavioral Weight Loss Program for Patients with Psoriatic Arthritis and Comorbid Obesity

Main Presenting Author: Snodgrass, J Brooklynn

Additional Authors: Williamson, M Tamara; Campbell, Tavis; Sediel, Sydney; Patel, Stuti; Teo, Michelle; Lutes, Lesley; Pariag, Derick

Abstract: *BACKGROUND: Psoriatic Arthritis (PsA) is an autoimmune disease that affects >90,000 Canadians. Treatment includes disease-modifying drugs that reduce symptoms. Losing ≥5% of body weight can improve medication efficacy in patients with PsA and comorbid obesity (BMI≥30 kg/m2). AIM: This qualitative study explored barriers and facilitators to participation in a Behavioral Weight Loss Treatment (BWLT) for patients with PsA and obesity. METHODS: Patients (18+) with diagnosed symptomatic PsA and obesity were recruited from a rheumatology clinic in Penticton, BC. Semi-structured interviews were conducted to ascertain potential barriers/facilitators to attending a BWLT (i.e., 16 weekly, 1.5 hour sessions covering behavioural/psychological techniques to encourage weight*

loss). Interviews were recorded/transcribed, and conventional content analysis was used to analyze data. RESULTS: Nineteen patients (10 females; 79% White; mean age=57±2.80; mean BMI=34.13±5.27) have participated to date; 8 interviews have been analyzed. Preliminary themes for BWLT facilitators include having structured programs/group accountability. Barriers include PsA-related pain and scheduling. CONCLUSION: Final results (available early-2022) will inform the development of a BWLT adapted to patients with PsA. A tailored BWLT may optimize weight loss, enhance medication efficacy, and improve patients quality of life.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 70837 - Printed Poster

A systematic review of factors influencing patient retention and treatment non-completion in psychosocial treatment for borderline personality disorder

Main Presenting Author: Amestoy, Elisabeth Maya
Co-Presenting Author: Lau, Parky H.

Abstract: *The potential efficacy of psychosocial interventions in the treatment of borderline personality disorder (BPD) is impacted by significant treatment non-completion (TNC), with studies reporting attrition rates between 25% to 28%. Increasing patient retention within this population could facilitate desired outcomes and improve resource utilization given limited healthcare services. Accordingly, the current systematic review sought to identify factors associated with TNC that may lend towards identifying individuals with BPD who are more likely to terminate treatment prematurely and subsequently increase patient retention in psychotherapy. A total of 30 articles exhibited that a strong therapeutic alliance, greater patient motivation for change, and evidence of more developed emotion regulation skills at pre-treatment were associated with treatment retention. Interestingly, the severity of BPD symptoms was not a predictor of TNC. Findings suggest that there may be clinical value in applying mindfulness and motivational interviewing strategies earlier on in treatment, especially with patients who are at greater risk of dropout. Moreover, maintaining a strong therapeutic alliance over the course of treatment may be particularly important in reducing TNC in this population. Further research to replicate trends and develop the empirical landscape on predictors of TNC in BPD is needed.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71247 - Printed Poster

A Systematic Review of the Psychometric Pain Assessment of the Older Adult

Main Presenting Author: McLennan, Ian Gordon Andy

Additional Authors: Winters, Emily ; Gagnon, Michelle; Hadjistavropoulos, Thomas

Abstract: *Effective pain management is preceded by valid assessment. Considering the subjective nature of pain, psychometric instruments are used in the assessment of older adults with pain. Relevant research has focused not only on pain intensity and pain expression, but also on the impact of pain on other health related psychological domains. Despite the breadth of available assessment measures, few studies have comprehensively evaluated pain assessment for older adults with and without cognitive impairment. To our knowledge, no review has systematically classified the extant literature in terms of the various domains of pain assessment in the older adult. Our goal was to*

evaluate psychometric tools for assessing pain in older adults with and without cognitive impairment. Systematic searches of PubMed, Web of Science, CINAHL, and PsycINFO, were undertaken. A total of 18,873 abstracts were retrieved and screened for full-text inclusion. Studies with psychometric information on pain assessment tools involving participants with a mean age of 65 years or higher as well as consensus/expert guidelines were included. Findings will be synthesized and results will be presented across specific assessment domains (e.g., pain intensity, pain-related cognitions, disability, quality of life, emotional functioning). The current state of pain assessment tools will be summarized in this review.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71727 - Printed Poster

Actual and Perceived Impact of COVID-19 on University Women's Mental Health

Main Presenting Authors: Fritz, Patti ; Roy, Emely

Additional Authors: Morrison, Frasia; Bobbie, Isabella; Georgieva, Kalina

Abstract: *BACKGROUND: The impact of the COVID-19 pandemic on university students' mental health has differed across forms of mental health (Minhas et al., 2021; Morris et al., 2021). We thus assessed the pandemic's early impact on university students' actual and perceived mental health. METHOD: We examined actual and perceived symptoms of depression, anxiety, stress, and posttraumatic stress prior to versus during the pandemic in a sample of 295 women who were attending university in Southwest Ontario, Canada and were in romantic relationships of at least 3 months in length. 169 women completed the online survey pre-COVID (Feb.-Mar. 2020) and 126 women participated during the pandemic (May-June 2020). RESULTS: Although actual depression, anxiety, and stress (but not posttraumatic stress) scores were higher among those surveyed during the pandemic compared to those surveyed before the pandemic, the differences were nonsignificant. In terms of perceived symptoms, about half of women who completed the study after the onset of the pandemic reported experiencing higher levels of depression (52.4%), anxiety (57.2%), stress (55.6%), and posttraumatic stress (55.6%) symptoms compared to the onset of the pandemic. Only 8-23% reported experiencing fewer symptoms during the pandemic. CONCLUSIONS/IMPACT: Future research should consider both perceived as well as actual changes in mental health.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71743 - Printed Poster

Adjustment to Vision Loss Group Outcomes: A Mixed Method Study

Main Presenting Author: Oates, Jacqueline

Additional Authors: Todd, Karen; Guirguis-Younger, Manal

Abstract: *Adjustment to vision loss (AVL) is a psychosocial process that affects psychological well-being, social support, and quality of life. The Canadian National Institute for the Blind (CNIB) in Newfoundland and Labrador offers an 8-week AVL group via tele-conference. This study evaluated partcipants experiences as well as the AVL group outcomes using a convergent mixed methods research design. Sixteen participants completed pre- and postgroup questionnaires and interviews. Though quantitative results indicated no significant changes in AVL and vision-related quality of life, the qualitative results provided a deeper understanding of the epxerience of vision loss and the*

positive impact of the AVL group. Emerging themes illustrated the development of internal (e.g., attitudes) and external (e.g., white cane) resources, personal experiences with the CNIB, connection with others with vision loss, the challenging of beliefs about what it means to be a person with vision loss, the experence of participating in a telephone group, and suggestions for improvement. The convergence of methods allowed for expansion on the understanding of individual experiences of vision loss and the experience of the AVL group. This study contributes to the body of literature supporting the benefits of tele-conference support groups as part of rehabilitation services offered to persons with vision loss.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71205 - Printed Poster

Adult Attachment Style Moderates the Relationship Between Witnessing Maternal Abuse and Self-Harm

Main Presenting Author: Chernoff, Sarah

Additional Authors: Moore, R Latrease; Jacquin, Kristine M

Abstract: *Adverse Childhood Experiences (ACEs) have been linked with self-harm, including suicide attempts or ideation and non-suicidal self-injury (Carr et al., 2020; Cleare et al., 2018). We hypothesized that adult attachment may moderate the relationship between childhood experiences of witnessing maternal abuse (WMA) and self-harm. American adults (_N_ = 453) completed an online survey. Childhood WMA was measured using the ACE questionnaire (Felitti et al., 1998). The Revised Adult Attachment Scale-Close Relationships Version identified attachment style (Collins, 1996). The Risky, Impulsive, and Self-Destructive Behavior Questionnaire assessed self-harm behavior in the prior month (Sadeh and Baskin-Sommers, 2017). Regression analysis revealed that WMA as a child was a significant predictor of self-harm in the prior month, β = .110, _t_(447) = 2.38, _p_ = .018. Moderation analysis demonstrated that adult attachment was found to be a significant moderator of the relationship between WMA as a child and self-harm in the prior month, _B_ = 8.05, 95% CI (3.81, 12.30), _p_ = .0002. Attachment may serve to protect individuals from the negative mental health effects of WMA in childhood. Future research should investigate factors involved in the development of secure or insecure adult attachment following WMA, as secure attachment may reduce the risk of subsequent self-harm in adolescence and adulthood.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 69808 - Printed Poster

Alcohol Use and Death by Suicide: A Meta-Analysis of 33 Studies

Main Presenting Author: Sherry, B. Simon

Additional Authors: Isaacs, Jason; Smith, Martin M.; Seno, Martin; Moore, Mackenzie; Stewart, Sherry H.

Abstract: *Decades of research show an association between alcohol use and death by suicide. However, findings on the temporal link between alcohol use and death by suicide are unclear. In the most comprehensive meta-analysis on the topic to date, we analyzed data from longitudinal studies to determine if alcohol use is a risk for death by suicide. We also explored moderators to uncover*

conditions where the alcohol use-suicide link is strengthened/weakened. Our literature search of six databases yielded 33 eligible studies involving 10,253,101 participants (community, psychiatric, and military samples). Alcohol use was associated with a 94% increase in the risk of death by suicide. Random-effects meta-analysis revealed alcohol use displayed small-to-large significant risk ratios and odds ratios with suicide for quantity of alcohol use and alcohol use diagnosis/alcohol-related problems. Meta-regression generally indicated larger effect sizes for studies with a higher percentage of women, younger age, unadjusted estimates, longer follow-up periods, military samples, and higher frequencies and quantities of alcohol use (relative to drinker/non-drinker status). Our study highlights alcohol use as a substantive risk factor for death by suicide and underscores the importance of monitoring alcohol use among suicidal individuals and screening for suicidality among heavier alcohol users.

Section: Clinical Psychology / Psychologie clinique
Session ID: 71423 - Printed Poster

An exploration of crisis counsellors' insight helping behaviours and clients' perceived burdensomeness in online crisis counselling

Main Presenting Author: Deptuck, M Halina

Additional Author: Cox, W. Daniel

Abstract: *Perceived burdensomeness (PB) is a proximal risk factor for suicide ideation; however, there is little understanding about how to alter PB among people in suicidal crisis. We aim to further our knowledge of the therapeutic change process for PB by investigating the relationship between counsellor helping behaviours and changes in client PB severity. Conversations (N=400) from the Vancouver Crisis Center's e-chat service will be used to examine the sequential association between counsellor behaviour types and change in client PB. We hypothesize that there will be a link between counsellor insight behaviours and client change in PB in subsequent talk turns. Data collection and coding is complete: analysis will be finalized by March 2022. Counsellor behaviours were coded using Hill's Helping Skills System. PB was coded using an observational measure based on the highest loading items from a validated PB self-report measure. Data will be analyzed using two-level multilevel modelling in Mplus. Results will indicate the direction and strength of the relationship between counsellor insight behaviours and change in client PB across single session crisis intervention._ _ This study will enhance our understanding of how counsellor helping behaviours facilitate change in client PB. Findings will contribute to counselling best practices in structuring crisis interventions for clients with PB.*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 70690 - Printed Poster

An Investigation of Attachment Insecurity, Co-sleeping, and Sleep Disturbances

Main Presenting Author: Castillo, Dyana
Co-Presenting Author: McWilliams, Lachlan

Abstract: *RATIONALE: This study investigated whether associations between attachment insecurity (i.e., anxiety and/or discomfort in close relationships) and sleep disturbances are moderated by romantic relationships and co-sleeping arrangements. METHODS: Participants (_N_=311) completed self-reports of relationship status and co-sleeping behaviors, attachment anxiety and*

avoidance, insomnia severity, sleep efficiency, and daytime sleepiness. RESULTS: Approximately a third of participants (_n_=112) were single. Of those in a relationship, 81 occasionally (0-5 nights/week) and 118 regularly (6-7 nights/week) co-slept with their partners. Attachment anxiety was positively correlated with insomnia severity and daytime sleepiness. Multiple regression analyses indicated that: (a) the co-sleeping variables were generally unrelated to the sleep variables, and (b) attachment anxiety was not associated with any sleep variables after adjusting for the relationship/co-sleeping variables and other confounds (e.g., health status). CONCLUSION: Associations between attachment insecurity and sleep problems may be less consistent than suggested by past research. There was no evidence such relationships are moderated by relationship and co-sleeping variables. IMPACT: Research on attachment and sleep might be better focused on interpersonal variables (e.g., pre-sleep conversations) that could impact sleep.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71095 - Printed Poster

An RCT of an Online Course for Improving Knowledge and Access to Mental Health Accommodations

Main Presenting Author: Faller, Y. Nichole

Additional Author: Hadjistavropoulos, Heather

Abstract: *Available research on mental health accommodations within the workplace suggests that employees with mental health concerns require accommodations to improve work functioning. Unfortunately, only a fraction of employees requiring mental health accommodations will receive the accommodations they have requested. The goal of the current study was to assess the efficacy of a four-lesson, online, psychoeducational course. A total of 89 participants with anxiety/depression symptoms that were negatively impacting work functioning were randomly assigned to a treatment or an eight-week waiting list group. Results suggest that those in the treatment group had large improvements in accommodation knowledge, increased self-efficacy, and improved presenteeism scores. Both groups reported reduced internalized mental health stereotypes and increased disclosures of mental health concerns over time. Regression analyses further demonstrated that partial disclosures were associated with organizational inclusiveness and supervisory leadership. The results suggest that the intervention did not have an impact on accommodation usage, workplace relationships, or comfort level disclosing a mental health concern. Overall, the results of this pilot study suggest that online education may prove beneficial to employees, but improvements are required to enhance uptake and utility.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70440 - Printed Poster

Are screens to blame? Children's screen use and emotional problems during the COVID-19 pandemic.

Main Presenting Author: Zhang, Jasmine

Additional Author: Browne, T Dillon

Abstract: *BACKGROUND: Research has noted alarming links between children's screen time and emotional problems during the COVID-19 pandemic. However, the strength and direction of these relations remain unclear as most studies rely on cross-sectional samples of one child per family. METHODS: This study examined the directional, longitudinal relations between screen time and emotional distress through a multilevel family framework. Caregivers (n=549) provided bimonthly reports of screen time and emotional problems (anger, anxiety, depression) from May to November 2020 for two children aged 5–18 (n=1098). RESULTS: Multilevel cross-lagged panel models, in which children were nested within families, revealed significant between-family effects. Based on differences across family units, sibling pairs who exhibited more depressive and anxiety symptoms in July showed higher screen time two months later. Higher screen use in July also predicted higher anxiety in September. CONCLUSIONS: Screen use is best understood as a family-wide activity as relations emerged at the between-family level only. Children are using screen-based devices to cope with negative emotions during the pandemic, but this may create additional distress.*
IMPACT: Findings emphasize the need for a whole-family approach to managing children's screen use during the COVID-19 pandemic to mitigate associated psychological risks.

Section: Clinical Psychology / Psychologie clinique
Session ID: 70068 - Printed Poster

Assessment of Telephone Intervention Following Mild Traumatic Brain Injury (SAAM): Preliminary Study

Main Presenting Author: Coll, Sarah-Maude

Additional Authors: Audrit, Hélène; Deneault, Stephany; Laguë-Beauvais, Maude; Abouassaly, Michel; de Guise, Elaine

Abstract: *RATIONALE: To assess the feasibility and tolerability of a telephone intervention and to explore the treatment effect of this intervention on reducing post-concussive symptoms for symptomatic patients with mild traumatic brain injury (mTBI) in the post-acute phase of recovery. METHODS: A repeated measures design comparing a group who received the intervention (n=11) and a wait-list control group (n=11) was realized. The experimental group received the intervention (1 session/week during 4 weeks) by telephone. The main measure was the Rivermead Post-concussion Symptoms Questionnaire (RPQ) and secondary measures included the Hospital Anxiety and Depression Scale; the Pittsburgh Sleep Quality Index; the Multidimensional Fatigue Inventory and a neuropsychological battery. The tolerability measure was based on a 10-item satisfaction questionnaire. RESULTS: Rate of satisfaction regarding the intervention was high. Exploratory results showed that the group × time interaction was not significant but had a large effect size for the RPQ (p = .17, η2 = .11). No significant interaction nor large effect size was obtained for the secondary measures and the cognitive measures. CONCLUSIONS: This telephone intervention delivered post-acutely might reduce post-concussive symptoms, however, a larger scale randomized control trial is recommended to confirm these results.*

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 69936 - Printed Poster

Associations Between Peripartum Depression and the Gut Microbiome

Main Presenting Author: Patel, Stuti

Additional Authors: van de Wouw, Marcel; Tomfohr-Madsen, Lianne ; Lebel, Catherine; Arrieta, Marie-Claire ; Giesbrecht, Gerald

Abstract: *BACKGROUND: Approximately 18% of all pregnant individuals experience prenatal depression. This illness increases the risk of adverse obstetric outcomes such as low birth weight and hampers fetal development. Microorganisms within the gastrointestinal tract (i.e., the gut microbiome) are linked to depressive symptoms. Notably, lower alpha diversity and reduced _Prevocella, Firmicutes_, and _Bacteroides_ families are linked to depressive symptoms. AIM: This research aimed at understanding if gut microbial bacteria are associated with peripartum depression. METHODS: Data were obtained from the Pregnancy During the Pandemic cohort. Participants (n=192) were less than 35 weeks pregnant, living in Canada, and were 17 years of age or older. Stool samples were collected using DNAGenotek collection kits and analyzed using shotgun metagenomics sequencing. The Edinburgh Postpartum Depression Scale was used to assess depressive symptoms. RESULTS: Pre-and postpartum depression were correlated with each other (_r_ = .536, p < .001) and with the relative abundance of certain bacterial taxa. Of these, _Firmicutes bacterium CAG 110_ was associated with both pre-and postpartum depression (_r_ = -0.199, _p_ = .006; _r_ = -0.161, _p_ = .026, respectively). CONCLUSION: The findings suggest that perinatal depression, like depression in non-pregnant individuals, may be amenable to microbiome interventions.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 70996 - Printed Poster

Associations Between Physical Activity, Self-Concept, and Depressive Symptoms in Emerging Adults

Main Presenting Author: Ryan, E. H. Jessica

Additional Authors: Ames, E Megan; Menuz, Travis

Abstract: *RATIONALE. A negative correlation between physical activity (PA) and depressive symptoms is established in current research; however, the potential mediators and moderators of this association are understudied. Methodology. Canadians ages 18-25 will complete a questionnaire approved by the authors' Research Ethics Board, during January and February assessing PA, physical self-concept, social network site use (SNSU), self-objectification, reasons for exercise engagement, and depressive symptoms. Power calculations show that a minimum of 239 participants are needed to achieve a power of 80% and to detect medium effects. ANALYSES. Hierarchical regression will test the proposed moderated mediation model where physical self-concept is entered as a mediator of the association between PA and depressive symptoms, and SNSU, self-objectification, and reasons for exercise engagement are entered as moderators. ANTICIPATED RESULTS. Physical self-concept is expected to mediate the association between PA and depressive symptoms. It is also anticipated that associations will be weaker for participants with increased SNSU, higher self-objectification, and appearance-related reasons for exercise engagement (i.e., moderation effects). IMPACT. Results will inform the screening for and delivery of PA interventions for depressive symptoms, thereby improving treatment outcomes and cost-effectiveness.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71492 - Printed Poster

Avenues and possibilities for future research on youth anxiety and COVID-19

Main Presenting Author: Pecsi, Sierra

Additional Authors: Riondino, Giulia ; Shaw , Steven R.

Abstract: *INTRODUCTION: The COVID-19 pandemic created a mental health crisis for youth facing social isolation, school closures and loss of activities. Canadian youth have experienced an increase in anxiety symptoms, which can lead to negative mental health outcomes that can worsen into adulthood such as mental illness, substance abuse, self-injury and suicidal behaviors. A literature review was conducted to explore the research on COVID-19 and youth mental health in Canada. METHOD: Out of 324 articles found using search terms linked to COVID-19 and youth mental health via PsycINFO and Medline databases, seventeen studies were selected based on the following criteria: 1) empirical research; 2) youth ages 8 years to 29 years; 3) Canadian samples. RESULTS: Over half of studies showed a decline of mental health among youth since the beginning of COVID-19, with anxiety found to be a frequent negative outcome reported by youth. Little research has been conducted in the rest of Canada and was mainly concentrated in Ontario. CONCLUSIONS: Of concern in this review, is a lack research focusing on specific types of anxiety youth may be experiencing, such as social anxiety, specific phobias, panic, and separation anxiety. More research on youth anxiety is needed for stakeholders to be in the best position to implement the latest evidence-based practices, policies, and resources.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 69776 - Printed Poster

Behavioural Economic Demand of Alcohol: Replication and Extension

Main Presenting Author: Morris, Vanessa

Additional Authors: Vedelago, Vedelago Lana; Keough , Matthew; Wardell, Jeffrey

Abstract: *Introduction: Previous work by Morris et al. (2018) has demonstrated that co-users of alcohol and cannabis have elevated behavioural economic demand for alcohol when compared to individuals who solely use alcohol. The current study sought to replicate and extend these findings in a sample of Canadian adults. Methods: Participants for the study were recruited through Prolific (N=370; 45% female; mean age 32) and completed the survey in April 2020. The sample was comprised adults living in Canada. Individuals who self-reported cannabis and alcohol use (N=153; 41%) were compared to individuals who self-reported only using alcohol (N=217; 59%) (i.e., co-users versus single users). Results: Co-users were found to consume more alcohol, have more alcohol related problems, and binge drink more than single users. Moreover, co-users were found to have significantly higher values for Omax and intensity, while also displaying significantly less elasticity of demand (a), compared to single users. Conclusions: The current study found that co-users display increased alcohol use, related problems, and behavioural economic demand for alcohol than individuals who solely use alcohol. Future work should seek to develop and implement intervention and treatment approaches for individuals who co-use alcohol and cannabis as they may be at increased risk of hazardous alcohol use.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71609 - Printed Poster

Believe in Yourself: Self-Compassion and Growth Mindsets as Predictors of Positive Academic and Mental Health Outcomes in University

Main Presenting Author: Hanson, O Sophie

Abstract: *Because university students often face psychological and academic difficulties, researchers have attempted to identify constructs related to greater student success. These include mindsets (beliefs about the changeability of personal attributes) and self-compassion (a kind, accepting attitude to suffering). Two studies explored the relationships between self-compassion, mindsets, and academic and mental health outcomes in university students, to examine whether self-compassion or mindsets better predicted student wellbeing. In Study 1, 212 students were surveyed on levels of self-compassion, mindsets, academic self-regulation, and mental health, and provided access to their grades. Multiple regression analyses revealed that self-compassion was a stronger predictor of mental health outcomes, while mindsets were a stronger predictor of academic outcomes. In Study 2, 84 students completed the same survey. In contrast to Study 1, multiple regression analyses found self-compassion to be a stronger predictor of mental and academic outcomes than mindsets. These findings suggest self-compassion may be a more stable predictor of psychological and academic wellbeing. Considering these findings, experimental research comparing self-compassion and mindsets interventions should be conducted to determine whether self-compassion is supported as a better predictor of overall student success.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71273 - Printed Poster

Better Together: How Mentorship Programs Have Helped Youth During the COVID-19 Pandemic

Main Presenting Author: Elgharbawy, Heba

Additional Authors: Baudin, R Cara; Craig, Stephanie G; Urusov, Alexey; Ames, Megan

Abstract: *BACKGROUND. Mentorship programs have been shown to improve mental health and well-being and provide a sense of community and support; however, youth and mentors are experiencing various stressors and decreased well-being as a result of the COVID-19 pandemic. The purpose of this study is to identify how mentorships have been impacted during COVID-19 and ways to support them. METHOD. In partnership withBig Brothers Big Sisters Canada (BBBSC), data from November 2020-February 2021 collected information from 170 mentees and 514 non-BBBSC youth. Participants completed measures of mental health, and descriptive data on their experience with BBBSC. RESULTS. Youth who had regular contact with their mentors reported feeling more supported, and that their mentors helped them to feel less isolated and worried or anxious.Youth who had more contact with their mentors had fewer symptoms of depression and anxiety compared to youth who had no contact with their mentors during the pandemic. CONCLUSIONS. Results suggest mentorships are protective for youth during COVID-19. IMPACT. Findings inform how mentorship programs, such as BBBSC, and supportive relationships can build resiliency among youth in the context of COVID-19. There are also future implications for building effective support programs to prepare for future public health issues and disruptions.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70103 - Printed Poster

Beyond the Beach Body: How the Fitness Industry Can Help Gym Members with Eating Disorders

Main Presenting Author: Kwee, Janelle

Additional Author: Raymond, Danielle

Abstract: *Eating disorders (ED) are serious illnesses. Those struggling with EDs often engage in gym exercise and may encounter a variety of fitness professionals (FP), placing both FPs and gyms in a position to identify, intervene, and perhaps even help prevent EDs. Unfortunately, most FPs in Canada do not receive formal education, training, or guidelines on how to identify EDs or on how to navigate issues that arise when faced with gym members who are struggling with these illnesses. This Enhanced Critical Incident Technique (ECIT) study recruited 10 adult women in ED recovery to better understand aspects of their gym experience that helped their recovery, hindered their recovery, as well as "wishlist" experiences which reflect changes they would like to see happen. The results of this study reveal and describe a number of gym experiences that promote recovery, as well as those that detract from it. These findings will be used to inform education, training, and guidelines on EDs in the fitness industry.*

Section: *Sport and Exercise Psychology / Psychologie du sport et de l'exercice*
Session ID: 71952 - Printed Poster

Borderline Personality Symptom Severity, Stigma, and Treatment Seeking in a Sample of Non-clinical Undergraduates

Main Presenting Author: Guo, Cici

Additional Author: Kaufman, Erin

Abstract: *Stigma is an established barrier to treatment seeking; yet, there is minimal consensus on the impact of mental illness symptom severity in this relation. Further, there are no known studies on the relation between borderline personality severity, stigma, and treatment seeking. This study investigates the relations between these variables in a non-clinical sample of 89 undergraduates. Participants completed self-report surveys that included measures of BP symptom severity, self-stigma, perceived stigma, and treatment seeking attitudes and intent. Results indicated a number of correlations between stigma and treatment seeking while self-stigma and perceived stigma demonstrated predictive value on anticipated future treatment seeking and treatment seeking attitudes. Although this study did not find support for a relation between BP symptom severity and stigma or treatment seeking, mixed findings on treatment seeking in undergraduates and a lack of studies on the impact of BP symptom severity warrant further research. BPD and BP-related symptoms have found to be among the most stigmatized mental illnesses and experiencing even mild symptoms can greatly impede daily function. Thus, it is imperative to understand factors preventing treatment seeking in non-clinical populations.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71738 - Printed Poster

Changes in Maternal Distress from Before to During the COVID-19 Pandemic:The Effect of Partner Relationship Quality

Main Presenting Author: Rafiq, Maliha

Additional Authors: Ross, Kharah; McMorris, Carly ; Dewey, Deborah; Giesbrecht, Gerald; Letourneau, Nicole

Abstract: *The COVID-19 pandemic had adverse effects on maternal distress. Partner relationship quality is associated with distress. How partner relationship quality relates to pre-to-during pandemic change in maternal distress is not known. Participants were 257 women from the Alberta Pregnancy Outcomes and Nutrition (APrON) study. Participants reported on distress (perceived stress, anxiety, depressive symptoms) 4-years before and 4-months after the start of the pandemic. Partner positive and negative relationship quality was reported four months after the pandemic start. Pre-to-during pandemic change in maternal distress was calculated by subtracting pre-pandemic distress scores from during pandemic measures. Covariates were sociodemographics, baseline distress, number of children in the home, and COVID-related change in household income. Linear regression models tested associations between partner relationship quality and change in distress. Perceived stress, anxiety and depressive symptoms increased from pre-pandemic to during-pandemic, p's*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 70701 - Printed Poster

Child Poly-Victimization versus Isolated Child Sexual Abuse: Risk and Protective Factors in a Clinical Sample of Children

Main Presenting Author: Park, Julianna

Additional Authors: Racine, Nicole; Zhu, Jenney; Hartwick, Cailey; Madigan, Sheri

Abstract: *BACKGROUND: Treatment needs of children exposed to child sexual abuse (CSA) can vary substantially. One contributing factor in the variability of treatment needs is whether CSA was experienced in isolation or alongside other victimizations. However, there is currently limited understanding of risk factors of poly-victimization, as well as whether poly-victimization is associated with elevated trauma symptoms compared to isolated CSA. METHODS: In a clinical sample of 117 children exposed to CSA (64 isolated CSA, 53 poly-victimized), demographic and abuse characteristics, trauma symptoms, and risk and protective factors were examined using casefile review methodology. RESULTS: Adjusted logistic regression analyses indicated that parental abuse history, OR=4.33, 95%CI [1.19, 15.79], and a lower cumulative protective factor score, OR=.38, 95%CI [.23, .62], was associated with increased likelihood of poly-victimization. Adjusted multiple regression analyses indicated that a lower cumulative protective factor score was associated with increased trauma symptoms, β=-.39, p*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71129 - Printed Poster

Chronic Disease and Associated Severity of COVID-19 Distress during the COVID-19 Pandemic

Main Presenting Author: Paluszek, M Michelle

Additional Authors: Taylor, Steven; Asmundson, Gordon J. G.

Abstract: *People with a chronic disease report greater distress than those without. Little is known about COVID-specific distress among those with different chronic diseases and the role of multimorbidity. We examined whether the presence of certain types of chronic disease and multimorbidity were associated with greater COVID distress using multiple hierarchical linear regressions. Adults with a chronic disease (N=2636) completed an online survey in spring of 2020. Participants reported demographics and the presence of different types of chronic disease (e.g., vascular, neurological, metabolic). Participants also reported COVID distress in the form of danger and contamination fears (DAN), socioeconomic fears (SEC), xenophobia (XEN), checking/reassurance (CHE), and traumatic stress (TSS). Results indicated that the presence of a respiratory disease was associated with greater DAN, while a neurological disease was associated with greater overall COVID distress, DAN, and SEC. Multimorbidity was associated with greater DAN and SEC. Taken together, those with a neurological disease, a respiratory disease, or multimorbidity may require additional support navigating the pandemic and targeted interventions focused on reducing these specific aspects of COVID distress. We have recently resurveyed participants and have data to assess whether distress has persisted through later waves of infection.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 71514 - Printed Poster

Clinical Features of Co-occurring Obsessive-Compulsive Disorder and Compulsive Sexual Behaviour

Main Presenting Author: Snaychuk, A Lindsey

Additional Authors: Kim, Hyoun Soo; Ferrão, Ygor A; Fontenelle, Leonardo F; De Mathis, Maria Alice; Scanavino, Marco D. T. ; Miguel, Euripedes C

Abstract: *Obsessive-compulsive disorder (OCD) commonly co-occurs with other psychiatric conditions. Though research is limited, there is preliminary evidence that OCD also co-occurs with compulsive sexual behaviour (CSB). Yet, few studies have investigated the demographic, clinical, and psychiatric comorbidities associated with co-occurring OCD and CSB. To address this gap, the current study aimed to evaluate rates of co-occurring OCD and CSB, identify demographic and clinical factors associated with comorbid OCD and CSB, and assess associated psychiatric comorbidity. Participants (_N_ = 950) were patients of a large multi-site treatment for OCD. Standardized self-report measures were used to assess demographic and clinical characteristics such as anxiety, depression, and severity and dimensions of OCD. Semi-structured clinical interviews were used to assess psychiatric comorbidities. Thirty-six (3.8%) participants met the criteria for CSB. Binary logistic regression analysis revealed that males were significantly more likely to present with CSB than females. Individuals with CSB scored higher on anxiety symptoms, and CSB was associated with greater psychiatric comorbidity, particularly impulse control disorders. These findings suggest*

that individuals with co-occurring OCD and CSB may have more complex treatment needs, and more tailored interventions may be necessary.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 69041 - Printed Poster

Cognition and Psilocybin Study (CaPS): A Scoping Review

Main Presenting Author: VanderZwaag, Baeleigh
Co-Presenting Author: Bonnieux , Justin

Additional Authors: Garcia-Barrera, A Mauricio; Premji, Zahra; Garcia-Romeu , Albert

Abstract: *SINCE 1994, THERE HAS BEEN A RESURGENCE OF RESEARCH INTO PSYCHEDELICS. SPECIFICALLY, RESEARCHERS HAVE BEGUN TO EXAMINE THE EFFECTS OF PSILOCYBIN, A SEROTONERGIC HALLUCINOGEN, ON COGNITIVE FUNCTIONS AND CREATIVITY, AND THEIR NEURAL CORRELATES IN ADULTS. THIS OSF PRE-REGISTERED SCOPING REVIEW IS INFORMED BY THE JBI MANUAL FOR EVIDENCE SYNTHESIS. TO IDENTIFY RECORDS FOR INCLUSION, WE WILL PERFORM SEARCHES IN APA PSYCINFO, MEDLINE, COCHRANE CENTRAL REGISTER OF CONTROLLED TRIALS, AND WEB OF SCIENCE CORE COLLECTION DATABASES. SUPPLEMENTAL SEARCHES WILL QUERY: INCLUDED STUDIES CITED REFERENCES AND CITING REFERENCES; GREY LITERATURE SUCH AS CONFERENCE PROCEEDINGS, DISSERTATIONS, AND THESES; SELECTED ORGANISATIONS WEBSITES; AND GOOGLE. SEARCH RESULTS WILL BE IMPORTED INTO COVIDENCE KNOWLEDGE SYNTHESIS SOFTWARE AND WILL BE SCREENED AND ASSESSED FOR INCLUSION/EXCLUSION BY TWO RESEARCHERS INDEPENDENTLY, WITH A THIRD RESEARCHER BEING CONSULTED IN CASE OF DISAGREEMENTS. WE WILL REPORT OUR FINAL MANUSCRIPT ACCORDING TO THE PRISMA 2020 REPORTING STANDARDS TO ENSURE TRANSPARENCY AND REPRODUCIBILITY. BY SYNTHESIZING THE INFORMATION CONTAINED IN THE INCLUDED LITERATURE, A DESCRIPTIVE OVERVIEW OF THE REVIEWED MATERIAL WILL BE CREATED; THIS WILL HIGHLIGHT TRENDS IN PUBLICATIONS, FINDINGS, AND METHODS, INDICATING POTENTIAL DIRECTIONS FOR FUTURE RESEARCH.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70993 - Printed Poster

Cognitive Reappraisal Training on Well-being: A Daily Diary Approach

Main Presenting Author: Wan-Sai-Cheong, A. Lauren

Additional Authors: Kam, W.Y. Julia; Ouellette Zuk, Alexandra A.

Abstract: *COGNITIVE REAPPRAISAL IS AN EMOTION REGULATION STRATEGY THAT INVOLVES REINTERPRETING A SITUATION IN ORDER TO CHANGE OUR EMOTIONS. WHILE IT IS COMMONLY INCORPORATED INTO CLINICAL THERAPIES, LESS RESEARCH HAS EXAMINED REAPPRAISAL AS AN EVERYDAY TOOL FOR NON-CLINICAL POPULATIONS, AND FEW STUDIES HAVE LOOKED AT REAPPRAISAL TRAINING PAST ONE WEEK. ACCORDINGLY, THIS STUDY AIMS TO EXAMINE THE BENEFITS OF PRACTICING REAPPRAISAL EVERY DAY FOR TWO WEEKS ON EMOTIONAL WELL-BEING IN THE*

GENERAL POPULATION. PARTICIPANTS WERE RANDOMLY ASSIGNED TO A REAPPRAISAL TRAINING GROUP (WHO DESCRIBED A NEGATIVE EVENT AND PRACTICED REAPPRAISAL ON THAT EVENT VIA A DAILY DIARY) OR A WAIT-LIST CONTROL (WHO DESCRIBED A NEGATIVE EVENT VIA A DAILY DIARY). ALL PARTICIPANTS COMPLETED A PRE-TRAINING AND POST-TRAINING ASSESSMENT THAT INCLUDED MEASURES OF ILL- AND WELL-BEING. TO EXAMINE THE IMPACT OF TRAINING ON THESE MEASURES, WE IMPLEMENTED A 2 (GROUP: CONTROL, REAPPRAISAL) X 2 (TIME: PRE, POST) ANALYSIS OF VARIANCE (ANOVA). PRELIMINARY ANALYSES INDICATE THAT THE REAPPRAISAL GROUP REPORTED A DECREASE IN ILL-BEING AND AN INCREASE IN WELL-BEING AT THE POST-TRAINING ASSESSMENTS. OUR FINDINGS DEMONSTRATE THE EFFICACY OF A TWO-WEEK REAPPRAISAL PRACTICE PERIOD ON IMPROVING OUR WELL-BEING AND SUGGEST THE VALUE OF ADOPTING A PROACTIVE APPROACH TO TAKING CARE OF OUR MENTAL WELLNESS.

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 71135 - Printed Poster

Connections between religiosity, spirituality, religious support, and child impairment

Main Presenting Author: Odenigbo, Odera

Additional Author: Jiang, Yuanyuan

Abstract: *Research indicates a connection between religiosity and child functioning and suggests religiosity is distinct from spirituality. This cross-sectional study examined associations between parental religiosity and spirituality in relation to child impairment. In particular, the role of religious support was investigated as it is includes feeling supported by the religious community and a higher power. Forty-four parents of 6- to 11-year-old children completed the Brief Multidimensional Measure of Religiousness/Spirituality (Fetzer Institute, 1999) and the Impairment Rating Scale (Fabiano et al., 2010). We predicted that high religiosity would be associated with lower child impairment and that support from a religious community would be a factor. Although overall child impairment across domains was not associated with religiosity, spirituality, or religious support, higher child impairment in the academic domain was related to lower religious support, r = -.44, p < .01, and higher global child severity was marginally significantly associated with lower religious support, r = -.29, p = .056. Religiosity and spirituality were also correlated, r = .38, p*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71237 - Printed Poster

COVID-19 impact on healthcare access in Canadians with and without chronic diseases and comorbid psychological disorders: Results from the iCARE Study

Main Presenting Author: Séguin, Katherine

Additional Authors: Kosir, Urska; Bacon, Simon Louis; Lavoie, Kim Louise

Abstract: *BACKGROUND: Due to the pandemic, those with chronic diseases (CDs) may have more difficulties accessing care, which may be exacerbated in those with comorbid psychological disorders*

(PDs). This study examined the healthcare impacts of COVID-19 in Canadians with/without CDs and comorbid PDs. METHODS: Using Canadian representative data (June 2020-Sept 2021), logistic regression was used to examine healthcare access in 4 groups: CDs with/without PDs, and healthy individuals with/without PDs. RESULTS: The sample had 17,837 individuals (52% women, mean age 48) with 16% reporting a depressive disorder and 21% reporting an anxiety disorder (12% reported both). Those with CDs and PDs (_N_=1144) were more likely to cancel medical appointments (32%; p

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 70720 - Printed Poster

COVID-19 related concerns predicted anxiety symptom severity and risk in a large Canadian sample

Main Presenting Author: Gunpat, Sasha

Additional Authors: Benzouak, Tarek; Briner, Esther L; Thake, Jennifer; Kisely, Steve; Rao, Sanjay

Abstract: *Background: COVID-19 related concerns were examined as predictors of anxiety symptom severity and risk. Additionally, the unique contribution of COVID-19 related concerns beyond general mental health, perceived stress, and sociodemographics was examined. Methods: Data came from Statistics Canada and included Canadians aged 15 and older. All participants included in this study (_n_=44549) responded to measures of sociodemographics, COVID-19 related concerns, and anxiety symptoms. Chi-square and multivariate linear regression were used for data analysis. Results: Coping and security concerns (_R2_=0.205, _p _*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70885 - Printed Poster

Diabetes and loneliness contribute to fear of Covid-19 in older adults.

Main Presenting Author: Teasell, J. Madeleine

Additional Authors: Chung, F. Alison; Thornton, Allen E. ; Loken Thornton, Wendy J.

Abstract: *Background Select health conditions, including diabetes (DM), hypertension (HTN), and high cholesterol (HC), as well as older age, increase the likelihood of severe Covid-19 illness. Individuals with these conditions may experience increased fear of Covid-19, which might be further heightened by psychological (depression) and psychosocial (isolation/loneliness) factors. Methods In community dwelling older adults (n=110, Mage 71.19; SD 6.43), hierarchical regression was used to investigate age, depression (CESD), loneliness (UCLA Loneliness Scale V-3) and self-reported, treated, health conditions (DM, HTN, HC) for their contributions to Covid-19 fear as measured on a Likert scale. Results The model accounted for 14.6% of variance in Covid-19 fear. The presence of treated DM (b = .23, p < .05) and greater loneliness (b = .30 p < .05) significantly increased fear, while age, HTN, HC and depressive symptoms were non-contributory. Conclusion and Implications In vaccinated older adults, DM and greater loneliness contributed to heightened fear of Covid-19. These novel findings identify one disease condition portending greater Covid-19 fear as well as loneliness, a modifiable condition that provides mitigation opportunities to improve coping.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 70773 - Printed Poster

Digital parenting interventions for fathers of infants from conception to 12 months of age: A systematic review

Main Presenting Author: Xie, Elisabeth Bailin

Additional Authors: Jung , James ; Kaur, Jasleen ; Tomfohr-Madsen, Lianne; Benzies , Karen; Keys, Elizabeth

Abstract: *BACKGROUND: Digital interventions help address barriers to traditional healthcare services. Father involvement plays critical roles in maternal and early child mental health. Although digital interventions are a promising avenue to facilitate father involvement during the postpartum period, most are oriented to maternal needs and do not address the unique needs of fathers. This systematic review describes digital interventions that are being developed and tested for new and expecting fathers. METHODS: A systematic search across four databases identified a total of 1614 studies, of which 48 met inclusion criteria. Data from studies were extracted and themed using a narrative synthesis approach. PRELIMINARY RESULTS: Most studies described interventions that were exclusively digital (73%) and mostly delivered by website. Most interventions described were designed to be delivered in the postpartum period (46%) or both pregnancy and the postpartum (43%). In all, 36% and 33% of interventions included fathers or couples, respectively. The most common outcomes of interest focused on acceptability and usability of the interventions (56%). IMPACT: New and expecting fathers frequently use digital technologies, which could be used to promote father involvement. This review indicates the growing interest, and need to test effectiveness, of digital interventions for fathers.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71494 - Printed Poster

Does Maltreatment and Parent-Child Attachment Predict Teen Dating Violence and Risky Sexual Behaviour?

Main Presenting Author: McIntyre, L. Cassia

Additional Authors: Goulter, Natalie; Moretti, Marlene M.

Abstract: *Dating violence (DV) and risky sexual behaviour (RSB) often co-occur in unhealthy romantic relationships. Some research shows maltreatment histories increase risk, while secure parent-child attachment reduces risk for these behaviours. However, few studies have examined these associations longitudinally, with well-validated attachment measures or high-risk teens. First, we aim to determine whether maltreatment and parent-child attachment predict DV and RSB over five years later. Second, we aim to determine whether parent-child attachment security moderates the association between maltreatment and DV and RSB. Participants were 179 adolescents (54% boys; _Mag_e=15.34) at-risk for antisocial behaviour. Adolescents reported their maltreatment histories (e.g., physical/emotional abuse, neglect) and attachment; five years later, they reported DV perpetration and victimization and engagement in RSB. Preliminary correlational analyses show maltreatment was positively associated with attachment insecurity and some RSB, but not DV. Structural equation modeling is ongoing. A key strength is our consideration of normative versus risky*

behaviour, allowing a developmentally-appropriate exploration of sex to be distinguished from RSB. Non-binary teens are at greater risk for DV; future research should include these teens to identify protective factors and explore their unique experiences.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70960 - Printed Poster

Does person-centred palliative care in long-term care settings begin with the person or the organization?

Main Presenting Author: Hunter, V. Paulette
Co-Presenting Author: Qiao, Thomas

Additional Authors: McCleary, Lynn; Kaasalainen, Sharon; Thompson, Genevieve; Sussman, Tamara; Venturato, Lorraine; Wickson-Griffiths, Abigail

Abstract: *Reflecting on calls for culture change in long-term care, we evaluated the relative importance of personal and organizational predictors of palliative care, hypothesizing that person-level factors would be weaker predictors than organization-level factors. We surveyed 184 healthcare employees from four Canadian long-term care homes, inquiring about self-reported person-centred palliative care; self-efficacy; employee wellbeing; and occupational characteristics. Using a series of backward stepwise regression models, we examined the relative contributions of these variables to person-centred palliative care. Overall, we found that occupational characteristics (involvement in care planning), employee wellbeing (compassion satisfaction), and self-efficacy were each reliably associated with person-centred palliative care. Facility size was not associated, and facility profit status was less consistently associated. Employee characteristics (gender, work experience, education level) and other aspects of wellbeing (burnout, secondary trauma) were also not reliably associated. These results raise the possibility that humanistic care is less related to intrinsic characteristics of healthcare employees, and more related to workplace factors, or to personal factors that can be cultivated in the workplace, including meaningful role engagement, compassion, and self-efficacy.*

Section: *Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé*
Session ID: 71312 - Printed Poster

Don't weight: A pilot examination of women's weight-based experiences living with Cushing's

Main Presenting Author: Jones, Sarah

Additional Author: Nutter, Sarah

Abstract: *Weight stigma is defined as the stereotypes and negative attitudes about people with large bodies and can lead to weight-based discrimination. In healthcare, providers may make assumptions about a patient based on their weight. Such assumptions are especially problematic for patients with undiagnosed Cushing's, as the main indicator of Cushing's is uncontrollable weight gain. This pilot study aimed to investigate how weight stigma may affect the diagnosis and treatment of woman with Cushing's. Three women with Cushing's were interviewed about their: 1) journey to diagnosis, 2) experience in the healthcare system pre- and post-treatment, and 3) personal perception of weight*

pre- and post-diagnosis. The data was analyzed via Thematic Analysis and approached with openness and attention towards positive as well as negative experiences. Results suggested that weight was a significant part of participant's experiences in diagnosis, in healthcare, and in their relationships with their bodies. This pilot study adds value to the broader literature on weight stigma in healthcare by examining how a specific diagnosis associated with weight gain may influence participant experiences, either positively or negatively. This pilot study will be a first step in better understanding how weight stigma may uniquely influence the lived experiences of individuals with endocrine disorders.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 70686 - Printed Poster

Dysfunctional Beliefs and Attitudes About Sleep Aggravate Insomnia Among Individuals with Inflammatory Arthritis

Main Presenting Author: Da Costa, Deborah
Co-Presenting Author: Vaillancourt, Monica

Additional Authors: McGuire, Emilie; Lacaille, Diane; Fortin, Paul R.; Savard, Josée; Neville, Carolyn ; Rahme, Elham

Abstract: *Dysfunctional beliefs and attitudes about sleep (DBAS) contribute to sleep disturbances in the general population, less is known about their role in influencing sleep among individuals with arthritis. This study examined DBAS in individuals with inflammatory arthritis (IA) and their association to insomnia severity. A total of 254 individuals with IA recruited via social media and arthritis patient organizations (mean age 61.6 13.2 years, 84.3% women) completed an online survey assessing sociodemographics, disease-related factors, depression and stress. The Insomnia Severity Index (ISI) and the DBAS-10 were also administered. DBAS scores were significantly higher for IA individuals with clinical insomnia (ISI15, n = 136) and subthreshold insomnia (ISI 8 - 14, n = 80) compared to those with no insomnia symptoms (ISI*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71333 - Printed Poster

Dysfunctional Beliefs and Attitudes about Sleep in Individuals with Lupus Experiencing Insomnia

Main Presenting Author: Vaillancourt, Monica

Additional Authors: Oliver, Olivia; Da Costa, Deborah ; Savard, Josée; Fortin, Paul

Abstract: *Sleep disturbances are commonly reported by individuals with lupus, detrimentally impacting functioning and quality of life. Various sleep related factors have been assessed, but little is known about dysfunctional beliefs about sleep in this population. This study explored factors associated with dysfunctional beliefs about sleep in lupus patients experiencing insomnia symptoms (Insomnia Severity Index score ≥8). Participants (n=101, mean age 47.2 years, SD 12.5) completed an online self-report survey including the Dysfunctional Beliefs and Attitudes about Sleep Scale*

(DBAS-10), sociodemographic, clinical, and psychosocial variables. The most endorsed dysfunctional beliefs were concerns about lack of sleep affecting daily activities, the effect of chronic insomnia on physical health, and needing 8 hours to function well. Univariate analysis revealed sex (female), depressive symptoms, perceived stress, insomnia severity, and COVID-19 stress were significantly associated with higher DBAS scores. Only sex and perceived stress
remained independently associated to elevated DBAS in the multivariate regression model. Individuals with lupus with probable insomnia report dysfunctional beliefs about sleep. Interventions targeting their insomnia should identify and address these dysfunctional beliefs and include strategies to manage stress.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 71138 - Printed Poster

Effect of Connection to Nature on Contingent Self-Worth

Main Presenting Author: Francescangeli, Sabrina

Abstract: *Past self-esteem (SE) research has considered social factors but often neglects environmental ones. It is possible that exposure to different environments could influence SE. We predicted that participants exposed to a natural setting would have higher SE, higher self-concept clarity (SCC), and lower contingent self-worth (CSW) compared to those exposed to an urban setting. We simulated this by exposing participants—students at the University of Georgia enrolled in an introductory psychology course—to an immersive video of either a forest or city walk followed by completing measures of SCC, SE, and CSW. A t-test was used to compare mean differences in SE, SCC, and CSW between exposure conditions. Linear regression was also used to determine if moderators (nature relatedness (NR), initial CSW, and new ecological paradigm) affected relationship strength between the exposure conditions and the dependent variables. Results revealed no significant effects on SE and SCC, but there was a significant effect for CSW: participants had higher CSW after watching the urban video compared to the nature video. This effect was reversed for those with both low SCC and NR. Evidently, individuals relation to different environments is impactful for self-feelings, and thus should be considered in future SE research. This study also contributes to research on potential benefits of NR.*

Section: Environmental Psychology / Psychologie de l'environnement
Session ID: 70858 - Printed Poster

Effects of Eating Disorders on Resiliency: A Systematic Review

Main Presenting Author: Mir-Orefice, Aurélia

Additional Author: Nordstokke, David

Abstract: *Eating Disorders (ED) are psychological disorders characterized by disordered eating habits. Depending on the severity of the ED, complications can affect the majority of systems of the human body, ranging from mild to life-threatening symptoms. The prevalence and effects of ED have worsened due to the COVID-19 pandemic. Conversely, personal resiliency is characterized by the ability to adapt when confronted with negative experiences and can reduce the likelihood of developing ED. The relationship between ED and personal resiliency can be further explored to be utilized in intervention and prevention programs, lowering the workload and treatment resources for*

health care systems. The current study evaluated the relationship between ED and resiliency. Results determined that individuals with ED have lower resiliency than the general population whereas individuals who have recovered have higher resiliency than individuals with ED. Notably, resiliency precedes recovery. Moreover, there are differences across resiliency factors in the current literature. Evidence suggests that body satisfaction, body image, self-compassion, and stress significantly affect the relationship between ED and resiliency. The results of the present study propose that future research investigate which specific resiliency factors influence individuals with ED to inform prevention and intervention programs.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71013 - Printed Poster

Effects of perceived stress on insomnia: The moderating role of repetitive negative thinking

Main Presenting Author: Amestoy, E Maya
Co-Presenting Author: Lau, Parky H

Abstract: *Stress is known to be an antecedent in the development of insomnia. However, there is a lack of research examining modifiable factors in this relationship, which may be important to better understand insomnia and limit the worsening of disorder-related symptoms. Repetitive negative thinking (RNT), an umbrella conceptualization of different cognitive processes (e.g., worry, rumination) associated with repetitive negative thoughts, is one construct that has received little empirical attention in the insomnia literature. Despite this, research suggests that worry and rumination are perpetuating factors of chronic insomnia. The objective of this longitudinal study was to investigate the moderating role of RNT in the relationship between stress and insomnia. A total of 141 undergraduate students completed measures tapping into RNT, insomnia severity, and stress at three-time points: baseline, one week, and six months. Moderation analyses revealed a significant moderating effect (b = -.03, t (113) = -2.16, p = .033) of RNT between stress at Time 1 and subjective insomnia severity at Time 2. However, no such effect was found when investigating the role of RNT on stress at Time 1 and insomnia severity at Time 3. This may be due to the small sample size at Time 3. Findings may have important implications for improving treatment efficacy through targeting ones tendency to engage in RNT.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71341 - Printed Poster

e-Mental Health Interventions for Indigenous Youth: Findings from an updated systematic review

Main Presenting Author: Hicks, Lydia

Additional Authors: Toombs, Elaine ; Kowatch, Kristy; Lund, Jessie; Hopkins, Carol; Mushquash, Christopher

Abstract: *Two years ago, Toombs and colleagues (2020) completed a systematic review examining electronic mental health (e-MH) interventions for Indigenous youth with mental health concerns. Since this paper was published, the COVID-19 pandemic led to an increase in both the number of studies examining e-MH interventions and the need for these interventions during the periods of*

pandemic isolation. This updated review builds on past literature to summarize available peer-reviewed and grey literature on e-MH interventions for Indigenous youth. Interventions included a wide range of targeted mental health concerns (e.g., smoking cessation, suicide prevention), delivery methods (e.g., text messages, phone applications), and outcome types (e.g., qualitative, quantitative, new study protocols). Common facilitators to e-MH intervention included the use of community-based participatory research approaches and the representation of culture. Common barriers to e-MH intervention use included the lack of necessary resources and limits to the amount of support that online interventions can provide when compared to need. Based on these facilitators and barriers, considerations regarding the standards and criteria for the development of future e-MH interventions to support Indigenous youth mental well-being are discussed.

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 71434 - Printed Poster

Emotional Processing and Outcome in Teletherapy

Main Presenting Author: Daljeet, Sarena

Additional Authors: Milovanov, Alex; Oakman, Jonathan; Rumeo, Carla; Finch, Katie

Abstract: *Although empirical investigations support the use of internet-mediated psychotherapy as a substitute for face-to-face treatment, research is warranted on whether mechanisms that lead to change in psychotherapy operate differently in a teletherapeutic environment. Emotional processing (EP) is a robust predictor of psychotherapy outcome across theoretical frameworks. However, clinical reports describe qualitative differences in working with emotion in an online medium. Our aim was to examine differences in EP and its association with outcome between in-person and remote psychotherapy. Participants will be approximately 55 adult psychotherapy clients who completed cognitive-behavioural therapy for a range of presenting concerns at a graduate training clinic (33 online, 22 in-person). Observer ratings of EP will be generated for the middle 25 minutes of three working phase therapy sessions. _T-_tests will be used to compare levels of EP between online and in-person psychotherapy. The magnitudes of the associations between EP and outcome will also be compared between formats. It is hypothesized that mean EP will be lower in teletherapy while the magnitude of the association between EP and outcome will not differ. Implications for teletherapy research and practice will be discussed.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71506 - Printed Poster

Engagement with Online Social Support Resources: A study of outpatients living with chronic pain

Main Presenting Author: Ranger, Tristyn

Additional Authors: Coady, Alanna; Holtzman, Susan

Abstract: *According to the Global Burden of Disease Study (2016), chronic pain is a leading cause of disability worldwide, and generates a heavy financial burden on healthcare systems. Online support groups offer an easily accessible, cost-effective resource for people with chronic pain, allowing individuals to attend virtual meetings, post on message boards, or interact in a variety of other ways. Evidence suggests that social support can have positive impacts on the physical and mental health*

outcomes of people living with chronic pain. However, more research is needed to identify the benefits and potential drawbacks of social support found online, particularly given the recent increased reliance on online platforms due to social restrictions related to the COVID-19 pandemic. Thus, this study explores user experiences of online support resources for people with chronic pain. A cross-sectional online survey administered to patients (n = 47) of an outpatient pain treatment center asked what they found to be the most and least helpful about participating in an online support community. Qualitative data will be analyzed using thematic analysis. This project will help to clarify positive and negative features of online support to help improve the efficacy and attendance of online social support resources for chronic pain.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 71357 - Printed Poster

Evaluating the Effectiveness of Compensatory Memory Interventions in Adults with Acquired Brain Injury: A Systematic Review and Meta-Analysis of Memory and Everyday Impact Outcomes

Main Presenting Author: Hudes, Rebecca

Additional Authors: Baptist-Mohseni, Natasha; Dimech, Christina; Rich, Jill B.; Troyer, Angela K.; Vandermorris, Susan

Abstract: *_BACKGROUND:_Adults with acquired brain injury (ABI) frequently experience memory impairments that are persistent and difficult to treat. While studies have shown that rehabilitation programs may improve cognitive performance, there is an opportunity to look more closely at the benefits provided by specific interventions. _METHOD:_ We conducted a systematic review and meta-analysis to examine the impact of compensatory interventions on memory and everyday impact outcomes in adults with ABI. The review was limited to published, English-language controlled trials that included at least one memory or everyday impact outcome. _RESULTS:_ Of 2817 identified articles, a total of 22 controlled trials met inclusion criteria, and 12 provided sufficient data to include in the meta-analyses. A risk of bias assessment identified common problems with recruitment and masking procedures. Results indicate that compared to controls, these interventions produce positive effects on outcomes of immediate verbal recall, participant-reported memory, and strategy use, and that these improvements are maintained at follow-up. _CONCLUSIONS/ACTION:_Compensatory interventions produce meaningful memory improvements and are a promising avenue for reducing ABI-related memory impairment. Future research focusing on specific subsets of ABI populations and a broader range of participant-reported outcomes is needed.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 71389 - Printed Poster

Evaluation of a Resiliency Building Smartphone App Among Incoming Undergraduate Students

Main Presenting Author: Mann, Vamika

Additional Authors: Charlton, Jaidyn; Malik, Ishaq; MacIsaac, Angela; Walker, Jaye ; Mushquash, Aislin

Abstract: *Mental health difficulties (e.g., anxiety, depression) among students have increased significantly over the past few years (Storrie et al., 2010). Self-management of mental health may benefit students by empowering them to have a more active role over their own well-being. Emerging evidence supports the use of mHealth interventions focused on fostering adaptive coping skills for students (e.g., JoyPop app; MacIsaac et al., 2021). The objective of this study was to (a) examine JoyPop app usage data among a sample of undergraduate students; and (b) examine the relationship between app usage and baseline stress. Undergraduate students (n= 237, mean age = 20, female = 76%) completed the Inventory of College Students' Recent Life Experience (ICSRLE) and Perceived Stress Scale (PSS) and were invited to use the JoyPop app (at least twice/day) for 4 weeks. On average, participants used the app for 17.43 (SD = 9.24) sessions across the study period; for a total of 2 hours 34 minutes (SD = 306 min; min = 0.17 min; max = 1619 min). The results indicate that the number of sessions was negatively correlated with total ICSRLE score. Similar results were found for total time on all features and perceived stress. JoyPop app may be an effective mHealth tool for those experiencing lowers levels of stress while those experiencing high levels of stress may need more intensive intervention.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 70232 - Printed Poster

Examining factors that contribute to athletes' anxiety about body image during sport setbacks

Main Presenting Author: Parker, C. Patti

Additional Authors: Tulloch, Sierra; Chazan, Devon; Pelletier, Gabrielle; Daniels, Lia

Abstract: *Setbacks in sport are a common experience and particularly relevant to current athletes given the sport interruptions that resulted from the COVID-19 pandemic. Given the prevalence of mental health and body image issues reported in athletes, we considered the factors impacting athletes' setback-related anxiety about body image. Along with known correlates, such as negative affect (Rex and Metler, 2016), that are linked to setback anxiety, we sought to examine additional demographic (e.g., age) and psychosocial factors (e.g., setback rumination) that contribute to setback-related anxiety about body image. We employed a 2-step hierarchical regression assessing North American postsecondary athletes (_N_ = 110, _M_age=21 years) who reflected on a past sport setback. Our findings revealed at Step 1, age, year of postsecondary education, competitive sport experience, and the setback being related to Covid-19 explained 14% of the variance in setback-related anxiety about body image. Adding rumination, positive and negative affect at Step 2 helped explain 36% of the total variance, and revealed rumination and negative affect were significantly and positively linked to anxiety about body image, but positive affect was unrelated. Such findings highlight the multifaceted aspects that contribute to athlete anxiety about their bodies when facing setbacks, particularly setbacks related to COVID-19.*

Section: *Sport and Exercise Psychology / Psychologie du sport et de l'exercice*
Session ID: 71403 - Printed Poster

Examining the associations between COVID-19 stress, emotional intelligence, and child anxiety and depressive outcomes

Main Presenting Author: Adams-Sadiqi, B Gwendolyn

Additional Author: Jiang, Yuanyuan

Abstract: *Due to COVID-19, more studies need to examine the relationships between COVID-19 stress, parental Emotional Intelligence (EI), and child mental health outcomes. Fifty parents (mean age= 41.98 years; 88% mothers) of children between the ages of 8-11 (mean age = 9.46 years; 36% girls) participated in this online study. They completed the COVID Stress Scale (Taylor, et al., 2020), Schutte Emotional Intelligence Scale (Schutte et al., 1998), and Revised Child Anxiety and Depression Scale (Chorpita et al., 2000) once between July and November 2021. Findings show that parental COVID stress was not related to EI or child depressive outcomes, and parental EI was not related to child depression or anxiety. However, parental COVID stress was marginally significantly related to child anxiety, β = .27, p = .055. Examining specific domains, the COVID stress of xenophobia was related to child social phobia, r = .32, p >.05, separation anxiety, r =.37, p >.05, generalized anxiety, r= .28, p >.05, and obsessions and compulsions, r = .39, p >.05. The COVID stress of compulsions was related to child obsessions and compulsions, r =.29, p >.05. The COVID stress of socio-economic concerns was related to child social phobia, r =.30, p > .05. Knowledge of specific areas of COVID stress in relation to child mental health give insight into interventions to prioritize for families.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71197 - Printed Poster

Examining the Experiences and Needs of Caregivers of Older Adults with Mental Health Problems

Main Presenting Author: Pryor, AM Teaghan

Additional Authors: Reynolds, Kristin ; Koven, Lesley; MacKenzie, Corey; Haverstock, Nicole ; Jagnyziak, Angela

Abstract: *Mental health caregiving can be a positive experience; However, this role can negatively affect caregivers' mental health. Caregivers may experience conflict between their care-_giver_ role_,_ providing mental health support for their care recipient, and their care-_receiver _role, needing mental health support due to experienced burden. Little is known about how caregivers concurrently meet the demands of these roles, and how this conflict affects their mental health service use. Research examining caregivers supporting older adults (60+) with mental health problems is limited and focuses on those supporting older adults with physical and cognitive needs. The aims of this study are to understand the experience of caregivers supporting older adults experiencing a mental health problem and examine how they meet their own mental health needs and the mental health needs of their care recipient. Ten caregivers will be recruited from am inpatient geriatric mental health unit and participate in a semi-structured interview about on their caregiving experience. Interviews will be analyzed using a Framework Analytic Approach. Findings will illustrate the impact of caregiving on participants mental health, barriers met when accessing mental health services, and unmet support needs, which will inform mental health service providers and policy makers.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70672 - Printed Poster

Examining the Healthy Immigrant Effect on Alcohol Use in Emerging Adults

Main Presenting Author: Muyingo, Lydia

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Additional Authors: Mackinnon, Sean; Conrod, Patricia; Keough, Matthew; Krank, Marvin; Thompson, Kara; Stewart, Sherry

Abstract: *The healthy immigrant effect (HIE) is a phenomenon observed in developed countries in which recent immigrants report better health than the majority population. Prior research has not explored the heterogeneity of the immigrant population in terms of assimilating into a country's mainstream culture (acculturation) or adherence to original culture's values (enculturation). We examined whether the HIE is moderated by acculturation or enculturation. We examined the HIE by comparing alcohol outcomes (quantity, frequency, binge drinking, and problems) across undergraduate students (_N_=1303) of differing immigration statuses defined by participants' and parents' place of birth. We extended work on the HIE by analyzing the interactions of acculturation/enculturation with immigrant status on alcohol outcomes. Immigrant groups differed consistent with the HIE; 1.5 generation immigrants reported the lowest alcohol involvement compared to 3+ generation immigrants, and 2nd generation immigrants reported significantly lower alcohol involvement compared to 3+ generation immigrants. The HIE was generally not moderated by levels of acculturation or enculturation. However, more recent immigrants had higher enculturation and lower acculturation levels. Results suggest more recent immigration status is associated with less alcohol use and acculturation/enculturation largely do not impact drinking.*

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 70929 - Printed Poster

Examining The Relationship Between Resilience And COVID-19 Stress Among Post-secondary Students

Main Presenting Author: Hoppe, Alexandra

Additional Author: Colp, Mitch

Abstract: *Natural disasters, like the COVID-19 pandemic, have a significant effect on individuals in both direct and indirect ways. Whether it is physical well-being, psychosocial health, or educational quality, all areas of life have been negatively affected. One group that has been impacted are post-secondary students, who have had to manage fears surrounding the pandemic, unusual learning environments, social isolation, and uncertain economy for which to maintain or find employment. While previous research identifies that post-secondary students are experiencing declining mental health and increased stress throughout the COVID-19 pandemic (Gao et al., 2020; Julian et al., 2020), few have explored possible resiliency factors amidst these difficult times. Initial correlational analysis of the relationship between the COVID-19 Stress Scale and the Connor Davidson Resilience Scale (CD-RISC 25) were insignificant. Further analysis is needed of the qualitative and quantitative data; however, preliminary analysis suggests the largest undermining factor to students' well-being during the pandemic was the presence of previous mental illness. Despite previous mental health concerns access to psychological services were seldom mentioned as utilized which supports the findings of Taylor and colleagues (2020). Further research can help to understand why some students are more impacted than some.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 71884 - Printed Poster

Examining the Self-Medication of Anxiety Disorders with Alcohol and Cannabis in a Large Community Sample

Main Presenting Author: Dagg, L. B. Stephanie

Additional Authors: Summerfeldt, J. Laura; Henning, Colin; Bowie, Kelsey; Parker, James D. A.

Abstract: *The comorbidity of anxiety and substance use disorders remains of utmost concern in the general population, which necessitates the delineation of associative mechanisms. Addressing the prominent self-medication model, our study afforded the rare opportunity to examine the relationship between number of lifetime anxiety disorders with alcohol and cannabis (use and dependence) using a large community sample (_N_ = 1,372). Participants, age 17 to 65, completed a number of relevant measures across four time points to assess these constructs, as well as emotion coping, life stress and social support, which were predicted to be significant mediators. Furthermore, gender was examined as a potential moderator. Results revealed that anxiety disorders are predictive of subsequent alcohol and cannabis use and dependence, and furthermore, this relationship is mediated by emotion coping, although the role of life stress and social support could not be conclusively determined. Women with an anxiety disorder, who presented with either an alcohol or cannabis dependence, were also uniquely found to use more proportionate emotion coping. Altogether, these results provide support for the popular, yet damaging, self-medication model, and implications are palpable for informing future research strategies and treatment initiatives.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 71779 - Printed Poster

Exploration of food addiction as a moderator of response to treatment

Main Presenting Author: Legendre, Maxime
Co-Presenting Author: Bégin, Catherine

Abstract: *Food addiction (FA) represent a severe condition characterized by overeating and weight gain and has been demonstrated to be a marker of psychopathological severity. The aim of the present study was to use FA as a marker of psychopathological severity and to look at its moderating effect on treatment outcomes. A sample of 60 participants (≥ 18 years old, BMI ≥ 25 kg/m2) took part to a 12-session group treatment for compulsive eating. Participants were split in two groups according to baseline FA diagnosis, and three outcomes (binge eating, grazing, and depressive symptoms) were measured at baseline, mid-treatment, and post-treatment. Repeated measures ANOVAs were performed, and interactions were inspected to estimate the moderating effect of FA. For binge eating, group and treatment effects were significant and for grazing, treatment effect was significant. Despite some non-significant differences with grazing and depressive symptoms, linear trends showed that the two groups differentiated and improved on the three outcomes. Finally, no interaction was significant suggesting no moderating effect of FA. This study demonstrated that individuals with FA started treatment with greater severity, but that this severity did not impact the treatment response. However, these individuals may benefit from a longer treatment or a tailored treatment to target residual symptoms.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70651 - Printed Poster

Exploring state emotional awareness in adolescents' intervention feedback: Associations with trait emotional intelligence and posttraumatic symptoms

Main Presenting Author: Ego, M Jennifer

Additional Authors: Ghahremani, Roya; Garland, Jennifer; Parker, James; Keefer, Kateryna

Abstract: *Following trauma, individuals can find it difficult to identify and describe emotions. Low emotional awareness (EA) can present challenges in insight-based interventions, so clinicians must identify clients' EA deficits. An approach for measuring state EA, based on assessing emotional complexity in natural language, has been proposed for intervention contexts (Lane, 2020). We explored this approach in an equine-assisted learning (EAL) intervention context. Female adolescents (_N_=72) with a history of interpersonal trauma participated in 8 weekly EAL sessions to build socioemotional competencies. They completed standardized trait emotional intelligence (TEI) and posttraumatic symptom scales before and after the intervention. After each session, participants wrote brief responses about the emotions they experienced; these were coded based on linguistic EA markers. Results revealed that state EA varied with context and linguistic prompts. Higher mean state EA was associated with state EA stability. Mean state EA was not significantly correlated with TEI or posttraumatic symptoms. However, state EA stability predicted lower post-intervention anxiety, depression, and posttraumatic stress. Findings suggest that state EA can be detected in written language and enhanced through emotion-language scaffolding. Additionally, state EA stability may reflect attenuated posttraumatic symptoms.*

Section: Traumatic Stress / Stress traumatique
Session ID: 71655 - Printed Poster

Exploring the effect of Age-At-Injury on the Relationship between Exercise and Post-concussive symptoms

Main Presenting Author: Luczon, M Rachel
Co-Presenting Author: Good, Dawn

Additional Authors: Mojgani, Juliette; Ceballos , Manuela Y; Wilson, Cole

Abstract: *It is recommended that following a mild head injury (MHI) a period of cognitive and physical rest is needed for a successful recovery (McCrory et al., 2013). However, findings from recent studies have suggested that exercise following a MHI may be beneficial if implemented in the post-acute phase during the first month of recovery (Lawerence et al., 2016; Synder et al., 2021). We conducted a cross-sectional study to investigate the possible moderating effects of age-at-injury on the relationship between exercise and post-concussive symptoms (PCS) for recovery times well beyond the initial post-acute window. University students with a history of MHI (n=102) and without (n=223) answered a questionnaire regarding their history of head injury, exercise frequency, and post-concussive symptomology. Results revealed that age-at-injury significantly moderated the relationship between increased engagement in exercise and decreased experience of PCS, whereby those who acquired an injury at a later age and exercised reported fewer symptoms than those who did not exercise (b= 9.67, _SE=_ 4.50,_ _β =1.80, _p_=.036). Given that a third of those with an MHI report PCS lasting longer than 3 months, exercise may be a possible intervention to help mitigate the symptoms of injury. Further, this may be especially beneficial for those who acquired an injury later in development.*

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Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 71489 - Printed Poster

Exploring the Experience of Parental Operational Stress Injuries Among Young Adult Children of Canadian Military Families

Main Presenting Author: Iverson, Heather

Additional Author: Robertson, Sharon

Abstract: *Canadian military families have expressed concern for the effects of parental operational stress injuries (OSI) on their children's well-being. OSI refers to any psychological difficulties resulting from duties while serving in the Canadian Armed Forces. Recognizing the significance of parental mental health, some research has focused on investigating how children and youth are impacted by parental OSI. However, the impact of parental mental health problems does not necessarily end after adolescence. The aim of this study was to give voice to the underrepresented group of young adults who have experienced parental OSI during childhood. Six participants between 18 and 29 years of age, who grew up with a parent who had an OSI from military service, were interviewed about their current perspectives on their childhood experiences and how they may have integrated their retrospective understandings into their present lives. Interview transcripts were analyzed using Interpretative Phenomenological Analysis. As adulthood may allow the physical and emotional distance to reflect on and make meaning of childhood experiences, findings from this retrospective investigation provide insights into the experience of parental OSI that are difficult to access from research on children and youth. These results may inform clinical practice with Canadian military families coping with OSI.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70962 - Printed Poster

Factor Structure of The Hope-Action-Inventory in a Substance Misuse Sample

Main Presenting Author: Currie, N. Lauren

Additional Author: Bedi, P. Robinder

Abstract: *Alcohol and other substance use disorders are a significant health and social issue in North America. Previous research has found that individuals working to overcome an addiction often report feeling hopeless about their ability to return to employment in the future. This study aimed to evaluate the psychometric properties of the Hope-Action-Inventory (HAI; Yoon, 2017) with a large community sample of individuals who have had a problem with alcohol or other drugs and evaluate its usefulness with this population. The HAI measures hope related to career and has never previously been evaluated for use with this population. Ample previous research with other populations has found the HAI to have good model fit with one higher-order factor and seven subfactors. Participants were recruited through MTurk and substance use support centers (N = 783; 400 female). Participants average age was 35 (SD = 10.6) and the majority were of European descent (77.9%). Confirmatory factor analysis found the hierarchical structure fit the data well ($X^2(343) = 1732.38$, p < 0.001, TLI = .98, CFI = .98, RMSEA = .07, 95% CI [.07, .08], SRMR = .07). Factor loadings ranged from .58 to .94 on the higher-order factor. It is concluded that this measure will be a useful assessment tool for career and mental health professionals assisting individuals with a history of substance misuse to obtain employment.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 71709 - Printed Poster

Family Ties That Bind: Stigma by Association with Mental Illness

Main Presenting Author: McKeag, A Suzanne

Additional Authors: Rose, L Alison; Battaglia, Anthony M; Khaqan, Laiba; Naqvi, Marzia M; Goldberg, Joel O

Abstract: *Background: Family members may experience stigma due to their ties to a relative with a serious mental illness, whether living or not living with them, though few studies have formally examined this so-called stigma by association. Methods: Family members (n=147) completed an online survey study examining correlations among stigma, distress, and wellbeing. Independent t-tests compared these variables between family members cohabiting (n=65) and those not cohabiting with a relative with mental illness (n=82). Results: For all family members (n=147), heightened stigma was associated with more stress (r =.33, p*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71527 - Printed Poster

Feasibility and Implementation of a Virtual Behavioural Support Intervention for Children with ADHD

Main Presenting Author: Hai, Tasmia
Co-Presenting Author: Lemay, Jean-Francois

Additional Authors: Climie, Emma; Kowbel, Amy; Wilcox, Gabrielle; Miller, Courtney; Society, CanLearn

Abstract: *BACKGROUND: An online behaviour-management intervention program for children with ADHD and their families was created to support the increased behavioural concerns during the COVID-19 pandemic. METHODS: A survey was disseminated to parents participating in the online intervention to obtain feedback two weeks following the end of the intervention. Additionally, feedback regarding the feasibility of the program was obtained from the facilitators and the partner agency. Descriptive statistics (mean and frequency) were calculated from the survey results completed by parents. Themes were created from the qualitative feedback obtained from the partner agency. RESULTS: Survey results overall indicated that parents were satisfied with the intervention. Qualitative feedback indicated motivated families, easy implementation of the online programming via zoom and overall positive experience from the facilitators. CONCLUSIONS: Based on the results from the parent satisfaction survey, the online intervention for children with ADHD and their parents was considered feasible. Future studies with a larger sample size are required to better understand the impact of the intervention.   ACTION/IMPACT: The pilot intervention program was considered successful. The intervention has the potential to become a cost-effective, scalable program for children with ADHD and their families.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70852 - Printed Poster

Finding Meaning in Life After a Traumatic Brain Injury

Main Presenting Author: Nordin, D Esther

Additional Author: Klaassen, Derrick

Abstract: *Traumatic brain injuries (TBI's) often result in complex, yet invisible, disabilities that interfere with a person's ability to experience life as fulfilling and meaningful (Dijkers, 2004). To date, psychological research related to TBI has primarily focused on functional limitations and psychopathology, despite evidence that subjective psychosocial factors pose the predominant concern for TBI survivors after the initial stage of recovery. In addition, research has found that individuals become more reflective about existential concerns after experiencing a TBI (Gerber et al., 2019) This study aimed to highlight the subjective experiences of TBI survivors as they reflected on their journeys of finding meaning and fulfillment post-injury. The voice-centered qualitative method, known as The Listening Guide, illuminated the accounts of existential meaning and fulfillment after TBI. By highlighting the intersection of meaning and TBI, this research sought to elucidate hope and inspiration for the possibility of living well after sustaining a brain injury. Knowledge emerging from this investigation offers practical implications for clinicians working alongside individuals with TBI's, as it sheds light on the underdeveloped territory of existential well-being following a life-altering injury. Data collection and analysis will be completed by the time of the convention.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71449 - Printed Poster

Finding the time: How undergraduates partake in physical activity with increasing demands for their time and energy in day-to-day life

Main Presenting Author: Menuz, Travis

Additional Authors: Rush, Jonathan; Hofer, Scott; Ames, Megan; Yoneda, Tomiko

Abstract: *BACKGROUND: Young adulthood is a key developmental period in which to establish and promote healthy lifestyles. Young adults face a variety of daily stressors that disrupt their ability to engage in behaviours that promote health and well-being such as physical activity (PA). Unsurprisingly, only 40% of undergraduate students meet health recommendations for PA. The purpose of study is to examine the facilitators and barriers of PA among a young adult sample using ecological momentary assessment (EMA) and Fitbit data. METHOD: PARTICIPANTS (_N_ = 77) COMPLETED BRIEF MEASURES OF MOOD, STRESS, AND SELF-REPORTED PA 3-4 TIMES PER DAY FOR 14 DAYS WHILE WEARING A FITBIT. MULTI-LEVEL STRUCTURAL EQUATION MODELING WILL DETECT HOW MOOD AND STRESS PREDICT BETWEEN- AND WITHIN-PERSON CHANGES IN PA. RESULTS: We anticipate that daily fluctuations in undergraduate mood and stress will have an effect on daily engagement in PA. Specifically, we predict that decreases in mood and increases in stress will reduce daily engagement in PA. CONCLUSIONS: Daily changes in undergraduate mood and stress may hamper personal engagement in PA on a daily level and across a 14-day timeframe. IMPACT: RESULTS WILL ADD TO OUR UNDERSTANDING OF WHAT FACTORS PROMOTE AND HINDER ENGAGEMENT IN PA AMONG YOUNG ADULTS.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71169 - Printed Poster

Fostering Preservice Teachers' Mental Health Self-Efficacy Through a Mental Health Literacy Course

Main Presenting Author: Boulazreg, Samir

Additional Author: Rodger, Susan

Abstract: *Youth mental health distress has increased in recent years, creating a sense of urgency among teachers regarding preparation, knowledge, and a need for education. To address this need, this study evaluated a mental health literacy course offered as part of a mandatory curriculum at a large Canadian university's Faculty of Education. The goals of the course include amplifying preservice teachers' sense of school mental health awareness, confidence, and knowledge about mental health through a trauma and violence and culturally informed approach. A repeated measures ANOVA was conducted to evaluate change in preservice self-efficacy for teaching students (n = 238) with mental health concerns (SMH-SETS), trauma (ARTIC), mental health literacy (MHLQ), and teacher wellbeing (TWBS). Multivariate analyses were significant, $F_{(5,233)} = 59.97$, $p < .001$, as were univariate tests: SMH-SETS, $F_{(1,237)} = 167.46$, $p < .001$; ARTIC, $F_{(1,237)} = 35.01$, $p < .001$; MHLQ, $F_{(1,237)} = 195.48$, $p < .001$; and TWBS, $F_{(1,237)} = 10.31$, $p < .01$. Results indicate that incorporating a mental health informed curriculum can influence perceived competence, and this may translate to supporting mental health in the classroom.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 69302 - Printed Poster

Gambling and loot box gaming: Motives to engage or refrain

Main Presenting Author: Puiras, Erika
Co-Presenting Author: Oliver, Casey

Additional Authors: Sheinin, Micaela; Cummings, Shayna; Mazmanian, Dwight

Abstract: *Background: Recent research has illustrated a relationship between problem gambling and loot box content in video games. However, there is limited research on motives to engage with or refrain from loot boxes and whether these overlap with gambling motives. Thus, this study qualitatively examined motives to engage with or refrain from both gambling and loot box content. Method: Online open-ended responses from 600 participants, recruited from Lakehead University and through online advertisements, were analyzed and interpreted using inductive content analysis. Results: The authors coded, interpreted, and double coded the data. Shared motives between gambling and gaming with loot boxes included enjoyment and the chance to win. Shared motives to refrain from gambling and loot boxes included negative consequences (e.g., addiction concerns), uncertain outcomes (e.g., losing), disinterest, finances, and accessibility issues. Conclusion: The findings reveal overlapping motives to engage with or refrain from gambling and loot box content, which provide further context to this burgenoning research area. Impact: This study provides insight into specific elements of the gambling and gaming experience that may appeal to or dissuade individuals. This information may support the development of harm reduction approaches for problem gambling and gaming, and potentially help inform public policy.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 70514 - Printed Poster

Healing Isn't Happening: Time Since Opioid-Related Loss is Not Related to Fewer Depressive Symptoms

Main Presenting Author: Coady, Alanna

Additional Authors: Koersen, Brooke; Johnston, Cara; Piercy, Jamie

Abstract: *Between 2016-2020, 17,602 opioid-related deaths occurred in Canada, with devastating impacts on families, including an increased risk of mental illness and social isolation. While the typical trajectory of grief involves the abatement of emotional distress over time, research suggests that traumatic loss is linked to complex and prolonged bereavement. However, very little research has been done on families affected by opioid-related losses. This study aims to identify whether family members bereaved by opioid-use report lower rates of depressive symptoms after greater periods of time since the loss. Participants (_n _= 371) recruited through Moms Stop the Harm (MSTH), a network of Canadian families impacted by substance-use-related harms and deaths, completed a cross-sectional survey. Results revealed that length of time since death of a loved one was not significantly associated with lower depressive symptoms, even when controlling for social support and traumatic grief symptomology. Findings indicate that family members are at risk of prolonged emotional distress after opioid-related death of a loved one, suggesting that opioid-related loss does not follow a typical grief trajectory. This study underpins the need to provide targeted supports specific to the unique emotional challenges of opioid-related loss to diminish the distress of impacted family members over time.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70876 - Printed Poster

I Am My Character: The Contribution of Narrative and Identity Structural Characteristics In Video Games To Gaming Disorder

Main Presenting Author: Saini, Nirav
Co-Presenting Author: Hodgins, David

Additional Authors: Lynch, MacRae; Sandhu, Reha; Bahaeimoghadam, Shiva; Seo, Danny; Durrani, Zuha; Ligertwood, Alexa; Gamboa, Jessame

Abstract: *Prior literature has suggested that video games utilize narrative and identity structural characteristics, such as avatar customizability features, to increase immersion in-game. The current scoping review strives to evaluate the literature to examine the contribution of narrative and identity structural features to gaming disorder (GD) and other proxies. 4,771 studies were yielded through an initial search; two independent reviewers screened each study. The final pool of texts included 54 studies relevant to narrative and identity features implicated with GD. Of the studies included, there was considerable evidence of multiple sub-categories of narrative and identity features having positive associations with GD and/or a proxy, including game genre (n = 27), avatar presence (n = 19), story-telling device features (n = 10), and avatar creation/customizability (n = 8). The present analysis also maps the studies finding associations of genre categories with GD and/or a proxy of GD. A few studies found that game genre (n = 5) and avatar presence (n = 1) had no significant relationship with GD and/or a proxy of GD. There was slight evidence of a negative association between genre (n = 1) and GD or a proxy of GD. These findings aid in establishing a framework behind the onset of GD. The findings of this study are critical because they can guide future efforts of ethical game design.*

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 71405 - Printed Poster

Impact of emotional regulation on cyberviolence perpetration in adolescent dating relationships

Main Presenting Author: De Sousa , Deziray

Additional Authors: Paradis , Alison; Fortin, Andréanne

Abstract: *Cyberviolence is a widespread form of adolescent dating violence that involves using technology to monitor and control (i.e., cyber-control), or harass and intimidate (i.e., cyber-aggression) a partner. The fact that cyberviolence is perpetrated remotely is particularly alarming because victims can be exposed to it at any time, thus making it more difficult for them to escape. Previous studies have found an association between emotional regulation and cyberviolence in adolescence. However, no study has yet examined what specific aspects of emotional regulation contribute to its perpetration. Thus, the present study aims to examine the respective contribution of six dimensions of emotional regulation on the perpetration of cyber-control and cyber-aggression in adolescence: i.e., non-acceptance of emotional responses, difficulty in adopting goal-directed behaviours, difficulties in impulse control, lack of emotional awareness, limited access to regulation strategies, and lack of emotional clarity. A total of 222 dating adolescent (_MAge_ = 16.9, _SD_ = 1.5) completed an online questionnaire. Results of multiple hierarchical regressions suggest that only impulsivity is significantly associated with the perpetration of cyber-control and cyber-aggression. The inclusion of an impulse control component in prevention programs could reduce the occurrence of cyberviolence in adolescence.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 70826 - Printed Poster

Impact of Facets of Self-Compassion on Post-Event Processing following a Speech Task

Main Presenting Author: Taylor, Marin

Additional Author: Kocovski, L Nancy

Abstract: *For people with social anxiety, stressful social situations may be followed by prolonged rumination emphasizing negative aspects of the experience, known as post-event processing. Self-compassion can buffer against this process. The purpose of the present study is to further examine the effectiveness of inducing self-compassion for reducing post-event processing, as well as to investigate the relative importance of each facet of self-compassion in this process. Undergraduate students (_n_ = 26 so far; full sample of 100 to be collected by April 2022) are being pre-screened for elevated social anxiety. Following baseline measures, participants are randomly assigned to complete either a self-compassionate or control writing exercise. Next, they deliver a 3-minute speech over Zoom. Participants report their levels of post-event processing following the speech, and again 24 hours later. It is hypothesized that those who complete the self-compassion induction will report lower post-event processing compared to the control condition. Furthermore, it is hypothesized that this relationship will be mediated by state self-compassion; in particular, the mindfulness facet. This study*

will further our understanding of how self-compassion may help to reduce post-event rumination. ----------------------

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71196 - Printed Poster

Implementation fidelity of a community social pediatrics centre in NB and parents' satisfaction with services

Main Presenting Author: Doucet, Danielle

Additional Authors: Blaney, Sonia; Corriveau, Hélène; Dubé, Anik; Iancu, Penelopia; Morin, Sylvie; Plourde, Vickie

Abstract: *BACKGROUND/RATIONALE: In 2017, a Community Social Pediatrics (CSP) centre was established in New Brunswick. The objectives of the study were to document the implementation fidelity (IF) of the centre and to assess parents' satisfaction with services. METHODS: We developed an IF grid based on Dr. Julien Foundation accreditation criteria containing eight domains. The IF was evaluated during Spring 2020, by conducting thematic analyses of qualitative data collected during a focus group with four CSP members following the grid. Parents also answered the Client Satisfaction Questionnaire (CSQ-4 items) between August 2020 and 2021. RESULTS: Domains with lowest IF scores were Administrative and financial management, and Governance (under 60%), whereas domains with highest scores were Assessment/orientation and Follow-up/support (over 80%). Parents' satisfaction with services (N =18) was very high (M =14.72/16; SD =1.71). CONCLUSIONS: The study highlighted current parents' satisfaction and high IF related to services provision, as well as the need for more human, financial, and community resources to ensure optimal governance and sustainable services. ACTION/IMPACT: Research on CSP IF and parents' satisfaction with services can help to identify areas of improvement within the community context and factors that can enhance the alignment between the intended model and current practices.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 71858 - Printed Poster

Improving Adherence to Statins using Motivational Communication: A Proof-of-Concept Study

Main Presenting Author: Moran, Chelsea

Additional Authors: Ma, P. Patrick; Ma, Patrick T; McLennan, Andrew; Rash, Joshua A. ; Campbell, Tavis S.

Abstract: *Statins are effective at reducing the risk of cardiovascular disease and mortality, yet about 40% of patients prescribed this class of medication are non-adherent. This study aimed to evaluate the effects of a brief motivational communication (MC) intervention on adherence in patients prescribed statins. A community sample of adults were recruited consecutively from an out-patient cardiology clinic in Calgary (02/2019-03/2020). Patients were eligible to participate in a 60-minute in-person MC session at 3 months post-enrollment if they were prescribed a statin and were non-adherent (i.e., medication possession ratio[MPR] $\leq$ 80% at baseline) or statin naïve (i.e., newly prescribed in past 3 months). The primary outcome was statin MPR at 6 months post-intervention, calculated using*

pharmacy records. Of 139 participants screened, 34 were eligible for the study and 16 completed the MC session (M=63+/-9 years old; 31%female; 14 non-adherent, 2 naïve; 56%prescribed statin for primary prevention). MPR for statin medication increased on average from baseline (M=46.6+/-25.5%) to follow-up (M=96.6+/-6%). MPRs for 15 participants were adherent at follow-up. The preliminary data presented in this study suggests that a brief in-person MC session can improve adherence to statin medication. This study contributes to improving patient outcomes by promoting adherence to cardioprotective medicine._

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 70813 - Printed Poster

Inducing Self-Compassion to Cope with Past Social Stressors

Main Presenting Author: Burnham, Cortney

Additional Author: Kocovski, Nancy

Abstract: *Self-compassion can protect individuals against negative consequences associated with self- judgment and isolation (Neff, 2003). A self-compassion induction has been found to be especially beneficial for those with high levels of social anxiety (Harwood and Kocovski, 2017).The primary goal of the present study was to evaluate the impact of a self-compassion induction on past social stress. Participants (_N_= 277) were asked to recall a past social situation where they felt judged. Participants were then randomly assigned to one of three conditions: self-compassion, cognitive-reappraisal or control. In the self-compassion condition, they were guided to write about their situation mindfully, with self-kindness, and common humanity. In the reappraisal condition, they were guided to challenge their thoughts. Participants were then asked to complete several measures assessing positive and negative aspects of well-being. Compared to the control condition, the self-compassion induction led to significantly higher state self-compassion and reappraisal, and lower state anxiety. The reappraisal condition did not significantly differ from both other conditions. Social anxiety was a significant moderator such that those with high social anxiety benefitted most. Overall, this study provides evidence for the benefits of inducing self-compassion to cope with past social judgement situations.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71187 - Printed Poster

Infant Temperament Contributes to Maternal Parenting Stress at 6 Months Postpartum

Main Presenting Author: Alpdogan, Y Naz

Additional Authors: Vaillancourt, Monica ; Nguyen, Tuong V; Da Costa, Deborah

Abstract: *Maternal parenting stress has been shown to increase with postpartum depression. However, little is known about the effects of infant temperament on parenting stress. This study examined the relationship between infant temperament and parenting stress in first-time mothers. At 6 months postpartum, 76 mothers enrolled in a pilot trial evaluating an online psychoeducational program to promote mental health completed the Infant Behavior Questionnaire Revised-Very Short Form which assesses 3 dimensions of infant temperament: positive affect/surgency (PAS), negative*

emotionality (NEG), and orienting and regulatory capacity (ORC). Mothers also completed the Parental Stress Scale and measures assessing depressive symptoms and social support. Multiple linear regression analyses examined relationships between infant temperament dimensions and parenting stress, controlling for both socio-demographic and psychosocial factors. No differences on parenting stress were found between women assigned to the online intervention compared to the control group. After adjusting for intervention status, maternal age, ethnicity, social support and depressive symptoms, lower levels of infant PAS and higher levels of NEG were independently related to parenting stress. These findings highlight that in addition to maternal factors, dimensions of infant temperament contribute to maternal stress.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71201 - Printed Poster

Influence of Social Support and Work Meaning on Mental Health in Adults Experiencing Mental Illness

Main Presenting Author: Waldmann, Kristina

Abstract: *BACKGROUND/RATIONALE: Mental illness (MI) is a growing public health concern that has been exasperated by the covid-19 pandemic. For those living with MI, work can be an important factor in promoting recovery and mental health. Yet, this group faces some of the highest rates of unemployment. Adopting Keyes' (2005) two continua model of mental health, this study posited that for adults living with MI, perceived social support and meaningful work would account for a significant amount of variance in their mental health. METHODS: Adults living with MI completed a series of self-report surveys measuring meaningful work, social support and mental health. After controlling for demographic variables (age, sex, relationship status), multiple hierarchical regressions were performed to examine the influence of social support and work meaning on mental health. RESULTS: 125 participants living with MI completed the study. Social support and meaningful work each accounted for a significant amount of unique variance in their mental health. CONCLUSIONS: Meaningful work and social support are important factors in the mental health of those living with MI. ACTION/IMPACT: Results highlight the importance of incorporating meaningful work and social support into counselling psychology practice, specifically with clients experiencing MI, as a potential way to improve and promote mental health.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70788 - Printed Poster

Interpersonal associations of body mass index and incident diabetes complications

Main Presenting Author: Fardfini, Kimia

Additional Author: Burns, J Rachel

Abstract: *Type 2 diabetes (T2D) can result in complications, such as nephropathy or cardiovascular disease. Intrapersonal risk factors such as body mass index (BMI) have been associated with increased odds of developing T2D complications over time. According to the dyadic biopsychosocial model of marriage and health, interdependence theory and socioecological systems theory, interpersonal processes (i.e., romantic partner influences) affect health. However, little is known*

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about interpersonal risk factors for incident T2D complications. The present study aimed to test dyadic associations between BMI and incident T2D complications among married couples in which one partner has diabetes. No specific hypotheses were made as this study was exploratory. Data (_n _= 240 dyads) came from the Health and Retirement Study. BMI, diabetes status, and complications were self-reported at baseline (2006). Complications (i.e., kidney and/or cardiovascular disease) were assessed every two years from 2008-2018. Data were analyzed using logistic regression models. Ninety-six people with diabetes (40%) developed T2D complications during follow-up. In unadjusted and adjusted models, neither spouse BMI nor one's own BMI were associated with incident T2D complications, _p _> 0.05. Despite null findings, future research should consider other interpersonal risk factors onto intrapersonal health outcomes.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 69066 - Printed Poster

Interpersonal Trauma Moderates the Protective Effect of Social Support on Depression

Main Presenting Author: Carney, E Alison

Additional Author: Monson, Candice

Abstract: *BACKGROUND: Traumatic stress exposure is a reliable risk factor for the development of depression, and interpersonal trauma (e.g., assault) poses a greater risk to depression than non-interpersonal trauma (e.g., an accident; Fowler et al., 2013). Less is known about the mechanisms of this differential effect. We explored the moderating role of interpersonal trauma on the association between social support and depression in recently traumatized individuals. METHOD: Adults (N = 157) who experienced a DSM-5 traumatic event within the prior 6 months completed the Center for Epidemiological Studies-Depression Scale (Lewinsohn et al., 1997), the Quality of Relationships Inventory (Pierce, Sarason, and Sarason, 1991), and a clinical interview. RESULTS: Trauma type moderated the relation between social support and depression, such that social support and depression were negatively associated for those exposed to non-interpersonal trauma, but not related for those exposed to interpersonal trauma. INTERPRETATION: The protective effect of social support on depression is blunted for those exposed to interpersonal trauma, which may explain why interpersonal trauma exposure confers a greater risk for the development of depression. IMPACT: Further work should investigate these findings longitudinally. Clinical implications and suggestions for future research are discussed.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70168 - Printed Poster

Is Emotional Distress Intolerance a Barrier to Mental Health Treatment Seeking in Distressed Post-Secondary Students?

Main Presenting Author: Shaw, L Jenessa

Additional Author: Kelly, Allison

Abstract: *Despite the growing mental health concerns among post-secondary students, most students with presenting mental health concerns are not seeking treatment (Lipson et al., 2016). Thus, identifying and addressing barriers to treatment seeking is of prime importance. This was the first study to investigate if emotional distress intolerance, the perceived inability to tolerate negative emotions (Zvolensky et al., 2010), is a barrier to treatment seeking. Since fear surrounding real or imagined components of treatment can prevent help-seeking (Zartaloudi and Madioanas, 2010), individuals high in emotional distress intolerance may not seek treatment out of fear of having to experience their emotions during treatment. Post-secondary students completed self-report measures on treatment seeking, distress, distress intolerance, and coping. Among distressed participants (n=631), an independent samples t-test indicated that contrary to hypothesized those not seeking treatment had significantly less distress intolerance than those seeking treatment (in treatment or on a waitlist), t(629) = 3.66, p < .001. These results may be partially due to the treatment seeking group having significantly more difficulty accessing emotion regulation strategies than the non-treatment seeking group, t(471.7) = 5.28, p < .001. Other potential explanations for these findings and their implications were explored.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71007 - Printed Poster

Life satisfaction as a protective predictor of mortality by non-communicative diseases: A country-level analysis

Main Presenting Author: Briner, L. Esther

Additional Authors: Benzouak, Tarek; Gunpat, Sasha; Burns, Rachel; Danyluck, Chad

Abstract: *BACKGROUND: This cross-national study extends prior individual level research to explore the association between life satisfaction (LS) and mortality by non-communicative diseases (NCD mortality) over time. METHODS: Country-level data (_n_ =37) on LS, NCD mortality, and covariates for years 2005, 2010, and 2015 came from the WHO and Gallup World Poll. RESULTS: Greater LS was associated with reductions in NCD mortality over time. Time-fixed panel modeling, which accounts for the presence of repeated measures, revealed an 86.7% decrease in prediction error. Each unit increase in LS predicted a 1.41% decrease in NCD mortality, _p_*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 70138 - Printed Poster

Linking Parental Cognitive Bias and Youth's Biological Functioning Across the COVID-19 Pandemic

Main Presenting Author: Jopling, Ellen

Additional Authors: Tracy, Alison; LeMoult, Joelle

Abstract: *COVID-19 represents an unprecedented challenge to the worlds youth. Although youth are at lower risk of developing COVID-19, they may still show biological effects of pandemic-related stress, such as increases in salivary cortisol. Cortisol, a major stress hormone, increases risk for both*

mental and physical health disorders across the lifespan, including depression, anxiety, and cardiovascular diseases. While previous work has shown that cortisol levels are influenced by individual differences in negative cognitive biases (i.e., preferential processing of negatively valenced information), given increases in time spent together with parents by youth during the COVID-19 pandemic, we posited that _parental _negative_ _cognitive biases may influence levels of cortisol in youth across the course of the pandemic. In line with our hypotheses, we found that parental negative cognitive bias was associated with increases in systemic cortisol levels in children from pre- to mid-pandemic, _β_ = .471, _p_ = .003. These results extend models of intergenerational transmission of risk by linking parental cognitive biases to a harmful pattern of biological responsivity among offspring. These results also have direct implications for practice as the current findings identify _parental cognitive biases _as an important target of intervention to protect youth against the biological embedding of stress.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70275 - Printed Poster

Making Believe Together: A Pilot Study of the Potential Therapeutic Utility of a Family Tabletop RPG

Main Presenting Author: Breen, H Lorna

Abstract: *Family play therapy approaches attempt to integrate meaningful engagement of children through play, and systems-level insight into patterns of family functioning and interaction (Gil, 2015). A virtually unexplored format for play-based therapeutic roleplay with families are tabletop role-playing games (TRPGs); cooperative, narrative games wherein players adopt the role of fictional characters in fantasy setting arbitrated by a game master. The current study pilot tested an original family TRPG module ("_The Family Tabletop Adventure_") to establish the module's feasibility for use with families, indications of potential therapeutic utility, and outline targets for further development. Three family groups (_N_ = 11) were recruited to participate in six weekly, 1.5-hour online sessions. Multiple measures were used to assess family functioning at baseline and post-game, including observational coding, self-report, and qualitative interviews. Exploratory analyses indicated the modules feasibility, low risk of participation, perceptions among families as fun and engaging, and potential utility across multiple therapeutically-relevant family processes (relationship building, positive interactions, communication, problem solving). Family feedback was used to identify targets for development and refinement of the module for formal evaluation in future phases of research.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70473 - Printed Poster

Making Sense of Distress: Developing a Distress Processing Model for Clients in Suicidal Crisis and Demonstrating Higher Distress Processing is Associated with Improved Outcomes

Main Presenting Author: Mickelson, M Johanna

Additional Author: Cox, W Daniel

Abstract: *BACKGROUND: While crisis intervention models and services have indicated the importance of clients in suicidal crisis better understanding their distress to decrease suicidality, there is no model delineating the steps that clients progress through that facilitates better understanding and distress reduction. METHODS: We used task analysis to develop and validate a distress processing model based on theory and empirical observation. Chat logs from the Crisis Intervention and Suicide Prevention Centre of BC (_N_ = 53) were used to develop a model and corresponding observational measure of distress processing. We then related clients' distress processing to psychological outcomes using quantitative methods. RESULTS: A 5-stage distress processing model was developed that describes the client moving through (1) distress avoidance, (2) distress awareness, (3) distress clarity, (4) distress insight, and (5) application of insight. Clients with good outcomes were twice as likely as those with bad outcomes of being in a higher overall stage of distress processing CONCLUSIONS: The results suggest that clients in suicidal crisis move through specific stages as they make sense of their distress. Additionally, greater distress processing is associated with improved client outcomes. IMPACTS: More targeted assessment and intervention can be developed that support distress processing.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71749 - Printed Poster

Maladaptive Health Beliefs are Associated with Greater Pandemic-related Stress During COVID-19

Main Presenting Author: Shivak, M Shelby

Additional Authors: Caissie, M Danielle; Power, Hilary A; Asmundson , Aleiia; Wright, Kristi D

Abstract: *BACKGROUND: Specific distress and anxiety regarding COVID-19 has been conceptualized as a set of interconnected symptom categories called the COVID Stress Syndrome (CSS; Taylor et al., 2020). Susceptibility to CSS may be related to one's maladaptive health beliefs (HBs). The present study explored the impact of HBs on COVID-stress (CS), health anxiety (HA), and associated psychological constructs. METHOD: The cross-sectional study included 221 adults (_Mage_=20.59, _SD_=2.28) who completed an online survey including demographic questionnaires, measures of HBs, CS, HA, and associated psychological constructs. RESULTS: HA, anxiety sensitivity, state/trait anxiety, intolerance of uncertainty, and depression accounted for variance in CS (_F_=6(214)=11.176, _R2_=.239, _p_>.001). HBs (i.e., perceived likelihood of illness, medical service inadequacy, and difficulty coping) were associated with greater CS. No HBs subscales mediated the relationship between HA and CS. CONCLUSIONS: HBs were associated with CS but the relationship between HA and CS may be better explained by other COVID cognitions (i.e., vaccine efficacy, dangerousness of COVID-19). IMPACT: The findings highlight the importance of peoples' HBs during the pandemic. Given anxiety's influence on peoples' behavioural responses to the pandemic, further research should identify COVID-specific cognitions for prevention of CS and HA.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70763 - Printed Poster

Materialism, Selfishness and Well-Being

Main Presenting Author: Watson, C David

Abstract: *The study is an investigation of selfishness, materialism, and well-being with a sample of undergraduate participants. Selfishness is the focus on the self without consideration for others and can be adaptive, egocentric, or pathological according to Raine and Uh (2019). Materialism is the belief that it is important to acquire money and material possessions. Selfishness has a small literature and there are no studies relating selfishness to materialism. It was predicted that materialism will be related to egocentric and pathological selfishness rather than healthy or adaptive selfishness. In addition, the relationship between materialism and selfishness, was investigated in terms of the dark tetrad of personality traits versus the light triad of traits (faith in humanity, humanism, and Kantianism; Kaufman et al., 2019). It was hypothesized that materialism will be related to the dark tetrad of personality traits rather than the light triad. The results indicated that materialism was related to all forms of selfishness, including adaptive selfishness. The light triad of traits was inversely related to materialism and a relationship was found between the dark tetrad and materialism. The study has implications for the relationship between materialism and well-being as the different forms of selfishness were not found to mediate the materialism well-being relationship.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 70985 - Printed Poster

Maternal Adverse Childhood Experiences and Risk of Atopic Diseases in 5-Year-Old Children

Main Presenting Author: Freeman, Makayla

Additional Authors: MacKinnon, Anna; Anselmo, Mark; Tough, Suzanne; Tomfohr-Madsen, Lianne

Abstract: *Atopic diseases are the most common chronic conditions in childhood and can significantly impact health throughout life. Previous findings from the All Our Families (AOF) cohort study demonstrated mothers' history of childhood abuse was associated with asthma and allergy among their children at two years of age. The current follow-up study investigated whether the relationship between maternal history of adverse childhood experiences (ACEs) and child atopic disease, including asthma, allergy, and eczema, persisted when children were five years old. Mothers completed validated questionnaires of ACEs, anxiety and depression symptoms, and reported on their and their child's atopic disease history. Archival analyses of AOF data (_N _= 3387) was conducted using logistic regression and path analysis with counterfactually based indirect effects. Maternal history of ACEs was associated with an 18% increased risk of child allergy at five years (OR = 1.18, 95% CI: 1.09, 1.20). Exploratory path analyses indicated a significant indirect effect of ACEs through maternal history of atopy on child asthma, allergy, and eczema at five years. There were no significant indirect effects through maternal symptoms of anxiety or depression. Maternal history of ACEs, combined with maternal history of atopy, may elevate the risk of child atopy, which presents an opportunity for early intervention.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71317 - Printed Poster

Maternal Distress, DNA Methylation, and ADHD: A Systematic Review

Main Presenting Author: Lowe, Catherine

Additional Authors: Ross, M Khrah; Climie, Emma

Abstract: *Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental condition characterized by inattention, impulsivity, and hyperactivity. Perinatal maternal distress (i.e., anxiety or depression) is associated with a risk for ADHD symptoms. The fetal programming hypothesis posits that in utero experiences can affect the expression of genetic information and fine-tune offspring phenotype for their anticipated postnatal environment. The pathways through which maternal distress programs fetal phenotype and increases the risk for ADHD symptoms are unknown. One possible path is through changes to offspring DNA methylation (DNAm) patterns. This systematic review identifies research highlighting the relationships between maternal distress, symptoms of ADHD, and altered DNAm patterns. There are associations between maternal distress and inattention and subsequent increased risk of ADHD diagnosis. Maternal distress is also associated with offspring psychiatric dysfunction, both internalizing and externalizing behaviours. Additionally, maternal distress is related to altered child DNAm patterns. In sum, results indicate associations between maternal distress, altered DNAm patterns, and ADHD symptoms, but no study has directly tested DNAm patterns as a mediator. Future studies may assess the relationship between maternal distress and DNAm pathways to explain offspring ADHD symptoms.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 70999 - Printed Poster

Maternal Pandemic-Related Pregnancy Stress During the Later Stages of the COVID-19 Pandemic

Main Presenting Author: Vaillancourt, Monica

Additional Authors: Hao, Jiayue; Schwartz, Hannah ; Nguyen, Tuong-Vi ; Da Costa, Deborah

Abstract: *The pandemic has created additional stressors for expectant mothers during their transition to parenthood. This study examined the prevalence of pandemic-related stress among pregnant women in the later stages of the COVID-19 pandemic and associated sociodemographic and psychosocial factors. Between April 29, 2021 and November 7, 2021, 140 pregnant women (mean age=32.57, SD=4.52) completed online self-report questionnaires measuring sociodemographics, depressive symptoms and pregnancy-specific anxiety. The Pandemic Related Pregnancy Stress Scale assessed stress about being unprepared for birth due to the pandemic (preparedness stress) and worries about contracting COVID-19 (prenatal infection stress). Nearly 12% of participants reported high levels of preparedness stress and 5.0% reported high levels of prenatal infection stress. Multivariate logistic regressions indicated that higher pregnancy-specific anxiety (p=.045) and elevated depressive symptoms (p=.048) were independently associated with high level of preparedness stress. Higher pregnancy-specific anxiety (p=.022) was associated with high prenatal infection stress. Even in the later stages of the pandemic, an important subgroup of pregnant women report high pandemic-related pregnancy stress. Targeting anxiety and depressive symptoms during pregnancy could reduce COVID-related anxiety.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 71153 - Printed Poster

Measuring body composition in school settings: A scoping review

Main Presenting Author: Williams, Lindsay

Additional Authors: Wilson, Oliver; Myre, Maxine; Russell-Mayhew, Shelly

Abstract: *Body composition (BC) is often measured in school settings. However, undue focus on children's BC can have negative mental health impacts, including harm to body image and self-esteem, and increased risk for eating disorders. Our aim in this review was to understand how BC is being measured in schools, and under what conditions, if any, it justifies the risks to children's wellbeing. A systematic search of databases (APA PsycInfo, ERIC, MEDLINE (OVID), and Web of Science (Clarivate)) was conducted in August 2021 using search strategies developed with a librarian to identify studies that measured BC in school settings. Following the search, 2113 sources were aggregated within Covidence, a systematic review management platform. Duplicates (n=510) were removed, and another 781 sources were removed following title/abstract screening. Full-text reviews are in process, and data are anticipated to be extracted from ~400 sources. Extracted data will include: the purpose of measuring BC, the level of privacy (e.g., in a separate room vs. in front of classmates), and the sensitivity (e.g., if information about body image is provided) with which it is measured. Findings are expected to inform recommendations regarding whether and how BC can be measured in schools in a way that minimizes risks to children's wellbeing, and to identify knowledge gaps suggesting future research avenues.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70896 - Printed Poster

Melting Frozen Goals: Benefits for Well-Being during COVID-19

Main Presenting Author: Hubley, Candice

Additional Author: Scholer, A. Abigail

Abstract: *A frozen goal is a goal that an individual is committed to, but is not putting any effort towards (i.e., progress is stagnant). We examined the emotional consequences of holding frozen goals in the context of the COVID-19 pandemic, and the role of goal disengagement mechanisms. Two studies (N=406) asked participants to nominate a personal goal that was frozen due to the COVID-19 pandemic. Participants reported goal commitment and effort, frequency of thinking about the goal, and goal rumination. Both studies found positive associations between goal rumination and recent depression, anxiety, and stress. Individual differences in goal disengagement and reengagement in alternative goals were also measured. In both studies, disengagement and reengagement capacities were related to less depression, anxiety, and stress, and Study 2 found that these relationships were mediated by low frozen goal rumination. Overall, these results demonstrate that disengaging from frozen goals has emotional benefits. Thus, goal disengagement could be important for coping with COVID-19 and other events that block goal progress.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 70797 - Printed Poster

Mental Health Service Engagement Among Canadian-Born Chinese University Students: What Helps and Wha

Main Presenting Author: Choy, J Alexander

Additional Author: Robertson, E Sharon

Abstract: *Seven Canadian-born Chinese university students participated in semi-structured interviews about their experiences leading up to and including engagement with mental health*

services during their time as university students. Participants were asked open-ended questions about their experiences with recognizing and defining a problem requiring the support of mental health professionals as well as seeking, accessing, and utilizing such support. Data were analyzed from a critical realist epistemological stance using the Enhanced Critical Incident Technique, a qualitative method which focuses on identifying helping or hindering critical incidents and wish list items (factors that would have been helpful but were not present). Findings, which are presented, included 12 categories of incidents that speak to the various ways in which Chinese Canadian culture influences personal experiences of identifying mental health concerns and engaging with mental health services. This study provides unique perspectives for post-secondary educational institutions, counselling centres, and other mental health services, enabling service providers to better promote help-seeking and successful service utilization with greater cultural sensitivity and understandings.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70969 - Printed Poster

Mindfulness-based intervention on Family Medicine residents: A novel mindfulness-based intervention on levels of empathy, burnout, mindfulness and spirituality in medical residents. Protocol for a single-group feasibility trial.

Main Presenting Author: Mather, DM Haley
Co-Presenting Author: Hill, Todd

Abstract: *Residency is a stressful phase of medical training associated with high prevalence of mental distress. In addition to reductions in personal well-being, mental distress in residents has an impact on the quality of patient care and produces economic costs. Therefore, there is a demand for interventions that improve resident physicians' well-being and quality of life. The aim of this present study is to determine the feasibility of undertaking a larger research project in order to examine the effects of a mindfulness-based intervention on Family Medicine resident levels of empathy, burnout, spirituality, and trait mindfulness. The primary outcome is feasibility as assessed by accrual rates, retention in study, and questionnaire completion. Participants will be assessed on psychosocial outcome measures (i.e., empathy, burnout, spirituality, and trait mindfulness) before and after intervention, and 6 weeks post-intervention (follow-up). Factors with possible moderation or mediation effects (i.e., levels of immersion and presence in mindfulness intervention, trait mindfulness, and amount of mindfulness practice) will be assessed in relation to changes in empathy, burnout, spirituality, and mindfulness levels. Qualitative information will provide subjective detail on participants' experience with the mindfulness-based intervention to complement quantitative data.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71637 - Printed Poster

Mindfulness-based interventions and emotional dysregulation in Attention-Deficit/Hyperactivity Disorder (ADHD): A systematic review

Main Presenting Author: Climie, Emma

Additional Author: Gamboa, Jessame

Abstract: *Mindfulness-based interventions (MBIs) have been reported to be effective in treating core symptoms of attention-deficit/hyperactivity disorder (ADHD) such as inattention, hyperactivity, and*

impulsivity (Xue et al., 2019). However, less is known about the effects of MBIs on emotional dysregulation in ADHD. Emotion dysregulation is the poor management of emotional responses (Shaw et al., 2014). This systematic review synthesizes the evidence surrounding the effectiveness of MBIs on emotional dysregulation in children, adolescents, and adults with ADHD. A systematic search of electronic databases (e.g., PubMed, MEDLINE, PsychInfo, Web of Science) was conducted to capture peer-reviewed journal articles. Reference lists of included studies were hand-searched to identify additional studies for inclusion. Eligibility requirements included a formal diagnosis of ADHD, use of MBIs, a comparison group, and an assessment of emotional regulation over time in response to the MBI. The search was not restricted by language or publication date. In total, 9 eligible studies were included in this review, covering the period of 2014-2021. The results indicated that MBIs led to improvements in emotional regulation over time. MBIs designed to target emotional dysregulation may be useful in aiding the treatment of ADHD. Implications for school-based mindfulness programs will also be discussed.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71150 - Printed Poster

Mothers with Cancer: A Mixed-Methods Study Investigating the use of a Mindfulness Program for Coping with Role Demands

Main Presenting Author: Spiropoulos, Athina

Additional Authors: Deleemans , Julie ; Carlson, Linda Ellen

Abstract: *BACKGROUND: Mothers with cancer struggle balancing role demands with cancer-related limitations, but a Mindfulness-Based Cancer Recovery (MBCR) program may help with coping. This study aimed to investigate the: i) feasibility of an MBCR program for mothers with cancer; and ii) impact of participation on role demand coping, psychosocial functioning, and quality of life. METHODS: a longitudinal mixed-methods design was used (target N=15). Participants are cancer patients or survivors, experiencing cancer-related disability, and with a dependent child (*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71208 - Printed Poster

Mourning in the Digital Age: A Scoping Review of Online Grief

Main Presenting Author: Sohal, R. Pooja
Co-Presenting Authors: Qiao, Thomas; Wada, Kaori

Abstract: *BACKGROUND: The COVID-19 pandemic forced us to find alternate ways of grieving . Previous research indicates that in a digital age, online platforms provide people with digital post-mortem spaces, such as Facebook and Instagram, to express grief, continue bonds with the deceased, and share experiences with the online community. However, mourning in digital spaces is underexplored. This study reviewed the literature on the expression of grief in naturally occurring online spaces. METHODS: We conducted a scoping review of articles related to online grief within PSYCInfo and four other relevant databases. Guided by PRISMA, we identified 52 peer-reviewed publications that met our inclusion criteria. RESULTS: Our preliminary analysis yielded several domains, including various digital grief expressions and interactions, its benefits and limitations, the needs and motivations of grievers, digital thanatology models, and a variety of ways technology*

mediates human grief. CONCLUSIONS: Overall, the existing literature provides rich evidence, suggesting that digital spheres have become a central part of the grieving experience. Understanding the new ways in which people grieve will help inform better thanatology models and theories, as well as more effective and competent ways of counselling.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70564 - Printed Poster

Muscle Building and Eating Disorder Symptoms in Undergraduate Men and Women Before and During the COVID-19 Pandemic

Main Presenting Author: Zhu, Y. Lisa

Additional Authors: Mehak, Adrienne; Racine, Sarah E.

Abstract: *Eating disorders (EDs) are characterized by disturbances in eating behaviour and body image. Muscle building (i.e., engaging in resistance training and using muscle building products) is an ED symptom that is of growing interest; it has been found that men are more likely to engage in muscle building than women. However, there is limited research on associations between muscle building and other ED symptoms in men. Further, it is unclear how the COVID-19 pandemic has affected muscle building. The present study examines self-reported muscle building and other ED symptoms in 205 undergraduate students (44.4% men) recruited before and during the COVID-19 pandemic. We hypothesize that 1) compared to women, men will report more muscle building and excessive exercise and less restriction, binge eating, and purging; 2) in men, greater muscle building will be associated with greater excessive exercise, restriction, and binge eating; and 3) men and women will report less muscle building and excessive exercise, and more restriction, binge eating, and purging during the pandemic than before the pandemic. Data are fully collected and will be analyzed using _t_-tests and linear regressions. Men account for a large number of ED cases but are underrepresented in research. As EDs have significant costs, it is critical to examine ED symptoms in men to inform diagnostic and treatment practices.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71535 - Printed Poster

Narrating for coping: The role autonomy need plays in adjustment to traumas through life narratives

Main Presenting Author: Arslan, Pelinsu

Additional Authors: Koestner, Richard ; Audet, Élodie

Abstract: *THE EFFECTS OF THE COVID-19 PANDEMIC AND THE RETURN OF THE BLACK LIVES MATTER MOVEMENT ON YOUTH AND BLACK COMMUNITIES WERE INVESTIGATED SEPARATELY, BUT NOT COLLECTIVELY. THE PRESENT STUDY USED A TWO-WAVE LONGITUDINAL CORRELATIONAL DESIGN (N = 89) TO EXPLORE THE ROLE OF AUTONOMY NEED SATISFACTION IN ADJUSTMENT TO TRAUMAS VIA LIFE NARRATIVES. PARTICIPANTS WERE RECRUITED WITH THE BLACK COMMUNITY RESOURCE CENTRE OF MONTREAL. THE BALANCED MEASURE OF PSYCHOLOGICAL NEEDS SCALE (BMPN; SHELDON and HILPERT, 2021 [1]) WAS USED TO ASSESS NEED SATISFACTION WHILE ADJUSTMENT TO*

TWIN TRAUMAS WERE MEASURED ON RETROSPECTIVE SURVEY ITEMS. EMOTIONS WERE CODED USING THE CIRCUMPLEX MODEL TO MEASURE NARRATIVE DISTRESS. RESULTS SHOWED THAT ALL THREE NEEDS WERE POSITIVELY RELATED WITH BETTER ADJUSTMENT; HOWEVER, NARRATIVE DISTRESS WAS ONLY SIGNIFICANTLY POSITIVELY ASSOCIATED WITH AUTONOMY (R = .27, P < .05). MEDIATIONAL ANALYSES FURTHER PROVED AUTONOMY NEED SATISFACTION TO MEDIATE THE RELATIONSHIP BETWEEN NARRATIVE DISTRESS AND SUCCESSFUL COPING WITH TWIN TRAUMAS (B = .26, SE = .12, T = 2.13, P < .05, 95% CI [.02, .51]). OVERALL, WE SUGGEST AUTONOMY TO PLAY A CRUCIAL ROLE IN THE PROCESS OF CONSTRUCTING A LIFE NARRATIVE, WHICH MAY ALLOW HEALING FROM TRAUMAS. FUTURE RESEARCH IS NECESSARY TO UNCOVER THERAPY METHODS THAT CAN IMPROVE AUTONOMY NEED SATISFACTION WHILE USING LIFE NARRATIVES FOR OPTIMAL ADJUSTMENT.Links:------[1] http://events.decorporate.ca/HTTPS://PSYCNET.APA.ORG/RECORD/2012-30195-004

Section: *Traumatic Stress / Stress traumatique*
Session ID: 69055 - Printed Poster

Nervous and reluctant: Pregnancy acceptance and anxiety in first-time mothers and fathers as prospective predictors of early parent wellbeing

Main Presenting Author: Waldis, Lea

Additional Author: Woodin, Erica

Abstract: *Previous research has demonstrated that feeling nervous and reluctant about pregnancy and parenthood predicts higher parenting stress among first-time mothers, whereas little is known about this phenomenon in fathers. The current study examined the role of pregnancy acceptance and pregnancy-related anxiety on maternal and paternal parenting stress and parenting competence over time. Participants were 98 couples with primiparous mothers and their male partners who were first assessed in mothers' third trimester of pregnancy and re-assessed when their child was 1 year, 2 years, and 4 years. Dyads reported their pregnancy acceptance and pregnancy-related anxiety prenatally and parenting stress and parenting competence across time. Preliminary analyses show that among both mothers and fathers, pregnancy acceptance was negatively associated with parental stress and positively related to parenting competence one year after giving birth. In addition, mothers', but not fathers', pregnancy-related anxiety was positively associated with parenting stress and negatively related to parenting competence one year later. Additional analyses will examine longitudinal, multilevel actor-partner effects. These preliminary findings indicate that nervous and reluctant feelings about pregnancy and parenthood may predict early parenting wellbeing for both mothers and fathers.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70480 - Printed Poster

Numeracy and loneliness contribute to fear of Covid-19 in older and younger adults.

Main Presenting Author: Chung, F. Alison

Additional Authors: Teasell, J. Madeleine; Thornton, Allen E. ; Loken Thornton, Wendy J.

Abstract: *BACKGROUND: Numeracy may predict fear of COVID-19, as it is associated with ability to comprehend health risks and is susceptible to framing effects. Given the rise in psychosocial vulnerabilities (e.g., loneliness/depression during the pandemic, individuals with lower numeracy skills may be less able to understand statistics discussed in the media, leading to increased fear of COVID-19. METHODS: We used hierarchical regression to examine numeracy ability (Subjective Numeracy Scale), loneliness (UCLA Loneliness Scale V-3), and fear of COVID-19 in 141 younger adults (M age 19.64,_ _SD 2.57) and 162 older adults (M age_ _71.91_, _SD 6.95). RESULTS: The model accounted for 9.7 % of variance in fear of COVID-19. Low numeracy ability (β = -.21, p =.023) predicted greater fear for the entire sample. Importantly, the impact of loneliness on fear of COVID-19 was stronger in older compared to younger adults (β = .29, p =.025) IMPACT: These observations suggest that lower numeracy may increase vulnerability to fear of COVID-19. Older individuals with higher levels of loneliness, a modifiable condition, appear especially vulnerable as well. Simple interventions to decrease loneliness may mitigate suffering during the pandemic, particularly in older persons.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 70556 - Printed Poster

Nurses' mental health experiences are dependent on work-related moderators

Main Presenting Author: Benzouak, Tarek

Additional Authors: Rao, Sanjay; Sreedharan , Suja

Abstract: *BACKGROUND: This study examined employment characteristics, personal protective equipment (PPE) security, self-efficacy, and somatic symptoms as predictors of frontline nurses anxiety, stress, and depressive experiences during the COVID-19 pandemic. METHODS: Data was collected from nurses working across four hospitals in Mangalore, India. Among the participants (_n_ =387), over 75% worked in private hospitals, and 49% worked in COVID-19 units. RESULTS: Although PPE security predicted greater anxiety (η²=0.03, _p_ =0.003), nurses in private hospitals with low PPE security experienced more anxiety (η²=0.02, _p_ =0.02). Nurses in private (B=0.56, _p_*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 70897 - Printed Poster

OCD Indecisiveness: Harm Avoidance or Not Just Right Experiences?

Main Presenting Author: Ladouceur, E Natasha
Co-Presenting Author: Boyd, Brayden M

Abstract: *Obsessive-compulsive disorder (OCD) includes disturbed decision-making (Sachdev and Malhi, 2005) and pathological indecisiveness (Rassin, 2007), though little empirical research has investigated these deficits (Oren et al., 2018; Chiang and Purdon, 2019; Rassin, 2007). Distinguishing between harm avoidance (HA) and not just right experiences (NJREs) is a growing trend in OCD research (Coles and Ravid, 2016); despite this, no literature has distinguished HA from NJREs to explain indecisiveness. It was hypothesized that HA and NJREs would significantly predict indecisiveness scores. Participants (_N_ = 150) completed the Vancouver Obsessional Compulsive Inventory Indecisiveness Subscale and Just Right Subscale Inventory (Thordarson et al., 2004) and the Obsessive-Compulsive Trait Core Dimensions Questionnaire Harm Avoidance Subscale (Summerfeldt*

et al., 2001). Bivariate correlations revealed significant relationships between indecisiveness and NJREs (r = .739, p < .001), and between indecisiveness and HA (r = .617, p < .001). Combined, HA and NJREs accounted for 57.1% of the variance in indecisiveness (R_{2adj} = .571, $F(1,147)$ = 68.40, p < .001). When controlling for NJREs, HA accounted for 37.6% of the variance in indecisiveness (R_{2adj} = .375, $F(1,148)$ = 90.76, p < .001). Overall, these results support the growing literature that considers indecisiveness to be a symptom of OCD.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70593 - Printed Poster

Older Adults with ADHD Report Fewer Cognitive Complaints Than Younger Adults

Main Presenting Author: Al-Khaz'Aly, Hawra

Additional Author: Callahan, L Brandy

Abstract: *BACKGROUND: Cognitive complaints are often reported by adults with attention-deficit/hyperactivity disorder (ADHD), but these may present differently across different ages (e.g., working adults may notice organizational problems more than retirees). This study aims to compare the type and frequency of cognitive complaints reported by younger, middle-aged, and older adults with symptoms of ADHD. METHODS: Adults ($n_{young}(age 18-35)$ =19; $n_{middle}(age 36-55)$ =8; $n_{old}(age 56+)$ =8) with ADHD symptoms (29 with clinical ADHD, 19 on ADHD medication) completed cognitive performance measures (Cognitive Failures Questionnaire; Barkley Deficits in Executive Functioning Scale). RESULTS: On average, older adults endorsed 29.2% of items on the CFQ, which was significantly fewer than young (48.8%) and middle-aged adults (54.0%), p =.002-.020, d =0.86-0.91. On the BDEFS, some items were endorsed by all age groups (e.g., putting little effort into work) while others were specific to young (e.g., accidentally insulting others) or middle-aged adults (e.g., lacking organization). No complaints were specific to old adults. The least-endorsed item was "Others tell me I am lazy." CONCLUSIONS: Old adults report few ADHD-related complaints. IMPACT: ADHD difficulties may be experienced differently based on age. To support effective diagnoses, age-appropriate questions are needed when inquiring about symptom impacts.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 70153 - Printed Poster

Pandemic vs. Body: How has the COVID-19 pandemic affected young adults' body appreciation?

Main Presenting Author: Tulloch, L.P. Sierra

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

Abstract: *The COVID-19 pandemic has negatively impacted young adults' physical and mental health. As such, it is imperative that we investigate how this life-altering event has influenced their thinking about their bodies despite imminent stress and change. We examined young adults' body appreciation and wellbeing by comparing secondary data of young adults' ratings on the Body Appreciation Scale 2, before the COVID-19 pandemic, to young adults during the pandemic. Additionally, we examined how body appreciation may have been influenced by pandemic impacts, such as overall physical health, mental health, socioeconomic status, and the increase of videoconferencing communication methods. Independent-samples t-tests determined that ratings of*

body appreciation were significantly lower for the pandemic sample compared to the pre-pandemic sample (t =4.44 , p =.000). A simple linear regression accounted for 27.3% of the variance in body appreciation, $F_{(5, 274)}$=21.94, p

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 70084 - Printed Poster

Parenting sense of competence in relation to religious support and coping

Main Presenting Author: Jiang, Yuanyuan

Additional Author: Odenigbo, Odera

Abstract: *Parents of children with attentional difficulties are likely to experience low parenting self-efficacy and negative attributions of themselves and their children. Given the importance of religiosity for many families, more research needs to examine how parental religiosity is associated with such cognitions. This study examined cross-sectional associations between religious support and coping in relation to parent cognitions, involving forty-six parents of 6- to 11-year-old children. Participants completed the following questionnaires: Brief Multidimensional Measure of Religiousness/Spirituality (Fetzer Institute, 1999), Parenting Sense of Competence Scale (Johnston and Mash, 1989), Parent Cognitive Error Questionnaire (Kaiser et al., 2010), and Attention-Deficit/Hyperactivity Disorder (ADHD) Rating Scale (DuPaul et al., 2016). Regressions controlling for child ADHD symptoms and impairment showed that higher religious support and coping was related to lower self-reported parenting sense of competence, β = -.41, p < .05, but was associated with lower child ADHD symptoms and impairment, β = -.38, p < .05 . Findings suggest religious support and coping may be related to acknowledging an external locus of control, which can be protective (Specht et al., 2010). Balancing self-efficacy with acceptance of uncertainty in life may be important in clinical parenting interventions.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71775 - Printed Poster

Parenting while in a Pandemic: Exploring the Relationship between Parent Mental Health and Family-wide Processes during COVID-19

Main Presenting Author: Colucci, Laura

Additional Authors: May, S Shealyn; Browne, Dillon T

Abstract: *In coping with COVID-19-related stress, the prevalence and severity of parent mental health challenges has markedly increased. This is a known family-wide risk factor for compromised well-being; however, the directionality of its impacts across the pandemic, on parent coping and parent-child relationships is presently unclear. The Child Resilience and Managing Pandemic Emotional Distress in Families cohort (N = 549 families, 1098 children) evaluated families on a longitudinal, international scale. Validated psychometric measures were completed online by caregivers of children aged 5-18 years (32% fathers). Through this ongoing study between May 2020 to January 2022, several family well-being variables have been explored, including COVID-19 adjustment, parenting stress, whole-family well-being, parent-child relationships, and parent mental health. Multilevel structural equation modelling will be utilized to test whether families with higher parent-rated mental health experienced greater well-being, despite pandemic-related stressors and*

whether family-wide well-being and parenting stress fluctuate in relation to parent emotional coping over time. These results will elucidate pandemic-related pathways of risk, clarifying which family processes are most vulnerable to pandemic-related disruption and identifying parent factors that may promote well-being amidst this global stressor._

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71854 - Printed Poster

Parent-Reported Barriers to Children Wearing Masks in School

Main Presenting Author: Benchimol-Elkaim, Brandon

Additional Authors: Moran, Chelsea; Geller, Alan; Coroiu, Adina

Abstract: *BACKGROUND. While most children are unvaccinated, masking remains the most accepted and accessible tool to mitigate the transmission of COVID-19. However, heated debates have taken place regarding the implementation of mask mandates in schools. The present study set out to identify the parent-reported barriers to child mask-wearing in schools. METHODS. Participants were Canadian and American English-speaking parents of school-aged children, who were recruited via Facebook Ads in August 2020. Participants completed an open-ended question about children wearing masks in school and a sociodemographic questionnaire. Thematic analysis was used to analyze responses. RESULTS. Parents (_n=_686, _Mage=_44.4 years, SD=8.4) reported several barriers to masking in school: concerns about the negative impact of masks on children's physical and mental health, logistical challenges to implementing mask mandates in schools, the belief that mask-wearing is not age or developmentally appropriate for kids, the belief that mask-wearing interferes with the learning process, and misinformation about masks creating negative opinions. CONCLUSION/ACTION. Our findings have implications for future public health campaigns promoting mask usage. Despite pediatric COVID vaccines, masks remain a necessary tool for prevention, especially as new variants emerge, and the rest of the world catches up on vaccinations.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 70611 - Printed Poster

Partner Relationship Quality and Inflammation in the Third Trimester and Post-Partum Period

Main Presenting Author: Lozowchuk, Alexandria

Additional Authors: Ross , Kharah; Carroll, Judith E; Hobel, Calvin ; Coussons-Read, Mary ; Dunkel Schetter, Christine

Abstract: *Poor quality partner relationships are associated with prenatal immune dysregulation, as indexed by the IL6:IL10 ratio. Higher values indicate that anti-inflammatory IL10 is less effective at regulating pro-inflammatory IL6, suggesting over-activation of the immune system. How relationship quality predicts immune regulation from pregnancy to the postpartum is unknown. PURPOSE: To examine whether positive and negative partner relationship qualities are associated with immune regulation from pregnancy to a year postpartum. METHODS: A sample of 108 pregnant women from the Healthy Babies Before Birth study reported partner relationship quality during the third trimester. Blood samples were collected in third trimester and at 1, 6 and 12 months postpartum, and assayed*

for IL6 and IL10. To model IL6:IL10 regulation, IL6 trajectories over time were predicted by multi-level models controlling for IL10. RESULTS: Positive relationship quality predicted quadratic changes in IL6 over time, _b(SE)_=.001(.001), _p_=.039. Lower positive partner relationship quality predicted steeper increases in IL6 from pregnancy to 6-months postpartum, and steeper decreases to 12-months postpartum, independent of IL10. CONCLUSION: In the first study on this issue, lower positive partner relationship quality was associated with reduced regulation of IL6 by IL10 between pregnancy and a year postpartum.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 70086 - Printed Poster

Pathways over three time-points for parent cognitions and parent-teacher relationships across the school year

Main Presenting Author: Jiang, Yuanyuan

Additional Authors: Rogers, Maria ; Montazeralsedgh, Pooneh; Manoiu, Roxana

Abstract: *Positive parent-teacher relationships are important, and more research needs to examine contributors to these relationships, namely the parent cognitions of self-efficacy in working with teachers and attributions of their behaviour. Forty-eight parents of 6- to 11-year-old children participated by completing the Parent-Teacher Self-Efficacy Scale, Parent-Teacher Attribution Scale, and Parent-Teacher Relationship Questionnaire (Vickers and Minke, 1995). Data collection occurred over two school years at three time-points months apart in the school year, with much of the study occurring during COVID-19. Controlling for initial relationship quality, more positive parent attributions at Time 1 predicted higher parent-teacher relationship quality at Time 2, β = -.27, _p_ < .05. At both timepoints, prior parent-teacher relationship quality predicted later relationship quality, with a higher effect size between Times 2 and 3, β = .80, _p_ < .001. Parent attributions were correlated across time,_ r_s = .80-.87, _p_s < .001, parent self-efficacy was correlated across time, _r_s = .77-.80, _p_s < .001, and parent-teacher relationship quality was correlated across time,_ r_s = .70-.85, _p_s < .001. Findings show stability in cognitions and relationship quality across the school year even during COVID-19, and highlight the need to understand parent cognitions to improve later parent-teacher relationships.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71323 - Printed Poster

Patterns of Relapse and Recovery from Substance Use Disorder: A "Chronic, Relapsing Condition"?

Main Presenting Author: Vedelago, Lana

Additional Author: Keough, T Matthew

Abstract: *Substance use disorder (SUD) is commonly characterized as a "chronic, relapsing condition." However, a recent large-scale survey of U.S. adults found that people with SUD had a median of 2 serious recovery attempts before successful recovery, in clear contrast to the conceptualization of SUD as chronic and relapsing. Also unclear is the specific factors that predict*

successful recovery. The current study will replicate this study in a Canadian contex and will examine patterns of relapse. Individuals with a previous or current problem with alcohol and/or drugs completed online measures of substance use, number of serious recovery attempts, and factors that may contribute to recovery/relapse. Data collection is ongoing, and preliminary analyses of 30 initial respondents indicate that our sample has experienced a median of 7.5 (mode = 4) serious attempts to resolve their alcohol/drug problem before overcoming it. Of those who still endorse a current problem with alcohol/drugs (N = 4), a median of 8 serious attempts have occurred. There were no significant correlations between stop attemps and age, sex, having been diagnosed with depressive or anxiety disorders, or having received treatment or recovery support services. Gaining a better understanding of various patterns of recovery will inform our conceptualization of the course of SUDs and effective treatment approaches.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 71697 - Printed Poster

Peer victimization, PTSD, and pain: A longitudinal examination

Main Presenting Author: Nania, Cara

Additional Authors: Soltani, Sabine; Noel, Melanie

Abstract: *Chronic pain and posttraumatic stress disorder symptoms (PTSS) co-occur at high rates in youth and are linked to worse pain outcomes and quality of life. Youth who experience physical peer violence, cyberbullying, and community violence exhibit heightened levels of PTSS. Moreover, youth with chronic pain report experiencing higher rates of victimization than their pain-free peers. To date, no studies have examined the relationships between peer victimization, PTSS, and pain-related outcomes in youth. The present study aimed to longitudinally examine PTSS as a mediator in the relationship between peer victimization and pain-related outcomes in a cohort of youth with chronic pain. Participants included 182 youth with chronic pain aged 10-18 years. Participants completed baseline measures pertaining to pain (intensity and interference), peer victimization, and PTSS. Pain questionnaires were readministered at 3-month follow-up. A series of mediation models were conducted. Findings revealed that youth PTSS mediated the relationship between higher baseline relational victimization and worse 3-month pain interference. These findings suggest that PTSS may be an underlying factor in the co-occurrence of peer victimization and chronic pain in youth. Youth with chronic pain that have been victimized by their peers may benefit from PTSD related treatment.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 69723 - Printed Poster

Physical, Mental, and Gastrointestinal Health Outcomes in Canadian Cancer Survivors: Findings from the Chemo-Gut Survey Study

Main Presenting Author: Deleemans, Julie

Additional Authors: Toivonen, Kirsti; Reimer, Raylene; Carlson, Linda

Abstract: *BACKGROUND: Chemotherapy disrupts the gut microbiota which may contribute to persistent health issues. This study investigated associations between gastrointestinal (GI), mental and physical health outcomes and cancer treatments in adult cancer survivors. METHODS: A cross-sectional survey with patient reported outcome measures was used. We included cancer survivors (N=*

*317), aged ≥18 years. Descriptive statistics, correlations, and linear regression analyses are presented. RESULTS: Mean age at diagnosis was 40.9±15.4 years. Most survivors received chemotherapy (86.1%). Persistent GI symptoms included constipation (53.6%), diarrhea (50.5%), bloating/pain (54.9%) with a duration of 30.53±33.42 months. GI symptom interference severity was moderate to extreme for 51.9% of survivors. Survivors scored poorer for mental (42.72±8.16) and physical health (45.55±7.93) and reported worse GI symptoms (i.e. belly pain, constipation, diarrhea, gas/bloating) compared to norms. Greater GI symptom severity was associated with poorer mental and physical health (_p_*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71601 - Printed Poster

Post-Secondary Student Mental Health During COVID-19: A Meta-Analysis

Main Presenting Author: Zhu, Jenney

Additional Authors: Racine, Nicole; Xie, Elisabeth B; Park, Julianna ; Watt , Julianna ; Eirich , Rachel; Dobson, Keith ; Madigan, Sheri

Abstract: *BACKGROUND: The COVID-19 pandemic and its related challenges have caused concern for the psychological well-being of post-secondary students, which is crucial to understand to inform support implementation for this population. The present meta-analysis examines the global prevalence of clinically significant depression and anxiety among post-secondary students during the COVID-19 pandemic. METHODS: A systematic search across six databases yielded a total of 176 studies (1,732,456 participants) which met inclusion criteria. Random-effects meta-analyses of 126 studies assessing depression symptoms and 144 studies assessing anxiety symptoms were conducted. Moderator analyses were performed to examine sources of variability in depression and anxiety prevalence rates. RESULTS: Pooled prevalence estimates of clinically elevated depressive and anxiety symptoms for post-secondary students during the COVID-19 pandemic was 30.6% (95% CI: .274, .340) and 28.2% (CI: .246, .321), respectively. Month of data collection and geographical region were determined to be significant moderators. Student age, sex, type, and level of training were not sources of variability in pooled rates of depression and anxiety symptoms. ACTION/IMPACT: This study indicates a call for continued access to mental health services to ensure post-secondary students receive support during and after the COVID-19 pandemic.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70592 - Printed Poster

Predicting Discharge Status in a Post-Rehabilitation Stroke Population using a Cognitive Model, Stro

Main Presenting Author: Bereznicki, Natalia

Additional Authors: Miller, Harry; Leitner, Damian; Daniels, Sarah

Abstract: *STROKE IS A LEADING CAUSE OF DEATH AND DISABILITY WORLDWIDE; THE LASTING IMPACTS CAN AFFECT INDIVIDUALS IN THEIR DAILY FUNCTIONING. A PORTION OF STROKE SURVIVORS ENTER INPATIENT REHABILITATION AFTER PRIMARY CARE, AND THEIR LEVEL OF DISABILITY AND RECOVERY VARIES, DETERMINING THEIR DISCHARGE*

STATUSES. THE CURRENT STUDY INTENDS TO ASSESS THE PREDICTIVE VALUE OF A COGNITIVE MODEL, A DEMOGRAPHIC MODEL, AND THE FUNCTIONAL INDEPENDENCE MEASURE (FIM) IN RELATION TO PATIENTS DISCHARGE STATUS POST-STROKE REHABILITATION. THIS STUDY WILL ALSO REPLICATE FINDINGS FROM LEITNER, MILLER and LIBBEN'S (2018) RESEARCH WHICH FOUND THAT A NEUROPSYCHOLOGICAL MODEL OUTPERFORMS A BASELINE MODEL IN PREDICTING FUNCTIONAL OUTCOME. BASED ON THEIR FINDINGS AND OTHER SIMILAR LITERATURE, IT IS EXPECTED THAT A BLENDED MODEL CONSISTING OF COGNITIVE DOMAINS, STROKE DEMOGRAPHICS AND FIM SCORES WILL MOST RELIABLY PREDICT DISCHARGE STATUSES IN A STROKE POPULATION. AN ONGOING COLLECTION OF DATA FROM KELOWNA GENERAL HOSPITALS STROKE REHABILITATION CENTRE WILL BE USED. PARTICIPANTS MEDICAL RECORDS, DISCHARGE SUMMARIES AND PERFORMANCES ON MEASURES WILL BE ASSESSED. DATA WILL BE QUANTIFIED AND HIERARCHICAL MULTIPLE REGRESSIONS WILL BE CONDUCTED. WE SPECULATE THAT THIS RESEARCH WILL AID HEALTH-CARE SETTINGS BY ISOLATING WHICH FACTORS CAN PROVE MOST INFORMATIVE IN ASSESSING REHABILITATION SUCCESS IN A STROKE POPULATION

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 70558 - Printed Poster

Predictors of Online Help-Seeking Behaviour in Young Adults

Main Presenting Author: Katzman, MP Rachel

Additional Author: Menna, Rosanne

Abstract: *Young adults are more likely to report mental health problems compared to any other age group, yet the majority of young adults do not seek help from professionals for the problems they are experiencing (e.g., Guarneri et al., 2019). This study examined whether undergraduate university students' tendency to disclose distress to others, self-stigma, and intentions to seek help predict their online help-seeking behaviour. 100 undergraduate students completed an online questionnaire assessing distress disclosure, self-sigma of seeking help, intentions to seek help and online help-seeking behaviour. Higher levels of self-reported intentions to seek online help were associated with more online help-seeking behaviours, greater self-stigma and more distress disclosure. A path analysis indicated young adults with higher intentions to seek online help engaged in more online help-seeking behaviour; however, self-stigma of seeking help and distress disclosure both contributed indirectly to help-seeking behaviours through online-help-seeking intentions. Results from this study highlight that young adults within a university setting do have clear intentions to seek help when distressed and are going online to seek sources of support. Findings from this study can be used to inform the creation of online resources available for young adults within university settings.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71001 - Printed Poster

Pregnancy-Specific Anxiety, Cortisol Awakening Response Variability, and Gestational Length

Main Presenting Author: Mander, Harmeen

Additional Authors: Ross, Kharah ; Okun, Michele; Hobel, Calvin; Coussons-Read, Mary; Dunkel Schetter, Christine

Abstract: *Pregnancy-specific anxiety (PSA) predicts risk for shorter gestation. Hypothalamic-pituitary-adrenal (HPA) axis indices, such as the cortisol awakening response (CAR), could link PSA with shorter gestation. In non-pregnant adults, cortisol index variability is linked with adverse outcomes; this has not been explored in pregnancy. A sample of 149 women from the Healthy Babies Before Birth study reported PSA in early pregnancy. Saliva samples were taken at three pregnancy intervals for two days at awakening and 30 minutes later. To calculate CAR, 30-min values were subtracted from wake-values and averaged across the two days. CAR variability was quantified by taking the standard deviations across pregnancy assessments. Gestational length was derived from medical charts. Covariates were mean CAR, sociodemographics, parity and obstetric risk. Mediation models were tested using SPSS PROCESS. There was a significant indirect effect of PSA on gestational length via CAR variability, _b(SE)_=-.083(.051), _.95CI_[-.197,-.003]. Higher PSA predicted lower CAR variability, _b(SE)_=-.018(.008), _p_=.034, and lower CAR variability predicted shorter gestation, _b(SE)_=4.67(2.57), _p_=.07. CAR variability mediated associations between higher PSA and shorter gestational length. Lower CAR variability in pregnancy could indicate HPA axis dysregulation, increasing risk for poor pregnancy outcomes.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 70687 - Printed Poster

Preliminary Results of a Principal Component Analysis of the new Nursing Student Education on BPD Questionnaire (NSEBPD): Component Structure and Psychometric Properties

Main Presenting Author: Boni, Lucas
Co-Presenting Authors: MacNeil, Brad A.; Jansen, Kate

Abstract: *BACKGROUND/RATIONALE: Gaps in the training of nursing students for understanding and working with patients with borderline personality disorder (BPD) are not well understood. There are currently few psychometrically adequate measures for determining these needs for nursing students. METHODS: In this study a novel 25-item _Nursing Student Education on BPD Questionnaire (NSEBPD) _was piloted with_ _100 nursing students. Items were developed based on a literature review and feedback from content experts in education in mental health. Data collection is planned for January to March 2022. Participants will provide demographic information and complete the _NSEBPD_ questionnaire as an online survey. RESULTS: A principal components analysis (Varimax rotation) will be used to determine the component structure. Cronbach's alpha will be used to examine internal consistency of the scale. Face validity will be assessed by the content experts. The component structure will be discussed labelling domains of specific areas of competency relevant for nursing students. CONCLUSIONS: The _NSEBPD_ may represent a psychometrically sound measure of the training and education needs of nursing students working with BPD. ACTION/IMPACT: Development of a novel measure of the education needs of nursing students would be a valuable as it may help guide education initiatives to improve nursing outcomes.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71530 - Printed Poster

Problematic Behaviours in Pregnant and Postpartum Women with Generalized Anxiety Disorder

Main Presenting Author: Inness, E Briar

Additional Authors: McCabe, E Randi; Green, Sheryl M

Abstract: *GENERALIZED ANXIETY DISORDER (GAD)–CHARACTERIZED BY EXCESSIVE WORRY–IS A LEADING MENTAL HEALTH CONCERN FOR PREGNANT AND THE POSTPARTUM (PERINATAL) WOMEN, ASSOCIATED WITH ADVERSE OUTCOMES FOR MOTHERS AND INFANTS. YET, THE CLINICAL FEATURES OF PERINATAL GAD REMAIN UNDERSTUDIED. IN THE GENERAL POPULATION, PEOPLE WITH GAD ENGAGE IN BEHAVIOURS THAT MAINTAIN AND EXACERBATE THEIR SYMPTOMS. PERINATAL WOMEN WITH GAD ALSO ENGAGE IN PROBLEMATIC BEHAVIOURS BUT THEIR FOCUS AND FUNCTION REMAIN UNCLEAR. WE CONDUCTED A QUALITATIVE STUDY TO BETTER UNDERSTAND THE BEHAVIOURS THAT ACCOMPANY WORRY IN PERINATAL WOMEN WITH GAD. TWENTY-FIVE PREGNANT (N=10) AND POSTPARTUM (N=15) PARTICIPANTS WITH GAD PARTICIPATED IN A FOCUS GROUP. WE IDENTIFIED 5 BEHAVIOUR THEMES (REASSURANCE SEEKING, CHECKING, CONTROL, PREPARATION AND AVOIDANCE) AND 12 SUBTHEMES USING A THEMATIC ANALYSIS. OUR RESULTS CONFIRM THAT PERINATAL WOMEN ENGAGE IN SIMILAR PROBLEMATIC BEHAVIOURS TO THOSE WITH GAD IN THE GENERAL POPULATION, BUT THE PRESENTATION AND FOCUS OF THOSE BEHAVIOURS DIFFER, AS THEY ARE LARGELY INFANT DIRECTED (E.G., REPEATEDLY SEEKING REASSURANCE ABOUT INFANT WELLBEING). OUR FINDINGS HIGHLIGHT MECHANISMS THROUGH WHICH GAD SYMPTOMS MAY BE MAINTAINED AND HAVE IMPLICATIONS FOR ITS CLINICAL MANAGEMENT, AS REFINEMENT OF TREATMENT PROTOCOLS MAY BE NEEDED TO SUPPORT THE UNIQUE FOCUS OF BEHAVIOURS DURING THE PERINATAL PERIOD.*

Section: Women and Psychology / Femmes et psychologie
Session ID: 70838 - Printed Poster

Promoting Self-Change in Cannabis Use Disorder: Clinical Utility of a Self-Directed Intervention

Main Presenting Author: Schluter, G Magdalen

Additional Author: Hodgins, C David

Abstract: *Approximately 9% of all individuals who use cannabis at least once will become dependent, though only 1 in 10 individuals with cannabis use disorder will seek treatment. A successful public health approach to non-medical cannabis use, in addition to prevention and consumer protection, use must include a range of intervention options for individuals with problematic cannabis use across a spectrum of severity. This project focuses on evaluation of the least intensive of the individual interventions - promotion of self-directed change. We aimed to determine whether a self-directed treatment workbook produces clinically significant change in cannabis use among individuals with problematic cannabis use. Participants (N=165) were randomly assigned to one of three groups and tracked for a 6-month follow-up period: waitlist control group; workbook only; or workbook plus a motivational interview interaction. Participants completed measures of cannabis engagement,*

cannabis-related problems, psychological distress, and quality of life. Information generated from this project will inform the development and implementation of treatment resources that are sensitive to the experiences and needs of individuals with cannabis problems. The data have been collected, and planned analyses are in progress. Results and implications will be presented.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71066 - Printed Poster

Psychologists' Use of the Internet and Social Media in Ontario

Main Presenting Author: Dsilva, Kimberly

Additional Author: Van Blyderveen, Sherry

Abstract: *Background: An overwhelming majority (94%) of Canadian adults engage with social media platforms, and many do so to address their health-related concerns. Although most healthcare professionals perceive social media to be beneficial, little is known specifically about psychologists' online presence. Method: Study 1 assessed the online presence (website, Facebook, YouTube, LinkedIn and Twitter) of 100 randomly selected psychologists registered in Ontario. Study 2 surveyed 200 randomly selected registered psychologists in Ontario (response rate 15.8%; N=31) about the content, goals, apprehensions, and perceived impact of their online presence. Results: Study 1 found that 96% of psychologists had an online presence (15% had their own professional website, 81% were working for an organization that had a website, 51% had their own professional social media accounts). Content of posts included research papers, wellness tips, service descriptions and mental health resources. Goals included marketing, reducing stigma and public education. Concerns related to security and ineffective communication. Conclusion: Although psychologists have an online presence, and use platforms popular to the public, it is largely through their employers. Psychologists' goals align with patients' needs. Impact: Addressing psychologists' apprehensions may increase their online presence.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 69300 - Printed Poster

Relationship between perinatal anxiety, depression, and infant temperament

Main Presenting Author: Silang, A Katherine

Additional Authors: Tomfohr-Madsen, M Lianne ; Lebel, Catherine; MacKinnon, Anna; Giesbrecht, Gerald

Abstract: *BACKGROUND: Infant temperament is one of the earliest indicators of child mental health and is influenced by maternal mental health during pregnancy and postpartum. To date, no studies have investigated whether this association may be moderated by the presence of positive support systems. METHODS: Individuals pregnant during COVID-19 (_n_ = 2207) completed self-report measures on anxiety, depression, partner support, and then infant temperament at 6 months postpartum. RESULTS: Moderation analysis tested if levels of anxiety and depression among this sample were associated with infant temperament, and whether partner social support at 6 months postpartum moderates this association. CONCLUSIONS: The results suggested that 1) higher maternal anxiety and maternal depression scores at 6 months were significantly associated with higher infant levels of negative affect at 6 months, 2) higher levels of partner social support was*

significantly associated with lower levels of infant negative affect at 6 months, and 3) partner social support did not significantly moderate the relationship between maternal mental health concerns and infant negative affect at 6 months. ACTION/IMPACT: While partner support was not a significant moderator, levels of maternal mental health might have been much higher in the context of COVID-19 so the present level of partner support was unable to buffer it.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 69935 - Printed Poster

Risk Perception and Social Acceptability of Driving Under the Influence of Cannabis

Main Presenting Author: Drakes, H. Dalainey

Additional Authors: Pollard , A. Megan; Harris, Nick

Abstract: *INTRODUCTION: Cannabis is the second most commonly used substance amongst Canadian young adults between the age of 18 to 24 years old. The most prominent associated risk is driving under the influence of cannabis (DUIC) due to impaired executive functioning and an increased risk for involvement in fatal accidents. The purpose of this study was to explore perceptions about the dangerousness and social acceptability of DUIC compared to alcohol or while tired. METHOD: Utilizing an experimental vignette design, participants (_N _ = 453) between the ages of 18 to 65 (_MAge_ = 35.5) were randomly assigned to one of six vignettes that varied on the substance used by a 22-year-old (cannabis, alcohol, no substance) and driver sex (male, female). Participants responded to questions about the dangerousness and social acceptability of the driving behaviours described.   RESULTS: A series of six 2 x 3 univariate ANOVAs revealed a significant main effect of substance use across all items and a main effect of sex on social acceptability. DUIC was perceived as less dangerous and more socially acceptable than driving under the influence of alcohol. Furthermore, impaired driving was viewed as more acceptable for females than males. CONCLUSION: Findings help provide further insights into public perceptions of DUIC and provides support for the importance of ongoing public education on the risks of DUIC.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71643 - Printed Poster

Satisfaction du couple et troubles psychologiques : qu'observe-t-on chez les hommes ayant vécu un syndrome coronarien aigu ?

Main Presenting Author: Barriault, Sophie

Additional Authors: Jbilou, Jalila; Greenman, Paul S; Grenier, Jean; Chomienne, Marie-Hélène

Abstract: *Au Canada, les hommes sont deux fois plus à risque de souffrir d'un syndrome coronarien aigu (SCA) et sont généralement dix ans plus jeunes que les femmes lors du premier diagnostic (ASPC, 2017). La comorbidité entre le SCA et les troubles psychologiques communs est fréquente et compromet la réadaptation cardiaque et le pronostic clinique (Greenman _et al._, 2018). Avoir un partenaire de vie est un facteur protecteur contre la maladie cardiaque (Manfredini _et al._, 2017) et contre les troubles psychologiques (Tulloch _et al._, 2020). Toutefois, peu est connu sur l'effet de la*

satisfaction de l'homme envers sa relation de couple et sa santé psychologique suite à un SCA. Cette étude repose sur l'analyse secondaire de données longitudinales issues du projet CœurAl'Esprit® auprès d'un échantillon de 61 hommes ayant vécu récemment (moins de 3 mois) un SCA. Les analyses quantitatives étudieront la nature de la corrélation entre la satisfaction du couple et la santé psychologique des hommes en post-SCA, à identifier les facteurs explicatifs de cette relation et à explorer l'effet de la participation à un programme de psychocardiologie par étapes adapté aux hommes sur cette relation. Nos résultats permettront d'établir un ensemble de recommandations pour soutenir l'implantation, au Nouveau-Brunswick, de services de psychocardiologie adaptés aux besoins des hommes en post-SCA.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 70863 - Printed Poster

Self-Compassion and Body Dissatisfaction in Men: An Examination of Preliminary Findings

Main Presenting Author: Kim, Benjamin

Additional Authors: Wilson, Oliver; Russell-Mayhew, Shelly

Abstract: *Studies have shown that self-compassion, a positive psychological construct characterized by self-kindness, common humanity, and mindfulness (Neff, 2009), is associated with body image constructs in women (Braun et al., 2016; Homan and Tylka, 2015; Wasylkiw et al., 2012). However, little is known about the relationship between self-compassion and body image among men; a construct that heavily overlaps with masculinity and muscularity for men in contemporary Western society (Griffiths et al., 2015). As such, this quantitative study aims to address this gap, by examining the unique associations between self-compassion and three body image variables in men: overall appearance evaluation, satisfaction with distinct body areas (e.g., chest, back, and biceps), and drive for muscularity. This poster will focus on the body image experiences of young adult men aged between 18 and 34 years by conducting a series of hierarchical regression analyses. Preliminary findings will be presented, and related implications associated with the potential protective role of self-compassion within the sociocultural context of male body image will be discussed.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 69194 - Printed Poster

Self-Compassion and University Athletes' Mental Health

Main Presenting Author: White, E Erin

Additional Authors: Strachan, M Shaelyn; Ceccarelli, Laura

Abstract: *University student-athletes are at risk for mental health problems. Self-compassion predicts low mental health symptoms. The objectives of the present study were to, i) estimate the prevalence of depression, anxiety, and post-traumatic stress disorder (PTSD) and ii) examine the relationship between self-compassion and mental health symptoms both among university athletes (N =129). Through an online survey, participants completed measures of mental health symptoms and self-compassion. Frequency distributions revealed that university athletes experience high rates of mental health symptoms. Semi-partial correlations revealed that after controlling for self-esteem, self-compassion was negatively related to depression, anxiety, and PTSD. The present research provides*

specific prevalence rates of mental health issues among student-athletes and points to the potential for self-compassion as a protective factor for mental health symptoms among this group. Results provide a base for future investigations on implementing self-compassion interventions to reduce mental health symptoms in university athletes.

Section: Sport and Exercise Psychology / Psychologie du sport et de l'exercice
Session ID: 71235 - Printed Poster

Self-Help or Self-Acceptance: Self-Compassion Interventions Are Limited in Reducing Shame in Comparison to Self-Improvement Interventions

Main Presenting Author: Hanson, O Sophie

Additional Authors: Sukovieff, Alyse; Bilevicius, Elena; Conway, Tara L; Johnson, Edward A

Abstract: *After a shameful or sad experience, theory suggests individuals may choose to resolve any personal shortcomings they see as contributing to that situation through self-improvement (SI), or through self-compassionate (SC) acceptance of their flaws. To evaluate the relative efficacy of these strategies, the current study examined whether SC or self-improvement writing interventions were more effective in reducing negative affect after recalling a shameful or sad experience. Student participants wrote about either a shameful (_n_ = 74) or sad (_n_ = 79) situation. They were then randomly assigned to either a SC or SI writing intervention, with affect assessed pre- and post-intervention. Paired samples t-tests revealed that the SI intervention significantly reduced negative affect in both the shame (_d_ = 0.54) and sadness (_d_ = 0.71) conditions. Although the SC intervention significantly reduced negative affect in the sadness condition (_d_ = 0.39) it did not have a significant effect in the shame condition. These findings suggest that unlike SI, SC is limited in its ability to alleviate shame. Further research should examine characteristics of shameful experiences (e.g., whether they are malleable or fixed) which may moderate the efficacy of SC for reducing negative affect.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71647 - Printed Poster

Self-Improvement Motivation Following Social Comparisons: The Interactive Role of Trait Self-Esteem

Main Presenting Author: Rubin, Harris

Abstract: *From a functional perspective, social comparisons can provide useful information for self-improvement (Collins, 1996; Festinger, 1954). The current research was interested in testing if individual differences in self-evaluative tendencies influence self-improvement motivation following upward social comparisons. Fifty-six participants reported on details of a social comparison each day for 14 consecutive days. Analyses using multi-level modeling revealed an interaction between trait self-esteem and self-esteem instability on self-improvement motivation following upward comparisons. Self-esteem instability was found to operate differently in predicting self-improvement motivation for individuals with high (versus low) trait self-esteem. Unstable (versus stable) high self-esteem was associated with less self-improvement motivation, whereas unstable (versus stable) low self-esteem was associated with more self-improvement motivation. Implications of including self-esteem instability as a predictor for social comparison outcomes are discussed.*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 70946 - Printed Poster

Self-reassurance moderated by identity dysfunction: Associations with distress and impairment

Main Presenting Author: W. Rose, Saffron

Additional Author: Kealy, David

Abstract: *Self-reassurance and other compassion-based tools have become increasingly recognized as effective strategies to improve psychological health. However, it remains unclear whether other variables such as identity dysfunction attenuate the impact of self-reassurance on wellbeing outcomes. This study examined the interaction of self-reassurance and identity dysfunction in relation to the severity of psychological distress and social impairment among 243 clients attending mental health clinics. Participants completed measures of self-reassurance, identity dysfunction, psychological distress, and social functioning; correlation and regression analyses were used to examine associations and interaction effects. A significant interaction was found between self-reassurance and identity dysfunction in relation to distress and impairment. A negative association between self-reassurance with distress and impairment increased linearly as identity dysfunction decreased. Those with more severe levels of identity dysfunction had higher levels of distress despite the use of self-reassurance, while those with relatively stable identities had lower distress. These findings underline an important qualification when considering the use of reassuring or compassion focused self-response interventions for clients who may have identity dysfunction.*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 70042 - Printed Poster

Self-Reported Reasons For and Against Wearing Masks

Main Presenting Author: Benchimol-Elkaim, Brandon

Additional Authors: Moran, Chelsea; Geller, Alan; Coroiu, Adina

Abstract: *BACKGROUND. Masking remains the most accepted and accessible tool to mitigate the spread of COVID-19. However, heated debates have taken place regarding the implementation of mask mandates in public. The present study set out to identify the self-reported reasons for and against wearing masks. METHODS. Participants were Canadian and American English-speaking adults recruited via Facebook in August 2020. Participants completed an open-ended question about wearing face masks and a sociodemographic questionnaire. Thematic analysis was used to analyze responses. RESULTS. 686 participants (_Mage=_44.4 years, SD=8.4) completed the study. Reasons for wearing a mask included overcoming logistical constraints (e.g., could not social distance), and intrinsic and extrinsic motivations. Reasons for not wearing a mask included conspiracy beliefs, fear of negative evaluation for wearing masks, concerns or uncertainty about the effectiveness of masks, concerns about the negative impact of mask-wearing on physical and mental health, and logistical concerns about wearing masks. CONCLUSION/ACTION. Our findings have implications for future public health campaigns promoting mask usage, which should consider targeting messaging to dispel fears and concerns, and promote benefits to masking. Masks remain a low-cost tool for prevention as the rest of the world catches up on COVID-19 vaccinations.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 71481 - Printed Poster

Sexual self-schemas and risky sexual behaviour mediate the relation of childhood sexual abuse to sexual re-victimization in adult women

Main Presenting Author: Bujold, Ariana

Additional Authors: Rowe, Jessie; Martins-Ezeifeaku, Aisling; Harkness, Kate

Abstract: *Half of all women with a history of childhood sexual abuse (CSA) will be sexually revictimized in adulthood (ASR). A crucial priority for research is to identify cognitive and behavioural mechanisms that may be driving this strong relation. This will help identify which CSA survivors are at greatest risk for ASR and identify potential malleable targets for sexual revictimization prevention. Women with a history of CSA have been shown to endorse negative schemas about their sexuality (low sexual self-esteem), and they are more likely than non-victims to engage in risky sexual behaviours. The current study examines the mediating effects of sexual self-schemas and sexual risk behaviours on the relation between CSA and ASR. The sample included 750 women recruited from the online platform Prolific Academic. CSA and ASR were assessed with retrospective questionnaires that collect contextual details regarding the severity, frequency, and perpetrator of assault. Sexual self-schemas and sexual risk behaviours were assessed with validated questionnaires. Data analysis is in progress. I hypothesize that greater severity of CSA will be significantly related to greater endorsement of (a) negative sexual self-schemas, and (b) sexual risk behaviours. Further, I hypothesize that higher scores on these two constructs will significantly and independently mediate the relation of CSA and ASR.*

Section: Women and Psychology / Femmes et psychologie
Session ID: 71411 - Printed Poster

Shame and Invalidation Among Indigenous Peoples With Chronic Pain: A Comparison Study

Main Presenting Author: Hohner, R Anika
Co-Presenting Author: Coady, Alanna T

Additional Authors: Turcotte, Kara; Holtzman, Susan

Abstract: *Over 6 million Canadians live with chronic pain (Poulin et al., 2018). Of this, Indigenous Peoples show disproportionately higher rates (Anderson et al., 2019). Discrimination and culturally insensitive healthcare may adversely impact the experience of chronic pain (Wallace et al., 2021). Pain-related shame and invalidation (e.g., discounting and lack of understanding) are commonly reported in those with chronic pain (Kool et al., 2010; Turner-Cobb et al., 2015). However, there is a lack of investigation into these factors in the current body of Indigenous health research. This study will examine differences in pain-related shame, invalidation, and implications for pain intensity and pain-related interference among non-Indigenous and Indigenous Peoples. Adults living with chronic pain were recruited from a Western Canadian outpatient pain treatment centre and completed a cross-sectional survey. A comparison will be conducted between Indigenous and non-Indigenous patients, accounting for age, socioeconomic status, and gender. It is hypothesized that higher ratings of shame*

and invalidation and greater pain and pain-related interference will be found among the Indigenous, compared to non-Indigenous, patients in the sample. Results will help to identify key discrepancies in order to inform culturally safe assessment and treatment of Indigenous Peoples' chronic pain.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71152 - Printed Poster

Sleep Disorder: An Important Latent Variable In Stress Management Treatment

Main Presenting Author: Saffaran, Pouria

Additional Author: Reitav, Jaan

Abstract: *RATIONALE: The present study sought to determine the importance of sleep as a moderating variable impacting outcomes of Stress Management Training (SMT) of medical patients during Cardiac Rehabilitation (CR). Previous studies had not looked at sleep as a potentially important factor in this context. METHODS: Data was collected from 63 participants completing the SMT program at Toronto Rehabilitation Institute. The primary objective of the present study was to assess the role of sleep disturbance in determining the trajectory of SMT treatment outcomes. RESULTS: Scores on measures of sleep disturbance were significantly correlated with the presence of anxiety (r(61)=0.39, _p_*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70847 - Printed Poster

Sleep, Physical Activity, and Mood in Young Adults

Main Presenting Author: Howells, L Rachel

Additional Authors: Tulk, Joshua; Garland, Sheila

Abstract: *Background: Physical activity (PA) is crucial to the health of young adults (YAs). Higher levels of PA have been associated with both lower levels of mood disturbances, better sleep quality, and less severe insomnia symptoms. Limited research has explored the interplay between PA, mood disturbances, and sleep. The current study investigated the mediating effect of sleep in the relationship between PA and mood in YAs, with gender as a moderator. Method: Students enrolled at Memorial University between the ages of 18-35 were eligible. Participants completed the Pittsburgh Sleep Quality Index (PSQI), Insomnia Severity Index (ISI), International Physical Activity Questionnaire (IPAQ), and the Hospital Depression and Anxiety Scale (HADS). Two moderated mediation models of PA and mood were performed, with sleep quality and insomnia severity as mediators and gender as a moderator. Results: PA was not significantly associated with mood. There were no significant indexes of moderated mediations found. Gender significantly moderated the effect of PA on insomnia severity (_B_ = .00, _SE Boot_ = .00, _t_ = 1.97, _p_ = .049). Conclusions: Our results suggest that the relationship between PA and sleep was significantly different in woman than in men. Impact: Future studies should further explore these relationships, controlling for factors relevant to YAs such as stress and coping mechanisms.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 71908 - Printed Poster

Social Activity Moderates the Link Between Cognitive Status of Persons with Dementia and Care Partner Distress

Main Presenting Author: McDowell, Cynthia

Additional Authors: Gorenko, Julie; Tamburri, Nicholas ; Smith, André P.; Sheets, Debra J.; MacDonald, Stuart W.S.

Abstract: *Providing informal care to persons with dementia (PwD) has been related to distress and social isolation in care partners (CP). This study examined the potential moderating effect of social activity (SA) on the relationship between PwD cognitive status and CP distress. The sample consisted of 34 dyads of PwD and CPs from the Voices in Motion project, an 18-month choir program. Measures of PwD cognitive status (Mini Mental State Examination; MMSE), CP distress (Zarit Caregiver Burden Interview), and PwD and CP SA (items from Resources for Enhancing Alzheimers Caregiver Health protocol) were assessed using a repeated-measures burst design (up to 9 assessments per participant), with multilevel models of change employed to disaggregate between- and within-dyad effects. Results showed that between-dyads, diminished PwD cognitive status was linked to higher CP distress (B =-1.01, p*

Section: Adult Development and Aging / Développement adulte et vieillissement
Session ID: 71498 - Printed Poster

Social Discounting Links Younger Age to Pain-Related Shame in Patients with Chronic Pain

Main Presenting Author: Coady, Alanna

Additional Author: Holtzman, Susan

Abstract: *One in five adult Canadians lives with chronic pain (CP). Social stigma of CP often involves discounting the legitimacy of a person's pain, which can increase feelings of shame. Individuals who are perceived to deviate from social norms are at increased risk of stigma. Because CP is more normalized among older populations, younger CP patients may be at increased risk of stigma and shame. This study investigated whether younger age was associated with more pain-related shame, and whether discounting mediated this relationship. Participants (N = 298) recruited from an outpatient pain treatment centre completed an online cross-sectional survey. Results revealed younger age was associated with greater pain-related shame (b = – 0.19, SE = .03, p < .001, 95% CI = – 0.24, – 0.13). Younger age was also associated with higher levels of discounting (b = – 0.02, SE = .003, p < .001, 95% CI = – 0.02, – 0.01), which in turn was associated with greater pain-related shame (b = 5.06, SE = .45, p < .001, 95% CI = 4.18, 5.95), indicating a significant mediating effect. Results showed that younger CP patients are at increased risk of pain-related shame, and social discounting helped to explain this link. Given previous studies linking shame to depression, findings suggest that interventions addressing stigma and pain-related shame may be especially beneficial for younger patients with CP.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 69945 - Printed Poster

Social Skills and Anger Control Training for Youth with Disruptive Behavior Disorder Symptoms: A Meta-Analysis

Main Presenting Author: Paré-Ruel, Marie-Pier

Additional Authors: Blumer, Jill; Pittman, Charlotte; Stack, Dale M.

Abstract: *Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD) are related to many negative outcomes (Erskine et al., 2016; Groenman et al., 2017). These disorders must be treated early to mitigate their deleterious effects on the health, economic success, and relationships of those suffering from them (Karantanos, 2012). Thus, many interventions have been developed with ODD and CD symptoms as targets. Our objective was to estimate and compare the effectiveness of interventions with social skills or anger control training components in reducing such symptoms in youth (< 18 years). We calculated pooled_ _Hedge's _g _separately for ODD and CD symptoms via a random effects meta-analysis. Subgroup and meta-regression analyses were performed to examine sources of heterogeneity (e.g., sex, age, study design, type of intervention components). 23 studies met the inclusion criteria. The evaluated intervention programs decreased ODD symptoms (_g_=–0.28, _p_*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71507 - Printed Poster

Socially Prescribed Parenting Perfectionism and Postpartum Anxiety: Examining the Mediating Role of Maternal Self-Efficacy

Main Presenting Author: Armstrong, K Hannah

Additional Authors: Inness, Briar; Green, Sheryl M

Abstract: *Anxiety disorders affect up to 20% of postpartum women and are associated with adverse developmental outcomes in offspring. One important predictor of postpartum anxiety (PPA) is socially prescribed parenting perfectionism (SPPP)—the belief that society expects one to be a perfect parent—as those with higher SPPP exhibit greater PPA. However, little research has examined factors that account for this relation. A promising mediator is maternal self-efficacy (MSE), defined as a mother's perception of her ability to care for her infant, as lower MSE has been linked to higher rates of perfectionism and PPA. This study will examine the mediating role of MSE in the relation between SPPP and PPA. It is hypothesized that MSE will mediate the relation between SPPP and PPA, such that higher levels of SPPP will be related to lower MSE and higher PPA. Data from an anticipated 50 postpartum participants will be presented. Participants will complete a diagnostic interview to confirm a principal anxiety disorder diagnosis and self-report measures assessing SPPP (Multidimensional Parenting Perfectionism Questionnaire), PPA (State-Trait Inventory for Cognitive and Somatic Anxiety), and MSE (Parenting Sense of Competence Scale). Understanding the role of MSE in the relation between SPPP and PPA will support refinement of treatment interventions for postpartum women during this critical time.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 69996 - Printed Poster

Staying Healthy Throughout COVID-19: Health-Related Quality of Life Across a Timeline

Main Presenting Author: Beaulieu, A. Danie

Additional Authors: Hickey, M. Patrick; Proctor, Cecile J.; Best, Lisa A.

Abstract: *Although some have reported spending more time engaging in physical activity during COVID, the increase in sedentary behaviour was associated with worse physical and psychological health. Previous research has identified protective factors, such as personality traits and dispositional mindfulness, in maintaining one's physical and psychological well-being. Whether these findings can be generalized during the development and course of a global pandemic is unclear. A sample of 1,600 Canadian participants completed questionnaires assessing personality facets, dispositional mindfulness, and physical and psychological health. Participants were categorized according to pre-COVID, 1st wave, 2nd wave, and 3rd wave. 2nd wave participants had worst physical and psychological health than pre-COVID-19 and 1st wave. The unique significant predictors of higher physical health were younger age, male gender, higher Energy Level (E), lower Depression (N), and being in the 1st and 3rd waves. For psychological health, predictors were older age, male gender, higher Energy Level (E), Productiveness (C), Responsibility (C), dispositional mindfulness, lower Anxiety (N) and Depression (N), and not being in 2nd wave. This study highlights the need to prioritize health during COVID by targetting certain personality facets and mindfulness traits mitigating the consequences of recurring waves.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 69318 - Printed Poster

Summary and Outcomes of a Community-Based Pivotal Response Therapy (PRT) Parent Coaching Model for Children with Autism

Main Presenting Author: Stolte, Michael

Additional Authors: Nandee, Sally Joy; Fournier, Angele

Abstract: *BACKGROUND: Autism Spectrum Disorder (ASD) impacts at least 1 in 66 individuals (Public Health Agency of Canada, 2018) though many have difficulty accessing appropriate services. One intervention, Pivotal Response Training (PRT; Koegel et al., 2006) is an evidence-based, developmental, behavioral, and naturalistic therapy model for individuals with ASD with evidence of effectiveness in community settings (Smith et al., 2019). METHODS: Under the umbrella of a community-based autism service provider, PRT has been adopted as a parent coaching therapy model of practice in a Western Canadian urban setting. A model description is provided along with group effectiveness data for 30 parent participants and their autistic child. RESULTS: Parent learning was most pronounced in the PRT domains of providing clear opportunities, shared control, interspersing easy and difficult tasks, contingent and natural reinforcement, and reinforcing communication attempts. Lesser gains were demonstrated in following the child's lead. Child learning included an increase in total number of vocal utterances. Parents reported high satisfaction. CONCLUSIONS*

& IMPACT: PRT parent coaching is a promising therapy for community practice. This model exemplifies how efficacious therapy practices can be disseminated into community settings for specialized populations such as children diagnosed with ASD.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 71839 - Printed Poster

Teens' Coping: Affect & Attachment

Main Presenting Author: Shao, Shuai

Additional Authors: Duan, Tz-yu; Stanzel, Anna; McKay, Stacey L.; Cameron, Catherine Ann

Abstract: *Previous studies have shown individual differences in coping strategies generated against stress. While certain strategies help alleviate the negative effects of stress by facilitating active engagement with stressors, other strategies that downregulate engagement tend to have maladaptive effects. The current study investigates how individual variables such as attachment (parental and peer) and trait affect (trait anger and trait anxiety) predict use of different coping strategies in early adolescence. The study recruited 146 adolescents aged between 13 and 16 years (_M_ = 14.01; _SD_ = .84), who engaged in the _Frustration Social Stressor for Adolescents_ (McKay, et al., 2021; Pollak et al., 2019), a stress-provoking procedure during which participants debate with a peer facilitator on a moral topic. Our findings revealed that trait anger predicted more use of involuntary engagement coping, and trait anxiety predicted more use of secondary control disengagement coping. As for attachment, parental attachment predicted less use of involuntary disengagement coping, while peer attachment was not predictive of any coping strategy. Overall, results showed that adolescents who report high trait anger or anxiety, or score low on parental attachment, tend to utilize maladaptive ways of coping, shedding light on potential targets for stress-management and -reduction interventions.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 71695 - Printed Poster

Tertiary Interventions for Burnout in Individuals on Sick Leave: A Review

Main Presenting Author: Bruyer, Krista

Abstract: *Job burnout is a global concern impacting approximately 20% of the general working population; however, it was only recently included in the ICD-11 as a syndrome requiring treatment. Burnout is a complex, multi-dimensional concept/phenomenon resulting from chronic work-related stress. Research in the field is largely focused on primary (organizational change) and secondary interventions (prevention for at-risk populations). Despite prevention efforts incidences of burnout are rising and consensus on optimal treatments and interventions is lacking. Individuals on sick leave arguably represent the most severe end of the symptom spectrum. Research addressing tertiary (treatment for established symptoms) care in severe cases is minimal. The purpose of this review is to synthesize relevant literature aimed at tertiary interventions for those experiencing burnout and on sick leave from employment. This includes reviewing 122 articles related to tertiary interventions and honing in on nine studies of particular relevance. These nine studies are thoroughly reviewed. The contents of each intervention varied significantly, and results were mixed. Psychological interventions in combination with work-related discussion appear to be of particular benefit. Based on the findings,*

I propose recommendations for psychologists treating burnout in the field and advise avenues of future research.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71834 - Printed Poster

Testing a sexual motivation manipulation for the treatment of sexual interest/arousal disorder

Main Presenting Author: Jabs, Faith

Additional Author: Brotto, A Lori

Abstract: *Sexual difficulties affect up to 50% of cisgender women, with low sexual desire being the most common sexual concern, and 8% of these women meet diagnostic criteria for Sexual Interest/Arousal Disorder (SIAD). Research on sexual concerns among transgender women and non-binary individuals is unfortunately scarce, and the applicability of current treatments are unknown. The treatment utility of the Approach-Avoidance Motivation Model for SIAD was examined in a sample of cis- and transgender women, and non-binary individuals, who either met criteria for SIAD or reported no sexual concerns. A sample of 168 participants completed baseline measures of sexual motivation, sexual desire, and sexual satisfaction, followed by a writing exercise previously found to increase the salience of approach or avoidance sexual motivation, or a control writing task. Three days later they completed sexual outcome measures again. A repeated measures MANOVA found differential impacts based on SIAD versus control, the type of writing task, and gender group on sexual motivation immediately following the writing task manipulation but these impacts did not persist three days later. Overall, there was limited support for the treatment utility of the approach-avoidance motivation manipulation for SIAD. Future work might explore longer-term interventions targeting sexual motivation to address sexual concerns.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 69737 - Printed Poster

Testing negative and staying positive: the effects of the Big Five traits in Gen Z college students coping with anxiety and depression during the COVID-19 pandemic

Main Presenting Author: Alpdogan, Y Naz

Additional Authors: Levine, Shelby; Audet, Elodie; Koestner, Richard

Abstract: *THE PANDEMIC HAD HUGE EFFECTS ON MENTAL HEALTH. THIS LONGITUDINAL STUDY LOOKED AT GEN Z'S DEPRESSIVE AND ANXIETY SYMPTOMS DURING THE COVID-19 PANDEMIC AT TWO DIFFERENT TIMES (ONCE IN SEPTEMBER 2020 AND ONCE IN DECEMBER 2020). WE LOOKED AT THE WAY THE BIG FIVE PERSONALITY TRAITS HAVE AFFECTED COPING METHODS AS WELL AS THE AMOUNT OF SOCIAL SUPPORT PARTICIPANTS PERCEIVED. 365 MCGILL STUDENTS WERE RECRUITED AND ASKED TO COMPLETE AN ONLINE SURVEY ABOUT ASPECTS OF THEIR LIVES THAT THE COVID-19 PANDEMIC HAD AFFECTED. THE RESULTS INDICATED THAT BOTH DEPRESSIVE AND ANXIETY SYMPTOMS INCREASED SIGNIFICANTLY. PERCEIVING LOTS OF SUPPORT AND*

USING THE COPING STRATEGY OF REACHING OUT TO OTHERS WERE THE BEST OPTIONS TO DECREASE DEPRESSIVE SYMPTOMS. THOSE HIGH ON EXTRAVERSION AND ON OPENNESS WERE THE LEAST DEPRESSED IN DECEMBER. IN CONTRAST, DOING RELAXING ACTIVITIES DECREASED ANXIETY SYMPTOMS. PERCEIVED SUPPORT DID NOT SEEM TO PLAY A BIG ROLE WHEN IT COMES TO ANXIETY. INTERESTINGLY, THOSE HIGH ON NEUROTICISM SEEM TO BE LESS LIKELY TO DO RELAXING ACTIVITIES, THUS DECREASING THEIR CHANCES OF LOWERING THEIR ANXIETY LEVELS IN DECEMBER. THIS STUDY ALLOWS US TO COME TO THE CONCLUSION THAT MAINTAINING GOOD MENTAL HEALTH HAS BEEN HARD FOR GEN Z DURING THE COVID-19 PANDEMIC BUT THAT THERE ARE COPING METHODS THAT ARE HELPING SIGNIFICANTLY WHEN IT COMES TO LOWERING DEPRESSIVE AND ANXIETY SYMPTOMS.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70573 - Printed Poster

The Association Between Self-Compassion and Safety Behaviour Use After Recalling a Stressful Social Situation

Main Presenting Author: Szczyglowski, Kamila

Additional Author: Kocovski, Nancy

Abstract: *Safety behaviours are commonly used to attempt to decrease fear in social settings but often serve to maintain anxiety. Self-compassion has been beneficial for decreasing other aspects associated with social anxiety (e.g., anticipatory anxiety, post-event processing). The aim of the present study was to examine the impact of self-compassion on the use of safety behaviours. Participants (_N_ = 245 undergraduate students so far) were asked to recall a stressful social situation from the past and were randomly assigned to either write about the situation in a self-compassionate way or not. Next, participants completed surveys on their anxiety and safety behaviour use for a future similar situation. Greater self-compassion was significantly correlated with fewer safety behaviours. The self-compassion induction led to significantly greater state self-compassion compared to the control exercise. Preliminary analyses support that among those high in social anxiety, inducing self-compassion may be beneficial at reducing anticipatory safety behaviour use (_t_ = 2.32, _p_ = .021). Future analyses will examine the impact of the type of social situation (e.g., social interaction, presentation) and the type of safety behaviour (e.g., avoidance, impression management). Overall, self-compassion may have beneficial effects for many aspects of social anxiety, including reduction of safety behaviours.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71056 - Printed Poster

The Effect of Group-based Mindfulness Programs on Executive Functioning in Adults: A Meta-Analysis

Main Presenting Author: Millett, E Geneva

Additional Authors: D'Amico, Danielle; Amestoy, Maya E; Gryspeerdt, Charlie; Fiocco, Alexandra J

Abstract: *BACKGROUND/RATIONALE: Studies investigating the effects of mindfulness training on executive functioning (EF) are inconsistent. Thus, the current meta-analysis sought to examine the pooled effect of group-based mindfulness interventions on EF and its subdomains in adults aged 18+. METHODS: Following PRISMA guidelines, 29 studies were included in the meta-analysis. Hedge's _g _was calculated for overall EF (k = 30), inhibition (k = 21), working memory (k = 9), attention shifting (k = 9), and verbal fluency (k = 4). Random effects models were conducted followed by _a priori_ subgroup analyses for randomization allocation, control type, and cohort type. RESULTS: A small, significant synthesized effect was found for overall EF (95% CI = 0.256, 0.725), inhibition (95% CI = 0.055, 0.387), working memory (95% CI = 0.010, 0.437), and verbal fluency (95% CI = 0.071, 1.931), but not attention shifting. Subgroup analyses revealed inconsistent results. CONCLUSIONS: The pooled effects for mindfulness training on EF were small, with substantial heterogeneity which could not be explained by methodological factors. Evaluation of study and intervention quality suggest poor standardization in research methodology and intervention deployment. ACTION/IMPACT: This study supports the need to temper overinterpretation of results pertaining to the beneficial effects of mindfulness training on EF.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70542 - Printed Poster

The effect of regulatory focus: People might feel burnout in different ways.

Main Presenting Author: Yasuda, Yuto

Additional Author: Goegan, Lauren

Abstract: *Regulatory focus theory posits that people have two types of self-regulations. Promotion focus is responsive to gain situations, while prevention focus is sensitive to loss situations. Perfectionism research has shown that there are two types of perfectionism. People with perfectionistic strivings set an unrealistic high standard, whereas people with perfectionistic concerns overthink critical evaluations. While previous research has examined regulatory foci and perfectionism separately, we were interested in how they were related, and particularly, how they were related to burnout. it was hypothesized that promotion focus and prevention focus would respectively predict perfectionistic strivings and perfectionistic concerns, which lead to burnout. 173 data of university students were analyzed in this study, in which they answered a questionnaire including items related to regulatory focus, perfectionism, and burnout. Mediational analysis was conducted. The results showed that promotion focus predicted perfectionistic strivings. However, perfectionistic strivings did not predict burnout. On the other hand, prevention focus led to perfectionistic concerns, which led to burnout. The results suggest that prevention focus is more related to burnout than promotion focus. Implications for practice and future research direction will be discussed.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70883 - Printed Poster

The effectiveness of a group therapy and app-based parenting and mental health intervention for mothers of infants: A pilot study

Main Presenting Author: Xie, B Elisabeth Bailin

Additional Authors: Freeman, Makayla; Penner-Goeke, Lara; Rioux, Charlie ; Reynolds , Kristin ; Sauer-Savala, Shannon ; Lebel, Catherine ; Giesbrecht , Gerald F. ; Roos, Leslie ; Tomfohr-Madsen, Lianne

Abstract: *Maternal mental health concerns and parenting stress in the first few years following childbirth are common and pose significant risks to maternal and child well-being. The COVID-19 pandemic has led to increases in maternal depression and anxiety and has presented unique parenting stressors. Although early intervention is crucial, the pandemic has introduced significant barriers to accessing mental health and parenting services. The current study examined the effectiveness of a newly developed online group therapy and app-based mental health and parenting program (BEAM) on improving maternal and child outcomes. Mothers 18 years or older with clinically elevated depression scores, an infant aged 6-17 months old, and who lived in Manitoba or Alberta (n = 46) were enrolled in the 10-week program (starting in July 2021) and completed self-report surveys. Repeated-measure ANOVAs showed statistically significant reductions in depression, $F_{(1, 24)} = 21.88$, $p < .001$, anxiety ($F_{(1, 23)} = 8.20$, $p = .009$), parenting distress, ($F_{(1, 24)} = 17.73$, $p < .001$), and child internalizing, ($F_{(1, 21)} = 5.76$, $p = .026$), but not externalizing, ($F_{(1, 21)} = 1.49$, $p = .24$), symptoms following the intervention. These results demonstrate the promise of the BEAM program on improving the well-being of mothers and their infants and suggest the need for continued efficacy and implementation testing.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71058 - Printed Poster

The impact of aerobic exercise on depressive symptoms in traumaexposed young adults

Main Presenting Author: Mizzi, Allison

Additional Authors: Becker, Suzanna; McKinnon, Margaret

Abstract: *BACKGROUND: Physical activity has beneficial effects on depression. New literature suggests that physical activity may benefit mood in those with post-traumatic stress disorder (PTSD). As 76% of Canadians experience a lifetime traumatic event, many individuals do not meet criteria for PTSD but suffer from psychological symptoms such as depressed mood. The current study evaluated the impact of an aerobic exercise intervention on depressive symptoms in trauma-exposed adults. METHODS: Twenty-five adults with subclinical trauma symptoms were recruited and randomly assigned to participate in an eight-week exercise group or an inactive control group. Depressive symptoms, aerobic fitness, and trauma symptoms were assessed before and after the intervention. RESULTS: The exercise group exhibited a significantly greater decrease in depressive symptoms across the intervention compared to the control group. Changes in aerobic fitness predicted changes in depressive scores in the exercise group. CONCLUSIONS: The current study demonstrated that an exercise intervention reduced depressive symptoms in those with subclinical trauma symptoms. Our results align with prior research suggesting that physical activity can reduce depression in PTSD. IMPACT: Exercise may be an effective adjunctive or alternate treatment to improve mood and manage mental health in those with subclinical trauma symptoms.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 71788 - Printed Poster

The Impact of Mindfulness Based Cancer Recovery (MBCR) on resilience in people with cancer: A mixed-methods study

Main Presenting Author: Lee, Jane(Jung Han)

Additional Authors: Deleemans, M Julie ; Baydoun, Mohamad ; Piedalue, Katherine-Ann ; Carlson, Linda E

Abstract: *BACKGROUND/RATIONALE: Resilience in cancer patients is linked with positive outcomes. We investigated the effects of a Mindfulness Based Cancer Recovery (MBCR) program on the development of resilience in people with cancer.   METHODS: Cancer patients (> age 18), participating in MBCR programs are included in this ongoing mixed-methods single-arm pretest-posttest study. Outcomes of resilience, coping, quality of life, post-traumatic growth, and depression are measured at 3 time points. Semi-structured interviews occur post-intervention.   RESULTS: Currently enrolled participants (N=6) are all female, with a mean age of 55, with diagnoses of breast cancer (n=4), myeloma (n=1), and CLL (n=1). From baseline to post-MBCR, patients reported significant increases in resilience (_p_ =.033) and emotional well-being (_p_ =.015), and a significant decrease in depression (_p_ =.048). Recruitment is ongoing to reach a target sample size of 15. CONCLUSIONS: MBCR participation was significantly associated with improvements in participants' resilience and emotional wellbeing, and decreased depressive symptoms.   ACTION: MBCR participation shows potential to improve resilience and well-being in people with cancer. A larger sample size will help to strengthen results.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71592 - Printed Poster

The impact of online programming on cancer patients

Main Presenting Author: Thompson, Emily

Additional Author: Dhanoa, Tarleen

Abstract: *_In this preliminary study, a qualitative design was used to examine how online cancer support programming has impacted cancer patients. We investigated how cancer support programming could be improved from the perspectives of the participants. Due to the recent COVID-19 pandemic, many organizations have shifted to an online-based approach to allow for continued access for their members. _ _This study was conducted entirely online using qualitative analysis. To facilitate this study, we recruited six participants from a cancer support organization. The interview consisted of 10 questions._ _Through thematic analysis, we found five themes that reflected our participants' experiences with online programming: social connection, positive emotions, growth and gains, challenges and difficulties, and easy accessibility. _ _Through online programming, participants reported personal and psychological growth, most notably, learning new skills. Despite widespread appreciation of the online programming being offered during the pandemic, many participants expressed that they missed the in-person components. _ _This study is especially significant currently as the world moves forward through the global pandemic. Many cancer patients rely on in-person support; therefore, research with an aim towards studying the best alternatives when in-person is simply not possible has become a priority issue._*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 69799 - Printed Poster

The Impact of the COVID Pandemic on First Year Students' Locus of Control, Self-Efficacy and Well-Being

Main Presenting Author: Janes, M Leslie
Co-Presenting Author: Bishop, Alexandra

Abstract: *The current research is examining the effects of the Covid-19 pandemic on first year undergraduate students. Specifically, the research is examining relationships between students' locus of control, sense of self-efficacy, and well-being scores. The current study is also assessing participants' self-reported changes in locus of control, well-being, and self-efficacy over the course of the pandemic. It is expected that, overall, locus of control has become more external; well-being has decreased; and self-efficacy has increased or remained the same over the course of the pandemic. Recent research has found that people have experienced a shift in their locus of control, such that it has become more external (e.g., Misamer et al., 2021). Given the sense of powerlessness over external events that the pandemic has created in many people, this is not surprising. Of particular interest in the current study is the relationship between self-efficacy and locus of control. Given that an internal locus of control has typically been associated with high self-efficacy, it will be interesting to see whether the relationship between the two variables has weakened. The data collected will be analyzed through correlational and regression analyses.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71807 - Printed Poster

The impact of trait perfectionism on self-disclosure in early group psychotherapy sessions

Main Presenting Author: Bakken, Kaja

Additional Authors: Smith, Martin; Hewitt, Paul; Flett, Gordon L; Mikail, Samuel F

Abstract: *Research suggests perfectionism is associated with poorer treatment outcomes, however the reason for this is unclear. One factor may be self-disclosure. While self-disclosure is a fundamental component of successful treatment, perfectionists tend to actively avoid verbal displays of imperfection, which may explain poorer treatment outcomes. We addressed this by testing the relationships between trait perfectionism and self-disclosure in early psychotherapy sessions. A sample of 64 patients enrolled in group psychotherapy completed The Multidimensional Perfectionism Scale at pre-treatment. Next, we coded valance of disclosure and depth of revealing using the Psychotherapy Self-Disclosure Coding System. Results revealed that both other-orientated and socially prescribed perfectionism displayed a small non-significant relationship with negative self-disclosures and depth of revealing. In contrast, self-orientated perfectionism had a medium relationship with marginally personal depth of revealing and negative self-disclosures involving direct and indirect self-references during early sessions of group psychotherapy. As self-disclosure is relevant for treatment outcome and self-orientated perfectionism is related to lower depth of revealing, these patients may experience fewer benefits from psychotherapy. Further research is needed to demonstrate impact on treatment efficacy.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70905 - Printed Poster

The Influence of FFM Domain Interactions on Therapeutic Outcomes in Treatment-Seeking Individuals

Main Presenting Author: Brudner, Ryan

Additional Author: Uliaszek, Amanda

Abstract: *Emotion dysregulation is a transdiagnostic phenomenon. In evidence-based treatments for disorders involving emotion dysregulation, there are still many people who do not achieve clinically significant gains. One factor that could be adding to this variability in outcome is personality. The big five traits have been shown to predict outcomes and interact to predict treatment response. The primary goal of the present study was to examine the direct and multiplicative effect of traits on treatment outcomes in individuals experiencing symptoms of emotion dysregulation. Participants were involved in a randomized control trial, where they participated in one of two group therapy programs. Personality traits were measured at pretreatment, with outcome variables measured at pre- and posttreatment. Proposed analyses will examine main effects and interactive effects predicting change in emotion dysregulation, depression, and anxiety across the course of treatment. We hypothesize that neuroticism will moderate the effect each domain has on treatment outcomes; wherein those with low levels of one domain will show increasingly worse outcomes if they are also high in neuroticism. This study will expand the current literature to include individuals with symptoms of emotion dysregulation and will provide support for considering personality when determining suitable treatment options.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70903 - Printed Poster

The Interplay Between Developmental Trauma Disorder Symptoms and Family Stress: A Dynamic Network Analysis

Main Presenting Author: Smith, A Jackson

Additional Author: Browne, Dillon

Abstract: *Family relational and economic stress has increased in the COVID-19 pandemic, which elevates the risk for the occurrence of complex developmental trauma. Given that complex developmental trauma sequela extend beyond those captured by posttraumatic stress disorder (PTSD), the breadth of impairments tends to result in children receiving multiple diagnoses and being classified as highly complex and hard to treat. This may exacerbate the relational discord and economic strain experienced by families. To date, no studies have examined the longitudinal relationship between family stress and developmental trauma disorder (DTD) symptoms. This study addresses this gap in a multi-national, longitudinal sample of 549 families with two children (ages 5 and 18 years) who completed caregiver-reported measures on six occasions between May 2020 and December 2021. Using dynamic network analysis, this study explores (1) how DTD symptoms and expressions of family stress predict each other over time, (2) within-time associations of DTD symptoms and family stress, and (3) how patterns of DTD symptoms and expressions of family stress differ across families. Treatment implications are discussed in relation to evidence-based models of individual- and family-level interventions.*

Section: Traumatic Stress / Stress traumatique
Session ID: 71608 - Printed Poster

The Intersection of Physical and Mental Health in Youth Transitioning to Adult Care.

Main Presenting Author: Patton, C Megan

Additional Authors: Allemang, Brooke; Punjwani, Zoya; San Martin-Feeney, Daniella; Pfister, Ken ; Ryan, Laurel ; Mackie, Andrew ; Samuel, Susan; Dimitropoulos, Gina

Abstract: *BACKGROUND: The transition from pediatric to adult health care for youth with chronic health conditions may contribute to a variety of adverse health outcomes. Up to 57% of youth with chronic health conditions also experience mental health issues, which can lead to increased difficulty transitioning to and accessing adult services. Research is needed to understand the needs and experiences of youth with health and mental health conditions during transition. METHODS: A randomized controlled trial is being conducted to evaluate the effectiveness of a patient navigator (PN) to improve transition outcomes for youth. Using thematic analysis, 48 baseline interviews with youth/caregivers are being analyzed to explore intersections between physical and mental health. PN notes will be reviewed to identify how youth describe relationships between their physical and mental health. RESULTS: Qualitative results reveal that youth physical and mental health experiences are often intertwined. Initial analysis of PN notes demonstrates the emotional impact of a physical health condition for youth. CONCLUSION: Preliminary findings highlight the criticality of providing holistic care to youth, which attends to their physical and emotional needs simultaneously. ACTION/IMPACT: Findings will support the development of recommendations for service providers working with youth to improve transition outcomes*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 71374 - Printed Poster

The Minority Stress Model and Inclusion of Eudaimonic Well-Being Outcomes Among LGBTQ2 Populations

Main Presenting Author: Collict, David
Co-Presenting Author: Gillis, Roy J.

Abstract: *RATIONALE: LGBTQ2 people are significantly more likely to experience negative mental health outcomes, partly due to the experience of minority stress events. Research has ignored positive psychological constructs, including the development of eudaimonic outcomes such as purpose in life. METHODS: Data was collected via online questionnaires from LGBTQ2 participants in Canada and the United States ($N = 502$). Participants responded to questions on demographics, minority stressors and eudaimonic variables. Authors ran multiple regression and mediation models to test a proposed negative relationship between minority stressor and eudaimonic well-being outcomes and mediating variables. RESULTS: Participants with greater minority stress experiences were significantly less likely to experience eudaimonic outcomes, including purpose in life and self-acceptance. Connecting to queer community spaces and authenticity moderated the relationship between minority stressor and eudaimonic outcomes, including self-acceptance and autonomy. CONCLUSIONS: This is some preliminary evidence that minority stressors facilitate the development*

of negative well-being, but they also _impede _LGBTQ2 persons from developing eudaimonic assets. IMPACT: The authors offer a revision to the minority stress model, which are also relevant to clinicians seeking to develop psychological resources and resiliency.

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 70857 - Printed Poster

The moderating influence of adverse childhood experiences and social support on psychological distress and weight-loss 12-months after bariatric surgery

Main Presenting Author: Bounor, Sara

Additional Authors: Williamson, Tamara ; Rash, Joshua; Campbell, Tavis; Telfer, Jo; Patel, Stuti

Abstract: *Background: Research evaluating associations between psychological distress prior to bariatric (weight loss) surgery and post-surgical weight loss is equivocal. Potential moderators including adverse childhood experiences (ACEs) and social support have not yet been explored. Aim: To evaluate whether pre-surgical ACEs and social support moderate the association between pre-surgical psychological distress (i.e., symptoms of anxiety and depression) and weight loss 12-months post-surgery. Methods: Patients (18+) awaiting surgery were recruited from the Calgary Adult Bariatric Surgery Clinic between 2019-2020. Patients self-reported body weight and height and completed validated questionnaires assessing psychological distress, ACEs, and social support. Post-surgery weight was obtained through chart review at 12-months and percent of initial BMI lost was calculated. Moderation analysis was performed using the PROCESS macro for SPSS. Results: Preliminary data from 16 patients (87.5% female; 46±0.92 years old; baseline BMI = 49.50± 9.13kg/m2) were analyzed. Lower social support moderated the association between greater pre-surgical depression symptoms and lower post-surgical weight loss (β= -.25, SE = 0.09, p = 0.018). Neither social support nor ACEs were moderators of the anxiety-weight loss relationship, and ACEs did not moderate the association between symptoms of depression and weight loss (ps > .05). Complete results (N=36) will be available in Spring 2022. Conclusion: The results suggest that social support may weaken the inverse association between higher depression symptoms and weight loss 12-months post-surgery. Increasing social support may be an important treatment target throughout surgery preparation, treatment, and recovery to enhance weight loss.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71447 - Printed Poster

The Potential for "Healthy Neuroticism" to Promote Physical Activity Among Young and Older Adults Experiencing Daily Health-Related Stress

Main Presenting Author: Lozinski, J Tristen

Additional Authors: Yoneda, Tomiko; Rush, Jonathan; Hofer, Scott

Abstract: *BACKGROUND: Stress is negatively associated with physical activity (PA), a beneficial healthy behaviour. Individuals high in conscientiousness (i.e., self-discipline) engage in more PA; studies examining PA in people high in neuroticism (i.e., emotional instability) yield mixed findings. "Healthy neuroticism," describing individuals high in both conscientiousness and neuroticism, may*

explain the mixed results, by promoting PA in the face of health-related stress. While individuals high in neuroticism and low in conscientiousness may be overwhelmed by stress, health-related stress may motivate people high in healthy neuroticism to engage in PA as an investment in their future. METHODS: We assessed young (_N_=77, _M_age=20.00) and older (_N_=64, _M_age=70.50) adults' conscientiousness and neuroticism at baseline, and assessed health-related stress and PA four times daily for 14 days. Linear regression models will investigate whether daily health-related stress predicts PA, and whether healthy neuroticism moderates this association. RESULTS: We predict that healthy neuroticism will allow for otherwise damaging daily health-related stress to promote PA. This may be more pronounced in older adults, who have more concrete understandings of mortality. CONCLUSIONS/IMPACT: These findings will elucidate the circumstances by which healthy neuroticism may promote PA in both young and older adults.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 71329 - Printed Poster

The Prevalence of Anxiety Disorders in Patients Living with Rheumatoid Arthritis

Main Presenting Author: Drakes, H. Dalainey

Additional Authors: Fawcett, J. Emily ; Fawcett, Jonathan M.

Abstract: *BACKGROUND: The prevalence of anxiety disorders in patients with rheumatoid arthritis (RA) is inconsistent with reports from 7.1% to 85.2%. This meta-analysis provides aggregate estimates of the prevalence of anxiety disorders in those with RA and identifies predictors of their comorbidity. METHODS: An online search of PubMed, PsycINFO, CINAHL, and WoS was conducted. Of the 1987 articles identified, 15 were coded. Studies were included if they prospectively examined individuals (age >16) with RA, used semi-structured diagnostic interviews, and reported lifetime or current anxiety disorder comorbidity. Several potential moderators were also coded. RESULTS: Preliminary data were analyzed using a Bayesian multilevel modelling approach, which revealed a lifetime prevalence rate of anxiety disorders of 28.2%, 95%CI (19 to 41.6) and current prevalence of 12.9% 95%CI (8.7 to 17.7) in RA. Moderator analyses revealed numerically greater rates of GAD and SAD than other anxiety disorders. Further moderators will be discussed. CONCLUSIONS: The prevalence of comorbid anxiety disorders in individuals with RA is substantial and elevated in those with GAD and SAD than other anxiety related disorders. IMPACT: Identification of individuals with RA at greater risk for comorbid anxiety disorders may encourage integrated interventions to improve the prognosis of the co-occurring conditions.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71006 - Printed Poster

The Relationship Between Moral Injury and Technology-Facilitated Sexual Violence

Main Presenting Author: Snaychuk, A Lindsey

Additional Authors: O'Neill, Melanie; Shinbine, Danielle

Abstract: *Technology-facilitated sexual violence (TFSV) is a prevalent phenomenon with profound effects. Despite a link between sexual behaviour and morality, it is not known if TFSV victimization is*

*related to moral injury. Further, moral injury is linked to psychological distress. Therefore, the current study sought to investigate moral injury within the context of TFSV. It was hypothesized that TFSV victimization would be associated with increased levels of moral injury, and that elevated moral injury would be associated with greater psychological dysfunction. Participants (_N_ = 206) were adults from the general population who completed an anonymous online survey that assessed TFSV behaviors, moral injury, and psychological functioning. An independent samples_ t_ test found that individuals pressured into sending nude images had higher levels of moral injury compared to those that were not (_t_(96) = 3.33, _p_ = .001). Bivariate correlations revealed that TFSV victimization was associated with greater moral injury (_r_ = .31 , _p_ < .001). Moreover, moral injury was also associated with increased anxiety (_r_ = .37, _p_ < .001) and depressive symptoms (_r_ = .36, _p_ < .001), as well as decreased self-esteem (_r_ = -.36, _p_ < .001) and perceived control (_r_ = .29, _p_*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70312 - Printed Poster

The Role of Affect in the Construction of Shared Belief Systems Between Members of the Vaccine Hesitant Community

Main Presenting Author: Miskic, Milica

Additional Author: Baerveldt, Cor

Abstract: *In 2019, WHO listed vaccine hesitancy as a global health threat, resulting in an influx of harm-reduction research focused on public-health measures. Few studies have accounted for individuals being resistant to immunization education while maintaining contradictory beliefs. This exploratory study attempts to bridge that gap through qualitative analysis to examine how members of the vaccine hesitant community construct a shared reality during discourse. The data was collected from 70 Twitter posts themed around vaccine hesitancy, published during September to October of 2020 in observation of discourse during the COVID-19 pandemic. A discursive analysis was conducted by use of frameworks with the data set: interpretive repertoires (e.g.. metaphors), rhetorical organization (e.g.., anticipating counterclaims), and accountability features (e.g.. disclaimers). Affect was found to play a consistent role in the rhetorical construction of vaccine hesitant beliefs through authentication in a process of mutual emotional resonance. In shared accounts of perceived vaccine injury, parental concern, and government distrust, hesitancy derived from personal experience was consensually affirmed between like-minded individuals. The present analysis has implications for future preventative measures against vaccine hesitancy that is inclusive of appeals to affect in public education efforts.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71563 - Printed Poster

The Role of Disclosure and Social Support on Quality of Life in Women with Polycystic Ovary Syndrome (PCOS)

Main Presenting Author: Citron, A Noelle

Additional Authors: Biderman, Carly; Soucie, Kendall

Abstract: *Women with _Polycystic Ovary Syndrome_ (PCOS), a chronic illness that affects 8-13% of women worldwide, report that the syndrome disrupts their life trajectory. Symptoms of the syndrome fall into three clusters: reproductive (menstrual irregularities), metabolic/endocrine (hirsutism, obesity), and mental health impacts (anxiety, poor life satisfaction), which for many women can be stigmatizing and difficult to discuss. In this qualitative study, we capture how women with PCOS disclose their condition to family, friends, and health care providers. We also aim to understand how women navigate reactions from others, as well as which aspects of social support buffer women from PCOS-related illness concerns. The study is currently undergoing data collection, and twenty, PCOS-diagnosed Canadian women are being interviewed. Transcripts are being analyzed using Braun and Clarke's (2021) _reflexive thematic analysis. _Based on previous research and preliminary analyses, emergent themes center on preparing for and leading disclosure situations, managing reactions, analysing the trustworthiness of the receiver, facilitating treatment-related decision-making, and the role of social support in improved adjustment and symptom management. Implications for these findings will be discussed in relation to providing avenues for supporting women with PCOS, and other health related conditions.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71640 - Printed Poster

The trajectory of parenting stress and household chaos over three time-points in two school years in the context of the pandemic

Main Presenting Author: Manoiu, Roxana
Co-Presenting Author: Jiang, Yuanyuan

Abstract: *COVID-19 has presented significant challenges, and more research on families is needed. This study examined parenting stress and household chaos. Data collection spanned two school years, with much of it occurring during the pandemic. Forty-seven parents of 6- to 11-year-old children participated. The Parenting Stress Index (Abidin, 2012) and Confusion, Hubbub, and Order Scale (Matheny et al., 1995) measured parenting stress and household chaos at three time-points at least two months apart in the school year. Parenting stress at Time 1 was correlated with parenting stress at Times 2 and 3, _r_ = .81, _p_ < .001, _r_ = .82, _p_ < .001. As well, parenting stress at Times 2 and 3 were correlated, _r_ = .86, _p_ < .001. Household chaos at Time 1 was correlated with household chaos at Times 2 and 3, _r_ = .85, _p_ < .001, _r_ = .89, _p_ < .001. Household chaos at Times 2 and 3 were also correlated, _r_ = .90, _p_ < .001. Parenting stress and household chaos were correlated with each other across timepoints. No significant changes in parenting stress were found between the timepoints. However, household chaos increased between Times 1 and 2, and decreased between Times 2 and 3, _p_s < .05. Findings suggest continuity of parenting stress and household chaos from one time-point to the next, with household chaos overall increasing and then decreasing over time. Results suggest potential impacts of COVID-19.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71398 - Printed Poster

Therapeutic Passes and Post-discharge Outcomes in a Psychiatric Inpatient Unit

Main Presenting Author: Docteur, Natalia

Additional Authors: Norris-Roozmon, Emilie; Kusumo, Raphael W; Kiss, Alex; Chen, Eunice Yixuan; Lanctôt, Krista L; Moss, Jay

Abstract: _Rationale:_ While therapeutic passes are a modifiable service delivery tool in acute care settings, evidence for clinical utility is lacking. This study evaluated associations between passes and length of stay (LOS) in hospital, inpatient readmissions, and emergency room (ER) visits post-discharge. _Methods:_ The chart review abstracted for demographic, clinical, and pass variables. Adjusted Poisson regressions evaluated significant outcome predictors. A linear mixed model identified longitudinal predictors for patients with ≥2 yearly admissions (HUs). _Results:_ In one year, 494 patients accounted for 596 admissions. Age, ≥1 pass, day pass hours, night/weekend pass hours, medications at discharge, and substance and psychotic disorders were associated with LOS ($\chi2_{(7)} = 145.8$, _p_ < .001). Medications at discharge and total passes predicted 6-month readmissions ($\chi2_{(2)} =$ _ _19.4, _p_ < .001). Lifetime admissions and night/weekend passes predicted 12-month readmissions ($\chi2_{(2)} = 43.7$, _p_ < .001). Passes were not associated with ER visits in the whole sample, but predicted reduced visits in HUs (-0.03 ± .01, _t_ _= -2.63, _p_ _= .021). _Conclusions:_ Findings do not support the clinical utility of passes in an acute care setting. However, HUs may display differential benefits from passes. _Action:_ Prospective investigation on the clinical utility of passes is warranted, particularly with high service utilizers.

Section: Clinical Psychology / Psychologie clinique
Session ID: 70743 - Printed Poster

To Inject or Not Inject? Fear of Pain Versus Necessity in COVID-19 Needle Hesitancy

Main Presenting Author: Brass, Justin

Additional Authors: Abdul, Sabrina; Mastroianni, Sabrina; Fung, Laura; Godes, Amanda; Katyal, Sejal; Esteireiro, Katrina

Abstract: Many people have a fear of needles, and the anxiety of experiencing pain can prevent as many as 8 percent of Canadians from getting a COVID-19 vaccine shot even if it is a necessity. As the COVID-19 vaccine rollout presses forward, it will take more effort to target Canadians who are still waiting to get their shots. Addressing barriers like needle phobia or trypanophobia will be critical to reach those final citizens. The proposed study uses mixed methods to analyze the understanding of what makes an individual fearful (i.e., needle hesitant) versus willing of receiving the COVID-19 vaccine. The proposed study collects data from a community sample of young adults to understand the internal processes behind what makes an individual needle hesitant and what psychological supports can be made to alleviate the fear-of-pain process that many Canadians face as we enter a society that encourages injection for the COVID-19 vaccine. All data will be completed and transcribed in time for the 2022 conference. The proposed study will make a significant theoretical contribution to the study of psychological support making for needle phobia needed as society advances towards a vaccinated world. Findings will also seek to inform the psychological and medical aspects of trypanophobia in rehabilitation, medical, academic, and community settings for individuals who are needle hesitant.

Section: Clinical Psychology / Psychologie clinique
Session ID: 69768 - Printed Poster

Trends in Mental Health Service Utilization According to Perinatal Status

Main Presenting Author: Pankratz, Lily

Additional Authors: Reynolds, Kristin ; Sommer, Jordana; Mota, Natalie; El-Gabalawy, Renée

Abstract: *BACKGROUND: The perinatal period, which spans pregnancy and up to 12 months after childbirth, has been shown to be associated with elevated rates of mental disorders such as anxiety and depression and low rates of mental health service utilization. The current study aims to advance this body of research by examining the prevalence and correlates of mental health service utilization (MHSU) among perinatal women. METHODS: We analyzed data from the 2012-2013 National Epidemiologic Survey on Alcohol and Related Conditions (_N_ = 36,309). We categorized four perinatal status groups: women ages 18-55 not pregnant or postpartum; women ages 56+; pregnant women, and postpartum women. Multivariable logistic regressions were used to 1) examine associations between perinatal status and past-year MHSU, 2) examine correlates of MHSU according to perinatal status, among those with a lifetime mental disorder. RESULTS: The range of past-year MHSU among all perinatal status groups was 23%-39%, with postpartum women least likely to seek mental health services. Comorbidity of two or more mental disorders and having more physical health conditions were associated. IMPACT: Findings provide insight for targeting interventions among pregnant and postpartum people, particularily among those with mental and physical health comorbidiites.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71313 - Printed Poster

Trends in social support and support networks among Canadian Armed Forces recruits

Main Presenting Author: Carlucci, Samantha

Abstract: *BACKGROUND: Stressors associated with the transition to the military may trigger symptoms of mental illness. Given that social support is protective during life transitions, the purpose of this study was to understand the levels of social support available to Canadian Armed Forces (CAF) recruits at the start of basic military training, and explore if baseline social support has changed over time/across recruit cohorts. METHODS: From 2003 to 2018, 50,603 CAF recruits completed the Recruit Health Questionnaire, which is a baseline assessment of health and lifestyle factors. It also includes items on social support and number of confidants. RESULTS: Chi-squared tests revealed that social support was significantly higher among older recruits, women, officer cadets, those with higher education, and those with higher household income. Temporal trends analyses revealed that social support was generally high, with the most recent cohorts reporting the lowest social support to date. Furthermore, number of confidants significantly declined across cohort years. CONCLUSION: Social support remained relatively high in CAF recruits, but declined in recent years. IMPACT: Social support may be protective against mental illness in CAF recruits. As such, it may be useful to identify those with low perceived social support and develop interventions to mitigate their impact throughout training.*

Section: Psychology in the Military / Psychologie du milieu militaire
Session ID: 69988 - Printed Poster

Ultra-Running Is Emotional Intelligence associated with Performance?

Main Presenting Author: Samtleben, Eric

Abstract: *The present study sought to provide support for the use of the Tripartite theory of Emotional Intelligence (EI) when considering ultrarunning performance. The specific aim was to determine how much tripartite EI adds to the prediction of ultra-runners 100km personal best after confounding performance variables have been controlled for. Additionally, I was interested if there were any mediating variables affecting the relationship between tripartite EI and 100km personal best. Aprior power analysis determined a sample size of 194 was needed to attain 80% power. The present study recruited 288 participants online through various social media platforms and ultra-running events. They completed an online questionnaire containing a list of demographic, running related questions and three psychometric measures to assess each level of Tripartite EI. Structural Equation Modeling was performed to examine the interrelations among the variables. It revealed that Tripartite EI's influence on ultra-runners 100km personal best is entirely mediated by an athlete's training load. Potential explanations for the mediating effect are discussed within the context of EI related factors (i.e., self-control, self-motivation) that could theoretically enhance an athlete's training and/or an individual's commitment to exercise, improving cardiovascular related health outcomes.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 70283 - Printed Poster

Understanding the Relationship Between Anxiety Sensitivity and Substance Use: What is the role of social anxiety and outcome expectancies?

Main Presenting Author: Giberson, R Emma

Additional Author: Olthuis, V Janine

Abstract: *Research on the association between anxiety sensitivity (AS) and substance use is mixed, with some studies showing a positive association and others showing no association (O'Connor et al., 2007; Gulliot et al., 2018). As such, other relevant variables, such as social anxiety and outcome expectancies, may help us understand how and for whom AS is linked to substance use. The aim of this study is to test (a) the association between AS and alcohol/cannabis use in young adults and (b) the mediating role of social anxiety and moderating role of expectancies in this association. Participants (N=200) will be 19-25 years old and complete a 30-minute self-report questionnaire on their substance use, expectancies, and mental health. Data has been collected from 270 participants to date. Results are currently being run and are expected to be completed by the end of December. We will test the direct association and the mediating and moderating pathways using multiple regression. We expect to find a positive association between AS and substance use, with social anxiety and expectancies mediating and moderating the relation, respectively. This study will help clarify for whom and when AS is associated with substance use. More effective interventions can be developed by understanding the relation between AS and substance use and the processes that govern it.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70069 - Printed Poster

Understanding the Relationship between Pornography Content Preferences and Health Indicators

Main Presenting Author: Nemes, D Frank

Additional Author: Cioe, Jan

Abstract: *Online video pornography (OVP) use is associated with various effects, such as reduced relationship satisfaction and increased hostility towards women (HTW). OVP includes a variety of content topics such as sex acts like "Anal" and contexts such as incest-porn. Content specific effects have not been explored. We presented a list of 45 of the most common topics from an OVP website to assess participants' content preferences. We also assessed participants' levels of problematic pornography consumption (PPC), HTW, and levels of self-esteem and self-efficacy. Preliminary analyses determined a strong relationship between HTW and PPC scores above 40, $r_{(76)} = .76$, $p < .001$; $r_s(76) = .71$, $p < .001$. An exploratory factor analysis of content preferences found 8 factors, with "teen" and "incest" having the strongest relationships with both PPC and HTW. A model-based cluster analysis will further explore clusters of users by content preferences. Problematic use, as well as viewership of "teen" and "incest" OVP, may support HTW since OVP often depicts aggressive acts and unequal sexual relations (e.g., domination) against women. By assessing OVP content preferences, clinicians may be better able to identify patients at risk of PPC. Additionally, knowledge of problematic OVP categories could be used to lobby porn studios to change the type of OVP they produce.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 71143 - Printed Poster

Understanding the Role of Stigma in Hoarding Disorder, a Scoping Review: How Destigmatization, Empowerment, and Collaborative Relationships Offer a Way Forward.

Main Presenting Authors: Freed, Galina; Anderson, Murray; Jahn, Karli E

Abstract: *HOARDING DISORDER (HD) IS A CHRONIC AND DEBILITATING MENTAL HEALTH CONDITION, AND INDIVIDUALS WITH SYMPTOMS OF HOARDING DISORDER ENCOUNTER PUBLIC, PROFESSIONAL, AND INSTITUTIONAL STIGMA. CURRENTLY, THERE IS A GAP IN THE BODY OF RESEARCH ADDRESSING THE STIGMA OF HOARDING DISORDER. THE PURPOSE OF THIS SCOPING REVIEW WAS TO UNDERSTAND THE STIGMA CYCLE INHERENT IN HOARDING DISORDER AND UNDERSTAND THE IMPACT OF CURRENT INTERVENTIONS ON STIGMA. TO THIS END, SYSTEMATIC SEARCHES WERE PERFORMED, USING PSYCINFO, EBSCOHOST, PUBMED, AND GOOGLESCHOLAR AND 60 ARTICLES WERE SELECTED FOR THEMATIC ANALYSIS. THE FOLLOWING ANALYTIC THEMES WERE CONSTRUCTED USING A SOCIAL JUSTICE LENS AND A STIGMA-INFORMED LENS: RELATIONAL CONCERNS, IDENTITY, PERSONAL AGENCY, PUNITIVE MEASURES, AND ENGAGING THE SYSTEMS. THE STIGMA CYCLE INHERENT IN HD RESULTS IN SOCIAL ISOLATION, FRACTURED RELATIONSHIPS, MARKED TREATMENT ATTRITION, AND RELUCTANCE TO ENGAGE IN TREATMENT. PUNITIVE MEASURES AND A DEARTH OF STIGMA-INFORMED INTERVENTIONS CONTRIBUTE TO MAINTAINING THE CYCLE OF STIGMA. BASED ON THIS SCOPING REVIEW AND PROFESSIONAL PRACTICES, WE HOLD*

THAT THE MOST EFFECTIVE EMERGING INTERVENTIONS ADDRESS SELF-STIGMA, BUILD ON COLLABORATIVE RELATIONSHIPS, AND PROVIDE THE INDIVIDUAL LIVING WITH HD SYMPTOMS THE OPPORTUNITY TO REGAIN A SENSE OF CONTROL AND AGENCY OVER THEIR LIFE.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 69760 - Printed Poster

Updating the SSKAAT-R and exploration of clinical utility

Main Presenting Author: Bumbacco, A Carly

Additional Author: Watson, Shelley

Abstract: *With knowledge that individuals with intellectual/developmental disabilities often have gaps in sexual knowledge and are vulnerable to exploitation, assessment tools are essential to inform sexual education programming. The Socio-Sexual Knowledge and Attitudes Assessment Tool-Revised (SSKAAT-R; Griffiths and Lunsky, 2003) is one of the most commonly utilized tools to evaluate socio-sexual knowledge among people with intellectual/developmental disabilities. However, with shifts in socio-sexual knowledge and increased use of technology, the tool has received criticism for being outdated. The current study is part of a larger project aimed to update the SSKAAT-R. Aligned with the steps employed to update the original SSKAT (see Griffiths and Lunsky, 2003), feedback was gathered from SSKAAT-R users (e.g., psychologists, behaviour therapists, social workers) in the form of questionnaires to understand the current issues of sexuality from a clinician perspective. Additionally, semi-structured interviews were completed to understand the clinical context where participants have used the SSKAAT-R, the strengths and weaknesses of the SSKAAT-R, and suggestions for improvement. The updated tool will help clinicians better assess socio-sexual knowledge of their clients with disabilities and develop individualized treatment plans that improve their safety and quality of life.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 71244 - Printed Poster

Validation of Smartphone-Based Cognitive Assessments for Individuals with Major Depressive Disorder

Main Presenting Author: Therond, Alexandra
Co-Presenting Author: Mongeon, Jamie

Additional Authors: Shvetz, Cecelia; Gu, Feng; Howard, Andrea; Guimond, Synthia

Abstract: *Background: Cognitive deficits are often present in patients with major depressive disorder (MDD). It remains challenging to assess these impairments in both clinical and research settings. Methods: In this study, 24 individuals with MDD and 34 healthy controls (HC) completed the Trail Making Tests (TMT) A and B, and the smart-phone-based versions, named the Jewels Trail Tests (JTT) parts A and B. We aimed to examine the validity and the reliability of the JTT A and B in assessing processing speed and executive functioning, respectively, similarly to the TMT. Results: Significant, positive relationships were observed between the JTT and TMT. Moderate, concurrent validity between the Parts A (r = .35, p = .01), and strong, concurrent validity between the Parts B (r = .58, p =*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71756 - Printed Poster

What about Partners? Mental Health of Pregnant People's Partners during COVID-19

Main Presenting Author: Kaur, Jasleen

Additional Authors: Cameron, E Emily; Giesbrecht, Gerald F; Lebel, Catherine; Tomfohr-Madsen, Lianne M

Abstract: *Prior to the COVID-19 pandemic, rates of paternal perinatal depression and anxiety were 8.4% and 10.7%, respectively; rates may have increased during the pandemic. In this study, we investigated symptoms of perinatal anxiety and depression among partners of pregnant people during COVID-19 and potential risk and protective factors. From Sep 2020-Mar 2021, partners of participants from the Pregnancy During the Pandemic cohort (_N_=348) responded to self-report questionnaires assessing symptoms of depression, anxiety, social support, resiliency, and couple satisfaction. SPSS 26 was used for data analysis. Approximately one in four partners reported symptoms of clinically significant depression [25.6% (n = 89)] and/or anxiety [23.9% (n = 83)]. Bivariate correlational analyses revealed that symptoms of depression and anxiety were negatively associated with social support [(_r_(285) = - .35, _p_ < .01 and (_r_(285) = - .27, _p_ < .01) respectively], resiliency [(_r_(279) = - .47, _p_ < .01) and (_r_(279) = - .46, _p_ < .01) respectively], and couple satisfaction [(_r_(282) = - .30, _p_ < .01) and (_r_(282) = - .21, _p_ < .01) respectively] Compared to pre-pandemic samples, partners of pregnant people showed a three-fold increase of depression and a two-fold increase of anxiety. Higher social support, resiliency, and couple satisfaction were all protective factors, and should be used to inform interventions.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70382 - Printed Poster

What is the social validity of the PEERS Program for teens with Autism Spectrum Disorder?

Main Presenting Author: Thauberger, Erika

Additional Author: McKee, William

Abstract: *Social skills groups have been a common way to help students with autism learn the skills necessary to make friends. One such program is the Program for the Evaluation and Enrichment of Relational Skills (PEERS®) program. The PEERS® program is a manualized social skills intervention for adolescents with ASD and related disorders. It is a 16-week parent-assisted program designed to help adolescents with ASD develop their social skills, including learning the skills necessary to make and maintain friendships. Research has been conducted to determine the effectiveness of the PEERS® program in the United States, Korea, China, Canada, and Israel. The results of these studies show that the PEERS® program leads to increased friendship quality, and that social gains are sustained over time. One gap in the current body of research, is a review about the social validity of the program. Social validity refers to the judgments made about a treatment by various stakeholders including the recipient of the treatment, the practitioner, and the general public. In this review, I hope to delineate the current social validity evidence for the PEERS® program as cited in published studies about the*

program. Through this review, it is hoped that the current research on the effectiveness of the PEERS® program will be expanded and the social validity of the program established.

Section: Students in Psychology / Étudiants en psychologie
Session ID: 70500 - Printed Poster

Within-Dyad Associations between Care-Partner Affect and Cognitive Health in Persons with Dementia

Main Presenting Author: Davie, Christopher

Additional Authors: McDowell, Cynthia; Smith, Andre; Sheets, Debra; MacDonald, Stuart W.S.

Abstract: *Extensive research demonstrates the interdependency between psychosocial and cognitive health. However, less is known about the impact of a care-partner's (CP) psychosocial wellbeing on their care-recipient's cognitive health.This study examined the relationship between CP affect and cognitive health for persons with dementia (PwD) using dyadic data (_n_ =34) from the _Voices in Motion_ choral intervention. An intensive repeated measures design, yielding up to nine assessments per participant spanning 18 months, and multilevel time-varying covariation models were used to investigate within-dyad associations between CG affect and PwD cognitive function over time. Response time inconsistencies (RTI) on select reaction time tasks were derived as an index of PwD cognitive health, with greater RTI putatively reflecting diminished cognition. Care-partner affect was measured using the Positive and Negative Affect Schedule. Results revealed that, during choral seasons in which CPs experienced greater positive or negative affect, there was a corresponding impact on their care-recipient's cognitive health (e.g., increases in CP positive affect were associated with decreases in PwD RTI). Findings from this novel dyadic study underscore the benefits of choral singing for PwD, as well as the importance of a CP's psychosocial wellbeing for the cognitive health of their partner with dementia.*

Section: Adult Development and Aging / Développement adulte et vieillissement
Session ID: 70450 - Printed Poster

Young Adult Perceptions of Cannabis Consumption: Post-Legalization

Main Presenting Author: Drakes, H. Dalainey

Additional Authors: Harris-Lane, Laura; Donnan, Jennifer R.; Bishop, Lisa D.; Harris, Nick

Abstract: *INTRODUCTION: Increased access to legalized non-medical cannabis has led to growing concern over the adverse health impacts of cannabis use among youth and young adults. This study explored young adult perceptions of cannabis use and if perceptions changed based on the age and sex of the cannabis user. METHOD: Canadian young adults between the ages of 18–25 (_N_ =1448, _MAge_ = 21.3) were recruited and randomly assigned to one of six vignettes varied by age (14, 21, 28) or sex (male, female) of the cannabis consumer. Participants were asked to rate 7 items of perceived dangerousness, health impacts, and level of disapproval. RESULTS: With the exception of social life, factorial ANOVAs revealed a significant main effect of age on all perceived dangerousness, impact, and disapproval items. Participants noted significant differences in harm of cannabis use by 14-year-olds, compared to 21- and 28-year-olds. There were no significant differences in cannabis use between 21- and 28-year-olds on perceived dangerousness, problematic use, and impact on mental or cognitive health. Participants perceived cannabis use by a 21-year-old to be more harmful for brain*

development and reported greater disapproval. CONCLUSION: While young adults may appreciate the impacts of cannabis use on brain development, further education should address risks for cognitive and mental health in emerging adults.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71467 - Printed Poster

A Systematic Review and Author Survey of eHealth Technologies for the Assessment and Management of Pediatric Sleep Problems

Main Presenting Author: Orr, Matt

Additional Authors: Corkum, Penny; Higgins, Kristen S.; Rigney, Gabrielle; Johnson, Michelle; Witteman, Holly O.; Barwick, Melanie; Chambers, Christine T.

Abstract: *Pediatric sleep problems are common and negatively impact families. While there are effective treatments for pediatric sleep problems, there are barriers to access that could be solved using eHealth technologies (eHTs). The current study consisted of 3 parts: (1) a systematic review of the literature describing eHTs for pediatric sleep problems, (2) a systematic review of mobile app storefronts for commercially available eHTs for pediatric sleep problems, and (3) an online survey completed by the authors of the articles reviewed from the literature, which focused on tool availability, barriers and facilitators of availability, funding sources for tool development, and if and how user-centred design was measured. Ten articles describing seven eHTs met inclusion criteria for the systematic review of the literature. A further seventeen eHTs met the criteria for the systematic review of commercially available apps. Four surveys were completed by authors of studies assessing eHealth tools. Only one tool reported in the literature was available to end-users, likely due to the involvement of an industry partner in the development of the tool. These results suggest that there is a gap between the scientific study of eHTs for pediatric sleep problems and their availability to end-users (i.e., parents). This gap might potentially be closed through industry partnerships.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 71764 - Virtual Poster

Addressing Fear of Self-Compassion to Increase Responsiveness to a Self-Compassion Induction

Main Presenting Author: Kaplanek, S Ana

Additional Author: Kocovski, L Nancy

Abstract: *Self-compassion inductions can effectively increase self-compassion and reduce symptom severity among individuals with social anxiety. Unfortunately, those with high anxiety, self-criticism or shame – core features of social anxiety – may be resistant to self-compassion inductions, possibly due to a fear of self-compassion. The primary aim of the present study was to evaluate potential benefits of addressing this barrier by challenging commonly held myths about self-compassion. Undergraduate students (N=284) completed baseline measures (e.g., social anxiety, fear of self-compassion), and were then prompted to recall a social situation, in which they felt intensely judged. Next, participants were randomly assigned to one of three conditions: challenge self-compassion*

myths + self-compassion induction, challenge unrelated myths + self-compassion induction, or a control writing task. It is hypothesized that participants in the condition in which self-compassion myths were challenged will report the greatest state self-compassion levels and willingness to engage in future social situations, and the least fear of self-compassion out of all groups. Results are expected by January 2022. This study will provide insight on factors which hinder responsiveness to SC inductions and thereby maintain social anxiety, and how to address these to improve well-being.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71180 - Virtual Poster

Barriers/Facilitators to Service Use in Parents of Children with Neurodevelopmental Concerns

Main Presenting Author: Penner, E Kailey

Abstract: *Many parents of children with neurodevelopmental disorders (NDs) report not accessing psychological support, despite perceiving a need. Given the low-rate of support seeking in this population, there is a need to examine different demographic, child, and mental health-related factors that may be associated with service use. It is critical to understand what promotes service use in this population, as parent mental health affects both child and family health. The purpose of this study was to assess what variables served as potential barriers and facilitators to psychological service use in a population of parents of children with NDs (_N_ = 42). Participants completed an online survey about their mental health and service use. The_ _most common barrier to service use was cost, while the most common facilitator was perceived need for services. No correlations were found between service use and hypothesized variables; however, a significant limitation of this research was the sample size. Open-ended questions revealed noteworthy barriers not captured through our questionnaires, such as childcare arrangement difficulties. Future research is needed to better understand barriers/facilitators to service use in this population using a larger sample. The findings of this study add new information on factors that can be used to increase service use in this population.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 70629 - Virtual Poster

Does 'feeling fat' moderate the relationship between fear of self and eating pathology?

Main Presenting Author: Acar, Muge

Additional Authors: Wilson, Samantha; Racine, Sarah E

Abstract: *Background: There is preliminary research linking 'fear of self', defined as fear of being/becoming a self possessing undesired characteristics, with eating pathology. While studies have reported that discrepancy between the actual and ideal self is related to eating pathology, there has been limited investigation of the effect of proximity to the feared self. However, it has been found that perceived similarity to the feared overweight self increases the intention to diet, suggesting the relevance of investigating this relationship. Methods: A community sample of 290 women was recruited online. The appearance-related subscale of the Fear of Self Questionnaire was used to assess fear of the unattractive self. A measure of 'feeling fat', a construct associated with body dissatisfaction, was used to assess perceived proximity to the feared self. It is hypothesized that*

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'feeling fat' will moderate the relationship between fear of self and eating pathology. Conclusions: Support for this hypothesis would indicate that 'feeling fat' may influence the relationship between fear of self and eating pathology, suggesting that the closer a person feels to their feared self the more they may engage in disordered eating to avoid this feared outcome. Action/ Impact: Research of this kind may contribute to the development of treatment strategies targeting the fear of self and 'feeling fat'.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71661 - Virtual Poster

Examining women's self-discrepant experiences when regulating their health behaviours and associations with their motivation orientation for the self-regulation of eating behaviour

Main Presenting Author: Barbeau, Kheana

Additional Authors: Boileau, Kayla; Pelletier, Luc

Abstract: *Women are exposed to various types of body-related threats in their everyday life. These situations can elicit comparisons between the ideal and current self, resulting in a self-discrepant state and negative affect. Similar self-discrepant experiences may occur when women strive toward a healthy lifestyle. Research has shown that women who are motivated to regulate their eating behaviour for more external reasons (e.g., shame) compared to more internal reasons (e.g., interest) experience more self-regulatory failures and appearance discrepancies due to their high valuation of physical appearance. Our objective was to examine the nature and frequency of women's self-discrepant experiences when regulating their health behaviours and examine if motivation orientation toward the self-regulation of eating behaviour was associated with frequency and type of experiences. Women (_N_ = 306) described a self-discrepant experience and its frequency through an online survey. Thematic analysis revealed that eating behaviour and exercise were the most common self-discrepancies. Additionally, women who regulated their behavior for more external reasons experienced more frequent self-discrepancies but no particular type. Women regulating their eating behaviour for external reasons experience more daily self-discrepancies, which may impede their success at maintaining a healthy lifestyle.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71818 - Virtual Poster

Experiences of Type of Symptom Reporting on SCAT5

Main Presenting Author: Batengas, Amy

Additional Authors: Lu, Henri; Hystad, Jamie; Fouladi, Rachel

Abstract: *THE SYMPTOM EVALUATION (SE) COMPONENT OF THE SPORTS CONCUSSION ASSESSMENT TOOL 5TH EDITION (SCAT5) IS USED IN ASSESSING DIFFERENT TYPES OF CONCUSSION-RELATED SYMPTOMS (PHYSICAL, EMOTIONAL, AND COGNITIVE) IN ATHLETES. THE PRESENT STUDY EXAMINED EXPERIENCES OF THE REPORTING OF PHYSICAL, EMOTIONAL, AND COGNITIVE SYMPTOMS. THE SCAT5 SE WAS ADMINISTERED*

AT BASELINE FOR "TYPICAL" SYMPTOMS TWICE IN A SINGLE SESSION ON 173 UNDERGRADUATE STUDENTS (MAGE = 19.7, SDAGE = 3.08) WITH 67.6% IDENTIFIED AS FEMALE AND 32.4% MALE. PARTICIPANTS PARTOOK IN POST-QUESTIONNAIRE INTERVIEWS TO EXPLAIN THEIR THOUGHT PROCESSES WHEN COMPLETING THE ITEMS, WHICH WERE ANALYZED USING THEMATIC ANALYSIS. RESULTS INDICATED PHYSICAL SYMPTOMS TO BE THE EASIEST (29%), AND EMOTIONAL SYMPTOMS TO BE THE MOST DIFFICULT (35%) TO REPORT. THE THREE MOST COMMON THEMES FOR THE EASE OR DIFFICULTY OF REPORTING SYMPTOMS WERE DIFFICULTIES IN THE INTERPRETATION OF SYMPTOMS ("IT'S HARD TO UNDERSTAND"), DIFFICULTY IN ABILITY TO RECALL ("IT'S EASY TO FORGET"), AND THE STABILITY OF SYMPTOMS ("IT'S NOT ALWAYS CONSTANT"). PARTICIPANTS TENDED TO GIVE MORE REASONING AS TO WHY SYMPTOMS WERE EASIER TO REPORT, AS OPPOSED TO WHY CERTAIN SYMPTOMS WERE HARD TO REPORT. THE RESULTS OF THIS STUDY MAY BE USEFUL IN INFORMING CLINICIANS OF THE DIFFICULTIES PATIENTS MIGHT FACE IN ARTICULATING DIFFERENT TYPES OF SYMPTOMS WHEN ASSESSING CONCUSSIONS.

Section: *Sport and Exercise Psychology / Psychologie du sport et de l'exercice*
Session ID: 71104 - Virtual Poster

The associations between racial microaggressions, internalized racism, self-criticism and racial trauma symptoms in BIPOC and the moderating role of ethnic identity

Main Presenting Author: boileau, kayla

Additional Authors: Barbeau, Kheana; Smith, Andra

Abstract: *Racial microaggressions have been shown to increase symptoms of racial trauma, perhaps through internalizing racial oppression, and in turn, enhancing self-criticism; however, has not yet been tested. The effect of ethnic identity on the relationship between racial microaggressions and racial trauma are mixed. Some suggest that it acts as a buffer between perceiving microaggressions and poor psychological health. Our objective was to examine the associations between perceived racial microaggressions, internalized racism, ethnic identity, and racial trauma symptoms (RTS), while controlling for post-traumatic stress symptoms (PTSS). Two hundred fifty-five 254 BIPOC completed an online survey. Structural equation modelling was used to examine associations among variables with ethnic identity as a moderator between perceived racial microaggressions and internalized racism. The path analysis demonstrated that perceived racial microaggressions, internalized racism, and self-criticism were positively associated with RTS after controlling for PTSS. Additionally, ethnic identity moderated the relationship between perceived microaggressions and internalized racism; those with higher ethnic identity were less likely to internalize racial oppression as a result of perceiving racial microaggressions. Ethnic identity could provide resilience for BIPOC when experiencing microaggressions.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 71210 - Virtual Poster

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Vaping attitudes, expectancies and norms predict polysubstance vaping over and above the effect of demographics, personality risk factors and anxiety, depression symptoms

Main Presenting Author: Bessenyei, Kitti

Additional Author: Yakovenko , Igor

Abstract: *Background: Polysubstance users have higher risks for negative consequences of substance use and their number is substantial among emerging adult vapers. Examining predictors of polysubstance vaping is crucial for prevention. Objective: The current study aimed to examine whether vaping attitudes, expectancies and norms can predict co-use of nicotine and cannabis among vapers over and above the effect of demographics, personality risk factors and anxiety, depression symptoms. Methods: Regular vapers between 18 and 30 years of age were recruited online in Canada. Hierarchical binary logistic regression was used to predict membership in the polysubstance or the single substance vaping group. Demographics, personality risk factors, depression and anxiety symptoms were included among the predictors in block 1; attitudes, expectancies and perceived norms of vaping were added in block 2. Results: Attitudes, expectancies and norms predicted polysubstance use over and above the effect of demographics, personality risk factors and anxiety, depression symptoms. Positive expectancies played a significant role in the prediction of polysubstance vaping. Conclusions: Cognitive interventions targeting attitudes, expectancies and norms may be effective in prevention of polysubstance vaping. Action: Prevention programs should put special focus on lowering positive expectancies of vaping.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71680 - Virtual Poster

Review Session

Kenneth Denton Craig: Canadian Pioneer in the Social Communication Model of Pain

Main Presenting Author: Connors, B. John
Co-Presenting Author: Craig, Kenneth Denton

Abstract: *Craig's research has focused on the experience and expression of pain and the social contexts of caring for children and adults in pain. Pain often is not recognized, poorly assessed, underestimated and inadequately managed, not only among those in mainstream society, but more so in people with limited communication skills (e.g., infants, young children, people with intellectual disabilities or cognitive deficits, and older persons with dementia) and people who are socially marginalized (Indigenous people, people living in poverty). Psychosocial research approaches are ideally suited to confronting these problems. There is now substantial biobehavioral research that demonstrates the long-term deleterious impacts of uncontrolled, repetitive pain exposure in preterm, term, and older infants on cognitive, emotional and social functioning. Detailed unobtrusive observation of pain in the clinic or at home led to detailed coding of infant's reactions to immunization injections in preventative health clinics. There was also a dramatic impact of social models on people's self-reports of pain and willingness to tolerate noxious stimulation.*

Section: History and Philosophy of Psychology / Histoire et philosophie de la psychologie
Session ID: 70661 - Review Session

Section Featured Speaker Address

Advancing Structural Competency and Innovation in Neuropsychology To Achieve Brain Health Equity: Looking Back and Moving Forward

Main Presenting Author: Salinas, Cristi

Abstract: *Neurological disorders are among the leading causes of disability in Canada. Epidemiological and community studies reveal increased behavior and academic/occupational problems in children and adults with neurodevelopmental and neurological conditions compared to same-aged peers. Diagnoses of behavioral, emotional, and cognitive comorbidities is often undiagnosed, under-diagnosed, or misdiagnosed. Black, Indigenous, Latinx, and Asian populations plus those living in rural areas experience healthcare disparities compared to whites in urban areas. This workshop will provide an overview of cultural vs. structural competency (humility) and their association with healthcare disparities in neuropsychology. An innovative practice model that leverages Design Thinking, community-participatory methodology, and population health management solutions for equitable neuropsychological service delivery will be presented. Case illustrations and strategies for clinical applications with a focus on teleneuropsychology (TeleNP), multidisciplinary consultation, and rapid mobile screenings will be provided. Recent inter-organizational efforts to advance equity, diversity, and inclusion in neuropsychology will be discussed.*

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 70079 - Section Featured Speaker Address

Developing Roles for Hospital-Based Psychologists: The Ontario Structured Psychotherapy Program

Main Presenting Author: Laposa, Judith
Co-Presenting Author: Antony, Martin M

Abstract: *Psychologists in hospital-based settings are increasingly less likely to provide fulltime clinical services. We discuss psychologists' central role in the development and implementation of the Ontario Structured Psychotherapy (OSP) Program, based on the highly successful ""Improving Access to Psychological Therapies"" model from the United Kingdom that offers publicly funded, evidence-based psychotherapy for individuals struggling with depression and anxiety related challenges. Measurement based care is embedded at assessment and throughout treatment. The demonstration phase of the OSP project started in 2017 with four lead hospitals and recently expanded to a fully funded provincial program with 10 regional network lead organizations. Psychologists' roles within OSP span leadership, clinical program development and outcome evaluation, service delivery of assessment and treatment, educational course development, rigorous training of new cognitive-behavioural therapists, and clinical consultation. Psychologists also advocate for a duration of treatment consistent with treatment guidelines. We will explore navigating changing environments and service demands, the position of psychology amid a multidisciplinary hospital setting, and how flexibility in roles can help psychologists maintain their professional identity and optimize utilization of their extensive training and expertise.*

Section: Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé
Session ID: 71069 - Section Featured Speaker Address

Featured Speaker Presentation

Main Presenting Author: Johnson, Shannon

Abstract: *The intersection of environmental psychology and health-related fields is critical for tackling important topics in our discipline. Dr. Shannon Johnson, a clinical neuropsychologist and environmental psychologist, merges her expertise in human behaviour and mental health to examine questions at the forefront of human-nature interaction. Evidence supporting the benefits of connecting with nature for physical, mental, and cognitive health, and social well-being will be reviewed. Dr. Johnson will discuss our current disconnection from nature and argue that increasing nature connection through behaviour change is essential for human health, environmental stewardship, and climate change action. Current approaches to behaviour change and strategies to employ these approaches to increase nature connection in ways that consider current inequities and the need for inclusivity will also be highlighted. This talk will underline how perspectives from other areas of psychology and health-related disciplines can strengthen our research and help address current and future challenges facing environmental psychology.*

Section: Environmental Psychology / Psychologie de l'environnement
Session ID: 70938 - Section Featured Speaker Address

Optimizing Mental Health in the Transition to Parenthood: From Research to Policy

Main Presenting Author: Tomfohr-Madsen, Lianne

Abstract: *Pregnancy and the postpartum period are a time of elevated risk for experiencing mental health problems; without treatment, these confer both short-term (e.g., preterm birth, postpartum depression) and long-term (e.g., child mental health problems) adverse outcomes for families across generations. People experiencing high levels of socially determined adversity, which is highly influenced by policy decisions, are more likely to experience mental health problems in the transition to parenthood period and they are also the least likely to be able to access psychological services. In this talk, Dr. Tomfohr-Madsen will review the predictors and consequences of untreated perinatal mental health problems. She will also review the state of the evidence for current psychological interventions to treat parent mental health problems during this critical developmental period, with an emphasis on both promising findings and gaps in the literature. Finally, she will discuss attempts to influence policy with the goal of increasing affordable and equitably accessible psychological services in the transition to parenthood period. Mental health interventions in the transition to parenthood period have the potential to reduce mental health disparities and improve wellbeing in the next generation.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71463 - Section Featured Speaker Address

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Between the Lines: Working in/with Depression

Main Presenting Author: Ross, Lynda

Abstract: *This presentation will examine Emmy Gut's contribution to psychology. She developed a unique theory which, although largely uncelebrated, distinguished productive from unproductive depression. The presentation will also describe her relationship with Dr. John Bowlby, a leading psychoanalyst famous for his work on attachment theory. A year following her second husband's death in 1969, Ms. Gut contacted Bowlby because his work on mourning spoke to her own deep and unabating state of grief. While her views of the world were clearly coloured by bouts of depression, Ms. Gut's extensive and detailed correspondence with Bowlby, spanning a period of two decades, documents the ways in which her work was influenced by their personal, therapeutic, and intellectual involvement. Through a deconstruction of the text of Ms. Gut's letters to Bowlby, this presentation will explore the impact of their relationship on her personal and theoretical understandings of depression. In doing so, the story presented encourages the continued assessment of the psychiatric discourse surrounding disorder generally and depression specifically. More broadly, this analysis provides additional support for a continued feminist exploration of strategies to create alternative normalizing discourses to acknowledge without pathologizing womens painful responses to challenges they face in contemporary society.*

Section: Women and Psychology / Femmes et psychologie
Session ID: 69886 - Virtual Section Featured Speaker

Snapshot

Task-Unrelated Thought Increases after Consumption of COVID-19 Related News

Main Presenting Author: Hart, M Chelsie

Additional Authors: Kam, W. Y. Julia; Mills, Caitlin S; Andrews-Hanna, Jessica R; Tomfohr-Madsen, Lianne

Abstract: *Task-unrelated thoughts (TUTs) frequently distract us from our everyday tasks. The negative impact of TUTs necessitates the examination of factors that can modulate its occurrence. Previous work has shown that TUTs are often related to our personally salient concerns, which can be cued by external stimuli. However, little research has examined how news media can act as one of these cues, especially when news coverage frequently includes global concerns, such as the coronavirus (COVID-19) pandemic. We thus examined how everyday TUT occurrence is impacted by the consumption of COVID-19 related news using the Ecological Momentary Assessment approach. Participants were sent four surveys every day for 10 days which prompted them to report whether they had experienced TUTs in the moments before receiving the surveys as well as whether they had consumed COVID-19 news in the past two hours. Our results demonstrated that COVID-19 news consumption significantly predicted greater occurrence of TUTs, especially when participants were less motivated towards their current tasks. We speculate that the increase in TUT occurrence was due to hightened salience of personal concerns as prompted by viewing the news. These findings highlight the importance of considering how our consumption of news media -particularly focusing on globally impactful events such as COVID-19- impacts our thoughts.*

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Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 71214 - Snapshot

"Pandemic Brain": Canadians' subjective cognitive experiences in the COVID-19 pandemic context.

Main Presenting Author: Paterson, S.E. Theone

Additional Author: Turner, J. Brianna

Abstract: *BACKGROUND: The initial COVID-19 lockdown in Italy had negative impacts on perceived cognition (Fiorenzato et al., 2021). Our Canadian research similarly indicated high levels of subjective cognitive complaints after easing of lockdown restrictions (Dec 2020-Feb 2021). We now compare our earlier national survey data with recently collected data (Sep-Dec 2021) capturing Canadians' experiences in the context of post-vaccine availability/further decreased restrictions. METHODS: We examine relationships between subjective cognition (PROMIS 8a), mental wellbeing (e.g., PHQ9, GAD7, CSES), social and demographic variables (e.g., sex, age, employment, etc.) across representative samples of Canadian adults (aged 17+; Sample 1: N =5,675, Dec 2020-Feb 2021 and Sample 2: N =7,354, Sep-Dec 2021). RESULTS: We see modestly higher cognitive complaints ($t12430$= 6.7481, p*

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 71688 - Snapshot

"Vaping? It's Harmless": The Association Between Attitudes and Vaping Behavior in Emerging Adults

Main Presenting Author: Tang, T. Y. Karen

Additional Authors: Belliveau, L Jacob; Yakovenko, Igor

Abstract: *Background: Vaping has become a common form for emerging adults to consume addictive substances. Despite the increased prevalence of vaping, research on vaping harms remain underdeveloped. The purpose of the proposed study was to evaluate the role of attitudes in predicting vaping behavior and substance use disorder severity, using the Theory of Planned Behavior as a guiding framework. Method: Emerging adult (18-30) vapers (N = 558) were recruited via a Qualtrics panel to complete a survey about their vaping habits. 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 above and beyond social norms and perceived behavioral control. Results: Our results indicate that attitudes predict vaping frequency above and beyond social norms and perceived behavioral control. As hypothesized, the same variables also predicted tobacco/cannabis use disorder symptom severity. Conclusion: The results of this project provide the first empirical data on the role of attitudes, including factual knowledge, about vaping in emerging adults. Impact: A greater understanding of the role cognitive risk factors play in explaining vaping behavior may inform policy and treatment programs that target the new health threat of vaping in emerging adults.*

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 70964 - Snapshot

A Literature Review of Mood Disorder Symptoms in Pediatric Mild Traumatic Brain Injury

Main Presenting Author: Sabir, Seemab

Abstract: *Diagnosing mTBI in children and identifying those at risk for prolonged recovery is complicated due to no biomarker of mTBI currently existing. Mood disorders are commonly reported in children with mTBI. The implications of untreated mood disorders that develop post mTBI may pose a public health concern in pediatric populations, paving the road for adverse future outcomes. Examining the prevalence of mood disorder symptoms following mTBI may aid in clinical decision-making and the development of evidence-based treatments. This review aims to summarize the existing literature regarding the onset of mood disorder symptoms following pediatric mTBI. Five databases were searched by the author using keywords to identify studies that examine mTBI in children and mood related outcomes.*

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 71275 - Snapshot

A Scoping Review of Factors Related to Interprofessional Team Decision-Making

Main Presenting Author: Drefs, Michelle
Co-Presenting Author: Beran, Tanya

Abstract: *Background/rationale: Many studies have examined a variety of specific factors that promote or impede interprofessional team decision-making. The present study synthesizes this research by categorizing these factors into three themes. Methods: A scoping review was conducted. A total of 11867 abstracts were screened for eligibility, resulting in 366 articles undergoing full review individually by three researchers. Initial agreement was high (k = 0.65). Discrepancy in scoring was discussed between raters until consensus was achieved. Results: The three themes that were identified include individual factors (e.g., attitudes and commitment), interpersonal factors (e.g., communication and coordination), and organizational factors (e.g., resources and physical space). Conclusions: Given the emphasis on team decision-making in a variety of health settings involving various types of health care professionals, it is important to understand the factors that can be addressed to promote the functioning of these teams. Action/Impact: Education and ongoing professional development needs to focus on the three areas identified in this review to support team functioning.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 71916 - Snapshot

Applying UDL Concepts to Student Psychological Assessment Profiles: Understanding Common Areas of Need and Support

Main Presenting Author: King, B. Colin

Abstract: *Universal design for learning (UDL) is designed to increase educational engagement and success by providing personalization and flexibility for students. UDL is proposed as a meaningful*

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framework for learners who exhibit individual differences such as learning disabilities, vison or hearing impairments, self-regulation, or physical and communication difficulties. However, this framework has not been applied to related areas outside of education. Incorporating UDL in school psychology may reduce implementation gaps by aligning language and strategies under a shared structure. This research project sought to examine how UDL concepts directly map onto student needs identified through the psychological assessment process. Using 50 de-identified psychological reports of school-aged youth (7-18 years) experiencing learning and/or co-occurring mental health difficulties, this project investigated how these learning challenges directly mapped onto UDL. Using a coding document to select concepts that could be applied to support a student's learning profile, key UDL areas were identified. Common UDL concepts included language and symbols, executive functions, and self-regulation. Implications to improve UDL implementation in the classroom will be discussed, along with efforts to reduce the knowledge and support gap between special education and educational practice.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71937 - Snapshot

Associations Between Anger and Incident Diabetes Complications: A 12-Year Prospective Study

Main Presenting Author: Ward, A Richard

Additional Author: Burns, J Rachel

Abstract: *Type 2 diabetes can result in complications, including heart problems. The expression of anger has been associated with increased odds of developing heart conditions. However, little is known about the association between anger and the development of heart-related diabetic complications. The present study tested associations between anger scores and incident heart-related complications among a sample of middle-aged and older individuals with diabetes (n = 897). Data came from the Health and Retirement Study (HRS). Anger, diabetes status, complications, and covariates were self-reported at baseline (2006). Complications were assessed every two years from 2008 – 2018. Data were analyzed using logistic regression models. During follow-up, 31.2% of participants developed heart-related complications. In both unadjusted and adjusted models, anger scores were significantly associated with the odds for developing heart-related complications; every 1-point increase in anger score was associated with 45% increase in the odds of developing heart-related complications after adjusting for sociodemographic factors and duration of diabetes, OR = 1.45, p = .020, 95% CI [1.06, 1.97]. Elevated anger among individuals with diabetes increased the odds of developing heart-related complications within 12 years. Thus, anger may be a possible target to address in diabetes management interventions.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71029 - Snapshot

Associations Between Physical Activity, Affect Regulation Difficulties, and Mental Health Among Canadian Adolescents at Two Different Points of the COVID-19 Pandemic

Main Presenting Author: Ames, E Megan

Additional Authors: Robillard, L Christina; Turner, Brianna J; Garcia-Barrera, Mauricio; Rush, Jonathan; Craig, Stephanie

Abstract: *BACKGROUND. Although physical activity declined with social distancing measures and stay-at-home orders, youth who engaged in more physical activity experienced fewer mental health problems early in the pandemic. If and how physical activity maintained its protective role throughout the ongoing pandemic remains unclear. This study models associations between physical activity, affect regulation, and mental health in two adolescent samples (W1: Summer 2020; W2: Winter 2020/21). METHOD. 662 Canadian adolescents (W1: _M_age=15.69, _SD_=1.36; 52% girls; 5% trans+) and 688 Canadian adolescents (W2: _M_age=15.80, _SD_=1.46; 50% girls; 6% trans+) participated in an online survey. Data included frequency of physical activity and measures of anxious and depressive symptoms (OCHS; Duncan et al., 2019) and affect regulation (ARC; Moretti, 2003). Multiple-group path analysis in Mplus was employed. RESULTS. Indoor physical activity had an indirect effect on anxiety (_b_=-0.09, _p_ ≤001) and depressive symptoms (_b_ =-0.08, _p_ ≤001), but only in W1. Physical activity with parents was protective for adolescent anxiety and depressive symptoms at both times, and had an indirect effect through affect regulation. CONCLUSION AND IMPACT. Findings contribute to our understanding of how physical activity protects adolescent mental health, and point to strengthening family supports and recreation opportunities.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70082 - Snapshot

Building Emotional Awareness and Mental Health (BEAM): A pilot randomized controlled trial of an app-based program for mothers of toddlers

Main Presenting Author: MacKinnon, Anna

Additional Authors: Simpson, Kaeley; Salisbury, Marlee; Reynolds, Kristin; Tomfohr-Madsen, Lianne; Roos, Leslie

Abstract: *BACKGROUND: The COVID-19 pandemic has led to increased maternal mental health problems (25-30% clinical symptoms) and barriers to accessing care. Innovative, evidenced-based programs are needed to support both mental health and parenting, and in turn buffer the impact of stress on children. Our team developed an App-based psychoeducation and social-connection platform, BEAM: Building Emotional Awareness and Mental Health. METHODS: 65 mothers (of toddlers aged 18-36 months) with depression were randomized to the 10-week BEAM intervention (_n_=33) or usual care control (_n_=32) groups. Participants completed measures of depression (PHQ-9), anxiety (GAD-7), sleep (PROMIS), parenting distress (PSI), feasibility and acceptability. RESULTS: Mixed models using intention-to-treat indicated interaction effects with greater reductions in anxiety (_b_ = -2.97, _p_ = .035) and sleep (_b_ = -4.43, _p_ = .007) among BEAM versus control participants, and significant time effects for depression (_b_ = -433, _p_ < .001) across both groups. 58.8% of respondents felt socially supported, 56.3% were satisfied with the App, and 64.7% found it easy to use. CONCLUSIONS: The BEAM program has promise as a feasible and acceptable intervention for improving parent mental health. ACTIONS: Using a rapid cycle iterations approach, the program is being updated based on participant feedback and will be tested in a larger RCT.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71614 - Snapshot

Comparing Severity and Outcomes in Threshold and Other Specified Feeding and Eating Disorders

Main Presenting Author: Withnell, J Samantha

Additional Authors: Kinnear, Abbigail; Masson, Philip; Bodell, Lindsay

Abstract: *Other Specified Feeding and Eating Disorders (OSFED) are characterized by fewer symptoms or symptoms that do not meet full criteria for threshold eating disorders (Anorexia Nervosa [AN], Bulimia Nervosa [BN] and Binge Eating Disorder [BED]). Despite the high prevalence of OSFED diagnoses, limited research has examined differences in severity and treatment outcome between patients with OSFED and threshold EDs. Individuals with threshold EDs (AN = 42, BN = 50, BED = 14) or OSFED (_n_ = 66) completed self-report questionnaires at treatment intake and discharge to assess eating disorder symptoms, depression symptoms, impairment, and self-esteem. Univariate and mixed ANOVAs examined differences between diagnostic groups at intake, as well as change in symptoms from intake to discharge. At intake, OSFED patients showed lower eating concerns compared to patients with BN, and higher restraint symptoms compared to BED. Shape and weight concerns were similar between OSFED and threshold ED groups. There were no differences between diagnostic groups in impairment, self-esteem, depression scores, or in symptom change from intake to discharge. Findings suggest that distinctions between OSFED and threshold EDs based on severity may not be clinically meaningful, and that individuals with OSFED demonstrate similar benefits from existing ED treatments as individuals with threshold EDs.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70582 - Snapshot

COVID-19 caused both major and minor losses, and some benefits, for pregnant and postpartum women

Main Presenting Author: Morden, V. Marla
Co-Presenting Author: Ferris, Emma-Joy E.

Abstract: *Evidence suggests that pregnant and postpartum women were differentially affected by COVID-19. We performed a qualitative investigation of the impact of COVID-19 on medical care, birth planning, labour and delivery, and social support. Twenty women were interviewed virtually during their third trimester and again at 4-6 weeks postpartum. Thematic analysis was used to analyze the data, and patterns were checked using NVivo. Results suggest reduced support at all levels: family, friends, medical care, and programs. Overall, the impact may be understood as an accumulation of losses and violated expectations, with both major stressors, such as whether shifting COVID protocols might exclude support persons from the hospital and lost opportunities to build a community of persons sharing parallel experiences, and minor stressors, such as a decreased sense of "specialness" and canceled baby showers. Social events were complicated, and often marked by perceived stigma. Women also described unexpected benefits of COVID-19; the no-visitor policy in hospitals provided a welcome quiet to bond with baby. Although our sample displayed significant individual variation, with some women describing minimal effects, taken as a whole our results suggest that additional support during COVID-19, and especially programs designed to promote community, would have benefited pregnant and postpartum women.*

Section: Developmental Psychology / Psychologie du développement
Session ID: 70884 - Snapshot

Depressive Disorder Comorbidity Across the Lifespan in Patients Coping with Rheumatoid Arthritis

Main Presenting Author: Drakes, H. Dalainey

Additional Authors: Fawcett, J. Emily; Fawcett, Jonathan M.

Abstract: *BACKGROUND: In individuals with rheumatoid arthritis (RA), estimates of the prevalence of comorbid depressive disorders vary substantially from 15% to 73.2%. The present study provides meta-analytic estimates of depressive disorders amongst those with RA and isolates predictors of their co-occurrence. METHOD: An online search of PubMed, PsycINFO, CINAHL, and WoS was conducted. Of the 1987 articles identified, 21 were coded. Studies were included if they prospectively examined individuals (age>16) with RA, used semi-structured diagnostic interviews, and reported lifetime or current depressive disorder comorbidity. Potential moderators such as age of onset and disease related variables were also coded. RESULTS: Preliminary data were analyzed using a Bayesian multilevel modelling approach, which revealed a lifetime estimate of depressive disorders in RA of 44%, 95%CI (21.5 to 71.9) and current estimate of 21.2% 95%CI (13.9 to 31.3). Moderator analyses revealed numerically higher rates of MDD than other depressive disorders. Additional analyses will be presented. CONCLUSION: The prevalence of comorbid depressive disorders in individuals with RA is extremely high with greater comorbid MDD than other depressive disorders. IMPACT: Awareness of the prevalence of depressive disorders in RA may inspire integration of early screening and targeted interventions to improve treatment outcomes.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 71010 - Snapshot

Developing a psychoeducational self-compassion video: A pilot study

Main Presenting Author: Bianchini, Genevieve

Additional Authors: Ochshorn, Shelby; Bodell, Lindsay

Abstract: *Self-compassion (SC) is a concept involving being open and kind to oneself (Neff, 2003). Increased SC is associated with many correlates of psychological wellbeing, including happiness and resilience (Neff et al., 2007; Barnard and Curry, 2011). Low SC is associated with many factors that negatively impact psychological wellbeing, such as depressive symptoms and anxiety (Barnard and Curry, 2011). Although often conceptualized as a trait, recent studies demonstrate that SC is a skill that can be taught (Ferrari et al., 2019; Wilson et al., 2019). Targeted interventions can increase SC and consequently influence a variety of related constructs (Ferrari et al., 2019; Wilson et al., 2019). Given the beneficial impact of increasing SC on psychological wellbeing, it is important to investigate the effectiveness of different SC interventions. The current study developed and evaluated the effectiveness of a brief, psychoeducational video on SC. Twenty participants were recruited to watch the video and complete questionnaires on SC before and after viewing it. Participants had positive reactions to the video, including that it was easy to understand and increased their perceived capability to use SC. Moreover, the video led to increased knowledge about SC. Preliminary findings*

suggest that this brief video may be an effective way to enhance one's knowledge and use of SC practices.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71387 - Snapshot

Discussions of Meaning in Life: Enhancing the Therapeutic Process for Adults with Intellectual Disabilities

Main Presenting Author: Fisher, G Sarah

Abstract: *Interventions targeting Meaning in Life (MIL) have been shown to improve quality of life, reduce stress, and act as a protective factor against depression and suicidality, but have never been tested with clients with Intellectual Disabilities (ID). This study evaluated the use of a photography-based MIL intervention with clients with ID in a counselling-like setting. Three dyads of counsellor-trainees and clients with ID met for an hour to discuss client photographs of MIL. Clients were interviewed and counsellor-trainees wrote about their experiences in session. Transcripts of the sessions, interviews, and memos were analyzed using Interpretative Phenomenological Analysis. The dyads engaged in rich client-led conversations about MIL and reported positive experiences. Both parties felt photos made the session easier. Themes explored in the sessions included Relationships, Personal Strengths and Wellbeing Activities. This intervention is feasible and was valued by clients with mild to moderate ID and their counsellors. It may be useful as a tool to build rapport, explore client goals, and ease in to counselling for nervous clients or counsellors inexperienced with clients with ID. This study expands the range of potential therapeutic interventions available to people with ID and sets the stage for further research into Meaning Centred Therapies for this population.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71381 - Snapshot

Examining Children's Storybooks on Anxiety: A Content and Common Elements Analysis of Knowledge and Skills Promoted to Children

Main Presenting Author: King, B. Colin

Additional Author: Riggin, Alex

Abstract: *Research suggests bibliotherapy may be an effective tool in supporting children with anxiety. With extensive barriers for children in receiving individual CBT treatment for anxiety, storybooks may represent a helpful tool as part of a stepped care approach to care. This study examined a sample of 100 children's storybooks on anxiety and the extent to which cognitive-behavioural therapy (CBT) skills and other evidence-informed strategies were promoted. Children's storybooks were randomly selected from NoveLit Plus with parameters on search terms, age of reader, and publication year. Storybooks were coded using an adaptation of the Storybook CBT Rating Scale. Findings indicated a correspondence between the skills and strategies represented in children's storybooks on anxiety and commonly promoted intervention strategies. However, there was variability across the sample of books, with many core common intervention elements not well represented in children's storybooks on anxiety, such as the depiction of exposure-based strategies. Findings suggest that bibliotherapy successfully depicts select CBT and evidence-informed strategies to children. Since storybooks are inexpensive and easily accessed, intervention strategies represented in storybooks may*

offer a valuable first-step treatment that could be used independently or in conjunction with traditional therapeutic approaches.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 69048 - Snapshot

Examining the Development of the Therapeutic Alliance in Virtual Group Therapy

Main Presenting Author: Dionisatos, Dimitrios

Additional Authors: Smith, David ; McBreatry, Natasha; Whitley , Jess; Rogers, Maria

Abstract: *Limited studies have investigated the development of the therapeutic alliance in virtual group therapy (VGT), particularly with youth and parents. Therefore, the main purpose of this study is to understand how the therapeutic alliance can develop in VGT involving youth and parents. Participants included youth and parents who had recently completed VGT in a community mental health setting. They shared their experiences with VGT in an individual semi-structured interview. The interviews addressed two key themes: (a) their relationship with the facilitator and other group members; (b) ruptures and repairs in the therapeutic alliance. Thematic analysis, a technique used for examining and describing patterns within data (Braun and Clarke, 2006), is presently being used to analyze the data. We expect that the emerging themes will illustrate the distinctive process of developing the therapeutic alliance in VGT, and the comparable effectiveness of VGT versus in-person group therapy. We expect that our findings will highlight if and how therapists modify aspects of their therapeutic approach when providing VGT and will elucidate the client characteristics and therapeutic conditions that make VGT an indicated treatment. Finally, these results can inform effective professional development of clinicians providing VGT, and thus can improve client outcomes and reduce professional self-doubt.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70287 - Snapshot

Exploring the Co-Patterns of Depression and Alcohol-Related Problems in Adults during the COVID-19 Pandemic

Main Presenting Author: Bambrah, Veerpal

Additional Authors: Wardell, D. Jeffrey ; Keough, Matthew T.

Abstract: *The pandemic has led to elevated depression and alcohol use in Canada. Yet, the co-pattern of depression and alcohol use is not uniform. This study explored the subgroups of depression and alcohol-related problems among Canadian adults during COVID-19 and the coping patterns and pre-COVID risk factors of these subgroups. Starting in April 2020, participants (N=364) rated their depression, alcohol-related problems, coping, and alcohol use every 3 months, as well as their pre-COVID trait boredom, self-efficacy, anxiety sensitivity, hopelessness, impulsivity, and sensation seeking. Latent class growth analysis found 3 classes: INCREASERS (with moderate depression and alcohol-related problems that both increased over time); DECREASERS (with stable mild-to-moderate depression and moderate alcohol-related problems that decreased over time); and LOW-RISK (with stable mild depression and alcohol-related problems). INCREASERS' avoidant coping and binge drinking worsened, and DECREASERS'_ _binge drinking and total alcohol intake improved. INCREASERS had higher trait boredom, hopelessness, and impulsivity, and lower self-efficacy than*

the LOW-RISK group. During COVID-19, adults had differing co-patterns of depression and alcohol-related problems, distinguished by coping, drinking patterns, and personality. These results can refine interventions aimed to improve these issues during COVID-19.

Section: Clinical Psychology / Psychologie clinique
Session ID: 71737 - Snapshot

Factors of Resilience Predict Levels of Anxiety in First-Year Undergraduates

Main Presenting Author: McGuinness, Claire

Additional Author: Nordstokke, David

Abstract: Sixty-nine percent of post-secondary students report "overwhelming anxiety" as a factor affecting academic performance. The importance of actively confronting and reducing anxiety in post-secondary students is vital to the prevention of psychological distress and school dropout. The current study investigates resilience as a protective factor of anxiety. The specific model used for resilience in this study is the three-factor model of personal resilience. A sample of first-year undergraduate students (n=177, 24.8% males) completed online measures including the _Resilience Scale for Young Adults_ and the _Hospital Anxiety Scale_. Results of a multiple linear regression analysis reveal that factors of resilience, specifically a sense of mastery and emotional reactivity, predicted levels of anxiety. This suggests that by understanding and increasing protective factors of resilience, mental health may be positively impacted.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 71939 - Snapshot

Families in three education programs report distinct and shared impacts of COVID-19 on mental health

Main Presenting Author: Cooper, R. Tara
Co-Presenting Author: Morden, Marla V

Abstract: Canadian caregivers of school-aged children faced difficult decisions as the uncertain fall 2020 school year approached: evaluating support and safety needs of children with and without exceptionalities, calculating the risk of COVID-19 infection for each household member, and assessing the demands of home-schooling while working from home. A mixed-models approach was used to investigate the mental health and educational experiences of 165 Canadian caregivers and children ages 5-12. Qualitative questionnaires probed school-related experiences; answers were coded and checked in NVivo. Caregivers completed the Perceived Stress Scale (PSS), the Parenting Stress Index-Short Form (PSI-SF), and the Strengths and Difficulties Questionnaire (SDQ). Responses were compared between face-to-face (F2F), distance learners (DL) and homeschoolers (HS). Parents in all groups reported higher than normal stress, and child behavioural difficulties; parental stress was positively associated with children's behavioural difficulties. HS families reported the best outcomes in terms of routines and academics, while DL families struggled with resource accessibility and online learning. Caregivers and children in all groups described social isolation. Our results highlight the impact of COVID-19 on F2F, HS and DL families, and suggest where to focus resources, should future restrictions become necessary.

Section: Developmental Psychology / Psychologie du développement
Session ID: 71040 - Snapshot

Have women with chronic diseases been more negatively impacted by the COVID-19 pandemic than men ? Results from the iCARE Study

Main Presenting Author: Deslauriers, Frédérique

Additional Authors: Lavoie, L Kim; Bacon, Simon L

Abstract: *BACKGROUND: COVID-19 has taken a toll on Canadians, and certain subgroups may be particularly vulnerable to the impact of the pandemic, including those with non-communicable disease (NCDs; e.g., heart and lung disease) due to their risk of COVID-19 complications. METHODS: This study assessed multidimensional impacts of COVID-19 on Canadians with vs without NCDs (e.g., mental health, access to medical care) and assessed the extent of any sex differences. As part of the iCARE study (WWW.ICARESTUDY.COM), data from 4 representative samples of 3000 Canadians collected between June 4, 2020 to March 23, 2021 was analyzed using general linear models. RESULTS: Analyses indicated that, compared to those without NCDs (N=6255), individuals with a NCD (N=5285) were more likely to have cancelled medical appointments or avoided presenting to the ER (18% vs 12%), had more difficulty accessing medical care (13% vs 8%), and had higher levels of mental stress (22% and 21% reported extreme anxiety and feeling depressed) (p's*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 71236 - Snapshot

How and why do pandemic-related stressors relate to suicidal thinking during the COVID-19 pandemic?

Main Presenting Author: Turner, J Brianna

Additional Authors: Switzer, Andrew; Lagore, Brooke; Paterson, Theone S E

Abstract: *Early in the COVID-19 pandemic, scientists warned that rising rates of depression, social isolation, unemployment, financial hardship, fear, and uncertainty could dramatically elevate suicide risk in the general population (Brown and Schuman, 2020; Devitt, 2020; McIntyre and Lee, 2020). Rates of suicidal ideation (SI) have been reported to be 30-50% higher than they were before the pandemic (Czeisler et al., 2021; Iob et al., 2020; Killgore et al., 2020), but few studies have yet explored specific pandemic-related stressors that are associated with SI, nor the emotional and psychological mediators of these associations. We used 3 large surveys of Canadians adults ($N1$=6,629, collected 08/18/2020-10/01/2020; $N2$=5,675, collected 12/21/2020-03/01/2021, $N3$=7,365, collected 09/07/2021-12/07/2021) to address these quesitons. Rates of recent SI were 4.0%, 5.6%, and 6.8%. Results showed that being medically vulnerable toward COVID-19 infection, working in an environment with greater risk of infection (e.g., essential service and healthcare workers), quarantining, and job loss or job insecurity were positively associated with odds of SI. Moreover, these associations were mediated by depression, loneliness, and other psychological variables. These results point to specific groups who may be vulnerable to mental health struggles, as well as policies or interventions that might support them.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71879 - Snapshot

iCOPE with COVID-19: A Three Session Telemental Health Intervention for Children During the Pandemic

Main Presenting Author: Zepeda, S. Michelle

Additional Authors: Deighton, Stephanie; Markova, Veronika; Madsen, Joshua W.; Racine, Nicole

Abstract: *RATIONALE: The COVID-19 pandemic is associated with an increase in mental health concerns in youth, including anxiety (Racine et al., 2021). At the outset of the pandemic, few brief interventions adapted for teletherapy were available. This study investigated the preliminary effectiveness of iCOPE with COVID-19, a brief three-session telemental health intervention for children and youth to address anxiety symptoms. METHODS: Sessions were conducted on teletherapy, delivered by clinical psychology graduate students and supervised by a doctoral level clinical psychologist. Anxiety symptoms were measured pre and post intervention using the Screen for Child Anxiety and Related Disorders (SCARED; Birmaher et al., 1999). RESULTS: 27 youth received the treatment and data from 10 children was obtained. Paired t-tests revealed significant reductions in social anxiety $t_{(9)}=3.37$, $p=.008$, $d=1.07$, and trends towards a mean decrease for total anxiety $t_{(9)}=2.30$, $p=.073$, $d=0.64$. CONCLUSIONS: Findings suggest that iCOPE with COVID-19 was associated with reduced anxiety symptoms in children and youth. ACTION/IMPACT: A brief telemental health protocol was developed and implemented for youth during COVID-19. Results support its preliminary effectiveness in reducing anxiety. Future research with a large sample and a longer follow-up period could inform whether symptom decreases are sustained.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71004 - Snapshot

Impact of COVID-19 on Young Adults' healthy lifestyle behaviours: Eating, physical activity, and sleep

Main Presenting Author: Felske, N Ashley
Co-Presenting Author: Lutes, Lesley D

Abstract: *RATIONALE One especially concerning consequence of COVID-19 has been the rate of weight gain trending up from the reduced ability to maintain frequency and intensity of physical activity combined with significant increases in stress, isolation, symptoms of depression and anxiety, and disordered or unhealthy eating. As part of the iSCALE trial evaluating a weight gain prevention program for young adults (YA), the impact of COVID-19 on weight-related health behaviours was queried. METHOD At baseline participants completed items from two rapidly developed and validated questionnaires about how their health behaviours (i.e., eating, exercise, and sleep) were impacted by COVID-19. RESULTS Mean and frequency analyses were completed on data from a sample YAs (N>50; age ≈18-29yr, BMI>21kg/m2) and revealed the frequency, magnitude, and valence of COVID-19 impact and revealed the most frequent reasons underlining the impact of COVID-19 on these health behaviours (e.g., lack of access, lack of motivation). CONCLUSION YAs have dealt with a unique set of COVID-19 related consequences (e.g., higher rates of vaccine hesitancy, target of blame, and inadequate health messaging). Assessing the challenges YA have faced*

in terms of their health behaviours will add to growing literature assessing the consequences of COVID-19, which can be used to identify lessons learned and make recommendations.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71421 - Snapshot

Keeping the Faith: Religion, Positive Coping, and Mental Health of Caregivers During COVID-19

Main Presenting Author: Sen, Heera

Additional Authors: Colucci, Laura; Browne, Dillon T

Abstract: *The COVID-19 pandemic has resulted in major stressors such as unemployment, financial insecurity, sickness, separation from family members, and isolation for much of the world population. These stressors have been linked to mental health difficulties for parents and caregivers. Religion and spirituality (R/S), on the other hand, is often viewed as promotive of mental health. However, the mechanisms by which R/S might promote mental health for parents during the pandemic remain unclear. Thus, this longitudinal study explores how R/S is associated with better caregiver mental health during the COVID-19 pandemic through higher levels of positive coping skills. A sample of N = 549 caregivers across Canada, the United States, the United Kingdom, and Australia were recruited through the Prolific® research panel (67.8% female; age $M =$ 41.33 years [SD $= 6.33$], 72.3% White/European). Participants were assessed on measures of psychological distress, coping, R/S, and COVID-19 disruption at three time points between May and November 2020. Cross-lagged panel analysis revealed that caregiver coping mediated the relationship between caregiver R/S and caregiver mental health. Findings highlight a mechanism through which R/S naturally conveys a mental health benefit during periods of social disruption, which may provide an important target for public health promotion and clinical intervention.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71888 - Snapshot

Lightness and Liberation: How Survivors of Interpersonal Trauma Experience the Self Following Regular Yoga Practice

Main Presenting Author: Winslow, L Tessa

Additional Author: Martin, Stephanie

Abstract: *Interpersonal trauma has been shown to have deleterious effects on the physical and mental health of some. Many who experience post-traumatic symptomology also experience a weakened connection with the self and with others, which further exacerbates the sequalae of trauma. Many argue that the nervous system must be properly regulated before a traumatic incident can be processed verbally, which has garnered support for somatic therapies, especially yoga. Recent research suggests that regular yoga practice can be successful in regulating the nervous system, reducing PTSD symptomology, and fostering posttraumatic growth in those who have experienced interpersonal trauma. The present study drew upon existentialist theories and used an Interpretive Phenomenological Analysis methodology in order to provide an in depth understanding of the*

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question; How do survivors of interpersonal trauma experience the self following regular yoga practice? Five participants who fostered posttraumatic growth through regular yoga practice engaged in 90 minute, in depth, semi-structured interviews. The overarching theme of this study was Lightness and Liberation, and the superordinate themes included Expanding Compassion, Trusting Personal Strength, Enjoying Experiences, and Reclaiming Self. These findings support previous research about trauma and yoga, as well as insight valuable to clinicians.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71934 - Snapshot

Mental health and romantic relationships in the Pregnancy during the Pandemic cohort

Main Presenting Author: Xie, B Elisabeth Bailin

Additional Authors: Rioux, Charlie ; Madsen, Joshua W; Lebel, Catherine ; Giesbrecht , Gerald F. ; Tomfohr-Madsen, Lianne

Abstract: *The quality of romantic relationships is an important factor for good mental health. Examining the association between relationship quality and mental health may be particularly important during pregnancy as mental health concerns during this period pose significant risk to families. At the onset of the COVID-19 pandemic, mental health problems among pregnant individuals increased, whereas social networks were disrupted. Couples were spending more time together in the context of ongoing chronic stress. However, it is unclear whether relationship satisfaction and mental health were related, and if so in what direction. Thus, this study explored bidirectional longitudinal associations between relationship satisfaction, depression, and anxiety among pregnant individuals during the first wave of the COVID-19 pandemic. Pregnant individuals throughout Canada (_n_ = 1842) were surveyed monthly (April-July 2020). Cross-lagged panel models showed that relationship satisfaction predicted later depression and anxiety symptoms, but mental health symptoms did not predict later relationship satisfaction. This study suggests that poor relationship satisfaction is linked to subsequent elevated depressive and anxiety symptoms in pregnant individuals. Relationship enhancement interventions during pregnancy may help improve mental health during times of prolonged psychological distress.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71045 - Snapshot

Mixed Methods Examination of Parents' Emotion Socialization-Related Self-Efficacy

Main Presenting Author: Sack, Leah

Additional Author: Thomassin, Kristel

Abstract: *Parents' beliefs about their competence to parent (i.e., parental self-efficacy; PSE) robustly predicts parenting behaviours and child mental health (Albanese et al., 2019). Yet, limited research has examined PSE in managing children's emotions (i.e., emotion socialization-related PSE) and links to emotion socialization practices, notwithstanding its impacts on child outcomes (Gentzler et al., 2015). This work qualitatively investigated parents' beliefs about their competence to teach and*

handle their children's emotions. It also quantitively examined parent and child gender influences on emotion socialization-related PSE as well as longitudinal links to parents' reactions to their children's emotions. Parents (_n_ = 82) discussed PSE in focus groups and one year later, 66 parents completed measures of emotion socialization._ _Content analysis explicated emotion socialization-related PSE, yielding six supporting and detracting factors. Emotion socialization-related PSE was greater among mothers and parents of daughters as compared to fathers and parents of sons, respectively. Fathers' PSE positively predicted expressive encouragement of children's negative emotions. Findings revealed unique influences on mothers' and fathers' PSE and preliminarily suggest that PSE may be worthwhile to target in interventions designed to promote supportive emotion socialization behaviours.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70926 - Snapshot

More than a Perpetrator: Understanding the Lived Experiences of Perpetrators of the 1994 Genocide Against the Tutsi in Rwanda Through their Engagement in Action-based Psychosocial Reconciliation

Main Presenting Author: Bakas, Tania

Abstract: *The scope of post-conflict reconciliation and peace-building literature has largely focused on processes of atonement and outcomes for survivors. Few analyses concentrate on perpetrator experiences and even fewer on the phenomenological processes of change for offenders in ethnic/political conflict contexts. Four ex-prisoners, perpetrators from the 1994 Genocide Against the Tutsi in Rwanda, were each interviewed on two occasions, one week apart, for approximately one hour. Participants shared their lived experiences in engaging with survivors through the Action-Based Psychosocial Reconciliation Approach (ABPRA). Situated within a social constructionist paradigm, this interpretative phenomenological analysis presents participants' change through ABPRA. Themes emerged centre on positive changes in self/group identity, interpersonal/intergroup trust-building and impact of community and government supports on personal development and symbiosis with survivor groups. The phenomenological experiences explored reveal psychosocial mechanisms that lead to enduring positive changes in attitude and behaviour, self-efficacy, and personal contribution towards community wellness and economic growth. Understanding processes of change in perpetrators' lives can inform offender reintegration and community therapy program development. Implications and applications of this work will be offered.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71003 - Snapshot

Paging Dr. Google: Availability and Reliability of Online Evidence-Based Treatment Information about ADHD

Main Presenting Author: King, Sara

Additional Authors: Ritchie, Krista; Doe, Christine; McGonnell, Melissa ; Corkum, Penny; Cote, Emily ; Cox, Adena

Abstract: *BACKGROUND. It is becoming more common to search for health and mental health information on the Internet. Although there is a sizable scientific literature describing evidence-based*

treatments for ADHD in youth, it is not clear how much of the online information about the disorder and its treatment aligns with evidence-based practice. The goal of this study was to review online information about ADHD treatment and to systematically analyze this information with respect to alignment with evidence-based practice. METHODS. Thirty-one ADHD-themed websites were coded using a set of standardized criteria. RESULTS. The quality of information about ADHD treatment was poor, with websites meeting less than half the standardized criteria. Alignment with evidence-based practice was especially poor; most websites did not discuss psychosocial treatments and few mentioned treatment guidelines produced by the American Academy of Pediatrics. Flesch-Kincaid reading level was much higher than the recommended grade 8 level. CONCLUSION. Although conducting online searches about ADHD treatment could be beneficial in the context of shared decision making, clinicians and caregivers should understand the limitations of this approach. ACTION/IMPACT. Clinicians should use a client-centred approach to promote evidence-based treatment of ADHD to ensure positive outcomes for youth with the disorder.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71757 - Snapshot

Personal Projects and Self-Determination Theory: A Time Use and Well-Being Study

Main Presenting Author: Coughlan, Emma

Additional Authors: Hill, G Taylor; Mackinnon, Sean P

Abstract: *INTRODUCTION: The way people spend their time in a day has the power to affect their well-being. We hypothesized that personal projects (PP) which are freely chosen, provide achievable challenges, and are supported by others will indirectly improve well-being by fulfilling one's basic psychological needs (BPNs; autonomy, competence, and relatedness). METHOD: The target sample size is 355. Currently, we have recruited 334 participants. Participants were recruited from the Atlantic Canadian community and undergraduates at Dalhousie University. Participants completed an online questionnaire comprised of the Personal Project Analysis, the Modified Basic Psychological Need Satisfaction Scale, and the Mental Health Continuum (Short Form). RESULTS: Data will be analyzed with three separate mediation models (each testing one BPN), and mediation is expected to occur such that PP dimensions lead to their respective BPNs, which in turn leads to increased well-being. Interim analyses show positive correlations between key variables (well-being and PP dimensions: $r\_s = 0.16$ to 0.44; well-being and BPNs: $r\_s = 0.55$ to 0.57; PP dimensions and BPNs: $r\_s = 0.16$ to 0.44). DISCUSSION: Results suggest that PPs which meet one's needs lead to improved well-being and may be a viable path forward for informing future research and clinical interventions related to improving well-being.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71713 - Snapshot

Porn Literacy Skills: Assessing the Difference between Formal and Informal Sex Education

Main Presenting Author: Bozic, M. Kylie

Abstract: *Porn literacy, as described by Rothman et al. (2018), is providing pornography viewers with the tools to critically engage with sexual content and to select pornography that aligns with their values. Very little is currently known about porn literacy and how people interact with pornography. The objective of this study is to measure porn literacy skills amongst participants who have not received formal porn literacy education in comparison to the levels attained in Rothman et al.'s (2018) pilot porn literacy program. A short questionnaire was designed using Rothman et al.'s (2018) scales to measure the participants' pornography-related attitudes, behavioural intentions, and behaviours. Additionally, two scales were used to measure levels of pornography use and acceptance. Participants must be at least 19 years of age, reside in North America, and have voluntarily viewed pornography at least once. It is hoped that this research will contribute to a deeper understanding of perceptions of pornography and the baseline level of porn literacy skills for those without formal porn literacy training. We hypothesize that our participants will have weaker porn literacy skills compared to those who have received formal porn literacy education. Using the data, the current level of porn literacy skills can be established and if there is a need to establish programs to raise those levels.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71548 - Snapshot

Predictors of Internalizing Trajectories Across the COVID19 Pandemic: The Role of Stress Sensitivity

Main Presenting Author: Jopling, Ellen

Additional Authors: Jameson, Taylyn; Tracy, Alison; LeMoult, Joelle

Abstract: *Understanding predictors of youths' internalizing symptom trajectories during the COVID19 pandemic is critical for the development and dissemination of effective interventions. There is reason to believe that individual differences in _stress sensitivity_, defined as the tendency of an individual to respond more or less strongly to stress, could be associated with trajectories of wellbeing. Historically, researchers have operationalized stress sensitivity by assessing either objective or subjective responses to stress, yet we posit that the relative _discordance_ between subjective (e.g. affective) and objective (e.g. biological) responses to stress is a critical metric of stress sensitivity. Thus, we examined whether discordance-based indices of stress sensitivity were related to one another and to internalizing psychopathology across the pandemic. In other words, we examined whether discordance indices of stress sensitivity placed Canadian youth on a pernicious trajectory during the pandemic. We found that the discordance between objective and subjective responses to acute interpersonal stress was associated with internalizing symptoms at baseline,_ β_=0.32, _p_=.025, which in turn predicted a deleterious trajectory of symptoms over time, _β_=1.10, _p*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70665 - Snapshot

Predictors of substance use in adults receiving outpatient care for an eating disorder

Main Presenting Author: MacNeil, A. Brad

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Abstract: *BACKGROUND: Research has estabalished that there is a high psychiatric comorbidty between eating disorders and substance use disorders. METHODS: The aim of this study was to examine predictors of substance use in adults with a _DSM-5_ diagnosis of an eating disorder. Participants were 119 adults recieving outpatient treatment who completed psychometric questionnaires (_Beck Anxiety Inventory_, _Clark-Beck Obsessive Compulsive Inevtory_). RESULTS: Results showed that a third of adults were using substances while engaged in outpatient care, and that alcohol and marijuana use were most commonly endorsed. Substance use while recieving outpatient care for an eating disorder was linked with partiapants levels of anxiety and obsessions and compulsions. CONCLUSIONS: Adults continue to use substances while engaging in outpatient care for an eating disorder, which may be associated with their anxiety, obsessions and compulsions. ACTION/IMPACT: A better understanding of predictors of adults substance use will help to inform comprehensive outpatient treatment planning.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71222 - Snapshot

Psychological and Neurological Aspects of Post-Stroke Sexual Function: A Review

Main Presenting Author: Holliday, E.G Parres

Additional Author: Cioe, Jan

Abstract: *Stroke survivors experience numerous neurological, physical, cognitive, and psychological impairments which can contribute to patients' sexual dysfunction. The majority of stroke survivors report a lack of information regarding the consequences of stroke on their sexual life. This review provided insight into various factors contributing to sexual dysfunction following stroke. PsycINFO and Medline databases were used to identify specific contributing factors, such as the mechanisms of sex responses, neurological deficits experienced, patient relationships, fear, and post-stroke information on sexual dysfunction. Current research provides evidence that brain lesions present in either hemisphere can have an impact on sexual dysfunction, while lesions in more specific areas, like the basal ganglia in men and the parietal lobe in women, are important. Many deficits exist including hemiplegia, depression, and decreases in motor function, communication, and problem-solving skills. This review found that aspects of the biopsychosocial model (e.g., lesion location, mental health, intimate relationships, caregiver effects, fear, etc.) best outlines the overall impact stroke has on sexual function. Further, health care professionals need to better address sexual dysfunction, rehabilitation, and treatment options with both stroke patients and their partners to provide proper support.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71243 - Snapshot

School Attendance and Related Factors Among Indigenous Students in Canada

Main Presenting Author: Aglukark, Karen

Abstract: *This study analysed existing publications concerning school attendance and related factors among Indigenous students in Canada. An understanding of specific factors that contribute to, and that are affected by, school attendance among this population enables policy makers and educators to plan meaningful and effective supports. A comprehensive environmental scan was conducted to*

identify existing literature that describes or analyzes factors related to attendance or absenteeism among Indigenous primary and secondary school students in Canada. Searches were conducted on several databases and through Google to identify as many relevant publications as possible. In total, twenty publications were accepted and included in this review ranging from 2006 to 2021. The publications focussed on factors that contributed to absenteeism, factors affected by absenteeism, and factors that improved school attendance. In general, the findings of this review indicate that supporting school attendance among Indigenous students requires cultural programming as well as holistic supports. More studies that examine this topic directly are needed to thoroughly understand the full impact of the specific factors, such as cultural relevance or socioeconomic barriers, that affect Indigenous school attendance and to identify evidence-based interventions that support school attendance.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 71540 - Snapshot

Specification Curve Analysis of Green Space, Socioeconomic Status, and Psychological Distress: Evidence from the Canadian Longitudinal Study on Aging

Main Presenting Author: Forget, Genevieve

Additional Author: Burns, J. Rachel

Abstract: The stress-reduction hypothesis posits that exposure to natural environments leads to less stress compared to urban built environments. Indeed, some research suggests that living in areas with more local green space is associated with less psychological distress than living in areas with less local greenspace; however, evidence is mixed. Mixed findings may be attributable to the different measures of green space and/or covariates that have been used. The current study examined the associations between 19 measures of green space, 6 measures of socioeconomic status, and psychological distress among middle-aged and older adults using specification curve analysis (SCA). Data came from the Canadian Longitudinal Study on Aging and the Canadian Urban Environmental Health Research Consortium (n = 30,097). The SCA comprised of 1,197 models indicated that the association between green space and psychological distress was negative but small (median = -0.03), explaining at most 0.7% of the variation in psychological distress. Measures of green space pertaining to growing season tended to be most strongly associated with psychological distress. Total household income and wealth especially attenuated observed associations. Future work will examine the influence of health-related and environmental covariates, as well as possible interactions between green space and physical activity.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 70977 - Snapshot

Symptoms of Polycystic Ovary Syndrome are Associated with Sociosexual and Sexual Orientation

Main Presenting Author: Venkateshan, Shree

Additional Authors: Oinonen, Kirsten ; Keir, Nicole

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Abstract: *Higher androgen levels are associated with an orientation toward uncommitted sexual activity. High androgen levels mark polycystic ovary syndrome (PCOS), and women with PCOS report sexual difficulties related to their symptoms. Given that women with PCOS report sexual difficulties, it is important to understand how excess androgens may affect women with PCOS. Tzalazidis and Oinonen (2021) explored the association between symptoms of PCOS, sociosexuality, and sexual orientation. The present study is a replication and extension of their findings. Secondary data from 371 women were examined to evaluate the hypothesis that women's symptoms of PCOS are positively associated with unrestricted sociosexuality and attraction to women. PCOS symptoms (e.g., menstrual cycle irregularities, male-pattern hair growth), sociosexuality, and sexual orientation were measured using self-report questionnaires. In line with the original findings, women with more PCOS symptoms scored higher on the measures of short-term mating orientation and attraction to women. While effect sizes were small, the results supported the hypotheses. The findings provide evidence to suggest that androgens may play a role in sociosexual and sexual orientation and that women with low versus high PCOS symptoms differ in their sexuality. These results contribute to our understanding of the sexuality and wellbeing of women.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 70568 - Snapshot

The Alliance as a Prerequisite for Emotional Processing in Cognitive-Behavioural Therapy

Main Presenting Author: Daljeet, Sarena

Additional Authors: Milovanov, Alex; Rumeo, Carla; Oakman, Jonathan; Finch, Katie

Abstract: *While the alliance is currently considered the most robust predictor of outcome in cognitive-behavioural therapy (CBT), the mechanism by which it leads to change is unclear. In the emotion-focused therapy (EFT) framework, a strong alliance is theorized to provide a safe interpersonal context for emotional processing (EP), which is viewed as responsible for change. However, the hypothesis that a strong alliance facilitates EP is untested. Additionally, the contributions of EP and the alliance to outcome have not been compared in CBT. We examined whether 1) high EP occurs mainly within a strong alliance and 2) EP predicts outcome over and above the alliance in CBT. Participants were 31 adults who completed CBT at a graduate training clinic. Observer ratings of EP and the alliance were generated for the middle 25 minutes of three working phase therapy sessions. One-way ANOVA results and IQRs showed higher mean alliance and lower alliance variability at high levels of EP. Hierarchical regression analyses (n = 19) found that working phase EP predicted treatment gains over and above the alliance. The association between EP and treatment gains was stronger than in prior studies, possibly due to use of observer ratings (r = .597). Overall, results support the EFT framework and suggest its relevance to CBT. Implications for research and practice will be discussed.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71280 - Snapshot

The Effects of the COVID-19 Pandemic on Undergraduate Students' Mental Health

Main Presenting Author: Borland, Megan

Abstract: *In March of 2020, COVID-19 was considered a pandemic by the World Health Organization and schools across the world were closed (WHO, 2020). While everyone was affected by the pandemic in their own ways surrounding physical and mental health, university students are an already susceptible population to mental health concerns that have been exacerbated by the COVID-19 pandemic and the uncertainty in the transition to the virtual format, and more recently, returning to in-person classes. The unpredictability and disruption to routines has only further caused a negative impact on students and their mental health. The purpose of this study is to further investigate the impact that COVID-19 has had on undergraduate students at Vancouver Island University throughout the approximately 18 months that the pandemic has spanned. There are few studies that have emerged studying the topic of mental health of undergraduate students in Canada, and this study aims to bridge that gap and inform the body of clinical knowledge about the impact on Canadian undergraduate students. Students will complete a survey which includes demographic questions, the State-Trait Anxiety Index (Spielberger, 1983), the Depression, Anxiety, and Stress Scale (Lovibond and Lovibond, 1995), and the COVID Stress Scale (Taylor and Asmundson, 2020), in order to determine the effect that COVID-19 has on their mental health.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 69910 - Snapshot

The mental health of young adults was more severely impacted by COVID-19: Summer 2020-2021

Main Presenting Author: Morden, V Marla

Abstract: *Longitudinal studies are critical for understanding the impact of shifting government restrictions on the mental health of adults during COVID-19. In the current study 169 participants were recruited summer 2020, and subsequently completed online questionnaires, in three month intervals, until summer 2021. Measures include demographic and health-related questions, the Impact of Event Scale (IES-R), and the Depression Anxiety Stress Scale (DASS-21). Results suggest that the impact of COVID-19, both in terms of a mild trauma response and elevated rates of depression, worsened over the fall and winter months, especially in young adults. Anxiety was reported as falling within normal range at all time points, and did not vary significantly over the course of the year. Individuals without children reported significantly higher rates of anxiety. Surprisingly, stress showed little variation over time, and fell into the normal range for older adults. Young adults, and those with chronic conditions and lower income, reported elevated stress levels. These results suggest that young adults felt the impact of public health measures more acutely; they reported heightened levels of trauma and depression as restrictions increased, and reduced levels as restrictions lifted. Evidence-based understanding of the impact of COVID-19 across the adult lifespan may help to inform resources and support.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 70216 - Snapshot

The unique response of university students with a history of self-injury to a mindfulness induction

Main Presenting Author: Petrovic, Julia

Additional Authors: Bastien, Laurianne; Mettler, Jessica; Heath, Nancy L

Abstract: *Mindfulness inductions (MIs; single, brief sessions of mindfulness practice) may buffer against acute stress; however, it is unclear whether they function differently in those with a history of nonsuicidal self-injury (NSSI), who may be hyperreactive to stress. This study explored the impacts of a MI on (a) state stress (SS) and (b) state mindfulness (SM; mind and body) following a stress induction in university students with and without a history of NSSI. Students with (_n_=82; _M_age=21.30 years, _SD_=2.92; 87.8% female) and without (_n=_82; _M_age=21.71 years, _SD_=3.18; 87.8% female) a history of NSSI completed baseline measures of SS and SM before completing a MI or control task, a stress induction, and post-measures of SS and SM. Results from 3-way mixed ANOVAs revealed increased pre-post SS, regardless of group or condition. A significant interaction between group, condition, and time was found for body SM but not mind SM. Specifically, students with a history of NSSI in the MI condition reported greater body SM at T2 than those in the control condition. Similarly, within the control condition, students with a history of NSSI reported lower body SM than those without such a history. Findings reveal a unique response of students with a history of NSSI to a MI on their body SM following an acute stressor, suggesting that further examination of MIs among this population is warranted.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70178 - Snapshot

Therapeutic Alliance and Clients' Experiences of Ruptures and Repairs in Virtual Group Therapy

Main Presenting Author: Kibets, Angelica

Additional Authors: Smith, David; McBrearty, Natasha; Whitley, Jess; Rogers, Maria

Abstract: *Therapeutic alliances often include cycles of rupture and repair. Ruptures are tension or disagreement that occur during therapy. The therapeutic alliance in group therapy operates on three levels: member-to-member, member-to-therapist, and member-to-group, and ruptures may occur at any level. We explored clients' experiences of rupture and repairs and the effect these cycles have on the alliance. Semi-structured interviews were conducted with youth and parents participating in virtual group therapy (VGT) at community mental health agencies in Eastern Ontario. Interviews focused on: (1) experience of participating in VGT, (2) ruptures and repairs in VGT sessions, and (3) their effects on the client and group. Data are being analyzed using thematic analysis to determine overarching themes in the data. It is expected that unresolved ruptures will be associated with poor therapeutic outcome, but repaired ruptures will have a positive effect on the therapeutic alliance. Understanding how clients experience alliance ruptures in online psychotherapy has significant clinical implications for intervention strategies (i.e., weaving in conflict resolution with group therapeutic goals). These results will be helpful in training therapists to recognize and address alliance ruptures at different levels in the group, which may improve the therapeutic alliance and ultimately, client outcomes.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70825 - Snapshot

Trajectories of Change in Worry and IU During Group CBT Treatment for Generalized Anxiety Disorder

Main Presenting Author: Stewart, E Kathleen

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Additional Authors: Malivoire, Bailee; Cameron, Duncan; McCabe, Randi E; Rowa, Karen

Abstract: *It is important to understand trajectories of symptom change in therapy (e.g., plateaus may indicate no further sessions are necessary, rapid changes might indicate particular skills are effective). We examined how worry and intolerance of uncertainty (IU) changed for participants (_n _= 322) in group CBT (12 sessions) for GAD at an outpatient anxiety clinic, and how baseline variables moderated outcome. Multilevel modelling indicated that IU had a significant linear decrease from pre- to post-treatment (_B _= -.48,_ p _< .001), while worry had significant linear (_B _= -1.94,_ p _< .001) and quadratic (_B _= .06, _p _= .006) change. There was significant variance in worry intercepts and slopes (_p_s < .001), indicating individuals start treatment with different degrees of worry severity, and vary in how they change over time. Baseline worry (_p _< .001), depression (_p _= .007), lifestyle functioning (_p _= .001) and sex (_p _= .012) were significant predictors of intercept, but not slope, indicating that these factors predict degree of baseline worry but might not impact the trajectory of change. We discuss how understanding nonlinear trajectories of symptom improvement can help to fine-tune treatments for GAD. Future analyses with larger samples will elucidate whether specific trajectories can be predicted by demographic and clinical variables, or by covarying changes in IUS throughout treatment.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70132 - Snapshot

Understanding the challenges of working parents of infants: What helps to reduce work-family conflicts?

Main Presenting Author: Ross-Plourde, Mylène

Additional Author: Bourgoin, Nathalie

Abstract: *Employed parents today face increasing demands from both the workplace and their family, which can result in work-family conflicts. Parents of young children tend to experience more work-family conflicts, since they manage more family responsibilities and have less established careers. The present study examined the relationship between family and work characteristics, and work-family conflicts among parents of infants. It was expected that fewer work hours, less contribution to domestic and parental tasks, and more satisfaction and workplace support when using work-family policies would be associated with less work-family conflicts. Seventy-four employed Canadian parents in a dual-earner family completed an online questionnaire. Results showed that participation in domestic tasks and workplace support when using work-family policies contribute significantly to explain work-family conflicts in the expected direction, whereas participation in parenting tasks, work hours and satisfaction with policies do not uniquely explain work-family conflicts. Collectively, these 4 predictors explain 30.71% of the variance in work-family conflicts. Overall, these results indicate that family-friendly policies help parents of infants manage work and family demands. Employers adopting such policies should pay particular attention to workplace support to effectively reduce work-family conflicts.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71525 - Snapshot

Volunteers' experiences building relationships with long-term care residents who have advanced dementia

Main Presenting Author: Pereira, S. Rebeca
Co-Presenting Author: Hunter, Paulette V.

Additional Authors: Myge, Ivy; Kaasalainen, Sharon

Abstract: *Currently, more than 402,000 older adults in Canada live with dementia, and approximately 76,000 new cases are diagnosed each year. Healthcare volunteers make important contributions in supporting people with dementia in healthcare settings, including long-term care, yet some have raised questions about the potential for increasing volunteers' involvement with long-term care residents who have advanced dementia. The objective of this study was to understand volunteers' perspectives on their work with long-term care residents with dementia. For that purpose, 16 volunteers participated in semi-structured interviews about their experiences. The interviews were analyzed using an inductive approach to thematic analysis. A central concept, relationships in dementia care volunteering, enveloped five related themes: empathy as a foundation for relationships, mutuality in relationships, family as the focus of volunteer relationships, bereavement, and staff support for volunteer relationships. Overall, in long-term care settings, volunteer roles and relationship networks are more robust than they are often imagined to be. We recommend that long-term care providers looking to engage volunteers consider training and supporting volunteers to cultivate relationships with residents, family, and staff; navigate experiences of loss; and be considered as members of dementia care teams.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 70696 - Snapshot

Young People and Social Anxiety: Is There Therapeutic Potential in Computer Mediated Communication?

Main Presenting Author: Joseph, J Jessica

Additional Author: Leighton, P Jacqueline

Abstract: *Young people with social anxiety (SA) are vulnerable to deficits in social connectedness (SC) and subjective wellbeing (SWB). Computer mediated communication (CMC) tools (e.g., text messaging) encourage interacting with friends, are ubiquitous in the lives of young people today, and have demonstrated some compensatory potential for those with SA in the CMC literature. However, using these technologies to supplement current intervention strategies for young people with SA is currently overlooked. The present study explores the therapeutic potential of CMC by investigating whether self-disclosing using CMC affords benefits, in terms of SC and SWB, for young people with SA; and whether potential benefits are contingent on the level of self-disclosure they are already engaging in the real world. A sample of 427 Canadian undergraduate students (_M_age = 19.22) self-reported their level of SA, CMC self-disclosure, non-CMC (real-time, face-to-face) self-disclosure, feelings of SC, and SWB. The moderated-mediation analysis revealed that CMC disclosure led to increases in feelings of SC, and thereby increases in SWB, but only for those with relatively higher SA who already have some degree of comfort disclosing offline. Although CMC may be a viable tool during intervention, these findings call for future research on the therapeutic potential of CMC for young people with SA.*

Section: Developmental Psychology / Psychologie du développement
Session ID: 70874 - Snapshot

Standard Workshop

Core competencies for psychologists in understanding and managing vaccine and needle pain, fear, and fainting across the lifespan

Main Presenting Author: McMurtry, C. Meghan
Co-Presenting Authors: Constantin , Kaytlin; Birnie, Kathryn A

Abstract: *The majority of children, half of adolescents, and 20-30% of adults have some needle fear; one in 10 individuals are so afraid of needles that it causes avoidance and impairment. Widespread vaccine uptake is critical to the COVID-19 pandemic and vaccine hesitancy is one of the top threats to global health. Needle-related fears are a known contributor to vaccine hesitancy. Needle fears also contribute to avoidance in other areas of healthcare where needles are commonly used to prevent, diagnose, monitor, and treat conditions. Psychology professionals have a key role in supporting vaccine uptake and healthcare by addressing needle-related fears through evidence-based interventions.   This workshop will provide a cutting-edge summary of the substantive literature on needle-related pain and fear management across the lifespan. Systematic reviews and clinical practice guidelines will be presented, emphasizing practical advice for clinicians and students. Concepts of pain, fear, anxiety, phobia, vasovagal syncope, and immunization stress-related responses will be defined and distinguished. The speakers, nationally and internationally recognized experts in needle-related pain and fear, will share their personal experience in assessment, and intervention development and delivery in an accessible and engaging way. Attendees will leave knowing how to make needles as comfortable as possible.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 72348 - Workshop (55 minutes)

Acceptance and Commitment Therapy (ACT) Open Group Format for Adult Eating Disorders: Targeting Adaptiveness, Flexibility, and Values

Main Presenting Author: MacNeil, A. Brad

Abstract: *Acceptance and commitment therapy (ACT) is an innovative approach to addressing the valued the nature of eating disorders and improving patient's overall psychological flexibility. The approach is well-suited to delivery in a group therapy format as a complimentary adjunct treatment to other evidence-based approaches for addressing the illness. There are currently few hospital-based outpatient treatment programs that use ACT as part of a comprehensive approach to addressing eating disorders. In this clinical workshop participants will learn about the delivery of ACT in a novel open group therapy format. Participants will gain knowledge in core components of ACT and how they apply to work with patients with an eating disorder. The workshop will address innovative delivery models using telepsychology and how this complimentary open ACT group format can be easily integrated into to current evidenced-based programming provided in an outpatient adult eating disorders treatment clinic. Participants will leave with knowledge of the application of ACT in a group therapy format for adults with an eating disorder.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71348 - Workshop

Addressing Values and Life Priorities with Justice-Involved Clients in a Risk ReductionFramework

Main Presenting Author: Tafrate, C Raymond
Co-Presenting Author: Mitchell, Damon

Abstract: *The leading model of offender treatment, the Risk-Need-Responsivity (RNR) model, provides an empirically supported framework for establishing treatment targets. The risk/need principles orient practitioners to target risk domains linked with recidivism (e.g., problems with employment, family, substances, peers). The responsivity principle suggests practitioners should employ cognitive-behavioral therapy (CBT) strategies and harness their clients' prosocial strengths to enhance treatment. The process of reducing risk for recidivism often requires desistance from high-risk behavior patterns such as avoiding criminal peers (avoidance goals) as well as developing new prosocial activities and social networks (approach goals). Treatment planning around core values and life priorities allows clients to strengthen prosocial behaviors that combat areas of risk, and actively pursue core values to create a path to a life worth living, providing a powerful motivator for behavior change. This workshop presents a CBT treatment planning component around core values and life priorities compatible with an RNR-based approach. This workshop is highly interactive, incorporating structured learning activities that include audio-recorded work samples, a small group exercise, and a "real"-play.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 70578 - Workshop

Fundamentals of Motivational Interviewing in Addiction

Main Presenting Author: Schulter, Magadalen
Co-Presenting Author: Brazeau, Bradley

Abstract: *SCIENTIFIC BACKGROUND Motivational interviewing (MI) is a directive, client-centred approach to therapy that helps individuals identify and resolve ambivalence about making lifestyle changes. A solid evidence base has developed to show that motivational interviewing is effective in improving outcomes with addictive behaviours. It is associated with greater engagement and less dropout when integrated with other treatments and also has good efficacy when used as a stand-alone intervention. Most recently, MI techniques have been assessed as a supplement to CBT of anxiety and depression with promising results. This skill workshop will review basic MI techniques and how they can be integrated into traditional CBT addiction and other mental health interventions to enhance client readiness to engage in therapy and reduce resistance. LEARNING OBJECTIVES By the end of the workshop, participants will be familiar with the MI approach and basic MI principles and techniques, and will understand how they can integrate with cognitive-behavioural therapy interventions to enhance readiness to engage in therapy and reduce resistance. TRAINING MODALITIES Didactic instruction, Video clips examples and role plays will used.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 69997 - Workshop

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Hurt and Healing on the Frontlines of the Pandemic: Implementing Mental Health and Psychosocial Support Services for Healthcare Workers (HCWs)

Main Presenting Author: Pellizzari, R Joseph

Additional Authors: Rowa, Karen; Milosevic, Irena; Haber-Evans, Erika; McCabe, Randi

Abstract: *At the onset of the pandemic, many hospital-based psychologists were consulted around the provision of mental health and psychosocial supports for HCWs. In this workshop, we will share our experiences at St. Joseph's Healthcare Hamilton, an academic health centre affiliated with McMaster University. The development and implementation of two initiatives will be highlighted: i) a low-barrier support service for individual HCWs to access ("HCW Support Portal"); and ii) a mobile team for in-situ supports ("Coping and Resilience Support Team - CARS"). Approaches were informed by peer support models, psychological first-aid, stress-coping, resilience-wellness, trauma-informed care and principles of psychotherapy. Attendees will learn about profiles of presenting concerns from both individual HCWs and various hospital units (e.g. acute medicine, COVID units, emergency department, and the intensive care unit). Implementation tips will be summarized. Provisional evaluation feedback (quantitative and qualitative) on these services will also be presented.*

Section: Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé
Session ID: 69249 - Workshop

Psychology and therapy services with Indigenous Peoples: Helpful, Harmful, Unsure? How Truth and Reconciliation makes for improved services for Indigenous Peoples.

Main Presenting Author: Chalmers, H Jennifer

Additional Author: Ross, H Mary

Abstract: *This workshop aims to have participants explore their beliefs and practices in addressing _Truth and Reconciliation,_ and to be aware of practices that may be harmful to Indigenous persons. With the foundation from _Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls_ (2019)- _231 Calls to Justice, and the Truth and Reconciliation Commission of Canada: Calls to Action _(2015), this workshop will provide knowledge and tools to guide practice with Indigenous Peoples. This interactive workshop will first explore how psychology and therapy services can be helpful and/or harmful for Indigenous peoples. Secondly, the workshop will engage participants to describe how to work from a place of cultural humility and self-examination of their work to provide services with respect for Indigenous persons. Thirdly, this workshop will discuss with guided questions, the treatment implications of current evidence-based practices for trauma with Indigenous persons. Examples from vignettes from Indigenous clients will be used to demonstrate current/past practices providers, with recommendations from experienced Indigenous/Non-Indigenous psychology personnel. Open dialogue and respect for all views will be emphasized in this workshop to support openness, learning, and acknowledgement without judgement.*

Section: Indigenous People's Psychology / Psychologie des peuples autochtones
Session ID: 71871 - Workshop

Symposium

Achievement Motivation Theory for the Practice of Psychology

Moderator: Daniels, Lia

Abstract: *MODERATOR/DISCUSSANT: LIA DANIELS AND PATTI PARKER SYMPOSIUM ABSTRACT: A THEORETICALLY GROUNDED UNDERSTANDING OF ACHIEVEMENT MOTIVATION APPEARS TO BE LARGELY OVERLOOKED IN BOTH INITIAL EDUCATION PROGRAMS AND ONGOING PROFESSIONAL DEVELOPMENT OF SCHOOL AND EDUCATIONAL PSYCHOLOGISTS. THIS IS UNFORTUNATE BECAUSE MOTIVATION CONSTRUCTS SUCH AS PERCEIVED CONTROL, VALUE, AND SELF-BELIEFS PREDICT STUDENTS' ACADEMIC PERFORMANCE IN A WAY THAT COMPLEMENTS THE VARIANCE EXPLAINED BY INTELLIGENCE TESTS. THIS EMPIRICAL EVIDENCE IS ROOTED IN LONG-STANDING THEORIZING THAT MOTIVATION CONSTRUCTS HOLD AN IMPORTANT ROLE ALONGSIDE COGNITIVE CONSTRUCTS IN UNDERSTANDING STUDENT LEARNING. MOREOVER, BECAUSE MOTIVATION CONSTRUCTS ARE VIEWED AS MALLEABLE, THEY PROVIDE AN UNTAPPED SOURCE OF INTERVENTION FOR SCHOOL PSYCHOLOGISTS IN SUPPORTING STUDENTS. IN THIS SYMPOSIUM, THREE THEORIES OF ACHIEVEMENT MOTIVATION ARE REVIEWED AND INTEGRATED TO THE PRACTICE OF PSYCHOLOGY. THE PRESENTERS IN THIS SYMPOSIUM REPRESENT A UNIQUE GROUP OF CANADIAN SCHOLARS WITH EXPERTISE IN BOTH MOTIVATION THEORY AND THE PRACTICE OF PSYCHOLOGY. THE PRESENTATIONS WILL ADDRESS MINDSET THEORY, THE CONTROL-VALUE THEORY OF EMOTIONS, AND ACHIEVEMENT GOAL THEORY WITH AN EMPHASIS ON APPLICATION TO PRACTICE. THE DISCUSSION SESSION WILL PROVIDE A CHANCE FOR BOTH THEORETICAL AND PRACTICAL QUESTIONS TO BE ASKED OF THE PRESENTERS.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: v, Presenting Papers: 70276, 70277, 70270 - Symposium

Control-Value Theory: The Implications to School Psychologists' Practices

Main Presenting Author: Tze, Virginia

Additional Authors: Parker, Patti; Sukovieff, Alyse

Abstract: *THE CONTROL-VALUE THEORY (CVT) OF ACHIEVEMENT EMOTIONS PROVIDES A CONCEPTUAL FRAMEWORK UPON WHICH TO STUDY DIFFERENT FACTORS THAT IMPACT LEARNING, WITH A SPECIAL FOCUS ON ACHIEVEMENT EMOTIONS. THE CVT DELINEATES HOW DISTAL AND PROXIMAL ANTECEDENTS PREDICT ACHIEVEMENT EMOTIONS (E.G., ENJOYMENT, ANXIETY, BOREDOM), WHICH IN TURN AFFECT STUDENT ENGAGEMENT AND ACHIEVEMENT. IN THE LITERATURE, A GOOD DEAL OF RESEARCH UTILIZING CVT IS CONDUCTED BY EDUCATIONAL PSYCHOLOGISTS. WITH IMPORTANT OVERLAPPING TOPICAL AREAS (E.G., LEARNING DISABILITIES) BETWEEN THE FIELDS OF EDUCATIONAL PSYCHOLOGY AND SCHOOL PSYCHOLOGY, WE SUGGEST CVT MAY ALSO BE USEFUL FOR PROFESSIONAL/PRACTICING SCHOOL PSYCHOLOGISTS. IN OUR PRESENTATION, WE WILL FIRST REVIEW HOW PROXIMAL ANTECEDENTS—PERCEIVED CONTROL AND VALUE— RELATE TO ACHIEVEMENT EMOTIONS AND PERFORMANCE. BECAUSE SCHOOL PSYCHOLOGISTS PROVIDE A THREE-TIERED SUPPORT SYSTEM IN SCHOOLS, WE WILL ADDRESS THEORETICAL AND EMPIRICAL WORK REGARDING CONTROL- AND VALUE-*

BASED INTERVENTIONS BASED ON CVT THAT MAY BE BENEFICIAL IN THIS SYSTEM. FINALLY, WE WILL DISCUSS HOW THIS THEORETICAL FRAMEWORK CAN BE IMPLEMENTED IN SCHOOL PSYCHOLOGISTS' PRACTICES.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70276 - Paper within a symposium (Symposium ID: 70267)

Mastering the Work with Students: Applying Achievement Goal Theory to School

Main Presenting Author: Chazan, Devon
Co-Presenting Author: Pelletier, Gabrielle

Abstract: *ACHIEVEMENT GOAL THEORY (AGT) IS ONE OF THE MOST POPULAR THEORETICAL FRAMEWORKS IN MOTIVATION RESEARCH. DESPITE ITS APPLICATION TO A VARIETY OF CONTEXTS, INCLUDING, SCHOOL, WORK, AND SPORT, IT HAS NOT YET BEEN REFERENCED IN THE FIELD OF SCHOOL PSYCHOLOGY. FIRST, WE REVIEW THE THEORETICAL UNDERPINNINGS AS TOLD THROUGH THE THEORY'S EVOLVING MODELS, EXPLORE ITS IMPACTS ON COGNITION, EMOTION, AND BEHAVIOUR, AND INTRODUCE A MULTIPLE GOALS PERSPECTIVE. SECOND, WE OUTLINE THE LEADING RESEARCH SUPPORTING AGT, BOTH IN TERMS OF STRUCTURAL AND INDIVIDUAL INTERVENTION STUDIES. THIRD, WE APPLY THE PRINCIPLES OF AGT TO THE PRIMARY TASKS OF SCHOOL PSYCHOLOGY PROFESSIONALS, INCLUDING ASSESSMENT, INTERVENTION, AND CONSULTATION PRACTICES. THE STUDENTS WE SUPPORT CAN GREATLY BENEFIT FROM GEARING OUR APPROACHES TOWARDS ONES THAT FOSTER SELF-IMPROVEMENT AND INTEREST.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70277 - Paper within a symposium (Symposium ID: 70267)

Mindset Theory and School Psychology

Main Presenting Author: Kapasi, Aamena
Co-Presenting Author: Pei, Jacqueline

Abstract: *MINDSET THEORY CENTERS ON THE CONCEPT OF THE MALLEABILITY OF ABILITIES. ACCORDINGLY, STUDENTS HAVE EITHER A GROWTH MINDSET MEANING THEY BELIEVE THAT INTELLIGENCE IS MALLEABLE OR A FIXED MINdset meaning they believe that intelligence is permanent. As described in many empirical and theoretical papers, the mindset a student holds can influence important psychological and behavioural factors, including reaction to failure, persistence, level of effort, and expectations of success, which ultimately impact academic achievement. Importantly, mindsets can be changed, and interventions have been developed to promote a more growth mindset. School psychologists often work with students with cognitive disabilities and/or mental health concerns who are particularly at-risk for poor academic achievement making them well-positioned to incorporate mindset theory into the school environment in order to best support the students they serve. We provide a theoretical overview of mindset theory and mindset interventions, and specifically review the literature on mindset theory for individuals with cognitive disabilities and mental health concerns. We discuss how school psychologists can incorporate mindset theory into their practice to support the shift from a fixed to a growth mindset for all students.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70270 - Paper within a symposium (Symposium ID: 70267)

Antecedents and consequences of romantic conflict during the COVID-19 pandemic: implications for homeschooling, depressive symptoms, and gambling problems

Moderator: Hagen, Amanda E F

Abstract: *In early 2020, public health measures resulted in couples spending extended time in the home. Couples experienced a rise in conflict, including domestic violence. We present 3 studies examining romantic conflict during the pandemic. Survey data was collected during COVID-19 from cohabiting couples (Studies 1-2) and partnered gamblers (Study 3). Respondents completed measures of conflict (Studies 1-3), homeschooling (Study 1), depressive symptoms (Study 2), and negative affect, gambling motives, and gambling problems (Study 3). Studies1-2 examined reports from both members of the couple using dyadic analyses to influence from each partner, a robust method. Study 1 (Dr. Lambe) found time spent homeschooling was related to perpetrating conflict, validated by both partners' reports. Study 2 (Mr. Kim) found depression and conflict were bidirectionally and longitudinally linked in ways largely consistent with stress generation theory. Study 3 (Ms. Hagen) found a serial mediation pathway from conflict to gambling problems via negative affect and coping motives. Conflict during lockdown is associated with adverse outcomes and may be exacerbated by mandatory homeschooling. Dr. Sherry, an expert in romantic conflict, will serve as discussant to highlight the need to consider dyadic conflict in couples as both a stressor and stress response, particularly in the context of the pandemic.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 70607, Presenting Papers: 71372, 71368, 71376 - Symposium

Depressive symptoms and relationship conflict: A test of the stress generation hypothesis in romantic couples during the COVID-19 pandemic

Main Presenting Author: Kim, Andy

Additional Authors: Rodriguez, Lindsey; Sherry, Simon B; Deacon, S Helene; Nogueira-Arjona, Raquel; Meier, Sanda; Abbass, Allan; Stewart, Sherry H; Smith, Martin M

Abstract: *The stress generation hypothesis posits that depressed individuals generate interpersonal stressors that worsen their depressive symptoms. Ours was the first study to test the interplay of depressive symptoms and relationship conflict, evaluating predictions of the stress generation hypothesis among cohabiting couples during the COVID-19 lockdown. Opposite-sex couples residing in Canada ($N = 711$) completed online measures across two waves. We examined links between three pairs of variables – depressive symptoms at Wave 1, relationship conflict at Wave 1, and depressive symptoms at Wave 2 – using the actor-partner interdependence mediation model. Depressive symptoms showed strong stability over time and associations with relationship conflict. Gender differences were also found. Men (but not women) were particularly sensitive to conflict perpetration toward their partner in terms of escalations in their depressive symptoms. Our study illuminates interpersonal processes underlying stress generation in relation to depressive symptoms for quarantined couples. Findings complement calls to conceptualize, assess, and treat depression within an interpersonal context and in a gender-sensitive manner.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71372 - Paper within a symposium (Symposium ID: 70607)

The effects of mandatory homeschooling on couples' conflict during the COVID-19 pandemic

Main Presenting Author: Kim, Andy

Additional Authors: Lambe, J Laura; Basso, Nicole; Stewart, Sherry H; Abbass, Allan; Meier, Sanda; Nogueira-Arjona, Raquel; Deacon, S Helene; Sherry, Simon B; Rodriguez, Lindsey

Abstract: *In early 2020, schools across Canada closed due to the COVID-19 pandemic, requiring parents to homeschool their children. We examined associations between homeschooling and romantic conflict (i.e., conflict behaviors enacted toward, or received from, the partner) in couples during the COVID-19 pandemic. Canadian couples (_N_=760) completed online measures, including whether they were homeschooling, hours spent homeschooling, and romantic conflict during April 2020. Two-hundred-eleven couples (27.7%) reported they were homeschooling. We used Actor-Partner Interdependence Models to examine associations between each partner's time spent homeschooling and romantic conflict within a dyadic framework. Results indicated significant positive associations between time spent homeschooling and conflict. Specifically, an individual's time spent homeschooling was positively related to the conflict they enacted toward their partner (i.e., actor effects; _b_ = .22, 95%CI[.05, .39], _p_ < .01). Additionally, the partner's time spent homeschooling was positively related to conflict received by the individual (i.e., partner effects; _b_ = .21, 95%CI[.04, .38], _p_ < .01), thereby indicating concurrent effects from both partners' perspectives. Gender did not moderate these pathways, _p_s > .65. Results have implications for supporting the well-being of families homeschooling during this and future pandemics.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71368 - Paper within a symposium (Symposium ID: 70607)

What explains the link of romantic conflict with gambling problems? Testing a serial mediational model

Main Presenting Author: Hagen, E. F. Amanda

Additional Authors: Rodriguez, Lindsey; Sherry, Simon B; Nogueira-Arjona, Raquel; Stewart, Sherry H; Mackinnon, Sean; Collins, Pamela; Gilin, Debra; Yakovenko, Igor

Abstract: *Motivational models of gambling posit that individuals may gamble to cope with negative affect. Conflict with one's romantic partner is a strong predictor of negative affect, which may elicit coping motives for gambling and, in turn, gambling-related problems. Support for this mediational model was obtained in relation to drinking problems in a dyadic study of 100 romantic couples. We extended this model to gambling and the COVID-19 pandemic context. The present cross-sectional study examined links between romantic conflict (via the Partner-Specific Rejecting Behaviors Scale), negative affect (the Depression, Anxiety, and Stress Scales-21), gambling coping motives (the Gambling Motives Questionnaire), and gambling-related problems (Problem Gambling Severity Index [PGSI]) in 206 regular gamblers (64% men; mean age = 44.7 years; mean PGSI = 8.7) who were in a romantic relationship and recruited through Qualtrics Panels in July 2021. Results supported our hypothesis that the association between conflict and gambling-related problems would be sequentially mediated through negative affect and, in turn, coping motives. Interventions may wish to target both negative affect and coping gambling motives in response to romantic conflict to reduce gambling-related problems.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71376 - Paper within a symposium (Symposium ID: 70607)

Challenging the Status Quo: A Call for Increased Interdisciplinary Understanding in Schools

Moderator: King, Sara

Abstract: *School psychologists are highly skilled clinicians who can liaise between the education and health care systems to provide essential mental health services in schools. School psychologists report spending the majority of their time conducting assessment but have indicated a desire to diversify their practice. One important consideration that is often overlooked when advocating for an expanded scope of practice for school psychologists is that their skill set is often misunderstood by educators, meaning that they are not called upon to provide intervention and consultation services in schools. The objectives of this symposium are to (1) present an overview of teacher perceptions and understanding of school psychology training and practice; (2) to disseminate results of a study of teacher perceptions and experiences of the psychoeducational assessment process; (3) to disseminate results of a study of rural school psychologists' experiences of systemic barriers to inclusive education practices; and (4) to discuss future directions and advocacy strategies to increase the capacity of school psychologists to work as integral parts of interdisciplinary school teams. Both quantitative and qualitative findings will be presented and discussed by a panel comprised of educational, school, and clinical psychologists with from across the country.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 71838, Presenting Papers: 71848, 71846, 71842 - Symposium

School Psychologists' Perceptions and Experiences of Barriers to Inclusive Practices in Rural Settings

Main Presenting Author: Barker, Conor

Additional Author: Dash, Dauneen

Abstract: *BACKGROUND. School psychologists are key team members when delivering inclusive education services in schools. This role is heightened in rural settings, as prevalence rates for students with learning and behavioural challenges are similar to urban settings, but access to specialized resources is reduced. There is very little research examining how school psychologists manage evidence-based service provision in underserved areas. RESEARCH QUESTIONS. How do school psychologists perceive the quality of inclusive education services in rural schools for students with exceptional learning needs? What are the barriers to delivering evidence-based intervention in rural areas? METHOD. Nine school psychologists working in rural regions of Saskatchewan were interviewed about the opportunities and challenges for inclusive education delivery in rural schools. RESULTS. Themes emerged indicating that barriers to service exist in the areas of school capacity, community relationships, and psychologist competency. ACTION/IMPACT. This research provides insights to guide inclusive educators, psychologists, and trainers of psychologists when supporting school psychologists in the implementation of inclusive practices in rural areas. Further engagement of school psychologists by school districts and researchers may be beneficial when building capacity for inclusive education in rural schools.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 71848 - Paper within a symposium (Symposium ID: 71838)

Teacher Experiences and Perceptions of Psychoeducational Assessment: A Qualitative Description and Recommendations for Best Practice

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Main Presenting Author: Ritchie, Krista

Additional Authors: King, Sara ; McGonnell, Melissa

Abstract: *BACKGROUND. Pscyhoeducational assessment (PA) is a central task of school psychologists in Nova Scotia and means of communication between psychologist and teacher. RESEARCH QUESTIONS. What are teachers' experiences with and perceptions of the PA process as a whole? What are teachers' needs in terms of the information they receive about the assessment process and its results? METHOD. Guided by Sandelowski's (2000) qualitative descriptive approach, ten teachers were individually interviewed to obtain information about their experiences with and perceptions of the PA process. A team-based approach to qualitative analysis led to four themes: teachers' experiences with PA, perceptions of PA, needs regarding the PA process, and specific needs regarding PA results. RESULTS. Across themes, teachers provided constructive criticism regarding the length and individuation of reports. Teachers also acknowledged that recommendations are not normally considerate of classroom logistics and use inaccessible psychological vernacular. Responses also indicated misconceptions regarding the purpose of PA and specific concepts communicated in these reports. ACTION/IMPACT. Results indicate a need to strengthen cultures of interprofessional practice, including increased understanding of each other's workplace demands, contexts, roles, and vernacular.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71846 - Paper within a symposium (Symposium ID: 71838)

Teacher Perceptions of School Psychology Training and Needs for Service in Nova Scotia

Main Presenting Author: King, Sara

Additional Authors: McGonnell, Melissa; Reader, Anita ; Ritchie, Krista

Abstract: *BACKGROUND. Schools are ideal sites in which to deliver a wide range of mental health services, with school psychologists being uniquely positioned to deliver them; however, they are often thought of as "testers" by educators, meaning that their diverse skills are underused in schools. Changing the role of school psychologists will be difficult without a better understanding of teachers' perceptions of their competencies. RESEARCH QUESTIONS. How do teachers perceive school psychologists' training and expertise? What are teachers' school psychology service needs? METHOD. One hundred fourteen Nova Scotia teachers completed online surveys about their perceptions of and need for school psychology services. RESULTS. Teachers were knowledgeable about the psychoeducational assessment services offered by school psychologists, but rarely recognized the depth and breadth of training areas such as intervention and consultation. Teachers rarely reported referring students to the school psychologist for concerns such as behaviour difficulties or counselling/therapy and often stated that these concerns would be referred to the guidance counsellor. ACTION/IMPACT. Effective provision of mental health services in schools will necessitate acknowledging educators' perceptions of school psychologists' competencies and working collaboratively to improve interdisciplinary communication.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71842 - Paper within a symposium (Symposium ID: 71838)

Medicinal cannabis use and self-medication among youth: Correlates and psychological mechanisms

Moderator: Wardell, Jeffrey D

Abstract: *Cannabis use is common among adolescents and young adults, with 28% of youth ages 15-24 reporting recent cannabis use (Rotermann, 2020). Youth often report medicinal reasons for cannabis use (Wardell et al., 2021), including chronic pain, anxiety, depression, and insomnia (Lankenau et al., 2010). Yet, youth rarely obtain medical cannabis authorization (Wadsworth et al., 2020), suggesting high rates of self-medication. According to Self-Medication Theory (Khantzian, 1987), self-guided use of drugs to cope with physical and mental health symptoms often leads to substance-related problems. Thus, research on self-medication with cannabis among youth is needed to inform interventions. The papers in this symposium use a range of methods to provide unique insights into cannabis self-medication processes among youth. The 1st paper uses epidemiological data to examine the prevalence and correlates of self-defined medicinal cannabis use for physical and mental health reasons. The 2nd paper presents a meta-analysis of the link between social anxiety and cannabis use and problems. The 3rd paper investigates motivational mediators of the pathway from anxiety sensitivity to cannabis problems. Together, the studies provide new data on the correlates, mechanisms, and consequences of cannabis use for self-medication among youth, with implications for cannabis policies and interventions.*

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 70182, Presenting Papers: 71286, 71285, 70944 - Symposium

Anxiety sensitivity and adverse cannabis outcomes in emerging adults: Mediating effects of negative reinforcement cannabis use motives

Main Presenting Author: Hagen, Amanda

Additional Authors: Stewart, H Sherry; Romero-Sanchiz, Pablo; Cline, McKenzie; Conrod, Patricia J; Keough, Matthew T; Krank, Marvin; Thompson, Kara

Abstract: *Anxiety sensitivity (AS; fear of anxiety-related sensations) is associated with adverse cannabis outcomes in emerging adults (Farris et al., 2016), and coping motives may mediate this relationship (Bonn-Miller et al., 2007). Yet, prior studies have neither examined coping-anxiety and coping-depression motives as separate mediators, nor considered the mediating role of conformity motives, which are also linked to AS (Hecimovic et al., 2014). We hypothesized that all three of these negative reinforcement cannabis use motives would mediate the relationships between AS and both negative cannabis consequences and physiological dependence symptoms in emerging adults. As part of the UniVenture project, undergraduate cannabis users from 5 Canadian universities (N=415; 83.1% White; 78.3% female; mean age=19.0) completed an online survey assessing demographics, AS, negative cannabis consequences, physiological dependence symptoms, and motives for cannabis use. Partially consistent with hypotheses, coping-depression motives mediated the relationships of AS to both adverse outcomes, and conformity motives mediated the relationship of AS to negative consequences. Reasons for the unexpected absence of mediation through coping-anxiety motives will be discussed. Findings implicate coping-depression and conformity motives as intervention targets for high AS emerging adult cannabis users.*

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 71286 - Paper within a symposium (Symposium ID: 70182)

Cannabis Use and Social Anxiety in Young Adulthood: A Meta-Analysis

Main Presenting Author: Single, Alanna

Additional Authors: Bilevicius, Elena; Ho, Victoria; Theule, Jennifer; Buckner, Julia; Mota, Natalie; Keough, Matthew T

Abstract: *Social anxiety (fear, shyness, and inhibition in social situations where judgment is possible) is prevalent in young adults (MacKenzie and Fowler, 2013). Social anxiety may be a risk factor for cannabis use and problems in young adults as they may use cannabis to self-medicate symptoms of social anxiety. Yet, these associations are complex, and past studies have been mixed. The goal of this meta-analysis was to quantify the magnitude of the associations between social anxiety and both cannabis use frequency and cannabis problems in young adults. A comprehensive literature search identified studies of young adults that included measures of social anxiety and at least one cannabis-related variable of interest. Eighteen studies were included in the meta-analysis. Results revealed a small (but statistically significant) positive association between social anxiety and cannabis problems (_r_=.197, _k_=16, _p_*

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 71285 - Paper within a symposium (Symposium ID: 70182)

Correlates of self-defined medicinal cannabis use for physical health, mental health, and sleep-related reasons: A population-based analysis of Canadian youth (15-24 years old)

Main Presenting Author: Wardell, D Jeffrey

Abstract: *Self-defined medicinal cannabis use (MCU) among youth is correlated with frequent cannabis use and several substance use and health-related indicators (Rotermann and Pagé, 2018). Yet, there is little data on whether different motivations for MCU are linked with different outcomes for youth. This study used data from the 2017 Canadian Tobacco, Alcohol and Drugs Survey, a representative survey of Canadians, to examine whether correlates of self-defined MCU among youth aged 15-24 varied as a function of the primary health condition motivating MCU. Controlling for sex and age, youth reporting recreational cannabis use (RCU; _n_=2082) were compared with youth reporting MCU for physical health conditions (MCU-P; _n_=227), mental health conditions (MCU-M; _n_=271), or insomnia (MCU-I; _n_=98). Relative to RCU, youth reporting MCU-P or MCU-M had greater odds of daily cannabis use, cannabis problems, and tobacco use. MCU-P was also linked with greater odds of both illicit drug use and prescription pain medication use, whereas MCU-M was related to greater odds of prescription sedative use. MCU-I was associated only with greater odds of cannabis problems. MCU-P and MCU-M (but not MCU-I) were related to reports of poorer health and mental health. Findings suggest that harm reduction interventions for youth engaging in self-defined MCU should be tailored toward their specific motivations for MCU.*

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 70944 - Paper within a symposium (Symposium ID: 70182)

Psychologists in Hospitals and Health Centers (PHHC) Graduate Student Research Symposium

Moderator: Vendittelli, Rebecca

Abstract: *The role of the psychologist within hospitals and health centers is diverse, multifaceted, and critical in advancing the field of psychological research and application within this setting. The presentations within this symposium are in keeping with the CPA's convention mission to highlight the many ways in which the field of psychology can benefit society, improve lives, and advance the discipline in that they showcase graduate students research with the overarching theme of psychological and psychiatric intervention for enhanced patient care and improved quality of life. The three presentations this year are nuanced, highlighting diversity considerations, aging technology, and issues related to the standard treatment of psychosis. Specifically, the first presentation reviews ways to foster culturally- and contextually relevant eating disorder prevention for Indigenous youth based on findings from thematic analysis of clinical interviews. The second presentation discusses the development and evaluation of a self-guided e-learning memory program for older adults. The third presentation highlights the potentially adverse effects of antipsychotics on the brain and cognition when treating psychosis. This symposium will inform psychologists and trainees about the latest research 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: 69872, Presenting Papers: 70979, 71186, 70982 - Symposium

An Evaluation of Eating Disorder Programming for Indigenous Youth in Northwestern Ontario

Main Presenting Author: Mohammed, Shakira

Additional Authors: Mushquash, Christopher ; Degagne, Karen

Abstract: *The Eating Disorder Promotion, Prevention, and Early Intervention program was developed to address risk factors associated with eating-related problems in youth in Northwestern Ontario (NWO). Due to individual, societal, socio-economic, and environmental factors, Indigenous youth may be at higher risk of developing eating-related problems and eating disorders when compared to non-Indigenous youth. Understanding factors influencing eating behaviours and determining culturally- and contextually-relevant prevention strategies can assist in effectively preventing eating-related problems among the diversity of youth in NWO. The aim of this study is to determine the facilitators, barriers, and program adaptations for providing eating disorder prevention for Indigenous youth. This study will conduct a descriptive analysis of intake data from an outpatient eating disorder program in NWO to determine the presenting concerns of Indigenous youth. A thematic analysis of qualitative data collected through clinician interviews will identify barriers and facilitators to meeting the needs of Indigenous youth accessing the service. Data collection will be completed by December 2021. The findings will showcase ways to foster culturally- and contextually-relevant eating disorder prevention for Indigenous youth in health care settings.*

Section: *Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé*
Session ID: 70979 - Paper within a symposium (Symposium ID: 69872)

Longitudinal Study on Hippocampal Volume and Verbal Memory in Patients with First-Episode Psychosis: Effects of Dosage and Anticholinergic Burden of Antipsychotics

Main Presenting Author: Belkacem, Agnès

Additional Authors: Lavigne, M Katie; Makowski, Carolina; Chakravarty, Mallar; Joober, Ridha ; Malla , Ashok; Shah, Jai; Lepage, Martin

Abstract: *Antipsychotic drugs (APD) are commonly used to reduce symptoms of psychosis. However, recent findings suggest that high doses and high anticholinergic burden of APDs may actually contribute to verbal memory deficits and can be associated with reduced hippocampal (HPC) volumes in areas with dense dopamine (DA) receptors, such as in the dentate gyrus (DG) subfield. Our objectives were to examine changes in verbal memory performance and HPC subfield volumes in patients versus controls over time and to determine the extent to which APD treatment may partly contribute. We hypothesized that patients would have poorer verbal memory performance and reduced HPC subfield volumes over time compared to controls. We also expected that dosage and anticholinergic burden would be negatively associated with verbal memory performance and subfields with denser DA receptors. First-Episode Psychosis patients followed by the PEPP-Montreal clinic (N = 74), and non-clinical controls (N = 53) completed a 3T MRI scan and a neurocognitive evaluation at 3, 9, 12 and 18 months after admission. Generalized Estimating Equations analysis revealed a significant timepoint by group interaction for verbal memory performance and specific DG subfields. Significant negative correlations were found between APD dosage and changes in volume, and between anticholinergic burden and verbal memory performance over time.*

Section: Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé
Session ID: 71186 - Paper within a symposium (Symposium ID: 69872)

The Development and Evaluation of a Self-Guided E-Learning Memory Program for Healthy Older Adults

Main Presenting Author: Yusupov, Iris

Additional Authors: D'Amico, Danielle; Zhu, Lynn; Lass, Jordan W; Plunkett, Cindy; Levine, Brian; Rich, Jill B; Troyer, Angela K; Vandermorris, Susan

Abstract: *Although normal age-related memory changes can be worrisome, in-person memory interventions have proven successful at enhancing memory knowledge/strategy use and bolstering memory confidence and satisfaction. The field of clinical neuropsychology is rapidly adopting virtual methods of service delivery. This presentation will describe our team's process of developing and evaluating a self-guided e-learning memory program based on the in-person version of the Memory and Aging Program®, offered at Baycrest. A multidisciplinary team of researchers, clinical neuropsychologists, and e-learning experts were involved in an iterative process of developing and piloting the program with community-dwelling older adults for tailored intervention. Findings revealed the program was user-friendly and enjoyable, and it demonstrated preliminary clinical benefits (i.e., increased memory knowledge and strategy use, healthy lifestyle change, and program-specific goal attainment). In the next stage of evaluation, 107 healthy older adults were randomized into intervention or control conditions and completed outcome measures at three time points. Results indicated significant improvements in memory knowledge, memory strategy uptake, and in metamemory in the intervention group relative to controls. Program implementation in a hospital setting to increase efficiency of service delivery will be discussed.*

Section: Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé
Session ID: 70982 - Paper within a symposium (Symposium ID: 69872)

Supporting Clients Concerned about Substance Use

Moderator: Mudry, Tanya

Abstract: *Counselling psychologists increasingly work with clients concerned about their own or someone else's substance use. With COVID-19 came growing numbers of Canadians struggling with their own substance use, or worried about their family members. Counselling psychologists are uniquely trained to attend to the relational systems in which our clients are situated. Substance use, addiction, and recovery are processes that are complex, relational, and involve and impact other people. In this symposium, we share three qualitative studies focused on different aspects of substance use and recovery: 1) how family members are helpful and/or hindering in recovery from problematic substance use, 2) the complex situation of opioid use and the opioid crisis, and 3) perspectives of parents who have had their adolescents in involuntary stabilization programs to protect their children or others around them. Each presentation includes considerations and implications for counselling psychologists.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70768, Presenting Papers: 71488, 71386, 71490 - Symposium

Exploring Former Opioid Users' Perspectives on Opioid Use and the Opioid Crisis

Main Presenting Author: Sapoznikow, Avery

Additional Author: Mudry, Tanya

Abstract: *BACKGROUND: Canada is currently managing a deadly crisis of opioid overdose. Factors including racial and socioeconomic inequity, illicit drug contamination, and misuse of prescription opioids contribute to this ongoing crisis. Between 2016 and 2021 there were 22,828 opioid-relate deaths. These rates of death have been exacerbated by the COVID-19 pandemic, which directly impacted the illicit drug supply by interfering with illicit drug trafficking routes and increasing economic hardship. The aim of this study was to explore the complex situation of opioid use and the opioid crisis from the perspectives of self-identified former opioid users. METHOD: Participants were recruited through opioid-related subreddits on reddit.com. Participants were surveyed (n=83) and interviewed (n=6) following a semi-structured interview guide. Situational Analysis was used to explore and articulate the intricacies opioid use and the opioid crisis. Three forms of visual maps were created through an iterative process. RESULTS: Maps highlight a complex situation involving the pharmaceutical industry, medical professionals, misuse of prescription opioids, and discourses related to morality, safety, and optimal recovery. IMPACT: Understanding the complex situation of opioid use is relevant to counselling psychologists working with clients concerned about their own or someone else's opioid use.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71488 - Paper within a symposium (Symposium ID: 70768)

Family Factors in Recovery from Problematic Substance Use: What's Helpful and Hindering?

Main Presenting Author: Sander, Christina
Co-Presenting Author: Mudry, Tanya

Additional Authors: Sapoznikow, Avery; McEwan, Derek

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Abstract: *BACKGROUND: Family members can have an important influence on an individual's development problematic substance use and subsequent recovery. Therefore, it is recommended that family relationships are considered in conceptualizing and treating problematic substance and recovery. While family is widely considered to be an important factor in substance use, less it known about the exact mechanisms through which family members shape an individual's recovery. Given the impact of families on substance use and potential impact on recovery and counselling, exploration was needed to consider how familial relationships both help and hinder successful recovery. METHOD: We conducted interviews with individuals self-identifying as recovered or in recovery from problematic substance use. Transcripts were analyzed following the Enhanced Critical Incident Technique procedures. RESULTS: We identified several categories encompassing the most salient factors of the participants' experiences of family involvement with their recovery. Categories identified the relational factors that both help and challenge those in recovery, such as education on addiction, recovery, and treatment; family counselling; and active listening. IMPLICATIONS: Findings can inform how counselling psychologists might consider if and how to involve family when working with clients concerned about substance use.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71386 - Paper within a symposium (Symposium ID: 70768)

Parent Experiences using Involuntary Stabilization

Main Presenting Author: O'Brien, Daniel

Additional Author: Hudson Breen, Rebecca

Abstract: *BACKGROUND: In Alberta, the Protection of Children Using Drugs (PChAD) act allows parents to apply for Involuntary Stabilization of their children whose substance use is deemed to pose a significant harm to themselves. Minors may be confined for up to 15 days for detoxification, assessment, and discharge planning. Given that research on Involuntary Stabilization programs is scarce, this qualitative study was designed to explore parents' experiences with PChAD and their perceptions of the benefits and drawbacks of the program. METHODS: Semi-structured interviews were conducted with 18 parents who used PChAD. Interviews were analyzed using Interpretive Phenomenological Analysis. RESULTS: Parents were often relieved to have their child temporarily safe. However, many felt frustrated and disappointed because PChAD had little long-term impact on their child, and they did not receive sufficient guidance on how to support their child after PChAD. Some parents were concerned that PChAD angered their child, undermined their trust, and connected their child to other youth who use substances. IMPLICATIONS: This study can help counselling psychologists understand the potential benefits and drawbacks of using involuntary stabilization for an adolescent who uses substances. This knowledge may be useful when helping parents to make informed decisions about how to protect their children.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71490 - Paper within a symposium (Symposium ID: 70768)

Supporting Critical Care Survivors and Critical Care Clinicians following the COVID-19 Pandemic

Moderator: Mudry, Tanya

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Abstract: *The COVID-19 pandemic brought a dramatic increase in the number of patients in intensive care units (ICU) across Canada. Upon discharge from the ICU, critical care survivors face challenges related to their stay in the ICU, as well as the long-term recovery from critical illness. At the same time, clinicians who are caring for patients in critical care units have experienced burnout related symptoms as a consequence of caring for the most medically vulnerable during this public health crisis. In this symposium, we describe a unique counselling group intervention to support the recovery processes of critical care survivors and their caregivers. We describe the design of the group, how we adjusted the group during COVID-19 and share experiences of participants. We also share a project examining burnout among critical care clinicians, highlighting their experiences over the COVID-19 pandemic. This symposium will be of interest to counselling psychologists with clients struggling with burnout, as well as those running group counselling interventions.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70983, Presenting Papers: 71397, 71401, 71400 - Symposium

A Group Counselling Intervention for Critical Care Survivors and Caregivers

Main Presenting Author: Mudry, Tanya

Additional Authors: Stone, Jezzamyn; Bonneville, Dominique ; Fillion, Chantal

Abstract: *BACKGROUND: Upon discharge, critical care survivors face challenges related to their stay in the ICU, as well as long-term recovery. 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. The provision of psychological support through a relational and group counselling format encourages physical, emotional, and social recovery processes, thereby improving overall recovery and quality of life. METHOD: We describe our unique 6-week group recovery program designed to support ICU survivors and their caregivers. This intervention focuses on peer support, relationships, evidence-based strategies, daily life practices, purpose/meaning-making, and strengths and resilience. RESULTS: We summarize outcomes, outline how we transitioned this intervention online, and share our "lessons learned" from this transition. IMPACT: This presentation will be of interest to counselling psychologists conducting counselling groups, both on and offline.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71397 - Paper within a symposium (Symposium ID: 70983)

Burning Out in the Critical Care Unit: Clinicians' Experience of Burnout during the COVID-19 Pandemic

Main Presenting Author: Fillion, Chantal

Additional Authors: Kintzel, Franziska; Mudry, Tanya; Domene, José

Abstract: *BACKGROUND: Clinicians (e.g., nurses, doctors, respiratory therapists) working in Critical Care Units face high rates of burnout, which are expected to be compounded by the (SARS-CoV-2) COVID-19 pandemic. Difficulties such as moral distress, long work hours, and the burdens of end-of-life decision-making and care are cited as key factors leading to burnout. Burnout syndrome is a work-related constellation of psychological, physical, and behavioral symptoms and signs that usually occurs in individuals with no history of psychological disorders. OBJECTIVE: Our objective was to understand the impact of the COVID-19 pandemic on the wellbeing of critical care clinicians.*

METHOD AND RESULTS: We share findings from an online survey of critical care clinicians in Alberta. This survey assessed wellbeing using self-report scales focused on burnout and professional quality of life. Short answer questions focused on investigating protective factors and factors contributing to burnout. These included relationships and practices associated with work, family, and public perception. IMPLICATIONS: We share implications to counselling practice, for those working with clients struggling with burnout in the workplace.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71401 - Paper within a symposium (Symposium ID: 70983)

Critical Care Recovery Group: A Qualitative Exploration of Experiences from the Group

Main Presenting Author: Bonneville, Dominique
Co-Presenting Author: Fillion, Chantal

Additional Authors: Stone, Jezzamyn; Mudry, Tanya; McEwan, Derek

Abstract: *BACKGROUND: The road to recovery following a critical care hospitalization can be lengthy, unpredictable, and lonely. Those who have experienced hospitalization in the ICU face considerable mental and physical health challenges as they continue to recover and adjust to life post-hospitalization. METHOD: Group counselling is an important resource for those in recovery that offers a sense of support and relationality, while exploring coping strategies. Using thematic analysis, we synthesize the profound experiences shared by critical care survivors and their caregivers following participation in 6-week recovery groups, taking place over three years, including the COVID-19 pandemic. RESULTS: We share themes derived from the stories of ICU survivors and their caregivers related to hospitalization, recovery, illness, and feelings of connectedness and unity from the group experience. CONCLUSION: We offer important and unique perspectives for counselling psychologists providing group counselling services to individuals struggling with mental and physical wellbeing. IMPACT: The diversity in experiences of group members across the pre-and post-pandemic life is discussed, of interest to those providing counselling services during this time of global ambiguity.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71400 - Paper within a symposium (Symposium ID: 70983)

The Development of an Evidence-Informed Psychosocial Intervention to Support Families of Public Safety Personnel

Moderator: Schwartz, Kelly

Abstract: *Public safety personnel (PSP), including police officers, paramedics, and firefighters, are at increased risk for mental disorders due to their frequent exposure to potentially traumatic events (i.e., operational stressors; Carleton et al., 2018). The implications of these stressors extend to the families of PSP; spouses often carry the brunt of the responsibility for supporting the PSP member and the family (Casas & Benuto, 2021). Extant literature demonstrates that spouses also experience problems with their own mental health (e.g., Landers et al., 2020), and request services for their own needs (Galovski and Lyons, 2004). However, outside of more general mental health services, specific services that understand the context and unique needs of PSP families are not common. To address this gap in services, we developed a program designed to address the mental health needs of spouses in PSP families. In this symposium, we outline the development of this*

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program in three papers. The first paper outlines the current state of the literature on the impact of operational stress on PSP families. The second paper presents findings from a review on the efficacy of existing family-involved psychosocial interventions for families experiencing stressors. The third paper presents an overview of our evidence-informed psychosocial intervention along with findings from our pilot study.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71477, Presenting Papers: 71876, 71872, 71880 - Symposium

A review of family-involved psychosocial interventions: Implications for first responders and their families

Main Presenting Author: Oliver, L. Kathleen

Additional Authors: Park, Joanne; Redekop, Michelle; McLuckie, Alan; Schwartz, Kelly

Abstract: *Family-involved interventions (e.g., family therapy, couples therapy, family/partner adjunct treatments) are used to treat varied adult-focused problems such as mental health disorders, relationship distress, and intimate partner violence (Carr, 2014). Evidence suggests family-involved interventions are more effective than individually oriented interventions for adults with chronic physical diseases (Sousa et al., 2021), for example. The purpose of this review is to provide an overview of the efficacy of family-involved psychosocial interventions for adults experiencing a range of family-level stressors (e.g., mental health disorders, chronic illness, operational stress, financial distress). Comparisons between family-involved psychosocial interventions for adults and non-family centered interventions will be outlined. Alternatives to family-centered psychosocial treatments include no psychosocial treatment (e.g., on a waitlist, no treatment) or individual psychosocial treatment. Our search will include randomized control trials and quasi-experimental designs. Outcomes of interest will include the psychological functioning of the participating family member and family functioning as reported by one or more family members. Results of this review will inform future iterations of an evidence-informed program for PSP families that is designed to enhance resiliency and functioning.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71876 - Paper within a symposium (Symposium ID: 71477)

Does it hurt when I do this? First responders and their families

Main Presenting Author: Schwartz, Kelly

Additional Authors: Park, Joanne; 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: *The job demands for public safety personnel (PSP) can lead to extraordinary negative impacts on their health, mental health, and their performance as frontline health and protective workers (Berger et al., 2012). For police, fire, and paramedic PSP, operational stressors can exacerbate existing work-family conflict (e.g., job responsibilities interfering with family life, no time for family activities) and emotional exhaustion (Carleton et al., 2019) can lead to the family experiencing secondary operational stress. For spouses of PSP, this stress can result in psychological (e.g., unhappiness, fear, anxiety, anger) and relational harm (e.g., marital breakdown, increased*

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familial stress; Ricciardelli et al., 2018a), and for many there is no available formal or informal support available. In this first paper, we will briefly outline the current state of the literature as it pertains to how operational stress impacts both the PSP member and the family, with particular focus on the psychological, relational, and support roles might be impacted in spouses and partners of PSP. Attention is given to how the PSP family system has unique strength and risk factors that are active when faced with daily operational stressors inherent in police, fire, and paramedic professions.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71872 - Paper within a symposium (Symposium ID: 71477)

Theoretical framework and content description of an evidence-informed program for spouses in first responder families

Main Presenting Author: Park, Joanne

Additional Authors: McLuckie, Alan; Schwartz, Kelly

Abstract: *PSPs experience heightened operational stressors, including exposure to traumatic events and threats to personal safety (Berger et al., 2012). As a response to stressors, spouses of PSP frequently take on the role of supporting the PSP member's mental health as well as additional daily responsibilities within the family, sometimes at the expense of their own mental well-being (Casas & Benuto, 2021). Our program was developed to support the unique mental health needs of spouses in PSP families. The primary goal of this program is to enhance resiliency and functioning of spouses in PSP families by teaching coping skills to manage stress and daily hassles as well as reinforce individual identity and values. Furthermore, Cognitive Behavioural Interpersonal theory (Monson et al., 2010) indicates that caretaking behaviours (i.e., accommodation) can promote avoidance behaviours which leads to caregiver burnout, increases the risk of the PSP member developing PTSD, and negatively impacts relationship satisfaction. In this program, we emphasize the use of appropriate support behaviours while reducing accommodation, which is hypothesized to enhance the mental health functioning of both spouses and PSP members. This presentation will discuss the theory behind our program, outline our program's structure and content, and provide a summary of the ongoing pilot study results.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71880 - Paper within a symposium (Symposium ID: 71477)

The Positive Discipline in Everyday Parenting (PDEP) Program: Description and Evaluation Outcomes

Moderator: ROMANO, ELISA

Abstract: *This symposium focuses on our research to date from a multi-year project evaluating the Positive Discipline in Everyday Parenting (PDEP) program. PDEP helps parents of newborn-18 year olds move away from physical and emotional punishment towards conflict resolution and positive parenting (Durrant, 2016; Durrant et al., 2014). In Canada, parents are permitted to use "reasonable" force for disciplinary purposes under Section 43 of the Criminal Code. In a nationally-representative sample of Canadian parents, 25% reported using physical punishment with their 2-11 year olds (Fréchette and Romano, 2015). In a large meta-analysis, the most common form of physical punishment, namely spanking, was linked with numerous negative outcomes that included externalizing/internalizing behaviours, impaired parent-child relationships, and risk of parental*

physical abuse (Gershoff and Grogan-Kaylor, 2016). Given the frequency and negative outcomes of parental use of punishment, there is a need to offer programs around positive disciplinary practices. The first presentation provides an overview of PDEP, which was developed in 2006 and is being delivered world-wide. The second presentation presents findings on changes in parenting practices stemming from a randomized controlled trial of PDEP. The third presentation focuses on changes in and predictors of parental cognitions following PDEP completion.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 70753, Presenting Papers: 71120, 71119, 71117 - Symposium

Changes in and Socio-demographic Predictors of Parental Cognitions Following PDEP Completion

Main Presenting Author: Glouchkow, Amanda

Abstract: *Parental cognitions (parenting attitudes, attributions, self-efficacy) are linked with parenting practices and are important to consider in evaluating parenting programs. Moreover, there are factors that influence parental cognitions, such as socio-demographics. We examined changes in parental cognitions and potential socio-demographic predictors among 60 parents who completed PDEP and a wait-list control (n=37). Repeated measures ANOVAs showed a significant decrease from pre- to post-program in attitudes toward physical (F=7.82, p = .006) and emotional punishment (F=25.28, p*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71120 - Paper within a symposium (Symposium ID: 70753)

How do Parenting Practices Change After PDEP? How do Cognitive and Emotional Factors Predict Change?

Main Presenting Author: Gallitto, Elena

Abstract: *PDEP aims to reduce parental use of physical and emotional punishment by targeting associated and underlying cognitive and emotional processes. This study examined changes in parenting practices among 97 parents who were either in the experimental group that completed PDEP (n=60) or a wait-list control (n=37). Repeated measures ANOVAs revealed a statistically significant decrease in emotional punishment use and an increase in both supportive and proactive parenting from pre- to post-program in the experimental versus wait-list group. Multiple regressions were employed to examine predictors of change in parenting practices in parents who completed PDEP. In terms of cognitive factors, pre-to-post increases in parenting self-efficacy predicted significant pre-to-post decreases in the use of emotional punishment (ß=-.39, p =.007) as well as increases in supportive parenting (ß=.30, p =.006). For emotional factors, pre-to-post decreases in parenting stress predicted pre-to-post decreases in parental use of emotional punishment (ß=.52, p =.006). Moreover, pre-to-post increases in emotional awareness predicted increases in supportive parenting (ß=.35, p =.002). These findings offer some evidence on the changes in cognitive and emotional parenting factors that may be happening over the course of the PDEP program and that might be associated with changes in parenting practices.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71119 - Paper within a symposium (Symposium ID: 70753)

Positive Discipline in Everyday Parenting

Main Presenting Author: Durrant, Joan

Abstract: *Positive Discipline in Everyday Parenting (PDEP) was created as a response to the United Nations Secretary General's Global Study of Violence against Children, which revealed the high prevalence of punitive violence in children's everyday lives. Long considered to be acceptable all over the world, physical punishment is becoming redefined as violence and a violation of children's fundamental human rights. A large body of research consistently demonstrates that it places children's healthy development at-risk. PDEP developed out of a collaboration between Save the Children Sweden and a developmental psychologist, with the goal of transforming parents' views of their role from control, coercion, and punishment to teaching, guidance, and mentorship. PDEP is unique among parenting programs in two ways. First, it explicitly promotes children's rights to protection from physical and humiliating punishment to dignity and to participation in their learning. Second, it was designed to be relevant across cultures, through its focus on universal developmental themes and through delivery adaptations for a range of contexts. PDEP aims to help parents understand children's perspectives and encourages them to resolve conflict collaboratively. This presentation will provide an overview of PDEP and its delivery in many regions of the world.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71117 - Paper within a symposium (Symposium ID: 70753)

The SafeCare® Program for Child Neglect: What is it? What are the Characteristics of SafeCare Families?

Moderator: ROMANO, ELISA

Abstract: *This symposium focuses on the work being undertaken as part of a multi-year, multi-partner project to implement and evaluate the SafeCare® program for child neglect. In Ontario, child neglect is the second most common form of substantiated maltreatment among child welfare investigations, with an incidence rate of 24% (Fallon et al., 2015). Neglect is particularly concerning because of its heightened risk of occurrence during the early years and its impact on a child's rapidly-developing brain and numerous developmental processes (National Scientific Council on the Developing Child, 2012; White et al., 2017). Given neglect's incidence and range of serious developmental and well-being impacts, there are surprisingly few programs that intervene at the level of proximal risk factors. The first presentation provides an overview of the evidence-based SafeCare® program and the current research project that aims to understand outcome trajectories, change mechanisms, and recidivism among families who complete the program. The second presentation considers socio-demographics and psycho-social characteristics among families completing SafeCare as part of our research project. The third presentation examines several key parenting behaviours among caregivers completing SafeCare, as assessed through an observational measure and within the context of their living circumstances.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 70754, Presenting Papers: 71215, 71217, 71216 – Symposium

Overview of the SafeCare® Program and Research Project

Main Presenting Author: ROMANO, ELISA

Abstract: *Child neglect is broadly defined as caregiver failure to provide for or protect a child, which then results in child harm or endangerment of safety/development (Fallon et al., 2020). Ontario data*

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show the primary concern among 21% of substantiated child welfare investigations in 2018 was child neglect, making it the maltreatment type with the second highest incidence rate (Fallon et al., 2020). Child neglect can bring about wide-ranging impairments in socio-emotional development, executive functioning, and, in the worst circumstances, injury and death (Kim and Cicchetti, 2010; Geoffroy et al., 2016). SafeCare® (Lutzker and Bigelow, 2002) is an evidence-based parenting program that targets the proximal risk factors for child neglect among young families. This presentation first provides an overview of SafeCare to highlight its content, implementation, and research evidence for diverse caregiver populations. Then, there is a summary of our past findings with SafeCare within Ontario child welfare as well as an overview of the objectives of our recently-launched project _aimed primarily at understanding what changes for families who complete SafeCare and what explains differential outcomes. This material provides the context needed for the two additional symposium presentations aimed at presented preliminary descriptive findings for the new research project._

Section: *Traumatic Stress / Stress traumatique*
Session ID: 71215 - Paper within a symposium (Symposium ID: 70754)

The Circumstances and Parenting Behaviours of Caregivers Completing SafeCare®

Main Presenting Author: Zak, Sarah

Abstract: *_SafeCare__ helps caregivers of young children strengthen parenting practices in child health, home safety, and parent-child interactions. This presentation examines the parenting behaviours of caregivers before starting SafeCare® within the context of the different circumstances in which they are raising their children. In this recently-launched project, SafeCare providers identified some of the risk factors for caregivers completing the program, with preliminary data for 18 caregivers indicating mental health issues (39%), few social supports (39%), cognitive impairments (27%), and history of child welfare (17%). Providers also reported on additional services in which caregivers are involved, including social assistance (39%), substance use counseling (22%), and psychological services (22%). For parenting behaviours, caregivers completed a semi-structured play interaction with their child pre-SafeCare. This study will use the Emotional Availability Scales (Biringen et al., 2014) to assess parent-focused dimensions around sensitivity, structuring, non-intrusiveness, and non-hostility. Preliminary results indicate that families with concerns around neglect experience a variety of additional challenges. This study will also examine the different parenting behaviours of caregivers as a way to understand how certain family circumstance can influence parenting behaviours._*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 71217 - Paper within a symposium (Symposium ID: 70754)

What are the Characteristics of Research-involved Families Completing the SafeCare® Program?

Main Presenting Author: Lalande, Stéphanie

Abstract: *SafeCare® is geared toward diverse families with child neglect concerns, including young caregivers, single-caregiver households, and caregivers with mental health and substance use difficulties. This presentation provides an overview of the socio-demographic and psycho-social characteristics of families participating in SafeCare as part of our research project. The project is in the early stages and currently, there are 18 caregivers who completed a questionnaire package examining a range of constructs related to their backgrounds, parenting, well-being, and family functioning. Preliminary results indicate that caregiver age ranges from 19-39 years (M=26.5, SD=5.5), with the majority identifying as female (94%) and single (67%). Most caregivers identified*

as White (61%), followed by Indigenous (16.7%) and Black (11.1%). Results also showed that caregivers had a mean score of 33.93 (SD=5.46) on an emotion regulation scale indicating mild-moderate difficulties. Additional characteristics will be presented around demographics, mental health, and parenting. Preliminary results show that the composition of our current sample is in line with that of SafeCare's target population. As we continue to gather data, we will be better positioned to describe the types of families that are benefitting from SafeCare while also considering adjustments to reach out to under-served populations.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 71216 - Paper within a symposium (Symposium ID: 70754)

Section Invited Symposium

International & Cross-Cultural section student symposium

Moderator: Tonks, Randal G

Abstract: *Each year the International and Cross-Cultural psychology section provides a forum for students to present their research. This year's symposium highlights two studies: one on the role of hope in the amelioration of acculturative adaptations among newcomers to Canada and the other on the cultural adaptation of Venezuelan refugees in Columbia.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 71220, Presenting Papers: 71691, 71692, 71690 - Section Invited Symposium

Cultural Adaptation of Venezuelan Refugees in Colombia

Main Presenting Author: Soltan , Hajar

Additional Authors: Safdar, Saba; Martínez-González, Marina B; Sañudo , Jorge P

Abstract: *As of 2021, over 5.4 million Venezuelans have fled their home country. Colombia has received two million of Venezuelans making it the nation host to the greatest number of Venezuelan refugees. Using the Multidimensional Individual Differences Acculturation (MIDA) model as a theoretical framework, the present research aims to examine the relations between some of the sociocultural and psychological factors influencing cultural adaptation of Venezuelan refugees living Colombia. A series of regression analysis and mediation tests were conducted. Among Venezuelan refugees, higher Psychological Strength, lower perceived Discrimination, higher National Identity and higher Outgroup Social Support, all resulted in significantly better adjustment to the Colombian society as indicated by significantly higher scores on Cultural Adaptation. Refugees who reported high levels of Outgroup Social Support specially showed better adjustment if they endorsed Assimilation strategy. The results may inform interventions providing opportunity for social connections between members*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 71691 - Paper within a symposium (Symposium ID: 71220)

Discussant: Fostering the next generation of psychologists

Main Presenting Author: Tonks, G Randal

Abstract: *This moderator discussion reviews the contributions of the other presenters and situates this symposium in the context of ongoing student development in International and Cross-Cultrual psychology. Discussion is also made about historical contributios of students to the International and Cross-Cultural section.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 71692 - Paper within a symposium (Symposium ID: 71220)

Newcomers' Acculturation and Adaptation into Canada: The Role of Hope

Main Presenting Author: Ray-Yol , Elcin

Additional Authors: Mahali , C Saghar ; Safdar, Saba

Abstract: *A large body of psychological research has studied migration from a deficit model perspective by focusing on pathological outcomes of migration (e.g., depression and psychophysical distress). However, besides taking this perspective, it is imperative to investigate conditions and processes contributing to immigrants' optimal functioning and their flourishing experience in the host society_. _Thus, the current study explores the mediating role of hope, one of the positive psychological constructs, on the association between newcomers' psychological resources (i.e., psychological strength, perceived cultural competence, and social support from larger society) and their acculturation and adaptation into Canada. With this aim, we have been collecting data from newcomers through an online survey. Our preliminary findings have demonstrated that the psychological resources of newcomers are positively associated with their psychological adaptation, with their host and heritage culture orientations through higher levels of hope. The findings can potentially inform migrant organizations and social psychology researchers to develop positive psychology-based interventions to facilitate the integration and adaptation of newcomers into Canadian society.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 71690 - Paper within a symposium (Symposium ID: 71220)

Protective Factors Involved in the Intergenerational Trajectories of Trauma and Psychopathology

Moderator: Berthelot, Nicolas

Abstract: *Parents who have histories of trauma or psychopathology are at risk of presenting pre-and postnatal psychological distress, mother-infant bonding impairments and parenting difficulties. Early in their development, their offspring are correspondingly more likely to present biological, developmental and affective risk indicators. There is a critical need for identifying the protective factors that may contribute to mitigating the transfer of risk across generations. These protective factors may in turn be targeted through timely interventions with the most vulnerable parents in order to promote resilience in the parent and support healthy development in the child. The first presentation of the symposium will provide a review of the prenatal risk ractors leading to child maladaptive development and of the protective factors that may contribute to offsetting the effect of these risk indicatos. The second presentation will present a novel coding system of adult mentalization regarding past traumas and will present research data suggesting that making sense of past traumas is crucial for insightful parenting. The last presentation will introduce a novel prenatal intervention*

designed for women who have experienced childhood trauma and will provide initial data supporting the effectiveness of this program.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 71327, Presenting Papers: 71360, 71355, 71349 - Section Invited Symposium

Effectiveness of a prenatal intervention for women exposed to childhood trauma

Main Presenting Author: Berthelot, Nicolas

Additional Authors: Garon-Bissonette, Julia; Drouin-Maziade, Christine; Sériès, Thibaut; Lemieux, Roxanne

Abstract: *BACKGROUND: There is a paucity of prenatal interventions designed for women exposed to childhood trauma. The presentation will provide initial data on the effectiveness of STEP, a manualized group intervention intended for pregnant women having experienced childhood trauma. METHODS. Thirty-eight pregnant women with histories of childhood trauma participated in STEP. They completed satisfaction surveys after each session as well as qualitative and quantitative assessments after the ending of the program. Participants in STEP and 50 pregnant women exposed to childhood maltreatment who received usual prenatal care completed the Post-Traumatic Growth Inventory at the end of pregnancy. RESULTS. All sessions were rated as useful, informative, developing new insights, and motivating. Overall, satisfaction levels were very high: all participants reported positive changes in the way they felt about themselves, their past, and motherhood. Participants in STEP also reported higher post-traumatic growth (M=49.18, SD=20.29) than women who did not participate in the program (M=37.63, SD=21.94), _t_(66)=2.08, _p_=.04. CONCLUSIONS. Our findings suggest that STEP is an efficient program in terms of the quality of response to the specific needs of pregnant women who have experienced childhood trauma. IMPACT: Further studies should evaluate the efficacy of this innovative prenatal intervention.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 71360 - Paper within a symposium (Symposium ID: 71327)

Mentalizing trauma in mothers with histories of childhood abuse or neglect

Main Presenting Author: Garon-Bissonette, Julia

Additional Authors: Berthelot, Nicolas; Muzik, Maria; Simon, Valerie; Rosemblum, Kate; Menke, Rena

Abstract: *BACKGROUND: The ability to mentalize traumatic experiences (or Trauma-Specific Reflective Functioning; T-RF) may buffer against the intergenerational transmission of child maltreatment and promote positive parenting. This study aimed to evaluate the contribution of T-RF to the ability of mothers to interpret their child's thoughts and feelings. METHODS: Seventy-six mothers (Mage=29.7, SD=5.7) participated in the _Trauma Meaning-Making Interview_ subsequently coded for T-RF using the _Trauma-Specific Reflective Functioning Coding System_, and completed the _Insightfulness assessment_ protocol when their infant was 6 months old. All mothers reported histories of childhood trauma. RESULTS: Mothers with high T-RF were generally insightful about their infant's internal world (89.3%), whereas mothers with poor T-RF were mainly non-insightful (60.4%), OR=12.72, 95%CI[3.4, 48.1]. Our measure of T-RF predicted insightfulness (_p_*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 71355 - Paper within a symposium (Symposium ID: 71327)

The Intergenerational Transmission of Risk and Psychopathology: A Review

Main Presenting Author: Madigan, Sheri

Additional Authors: Racine, Nicole; Hentges, Rochelle; McArthur, Brae Anne

Abstract: *The study of child psychopathology necessitates going upstream to determine what factors, including those before the child's birth, may be contributing to their mental health and wellbeing. Indeed, research on the transfer of risk from one generation (i.e., parents) to the next (i.e., children), often called the "intergenerational transmission of risk", has been accumulating over the last several decades. In this presentation, we focus on several predominant risk indicators, including the parent's individual level experiences (e.g., history of maltreatment, current mental illness), as well as contextual level risks (e.g., poverty), as these have been consistently linked with increases in children's (mal)adaptive development. We identify protective factors that have the potential to offset negative experiences and promote resilience despite risk exposure. We also review the themes that have emerged in this body of research, drawing attention to important directions moving forward to further our understanding of how parents confer risk for child psychopathology, with an emphasis on identifying when and how we can interrupt cycles of risk across generations. We give special consideration to the implication of this work for policy and practice and shed light on the need for more applied research that goes upstream to prevent cycles of risk being perpetuated across generations.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 71349 - Paper within a symposium (Symposium ID: 71327)

Student Symposium: Mental Health, Coping, and Psychological Service Use During the COVID-19 Pandemic.

Moderator: Pankratz, Lily

Panelist: Tomfohr-Madsen, Lianne

Abstract: *The COVID-19 pandemic and its related public health restrictions have had a negative impact on mental health in the general population, and particularly in individuals in certain life stages and/or who were already at higher risk of mental health difficulties before the onset of the pandemic. Three CPA student affiliates will present research they conducted related to the COVID-19 pandemic, for which they employed a combination of both quantitative and qualitative research methods. Dr. Lianne Tomfohr-Madsen will discuss common themes and lessons derived from these studies.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71759, Presenting Papers: 71951, 71949, 71945 - Section Invited Symposium

"Just trying to do the right thing": How Postpartum People Are Coping During COVID-19

Main Presenting Author: Pankratz, Lily

Additional Authors: Maciel, Bruna; Roos, Leslie; Cameron, Emily; Tomfohr-Madsen, Lianne; Giesbrecht, Gerald; Lebel, Catherine; Reynolds, Kristin

Abstract: *BACKGROUND: The COVID-19 pandemic and its related public health restrictions have had deleterious impacts on the mental health and coping strategies of the general population, and in particular, postpartum people. The goal of this study was to explore the coping strategies that postpartum people have engaged in to cope with stressors associated with the COVID-19 pandemic. METHOD: A subsample (n = 880) of postpartum people obtained from the Pregnancy during the COVID-19 Pandemic Survey (N = 5, 879) study responded to an open-ended text-based survey question in this survey "_Can you tell us what things you are doing to cope with the COVID-19 pandemic?",_ at approximately three months postpartum. Survey data for this project were collected between August 2020 and August 2021. We used descriptive statistics to contextualize our sample and thematic analysis to examine participants' open-ended text responses. FINDINGS: The majority of participants identified as female (99.8%), White (89.6%) and married (81.9%), and had completed a post-secondary degree(79.1%).The most common ways of coping identified by participants included seeking social connection, taking care of oneself, and getting out of the house. Avoidant and negative coping methods were also highlighted by a subsample of participants. IMPACT: Findings provide insight for targeted supports within this population.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71951 - Paper within a symposium (Symposium ID: 71759)

Affiliative adjustment of socially anxious individuals during the COVID-19 pandemic: a one-year follow-up

Main Presenting Author: Ho, Jolie Tsoi Kan

Abstract: *In May 2020, we surveyed 488 North American MTurk participants and found that individuals with higher pre-pandemic SA—especially those with greater pre-pandemic functional impairment and exposure to COVID-related stressors—endorsed greater efforts to reach out to others for affiliative support during the pandemic's first wave. Despite these efforts, higher SA individuals reported feeling lonelier and more fearful. These findings suggest that SA may be associated with factors that interfere with deriving benefit from affiliation. With the generous support of the Student COVID-19 Research Grant, we collected data in June 2021 for a pre-registered, one-year follow-up study to test hypotheses that higher SA blocks access to social reward from affiliation due to: a) increased use of social safety behaviors in online contexts, b) exclusive affiliation during the pandemic with social partners perceived as "safe," and c) decreased use of effective interpersonal emotion regulation strategies within the COVID context. Data analysis is currently underway and exploratory analyses on changes in social anxiety and various outcomes over time will also be conducted. Data collected on participants' current COVID-related stressors, vaccination status, and in-person affiliative behaviors will also capture the impact of SA on interpersonal adjustment as social restrictions ease.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71949 - Paper within a symposium (Symposium ID: 71759)

Perinatal Anxiety and Psychological Service Use in the Context of the COVID-19 Pandemic

Main Presenting Author: Petty, K. Sarah

Additional Authors: Reynolds, Kristin; Furer, Patricia; Alcolado, Gillian M.; Theule, Jennifer; Fehr, Beverley; Gornik, Megan

Abstract: *Perinatal anxiety, a form of distress experienced by women in pregnancy and up to 12-months postpartum, is a significant public health concern as it is associated with many adverse outcomes for the parent and the developing fetus/infant. While effective psychological treatment is available, only 10-20% of women with anxiety seek help. The COVID-19 pandemic has had a profound impact on mental health generally, with specific concerns for perinatal women, including worries about the developing fetus/infant contracting COVID-19 and changes in medical appointment protocols. Our research aimed to a) better understand perinatal anxiety, including onset, themes of worry, and comorbidities, b) explore the help-seeking journey, and c) explore COVID-19's impact on perinatal anxiety and on the help-seeking journey. Participants (n = 17) were recruited from a hospital-based anxiety disorders clinic in Winnipeg, MB and participated in two virtual meetings. During the first meeting, the Mini-International Neuropsychiatric Interview (M.I.N.I.) assessed anxiety symptoms and comorbid disorders. The second meeting, a qualitative interview, focused on the experience of perinatal anxiety, the help-seeking journey, and the impact of COVID-19 on these experiences. Interviews were audio-recorded, transcribed verbatim, and will be analyzed following protocols set forth by Grounded Theory methodology.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71945 - Paper within a symposium (Symposium ID: 71759)

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

A process-oriented assessment of a university-community partnership: Addressing school attendance problems

Main Presenting Author: Krause, Amanda

Additional Authors: Aalders, Julie; McBrearty, Natasha; Quesnel, Natasha; Rogers, Maria; Smith, J. David; Whitley, Jess

Abstract: Multifaceted problems, such as school attendance problems, require multifaceted solutions. While research done by those situated in purely academic settings provides important contributions to the literature regarding school attendance problems, this method of inquiry fails to adequately incorporate the experiences of those in practical settings who must navigate the challenges of school attendance on a daily basis (e.g., school personnel, mental health agency staff). The present paper describes a partnership between University of Ottawa researchers and several community organizations who support children, youth, and families. Leveraging the strengths of university and community contexts, this partnership was developed to improve clarity around the complicated problem of student absenteeism. This study is a process-oriented assessment of the ongoing development of such a partnership. Various successes and challenges that have emerged in the development and evolution of the partnership are discussed in light of relevant literature on community-university partnerships. Overall, the findings of this process-focused investigation highlight the value of university-community partnerships, especially for addressing such complex problems as school attendance problems. While challenges inevitably arise in such a process, the benefits of the collaboration far outweigh any issues.

Section: Community Psychology / Psychologie communautaire
Session ID: 71445 - 12-Minute Talk

A Program Evaluation of a Concurrent Addiction and Mental Health Disorders Outpatient Treatment Service for Adolescents and their Families

Main Presenting Author: Brache, Kristina

Additional Author: Christiansen, Aisha

Abstract: A program evaluation was conducted within a concurrent addiction and mental health disorders outpatient treatment service for adolescents and their families. The purpose of this evaluation was to determine if adolescent mental health improved, if substance use changed or decreased, and if adolescents and their families were satisfied with treatment. Treatment provided was outpatient individual and family therapy, case management, and psychiatric and nurse practitioner care. Data collected from 2018-2020 investigated mental health, substance use, and treatment satisfaction changes during treatment. Data was collected from each adolescent and parents at

baseline (intake assessment) and at 3, 6, 9, and 12 month follow-ups. Patients were seen for an average of 28 weeks in 2018-2019, but this decreased to 12 weeks in 2019-2020, which was likely related to clinician departure. Overall, 14% of patients were seen for over one year. Paired-samples t-tests showed that the amount of cannabis used per week decreased at the three-month follow up, whereas mental health symptoms decreased after a longer duration of treatment. Most patients and parents were satisfied with their treatment and provided positive qualitative feedback about their treatment experiences. Recommendations for improving treatment services and program evaluation strategies are considered.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 71791 - 12-Minute Talk

Advancing our understanding of coping with pediatric chronic pain: A call for more explicit theories, conceptual clarity, and conceptual consistency

Main Presenting Author: Nabbijohn, Natisha

Additional Authors: McMurtry, Meghan; Lee, Soeun; Tomlinson, Rachel; Morrongiello, Barbara

Abstract: *Background/rationale: Coping is a crucial aspect of pediatric chronic pain management. Inconsistent and unclear conceptualizations of coping responses are barriers to consolidating and interpreting findings. To inform efforts aimed at addressing these barriers, a scoping review was conducted to summarize how well coping responses are described using theory and/or definitions/examples (conceptual clarity) as well as the consistency of descriptors between studies and measures (conceptual consistency). Methods: Searches were conducted through MEDLINE (PubMed) and PsycINFO. Full-text extractions were performed on 125 English-language publications on coping in youth with chronic pain. Results: Only 12.8% (n = 16) of studies described coping using a theory and fewer (n = 9) used theory to guide measure selection. Conceptual clarity was rated "low/very low" for 47.2% (n = 59) (i.e., no definitions and/or examples). Conceptual consistency was rated "low" (i.e., one or more discrepancies) for 33.7% (n = 32) of studies. Conclusions: There is a lack of theory-driven studies and clear/consistent conceptualizations of coping responses in the pediatric chronic pain literature. These gaps limit the synthesis and translation of knowledge. Action/Impact: As a field, we need more explicit and well-developed descriptions and theories of coping. Recommendations for future research will be discussed.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 71744 - 12-Minute Talk

Autistic-LGBTQ participants' experiences engaging in an Emotion Focused Therapy expressive writing intervention

Main Presenting Author: Maroney, R Meredith

Additional Author: Levitt, M Heidi

Abstract: *Emerging research has documented the high prevalence of gender and sexual minority individuals within the autistic community (George and Stokes, 2018; Warrier et al., 2020), yet there has been limited research on the impact of prejudice-events on this population. This study explored the*

experiences of ten autistic-LGBTQ+ individuals who completed a month-long expressive writing intervention designed to process distressing heterosexist events. Participants were diverse in their sexual orientation, gender, and age. All participants were from the experimental condition, which consisted of semi-guided prompts informed by an Emotion Focused Therapy (EFT) approach to deepen processing (Elliot and Greenberg, 2007). We analyzed follow up interview data using modified grounded theory methodology (Glaser and Strauss, 1967) to answer the central question, how did participants experience the EFT condition when processing heterosexist events? Preliminary results revealed that participants developed new interpersonal insights and a deeper understanding of feelings and needs stemming from their heterosexist event. Participants also reflected on ways this intervention could be adapted to be more accessible, including the addition of prompts and rationales. Results from this study are being used to inform revision of this intervention and will be discussed in detail, along with clinical implications.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70781 - 12-Minute Talk

Design, Reporting, and Risk of Bias in Studies Assessing the Accuracy of Depression Screening Tools

Main Presenting Author: Nassar, Elsa-Lynn

Additional Authors: Levis, Brooke; Neyer, Marieke A; Rice, Danielle B; Booij, Linda; Benedetti, Andrea; Thombs, Brett D

Abstract: *BACKGROUND: To be useful, studies assessing the accuracy of depression tools should be conducted among individuals not known to have depression, as those individuals would not be screened in practice; with enough participants to generate precise estimates; and be completely and transparently reported. METHODS: We conducted a series of three meta-research studies on depression screening accuracy studies for (1) population appropriateness, (2) presence of sample size calcuations and precision, and (3) reporting quality. We searched MEDLINE January 1, 2018 to May 21, 2021 for eligible studies. RESULTS: Only 17% of included studies appropriately excluded individuals already known to have depression; only 11% described viable sample size calculations, and precision of accuracy estimates was poor. When evaluated against the 38 items of a standard reporting checklist, only eight items were 'adequately reported' for the majority of studies, while 11 were 'inadequately/not reported'. CONCLUSIONS: Few depression screening accuracy studies appropriately excluded confirmed depression cases, provided sample size calculations, and were adequately reported. ACTION: Future studies should exclude confirmed depression cases and conduct sample size calculations. The research community, journal editors, reviewers, and funders should endorse and implement adherence to reporting guidelines.*

Section: *Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé*
Session ID: 71231 - 12-Minute Talk

Evaluating Differential Item Functioning: Differences Between Likert vs Forced-Choice Response Models in Group Comparisons

Main Presenting Author: Plantz, Jake

Additional Author: Flake, Jessica

Abstract: *Forced choice (FC) questionnaires may reduce response bias in comparison to the Likert item format, particularly in high-stakes testing scenarios. Recent advances in Thurstonian IRT (T-IRT) allow for estimation of FC measurement models and associated factor scores. However, specifying T-IRT models and testing for differential item functioning (DIF) is more complex than traditional factor analytic methods used for Likert items. In this study we examine DIF across gender of Likert and FC items using real data from a large-scale non-cognitive assessment that was developed in both formats (EMA, 2013). For the Likert items we test for DIF by specifying increasingly restrictive multi-group confirmatory factor models, whereas for the FC version we followed the steps outlined by Lee et al (2021) using T-IRT. We demonstrate the differences between assessing DIF when using traditional confirmatory factor approaches versus the T-IRT model. Further, we find evidence that the DIF of items may generalize across item format. We discuss considerations for test-builders who are interested in developing FC instruments to reduce response bias and the possibility that existing Likert scales may be adapted without creating new item sets, while maintaining DIF across groups. This work provides support for test-builders not having to create wholly new tests to gain the benefits of FC.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 70188 - 12-Minute Talk

Factor Structure, Measurement Equivalence, and Reliability of the Nature Relatedness Scale Short Form (NR-6) Across Males and Females

Main Presenting Author: Luong, Raymond

Abstract: *Nature relatedness, the extent to which an individual feels connected to nature, is an important construct in environmental psychology research. The NR-6 (Nisbet and Zelenski, 2013) is a six-item scale designed to measure nature relatedness briefly while retaining good psychometric properties. However, the NR-6's psychometric properties were not confirmed with data independent from its original development samples. Because validity evidence for the NR-6 is lacking, it is unclear how to score the NR-6 (i.e., as a unidimensional or multidimensional scale) or interpret analyses of NR-6 scores. To investigate these concerns, I evaluated the factor structure, measurement equivalence, and reliability of the NR-6 across males and females using an independent open dataset (n = 1,523). Results indicated that both one-factor and two-factor models fit well. The NR-6 achieved scalar equivalence across males and females under the two-factor model but not the one-factor model. However, mean differences (t -tests) across males and females were biased by measurement non-equivalence under both models. Reliability was acceptable for research purposes for males and females only if the NR-6 was treated as unidimensional. The results support my concerns about how to use the NR-6, and I provide recommendations for reporting validity evidence to inform appropriate use of the NR-6 in research.*

Section: *Environmental Psychology / Psychologie de l'environnement*
Session ID: 70922 - 12-Minute Talk

Impacts of integrating personal experiences with neuroscience knowledge translation activities

Main Presenting Author: Barker, Conor
Co-Presenting Author: Mazerolle, Erin

Abstract: *By providing a mechanism for moving knowledge into action, knowledge translation (KT) is an important aspect of psychological research. The literature about effective KT is limited, with much being observational. Our team is exploring how KT can be used in furtherance of social justice through engaging individuals with lived experiences in the development of neuroscience KT activities. In partnership with a psychology student researcher with ADHD, we developed a KT activity to share the brain basis of ADHD with teachers. We conducted an experiment to evaluate the impact of personal story and lived experience on the effectiveness of our neuroscience of ADHD KT activity. In a 2 x 2 factorial design, we manipulated the presenter (with and without lived experience) and the content (with and without a personal story). The resulting KT activities were delivered to four groups of pre-service teachers in a Bachelor of Education program who completed pre- and post-activity surveys. Mixed method results signal that our KT activities shifted teacher attitudes (i.e., decreased belief that ADHD symptoms can be attributed to social factors, increased belief that ADHD symptoms can be attributed to the brain). Our study further demonstrated that lived experience informed KT can still be effective even if the presenter does not have personally lived experience.*

Section: Teaching of Psychology / Enseignement de la psychologie
Session ID: 71178 - 12-Minute Talk

Should researchers need a larger sample size when they plan their studies based on Power analysis?

Main Presenting Author: Li, Johnson

Abstract: *In planning a study, researchers often estimate the sample size prior to data collection. One widely employed approach is based on Power analysis that estimates the minimum required sample size to achieve a certain chance (e.g., 80%) for obtaining a significant result. There are a number of parameters researchers have to enter for Power analysis. One critical parameter is the expected effect size in a research domain. This estimation is often based on reviewing the existing literature that published thee effect size results in a domain. Unfortunately, most studies only published significant effect sizes, and this likely leads to an upward-biased effect size estimate for researchers to enter in Power analysis. This study simulates this situation where only effect sizes with significant p values are available. The manipulated factors include 5 levels of the number of published studies (1, 5, 10, 30, 50), 3 levels of Cohen's d (.2, .5, .8), and 5 levels of sample sizes (10, 30, 50, 100, 300). The results show that, on average, researchers need a 39.3% larger sample size (or 57 extra participants) to achieve their expected 80% Power because they may enter an upward-biased effect size estimate from the literature. In light of that, researchers should aware of the choice of their estimated effect size and even need to increase the sample size in planning their research studies.*

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 70842 - 12-Minute Talk

Statistical mediation analysis in Single Case Experimental Designs (SCEDs)

Main Presenting Author: Miocevic, Milica

Abstract: *BACKGROUND: Single-case experimental designs (SCEDs) measure one research unit repeatedly over the course of at least two experimental conditions (Onghena, 2005). Mediation analysis in SCEDs has been described (Josephy et al., 2015; Miočević et al., 2020), but statistical properties of the indirect effect have yet to be examined in simulation studies. In the AB design, the participant's values of the mediator and outcome are measured repeatedly in two experimental conditions referred to as A (baseline) and B (treatment) phases. This project examines the power to detect the indirect effect in the AB design. METHODS: A simulation study was used to evaluate power to detect the indirect effect at sample sizes from 20-100 observations. Balanced designs (with equal lengths of A and B phases) were compared to designs where the treatment phase is two times longer than the baseline phase (holding the total number of observations constant). RESULTS: At least 40 observations and a balanced design are required for adequate power. Bayesian methods with uninformative priors have less power than frequentist methods. CONCLUSIONS AND IMPACT: Findings from this project made it clear that SCEDs ought to be designed so the baseline and treatment phases are of equal length, and that Bayesian methods with uninformative priors are a suboptimal estimation approach relative to frequentist methods.*

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 71284 - 12-Minute Talk

Structural Validity Evidence for the Oxford Utilitarianism Scale Across 14 Languages: A Large-Scale Psychometric Study with the Psychological Science Accelerator

Main Presenting Author: Luong, Raymond

Additional Author: Flake, K. Jessica

Abstract: *The Psychological Science Accelerator (PSA) is a big team science collaborative dedicated to large multicultural studies. As a result, the PSA routinely translates instruments into dozens of languages. Here, we present a large-scale psychometric investigation of the Oxford Utilitarianism Scale (OUS; Kahane et al., 2018) in 14 languages. We develop a detailed psychometric report for each version that includes the following: a) Qualitative feedback from translators; b) Item analyses; c) Confirmatory tests of factor structure; d) Measurement invariance testing across languages using multiple-group confirmatory factor analyses and alignment optimization; and e) Reliability analyses using coefficients alpha and omega. These reports will provide open, transparent, and comprehensive validity evidence for the OUS. Without such evidence, results from studies using the translated versions of the OUS will be difficult to interpret as they may be confounded by measurement differences across versions. Furthermore, this will support the valid use of the OUS by diverse researchers who wish to conduct research in many languages. We will provide recommendations for planning large-scale construct validation studies and demonstrate how to use open science practices such as preregistration and/or Registered Reports in the process.*

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 70009 - 12-Minute Talk

The impact of model misspecification on coefficient omega estimates of composite reliability.

Main Presenting Author: Bell, M Stephanie

Additional Authors: Flora, B David; Chalmers, R. P.

Abstract: *Coefficient omega is often promoted by methodologists as a model-based alternative to coefficient alpha that is unrestricted by the assumption of a unidimensional essentially tau-equivalent model (see: Flora, 2020). However, few studies have investigated the finite sample properties of omega estimates, particularly under misspecifaction of the underlying confirmatory factor analysis (CFA) model. This talk will discuss the potential for bias of omega estimates given incorrect CFA specification based on the results of a Monte Carlo simulation that compared bias across three sample models for each of 48 conditions. In general, bias increased with the level of incorrectly modeled complexity (e.g. unmodeled multidimensionality or correlated errors) and worsened with scale length. We will also provide recommendations for minimizing the risk of biased reliability estimation using coefficient omega; specifically stressing the importance of a strong theoretical and statistical basis for model selection and sufficient sample size.*

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 70731 - 12-Minute Talk

The Impact of Therapeutic Autophotography on Adult Women's Experiences of Shame and Sense of Agency

Main Presenting Author: Harris, S Pam

Abstract: *Very few research studies include the exploration of shame from a whole-person perspective that includes both the internal (psyche) and external (culture) aspects of a person. Explanatory sequential mixed methods study employs a therapeutic autophotography process to bring into awareness liminal aspects of women's internal and external experiences of shame and sense of agency. Liminality is examined in relationship to the psychoanalytic conceptualization of deep psychic transformation through representational engagement in the liminal space. Results include women's internal and external shame experiences as transformed into a positive sense of agency through a therapeutic process of authophotography and engagement in the liminal space. Conclusions for this perspective of transformation transcends cognitive models of personal change that seek to dissolve old thinking patterns and coping styles by engaging in an interactive experience between self and other, summoning instead the exploration of untapped potentials of the intrapsychic unconscious mind, the psychological space in which creativity flourishes and where deep transformation can occur. Impact of this new method promotes creative internal enrichment and transformation. The psychoanalytic conceptualization of liminality and deep internal transformation may provide a way to make progress within the self and the social realm.*

Section: Women and Psychology / Femmes et psychologie
Session ID: 70890 - 12-Minute Talk

The Short-Term Prediction of Adverse Outcomes using the SAVRY, START:AV, and VRS-YV

Main Presenting Author: Gray, L Andrew

Additional Author: Viljoen, L Jodi

Abstract: *Despite support for assessing risk for violence and general reoffending, little research has examined risk for other adverse outcomes common among adolescents. This study examined the short-term predictive validity of the Structured Assessment of Violence Risk in Youth (SAVRY), Short-Term Assessment of Risk and Treatability (START:AV), and the Violence Risk Scale-Youth Version (VRS-YV) among a sample of 87 adolescents referred to a residential treatment program. Outcomes related to Harm to Others and Rule Violations (e.g., violence) and Harm to the Adolescent (e.g., non-suicidal self-injury) were coded from file. Although short-term predictive validity of the SAVRY and VRS-YV was greater for outcomes related to harming others and rule violations relative to those involving harm to the adolescent, the START:AV was a more consistent predictor across domains. Examining the timeframe for optimal predictive validity revealed that accuracy of the measures peaked within the first three months. Using recurrent event survival analysis, dynamic risk factors were found to be superior in predicting repeated events involving harm to others relative to static/historical factors, whereas only dynamic factors associated with the START:AV were predictive of repeated events involving harm to self. These results emphasize the need for further examining risk for adverse outcomes among adolescents.*

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 69914 - 12-Minute Talk

Understanding and addressing threats to measurement validity in large-scale replication studies

Main Presenting Author: Alley, J Lindsay

Additional Authors: Plantz, W Jake; Flake, Jessica K

Abstract: *PSYCHOLOGY HAS BEEN AT THE CENTRE OF A REPLICATION CRISIS. LARGE REPLICATION PROJECTS SUCH AS MANY LABS (ML) ARE A FRUITFUL APPROACH TO ESTIMATING REPLICABILITY IN THE FIELD, BUT THEY ALSO PRESENT METHODOLOGICAL CHALLENGES. ONE SUCH CHALLENGE IS THE VALIDITY OF MEASUREMENT. A PREVIOUS REVIEW OF THE MEASURES USED IN ML2 (SHAW ET AL., 2020) FOUND LITTLE VALIDITY EVIDENCE AND POOR PSYCHOMETRIC PROPERTIES OF INSTRUMENTS. WE REPLICATED THIS SYSTEMATIC REVIEW AND PSYCHOMETRIC ANALYSIS TO ILLUMINATE THE SCOPE OF MEASUREMENT CHALLENGES USING THE OTHER FOUR ML. CONSISTENT WITH THE ML2 REVIEW, LESS THAN HALF OF SCALES USED IN ORIGINAL STUDIES HAD A CITED SOURCE, RELIABILITY WAS ESTIMATED IN ~60% OF STUDIES WITH MULTI-ITEM MEASURES, YET NO EVIDENCE OF STRUCTURAL VALIDITY WAS PRESENTED. USING OPEN DATA FROM ML, WE FIT CONFIRMATORY FACTOR ANALYSIS MODELS WHERE APPROPRIATE AND FOUND POOR OR MEDIOCRE FIT IN ALL CASES. FINALLY, WE TESTED TRANSLATED MEASURES FOR MEASUREMENT EQUIVALENCE AND EXAMINED WHETHER CORRECTING FOR PARTIAL EQUIVALENCE IMPACTS REPLICATION RESULTS. OVERALL, VALIDITY EVIDENCE FOR THE MEASURES IN ML IS SPARSE, CALLING INTO QUESTION THE INTERPRETABILITY*

OF CONCLUSIONS. BASED ON THESE FINDINGS, WE DEVELOP GUIDELINES FOR THE CONSIDERATION OF MEASUREMENT IN REPLICATION, PARTICULARLY REGARDING HOW TO PROCEED WHEN VALIDITY EVIDENCE IN ORIGINAL STUDIES IS POOR OR CONFLICTING.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 70200 - 12-Minute Talk

Virtual Caregiver Emotion-Focused Family Therapy Intervention Strategies: A Guide for Therapists During the COVID-19 Pandemic

Main Presenting Author: Dolar, Katrina
Co-Presenting Authors: Lau, Carey; Storr, Jonathan

Additional Authors: Taylor, Scott; Zebeljan, Alex

Abstract: *Since the emergence of the coronavirus (COVID-19) pandemic in 2019, undue pressure has been placed on many mental health care providers. The mental well-being of children, youth, and families has been under tremendous stress, highlighting the need for virtual treatment to support caregivers. Emotion-Focused Family Therapy (EFFT) is an empirically supported, transdiagnostic, group intervention targeting caregivers of children with mental health challenges by facilitating emotional and behavioural support skills. This study reports on findings from a series of studies about a brief, intensive EFFT workshop intervention. The intervention model involves approximately 30 caregivers receiving the core psychoeducation, skills practice, and therapeutic exercises within EFFT delivered through a secure video-conferencing format. Guidance is provided to mental health practitioners seeking practical strategies to address the common challenges of providing emotion-focused intervention to caregivers and families via online video sessions. Research findings have supported the efficiency and effectiveness of brief caregiver-based emotion-focused interventions. The adaptations of these interventions to the online video context can improve clinical engagement and access to mental health care during the pandemic.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71935 - 12-Minute Talk

Mirror Effects: Action-Oriented Approach Enhancing Metacognitive Knowledge in Counseling Education

Main Presenting Author: Ho, Wing W. Y.
Co-Presenting Author: Chan, Brown P. L.

Abstract: *Experiential learning has long been used in education, and no other strategy offers as comprehensive, effective, and innovative of an approach in designing curriculum for teaching counseling to enhance the student learning experience. This quantitative study aims to explore the differences in mirror effects (i.e., general, positive, and negative) between the action-oriented approach and teacher-controlled, information-centered approach. Undergraduate part-time social work students were invited to participate in experimental (_n_ = 82) and comparison (_n_ = 39) groups. A Teaching and Learning Questionnaire was used to evaluate students' experiences, and a Mirror Effect Inventory was used to analyze the three types of mirror effects. First, in comparing the two approaches, the action-oriented approach was rated higher for teaching methods, course content,*

course arrangement, and learning atmosphere. Second, the action-oriented approach elicited some differences in the positive mirror effect. The scores of general mirror effect were high in the two groups, but neither of the groups showed negative mirror effect. In conclusion, this study demonstrates that metacognitive aspects of experiential learning are the most valuable in inspiring both counseling education and clinical practice.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 69042 - Virtual 12-Minute Talk

Thérapie Cognitive et Comportementale Digitale pour l'Anxiété et la Dépression Postnatale auprès de Mères en Situation de Vulnérabilité Socioéconomique : Protocole d'une Étude Mixte

Main Presenting Author: Durand, Camila

Additional Authors: Roberge, Pasquale; Provencher, Martin D.; Vasiliadis, Helen-Maria

Abstract: *CONTEXTE: La thérapie cognitive-comportementale (TCC) digitale est démontrée comme étant efficace pour l'anxiété et la dépression postnatale (ADP). Cependant, son efficacité auprès de mères présentant un faible statut socioéconomique (SSE) est peu documentée. OBJECTIFS: 1) Évaluer lacceptabilité dun programme de TCC digitale pour lADP 2) Évaluer les effets du programme sur la diminution de lADP 3) Évaluer les effets du programme sur la relation dattachement, chez les mères avec un faible SSE. MéTHODOLOGIE: Ce projet propose un devis mixte niché expérimental concomitant et sinscrit dans un essai contrôlé randomisé (ECR) évaluant lefficacité dun programme de TCC digitale pour lADP, en comparaison aux soins usuels, et sera mené auprès de 226 mères. QUALITATIF : Des entretiens semi-structurés, en fonction dun cadre conceptuel sur lacceptabilité des interventions, seront menés auprès de 20 mères. Les données seront analysées selon une approche déductive. QUANTITATIF : La diminution de lADP sera mesurée par le _GAD-7_ et _PHQ-9_. Les effets sur la relation dattachement seront mesurés par le _Maternal Postnatal Attachment Scale_. Des analyses de régressions examineront les effets du programme sur lADP, et sur la relation dattachement. RETOMBéES: Les résultats soulèveront les modifications devant être apportées pour rendre le programme plus adapté aux mères avec un faible SSE.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 71293 - Virtual 12-Minute Talk

Conversation Session

The Utility of Diary Cards in Dialectical Behaviour Therapy for Research and Clinical Purposes

Main Presenting Author: Rumeo, Carla

Additional Author: Oakman, Jonathan

Abstract: *Dialectical Behaviour Therapy (DBT) is a therapeutic framework that has been shown to be effective in reducing various symptoms of Borderline Personality Disorder (BPD) including suicidal behaviours and inappropriate anger (Linehan et al., 2015). In standard DBT treatment clients are taught four skill-based modules which include mindfulness, emotion regulation, interpersonal*

effectiveness and distress tolerance. Clients also complete daily diary cards where they rate: 1) the skills used 2) emotional states 3) urges to engage in maladaptive behaviours (e.g., self-harm) and 4) whether they acted on those urges (Linehan, 1993b). While diary cards are commonly used to monitor symptoms, clinicians and researchers have not yet determined how best to translate the clinically rich information in the cards into useful scores for research or clinical purposes. This is an important topic for discussion because despite being a valid measure of skill usage and BPD symptomology, diary cards are underutilized as a research tool, even in empirical work that has examined skill usage as a potential mechanism for symptom improvements. To stimulate discussion, the leader will present samples of diary cards,encourage others to explain how they use the cards in their practices and invite discussion about how these cards could be useful for research purposes or monitoring progress for a single case.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70726 - Conversation Session

Panel Discussion

Knowledge Mobilization (KMb) within Counselling Psychology: Shifting to a More Field-Inclusive Knowledge Landscape

Moderator: Hudson Breen, Rebecca

Panelist: Murdoch, Kenneth C

Abstract: *KNOWLEDGE MOBILIZATION (KMB) IS THE PROCESS OF MAKING ACADEMIC KNOWLEDGE AVAILABLE, ACCESSIBLE, AND APPLICABLE. INHERENT TO KMB PRACTICE IS THE IMPERATIVE THAT RESEARCHERS BUILD MEANINGFUL RELATIONSHIPS WITH COMMUNITY STAKEHOLDERS WITH THE AIM OF TRANSLATING RESEARCH EVIDENCE AND BUILDING CAPACITY FOR THE PURPOSE OF COMMUNITY ACTION (CHIA-KONGATA ET AL., 2020; MOSHER ET AL., 2014). KMB IS A FUNDAMENTAL COMPONENT OF DEMOCRATIZATION AND DECOLONIZATION OF ACADEMIC KNOWLEDGE, AN INTERDEPENDENT AND RELATIONAL PRACTICE, REQUIRING RESEARCHERS TO STEP OUTSIDE THE DOMINANT INDEPENDENT NORMS OF ACADEMIC RESEARCH (E.G., PUBLISHING IN ACADEMIC ARTICLES) (SKIPPER and PEPPLER, 2020). DESPITE THE NECESSITY OF KMB IN THE MODERN KNOWLEDGE ECONOMY, KMB IS NOT WELL EMPHASIZED OR FUNDED WITHIN ACADEMIC INSTITUTIONS (COOPER ET AL., 2018). FURTHER, RESEARCHERS WHO ADOPT AN INTERDEPENDENT KMB STANCE IN THEIR RESEARCH ARE LARGELY UNREWARDED FOR THEIR EFFORTS (SKIPPER and PEPPLER, 2020). NONETHELESS, KMB IS ALIGNED WITH COUNSELLING PSYCHOLOGY VALUES AND IMPORTANT TO ADVANCE IN PSYCHOLOGICAL RESEARCH. THIS PANEL DISCUSSION WILL HIGHLIGHT COUNSELLING PSYCHOLOGY RESEARCHERS' EXPERIENCES (I.E., 3 GRADUATE STUDENTS, 1 FACULTY MEMBER, 1 ASSOCIATE DEAN RESEARCH) WITH VARIOUS KMB PROJECTS. THE ROLE OF KMB IN PSYCHOLOGY RESEARCH WILL BE DISCUSSED, EMPHASIZING COMPETENCY BUILDING WITH PSYCHOLOGISTS IN TRAINING.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70968 - Panel Discussion

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"But do I need research?" Clinician perception of the value of research methods and statistics

Main Presenting Author: Pecsi, Sierra

Additional Authors: Riondino, Giulia; Katseva, Stanimira; Cao, Chloe; Boulanger, Kaitlyn; Guyatt, Claire ; Shaw, Steven R.

Abstract: *BACKGROUND: Clinicians must be able to evaluate research o find the best available evidence-based practices. The use of evidence-based practices is a standard practice among clinicians in psychology which entails being able to evaluate, synthesize, and apply research findings. However, most psychology research is not useful for practice (Ioannidis, 2016). PURPOSE: To explore clinicians' perceptions of the importance of research methods and statistics training in the development of a professional psychologist. METHOD: As part of a larger study, approximately 200 Canadian school, counselling, and clinical psychologists will be recruited via online advertising and an email campaign to professional associations. Clinicians will be asked to complete a 20-minute survey on their familiarity and ability to apply research concepts as it relates to their practice as a psychologist. Results will be analyzed through descriptive statistics. SIGNIFICANCE: The exploration of perceptions of research methods will provide an improved understanding of how clinicians use research for practice and potential gaps hindering their ability to apply research skills in clinical settings. Research of this kind will help improve the utility of research for the profession of psychology.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71344 - Printed Poster

A comparison of harmonization of depression scores across three depression measures using three methods: factor scores, z-scores, and cross-walk tables

Main Presenting Author: Zahedi, Nika

Abstract: *A variety of scales are used to assess depression severity, with 280 instruments developed in the last century (Santor et al. 2006). The routine practice in scientific publications is to conduct research based on a particular scale, without proving the rationale for using that specific measure (Fried 2017). But would individuals be diagnosed with the same depression severity when measured through different depression scales? To address this, we used data available through PROsetta Stone project which collected data on multiple measures for the same set of participants including BDI-II depression scale, PROMIS depression scale, and HADS depression and anxiety scale. There are multiple ways of harmonizing or creating inferential equivalency and thus comparability across these measures (Fortier et al. 2017). We harmonized these three measures using three different methods 1. standardized z-scores, 2. factor scores, and 3. cross-walk tables (Choi et al. 2014). Using the harmonized scores, we illustrate the distribution of scores, correlations, and the intraclass correlation coefficient (ICC) across measurements. We show that 1. compared to the other two methods, factor scores lead to the largest ICC and strongest correlations between harmonized scores, 2. BDI-II and PROMIS depression scales are strongly correlated regardless of the harmonization method used.*

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 71343 - Printed Poster

Acceptance and Commitment Therapy Interventions for Internet-Based Addictions: A Systematic Review

Main Presenting Author: Axenova, Kristina

Additional Author: Malkin, Albert

Abstract: _The aim of this systematic review is to summarize the empirical research on the application of Acceptance and Commitment Therapy (ACT) interventions to treat internet-related addictions, as well as evaluate the assessment tools used to identify them."Internet-based addiction" will be used as an umbrella term encompassing social media/networking, pornography viewing, and online gaming addiction. We searched multiple databases (Web of Science, PsycINFO Ovid, and Google Scholar) to include peer-reviewed English-language empirical research that implemented an ACT-based intervention with at least two of the following three criteria: measures of psychological flexibility, targeted development of at least one of the six core ACT process (acceptance, defusion, self-as-context, present comment, values, and committed action), and an outcome variable of an internet-based addiction. Results found a total of 9 studies which met the inclusion criteria with applications of both individual and group-based modes of ACT. Although ACT has shown preliminary effectiveness for attenuating the issues associated with internet-based addiction, research in standardized measurement tools for assessing internet-based addictions are still emerging. Future research directions concerning the feasibility of ACT and internet-addiction measurement tools will be discussed._

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 71715 - Printed Poster

Anxious Attachment Predicts Automatic Functions of Self-Harm in Adults with Nonsuicidal Self-Injury

Main Presenting Author: Kao, Chiao-En

Additional Author: Tan, C. H. Josephine

Abstract: BACKGROUND/RATIONALE: Research shows that nonsuicidal self-injury (NSSI) serves four functions that are either automatic (emotion regulation) or social in nature, and have positive or negative reinforcing properties. A few studies also reported individuals with NSSI to have insecure attachment styles. The present study examined the link between attachment styles (secure, anxious, fearful, avoidant) and NSSI functions. METHODS: Participants (N = 753; 358 NSSI, 395 Control) were recruited from Canada and USA via MTurk. They completed online questionnaires on attachment styles and NSSI characteristics. RESULTS: The NSSI group endorsed a more anxious attachment style than the Control group [$F_{(1, 701)}$ = 8.34, p = 0.004, Cohen's d = .22], while the Control group endorsed a more secure attachment style to a greater degree than the NSSI group [$F_{(1, 699)}$ = 9.13, p = 0.003, Cohen's d = .23]. Within the NSSI group, more anxious attachment style was associated with greater use of automatic negative [$F_{(8, 229)}$ = 8.68, p = .004] and automatic positive [$F_{(8, 225)}$ = 7.73, p < .001] reinforcement functions. CONCLUSIONS: Individuals with anxious attachment style were more likely to engage in NSSI for

functions related to emotion regulations. ACTION/IMPACT: The results suggest that attachment styles might be a factor to consider in interventions for NSSI.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 69921 - Printed Poster

Average university students' IQ is no longer above average but merely average

Main Presenting Author: Uttl, Bob

Additional Author: Violo, Victoria

Abstract: *Contemporary psychology and neuropsychology texts as well as popular literature cite obsolete data collected 50 to 100 years ago for the proposition that university students' average IQ is in the "above average" range between 115 to 120 IQ points. We demonstrate that university students' IQ has declined over the last 100 years and is now only in the "average" range, near the population average of 100 IQ points. First, whereas in the 1930s, only a few percent of the population was admitted to colleges/universities, today the majority of students graduating from high school do so. Second, successive standardizations of WAIS tests reveal approximately an 8-point IQ drop in the average intelligence of adults with 16 years of education between the WAIS and WAIS-IV tests published in 1955 and 2008, respectively. Third, over the same 100 years, the number of colleges/universities offering undergraduate degrees has increased sharply with some having high admission standards but others allowing anyone to enrol, resulting in large differences in the average IQ of their students. Fourth, our meta-analysis of university students IQs revealed corresponding drop in average IQs to near 100 IQ points. In turn, these results (as well as large IQ differences between fields) indicate that estimating pre-morbid IQ based on educational attainment is merely speculation and not evidence-based.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 71920 - Printed Poster

Awareness and Engagement in Open Science among Canadian Psychology Students

Main Presenting Author: Moran, Chelsea

Additional Authors: Richard, Alexandra; Wilson, Kaitlin; Twomey, Rosie; Coroiu, Adina

Abstract: *Open science (OS) practices aim to enhance the transparency, accessibility and reproducibility of research. This study aims to describe the use of OS practices by Canadian university students studying psychology. Participants were recruited via online ads and university email invitations to complete a bilingual survey. Respondents were asked how often they engaged in six OS practices (pre-regsitration, registered reports, open data/materials, open access publishing, open peer review, preprints) and to give their best estimate for engaging in each practice in the future. Descriptive statistics were used to report findings. A total of 425 psychology students enrolled in graduate(59%), undergraduate(40%) and post-doctoral(1%) programs completed the survey. Most students (83%) reported that they were aware of "open science" and 60% of respondents reported engaging in at least one OS practice (M=1.41, SD=1.55). The most commonly used practices were pre-registration (34%), open access publishing (34%), and sharing data/materials (26%). These practices also had the highest ratings of intent for future engagement. While many Canadian*

psychology students are participating in OS, about one-fifth of our sample were unaware of OS and slightly under half have never engaged in an OS practice. This study highlights the need to continue to support students in their learning and pursuit of OS.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 70479 - Printed Poster

Covert Weighing: Qualitative Interviews of Participants Experience with a Hidden Scale

Main Presenting Author: Siemers, Nellie

Additional Authors: Carrière, Kimberly; Nordine, Alexa; Knäuper, Bärbel

Abstract: *BACKGROUND: Traditional weight loss programs use weigh-ins as an indicator of treatment efficacy. Although the assessment of body weight is necessary for treatment validity, it can cause unintended consequences such as increased psychological distress and weight-related stigma in participants. Novel methods for assessing body weight must therefore be explored. One solution to addressing these consequences is to use a covert weighing method. METHODS: The aim of the study was to gain insight on participants experience with this novel covert weighing method. The qualitative interviews were semi-structured and transcribed for thematic analysis of their content. The questions aimed at exploring the participants' reaction and attitude towards covert weighing.*
RESULTS: Thematic analysis revealed that the majority of study participants endorsed this novel method as it made their experience more pleasurable and less stigmatizing. The majority of participants mentioned a higher risk of response bias when completing study questionnaires if body weight had of been explicitly collected. CONCLUSIONS: This study is the first to explore the use of a covert scale to collect body weight data in weight management research. The results highlighted the benefits of a covert weighing method, especially for reducing perceived levels of psychological distress and response bias by study participants.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 70184 - Printed Poster

Creating a coping assessment tailored to women experiencing infertility

Main Presenting Author: Balsom, A Ashley

Additional Authors: Dube, Loveness; Gordon, Jennifer L

Abstract: *Infertility is a medical condition that is associated with high levels of distress and unique coping strategies, including the avoidance of pregnant women and children. The current research aimed to create a questionnaire assessing strategies used to cope with the stress of infertility and to assess its psychometric properties. A literature review was completed to identify all possible coping strategies, resulting in the creation of 93 items. Removal of redundant items and consultation with patient advisors resulted in a 38-item questionnaire, which 492 women with infertility completed following recruitment via social media. A principal axis factor analysis with varimax rotation was then applied. The following factors were identified: emotion-focused coping, avoidance, focus on self-growth, maintaining optimism, and seeking social support (Cronbach's α = .87-.66). The factor structure accounted for 55% of the variance, with structure matrix loadings ranging from .40 to .71*

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and no cross-loadings above .38. The resulting 33-item questionnaire represents a useful tool to assess infertility-specific coping strategies that has adequate psychometric properties. The described measure will help future research explore the impact of identified coping styles on women with infertility and highlight future clinical targets for infertility-adapted interventions.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 70634 - Printed Poster

Depression and Anxiety in Patients With Cystic Fibrosis: How Do Clinics in British Columbia Compare To Guidelines By International Committee on Mental Health in Cystic Fibrosis

Main Presenting Author: Chaturvedi, Moha

Additional Authors: MacDiarmid, Pat; Quon, Bradley; Waters, Ian

Abstract: *This study was conducted as part of the Mental Health project undertaken by Cystic Fibrosis (CF) clinics in British Columbia (BC), Canada. Specifically, patients at St. Pauls Hospital (SPH) and BC Childrens Hospital (BCCH) in Vancouver, BC were screened for depression and anxiety during clinic visits using Patient Health Questionnaire-9 (PHQ-9) and General Anxiety Disorder-7 (GAD-7). This analysis examines the prevalence for both patients and caregivers, as well as, scores before and after appropriate interventions were provided using descriptive statistics and Wilcoxon analyses. The study also evaluated whether these CF Clinics meet the standards for mental health care in CF issued by International Committee in Mental Health on Cystic Fibrosis (ICMHCF) in 2016. The results found that PHQ-9 and GAD-7 scores of CF patients at BCCH and SPH were significantly higher than the general population and comparable to the international average. We also found that caregivers who were mothers experienced significantly more mental health issues than fathers. However, both the PHQ-9 and the GAD-7 declined after appropriate interventions. Finally, it was found that BCCH and SPH mental health interventions were markedly inadequate compared to the ICMHCF guidelines. This study will be impactful in demonstrating a need for funds to support the mental health project at these clinics.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71422 - Printed Poster

Developing the Arts-Based Critical Episodes Method to Evaluate Artistic Resonance, Emotional Depth, and the Promotion of Well-Being during COVID-19

Main Presenting Author: Sardella, A Nicole
Co-Presenting Author: Cupchik, Gerald C

Abstract: *Arts-based research is a cross-disciplinary study of arts-based knowledge building commonly employed across psychology, anthropology, sociology, medicine, and education (Leavy, 2015, 2018, 2020; McNiff, 2018). A variation of this approach focusing on critical episodes is proposed, integrating psychological, anthropological, and artistic inquiry. This is rooted in the Critical Incident Technique developed by Flanagan (1954), enhanced by Butterfield et al. (2005) and McDaniel et al. (2020), leading to Critical Episodes Method (G. C. Cupchik, 2017), and embodied hermeneutics (E.L. Cupchik, 2018; Schuster, 2013). This technique has been applied in a study of the*

Human Signs project, an online global participatory performance project, conceived by Yuval Avital (composer and multimedia artist) during the COVID-19 pandemic (Avital, 2020). Gestural and vocal artists recorded their responses to Avital's vocal testimony, and were interviewed regarding critical moments of their interpretation, focusing on emotional resonance and catharsis (G.C. Cupchik, 2016). The implications of applying an Arts-Based Critical Episode Technique in relation to post-traumatic growth, well-being, and community development during a time of global hardship will be discussed.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 71290 - Printed Poster

Direct and Indirect Effects of Parent Callous-Unemotional Traits on Parenting Behaviour, and Internalizing and Externalizing Symptoms in their Youth

Main Presenting Author: Davis, Brooke

Abstract: *Callous-unemotional (CU) traits (i.e., deficient affect, empathy, affiliative capacity) are associated with aggressive and antisocial behaviour. However, it is currently unknown whether parent CU traits are associated with particular parenting behaviours (i.e., warmth, harshness, inconsistency), whether parent CU traits place children at higher risk for developing internalizing and externalizing symptoms, and whether these parenting behaviours mediate the association between parent CU traits and their child's internalizing and externalizing symptoms. The present study aimed to examine direct and indirect associations between parent CU traits, parenting behaviours, and youth internalizing and externalizing symptoms in a baseline clinical sample of biological mothers (N = 603) and fathers (N = 104) of youth (Mage = 13.5). _Preliminary correlational findings show significant positive correlations between parent CU and harsh and inconsistent parenting; and significant positive correlations between harsh and inconsistent parenting and youth externalizing symptoms_. Structural equation modeling to determine direct and indirect effects are ongoing. Findings may have significant clinical implications for parenting interventions designed to reduce parent CU traits and guide parents through treatment methods aimed at mitigating serious mental health and behavioural problems in their youth.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70974 - Printed Poster

Does Client Age Influence Appropriateness of Criminogenic Needs Matching and Treatment Outcome?

Main Presenting Author: McFarlane, Emma
Co-Presenting Author: Jones , Natalie

Abstract: *Although need-based treatment has revealed reductions in offending rates among correctional populations, in practice, reliance on evidence-based assessment protocols to guide case management plans is often inconsistent (Peterson-Badali et al., 2014). Moreover, beyond the "youth vs. adult" distinction, age is not typically a factor guiding the content and scoring of assessment tools. Based on archival data of 1,304 youth processed by the Ottawa Community Youth Diversion Program (OCYDP), moderated linear regression analysis will be applied in the current exploratory study to examine whether a youth's age influences the goodness-of-fit between criminogenic need profile and treatment assignment. Moreover, logistic regression will be applied to determine whether age influences the likelihood of program completion. Elucidating the influence of age on the assessment*

and intervention process will benefit community diversion programs such as OCYDP by identifying potential gaps in services and barriers to treatment based on developmental period. Future research may also consider the creation of developmentally-informed assessment protocols for youth populations.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 70937 - Printed Poster

Downstream associations of childhood maltreatment on emotional competence in young adults

Main Presenting Author: Cheng, Polly

Additional Author: Langevin, Rachel

Abstract: The detrimental effects of childhood maltreatment (CM) on emotion regulation (ER) and emotion recognition (ERc) are well documented; the specific effects of CM subtypes are not. The dimensional model of adversity and psychopathology posits that childhood threat (abuse) is associated with ER disruptions while deprivation (neglect) is associated with impaired executive functioning. Using this framework, the present study aims to better understand the differential effects of CM subtypes on dimensions of ER and ERc for specific emotions. A sample of 573 adults (18-25) completed online measures (questionnaires, ERc task). Path analyses show that emotional maltreatment is a significant predictor across ER (difficulties engaging in _goal_-directed behaviour, _impulse_ control difficulties, limited access to ER_ strategies,_ and lack of emotional _clarity_). Further, neglect predicted _impulse_ and sexual abuse predicted lack of _clarity_ and _goals_. Emotional maltreatment was related to improved recognition of fear but poorer recognition of sadness. Physical abuse was related to poorer recognition of fear. When CM is studied as a general phenomenon, the specific effects of CM subtypes may be overlooked. These results suggest that specific interventions that target the particular impairments in emotional competence specific to CM subtypes may be warranted.

Section: Traumatic Stress / Stress traumatique
Session ID: 70496 - Printed Poster

Effects of Active and Passive Social Media Use on Wellbeing: A Meta-Analysis

Main Presenting Author: Godard, Rebecca

Additional Author: Holtzman, Susan

Abstract: The link between social media use and wellbeing remains hotly debated in the scientific literature and is an area of great concern in the general public. To help explain the mixed findings to date, a growing body of research has considered the different ways in which people may engage with social media. One important distinction may be active use (directly engaging with other users through posts, comments, etc.) and passive use (scrolling, passively consuming content). Yet there have been no systematic attempts to synthesize this literature to date. This study will present the results of a meta-analysis on quantitative studies of the relationship between active and passive social media use on wellbeing outcomes (e.g., subjective wellbeing, positive affect, depressive symptoms). In addition to evaluating the overall effects of active and passive use, this study will test for potential moderators of these relationships, such as social media platform, demographics, and wellbeing outcome. This study

will provide insights into an important line of research that goes beyond a simple analysis of the time people spend on social media, to consider the importance of how users engage with social media when they are online. Results can be used to inform future research on social media and wellbeing, as well as clinical recommendations for healthy social media use.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71234 - Printed Poster

Empatica E4 and Biopac Utility Comparisons in Recording Electrodermal Activity (EDA)

Main Presenting Author: McVey Neufeld, F Sadie

Additional Authors: Raymond, Kassy; Hamilton-Wright, Andrew; Thomassin, Kristel

Abstract: *Electrodermal activity (EDA) provides valuable information regarding the sympathetic nervous system's response to stress. To date, the research industry has widely considered Biopac's isotonic electrodes as the 'gold standard' for obtaining clear EDA signals. Despite its utility, Biopac is expensive and physically invasive for participants. Emerging technology such as the Empatica E4 wrist-wearable device presents a novel method for capturing EDA with increased simplicity, lower cost, and ease of transportation. Here, we assess the E4 as a valid measure of EDA by comparing its signal structure and differential accuracy to data acquired by Biopac. Forty-three undergraduate students (_M_age = 18.87, _SD_ = 0.88) participated in a baseline task and the Trier Social Stress Test while wearing both Biopac electrodes and the E4 wristband. Preliminary results from density based clustering analyses (DBSCAN method) suggest that Biopac and E4 EDA signals show structural similarity, and interestingly, E4 may provide clearer signals when differentiating between periods of stress and non-stress compared to Biopac. These findings have implications for improving the accuracy and feasibility of physiological measurement tools, especially within developmental research and ecological momentary assessment.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71061 - Printed Poster

Enhancing the Use of Mixed-Method Approach in Social Psychology: The Example of Friendship Research

Main Presenting Author: Stepanyan, Maria
Co-Presenting Author: Grouzet, Frederick

Abstract: *BACKGROUND: Quantitative methods have been largely dominant in social psychology, with little qualitative research. We propose that the study of friendship can benefit from a mixed-method approach that can alleviate the nuance of investigating a relationship that changes in understanding from person to person. For example, the notion of friendship can be co-constructed by the parties involved (Parker and Asher, 1993) and so by interviewing individuals on their friendships, common themes can emerge to then be investigated using a quantitative approach. A qualitative approach can also include narratives, photo-voice, and ethnographies (Budig et al., 2018; Creemer and Reeping, 2020). METHOD/RESULTS: We first present a systematic review of quantitative and qualitative research methods used in the friendship literature, with a list of advantages and limitations for each one. We then expand the review to other quantitative and qualitative research methods in*

psychology and related fields and show how to use them in the context of friendship research. CONCLUSION/IMPACT: In a research field that deals with the intricacies of humans, a mix-method approach that can lead to in-depth results is crucial. We thus hope to create a friendship between qualitative and quantitative methods that can lead to new and exciting findings in social psychology.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71795 - Printed Poster

Evaluating the factor structure of the Clance Imposter Phenomenon Scale

Main Presenting Author: Daljeet, N Kabir

Additional Authors: Moon, Benjamin; Grenier, Victoria

Abstract: *Imposter phenomenon refers to the subjective experience of feeling incompetent in personal, professional, or educational settings regardless of objective evidence to the contrary (Chrisman et al., 1995; French et al., 2008; Langford and Clance, 1993; Mak et al., 2019;Yaffe, 2020). Previous research on Imposter Phenomenon has heavily relied on the Clance Imposter Syndrome scale that was developed and validated by Clance and colleagues (Clance, 1985; Chrisman et al., 1995; French et al., 2008). Although there is substantial evidence of this measure's criterion validity, the factor structure of the measure remains unclear. Previous research has argued that a two, three, or four factors best represents the structure of the CIPS measure. However, many of these studies were conducted using Confirmatory Factor Analysis which are restrictive models that do not account for the cross-loading of items (Morin et al., 2016). Therefore, we analyzed data from a large sample of participants who completed the CIPS (_N_ = 858) using Exploratory Structural Equation Modeling. The results of our study provide clear evidence that a 4-factor structure best fit the data ($\chi2$ [116] = 373.516, CFI = .96, TLI = .93, RMSEA =.05) over the alternative 2 and 3-factor models. We make recommendations on how to best implement these findings in applied settings and limitations of these findings will be discussed.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 70678 - Printed Poster

Evidence-based Assessment of Temperament in Preschoolers: A Measure Development Project

Main Presenting Author: Slater, Kelsie

Additional Authors: Webre, Nicole; Maughon, Kara; Easterly , Joseph ; Damsgard, Erika; Bruyer , Krista; Kotelnikova, Yuliya

Abstract: *Temperament is broadly defined as individual differences in reactivity (positive and negative affectivity) and self-regulation involving modulation of dominant emotional and behavioral responses (effortful control). The current project addresses gaps in the extant literature, including the lack of consensus regarding the structure of temperament across development and poor construct validity of existing and widely used measures, parent reports and behavioral tasks. In particular, we are using a combination of theory-driven and data-driven approaches to develop a novel parent-report measure of temperament in preschoolers. Using this evidence-based approach, we have mapped out the facets of negative affectivity domain, including sadness, anger, fear, disgust, shyness, emotional lability, and guilt, and written corresponding items. Currently, we are working on*

developing the facets of effortful control and positive affectivity domains. Upcoming data collection and analyses will help us to further refine the structure of the proposed measure. The goal of this project is to develop a comprehensive measure that reliably captures individual differences in temperament across early childhood, which could be instrumental in early identification of risk and protective factors for psychopathology.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71380 - Printed Poster

Examining the Psychometric Properties of the Drug Abuse Screening Test for Adolescents (DAST-A) in a Sample of Justice-Involved Youth

Main Presenting Author: Mogadam, Alexandra

Additional Authors: Skilling, Tracey; Peterson-Badali, Michele

Abstract: *Substance abuse is a risk factor for reoffence and barrier to rehabilitation in justice-involved youth. It is crucial this criminogenic need is assessed and addressed; ensuring substance abuse assessment tools are reliable and valid is the first step in this process. The psychometric properties of the DAST-A, a well-established drug use survey used widely in clinical settings, have not yet been explored in youth justice samples. We examined the psychometrics of the DAST-A in a sample of 777 (Nfemales=111; mean age=16.35±1.37yrs) justice-involved youth. The tool showed strong internal consistency (α = 0.91). With respect to validity, the DAST-A had good convergent validity, correlating moderately with a substance abuse scale (r=0.66). Concurrent validity was established; we found moderate correlations with measures of alcohol abuse and aggression (r=0.53 and r=0.43, respectively), and weaker correlations with other salient measures (e.g. attention issues, r=0.15). Logistic regression results indicated that, with each unit increase in DAST-A total score, the odds of being diagnosed with a SUD increased by 23%, providing support for the tool's predictive validity. Overall, the DAST-A had good psychometric properties in the full sample of justice-involved youth. Further analyses exploring psychometrics across gender and race/ethnicity subgroups in our sample will also be presented.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 71679 - Printed Poster

Exploring How Physical Activity Affects Worry in a Non-Clinical Population

Main Presenting Author: de Lafontaine, Marie-France

Additional Authors: Turcotte, Stéphane; Foldes-Busque, Guillaume

Abstract: *Background/rationale: Physical activity (PA) seems beneficial to improve worry (Herring et al., 2012; Plag et al., 2020). However, no study so far has explored how this improvement occurs. The present study aims to determine if the positive effects of PA on worry is due to reduced anxiety sensitivity and increased self-efficacy, while considering variables related to worry, such as cognitive avoidance and problem orientation. Methods: 269 students and workers from Université Laval answered online questionnaires assessing their tendency to worry, PA level, self-efficacy, anxiety sensitivity, cognitive avoidance and problem orientation. Results: PA level significantly and indirectly affected worry through anxiety sensitivity (β = -.10, 95% CI [-.18, -.02]), and through anxiety sensitivity and cognitive avoidance (β = -.12, 95% CI [-.19, -.04]). PA level also had a significant*

indirect effect on worry through self-efficacy and problem orientation (β = -.14, 95% CI [-.20, -.08]). Conclusions: Lowered anxiety sensitivity and elevated self-efficacy may be mechanisms through which a higher level of PA reduces worry. Action/impact: PA interventions that promote self-efficacy and reduce anxiety sensitivity could be helpful to alleviate worry.

Section: Clinical Psychology / Psychologie clinique
Session ID: 70018 - Printed Poster

Feasibility of an Online Acute Stressor in Preschool Children of Mothers with Depression

Main Presenting Author: Paton, Allyson

Additional Authors: Penner-Goeke, Lara; Stienwandt, Shaelyn; Giuliano, Ryan; Roos, Leslie E

Abstract: *Maternal depression is a risk factor for future mental health problems in offspring, with stress-system function as a candidate vulnerability factor. Here we present initial validation of an online matching-task paradigm in young children exposed to maternal depression (N=40), a first in stressor-paradigm research for this age group. Investigations of stress-system reactivity that can be conducted online are an innovative assessment approach, accelerated by the COVID-19 pandemic. Results indicate high feasibility, with ~80% success across measures, similar-to or better-than in-person success rates. Overall, the online matching task elicited significant HR but not cortisol reactivity. Individual differences in child mental health symptoms were a moderator of reactivity to the stressor such that children with lower, but not higher, behavioural problems exhibited the expected pattern of cortisol reactivity to the online matching task. Results are aligned with allostatic load models, which suggest down-regulation of stress-system reactivity as a result of experiencing adversity and mental health vulnerability. Consistent with in-person research, this suggests an early phenotype for the emergence of behaviour problems may be linked to altered stress-system reactivity. Results hold potential clinical implications for intervention development and the future of online research.*

Section: Family Psychology / Psychologie de la famille
Session ID: 71408 - Printed Poster

How psychologists talk about psychological knowledge and research in podcasts: A discourse analysis

Main Presenting Author: Motola, Samantha

Additional Author: Tafreshi, Donna

Abstract: *Discursive psychologists have shown that the language used by psychologists in psychological science literature can embody certain epistemological positions. These positions may contribute to how psychologists conceptualize psychological phenomena and what delimits the boundaries of knowledge exploration through the process of method standardization. The role and practices of psychologists have reach beyond academia, and might also impact the public's understanding of, and trust in, psychological knowledge and research. The current project aims to examine how psychologists use language to position their epistemological beliefs in conversations that connect their research practices with a public audience. We used a multi-case study design to analyze*

the discourses of podcasts involving psychologist speakers. The discourse was analyzed for both explicit and implicit discursive positions that pertain to beliefs regarding psychological knowledge and its truth. Preliminary results indicate similarities between how psychologists talk about and write about psychology with regards to epistemological representation within conversation. However, there also exist unique linguistic tools and discursive moves that psychologists use in spoken discourse.

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 70936 - Printed Poster

Insensitive and Atypical Behaviors among Parents Reported to CPS: Associations with Child Attachment

Main Presenting Author: Cognard-Bessette, Solene

Additional Authors: Myre, Gabrielle; Dubois-Comtois, Karine; St-Laurent, Diane; Bernier, Annie; Tarabulsy, George; Moss, Ellen; Cyr, Chantal

Abstract: *Past meta-analyses have shown that atypical parental behaviors (APB), such as frightening, frightened or dysregulated behaviors, have been moderately associated to child attachment disorganization (_r_=.34; Madigan et al., 2006), but insensitive parental behavior (IPB), which has shown regular association with attachment insecurity, has only been weakly associated with attachment disorganization (_r_=.10; van IJzendoorn et al., 1999). To better describe parental behavior of abusive and neglecting parents, this study examined whether APB and IPB show distinct associations with attachment disorganization. The sample includes 72 parents with their children (1-5 years) reported to child protection services. Independent observers, who achieved excellent interjudge reliability, assessed IPB (MBQS; Pederson et al., 1990), child attachment (Strange Situation; Ainsworth et al., 1978), and APB (AMBIANCE-brief; Haltigan et al., 2017) from parent-child video sequences. A logistic regression analysis showed that both AB (B=-1.34, SE=.60; _p_=.03) and APB (B=.48, SE=.23, _p_=.04) contribute to disorganized attachment. Each type of parental behavior explains 6% of the variance, for a total of 12%. Thus, both APB and IPB should be considered in treatment planning with maltreating parents. To do so, training clinicians to better detect APB and IPB in maltreating parents should be emphasized.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 70865 - Printed Poster

Issues, challenges and solutions associated with treatment integrity in a randomized controlled trial of posttraumatic stress disorder treatment

Main Presenting Author: Fortin, A Christophe
Co-Presenting Author: Jolly, Emmanuelle

Additional Authors: Billette, Valérie; Guay, Stéphane

Abstract: *Treatment integrity is both an important clinical and research issue. Both to assess the quality of the intervention provided to patients and to validate the results of comparisons between different intervention strategies, measures must be in place to ensure treatment integrity. While essential, these measures can be complex, difficult to implement and expensive. The purpose of this presentation is to describe and contextualize the treatment integrity strategies implemented and the*

issues involved in the PTSD research project. In a randomized controlled trial comparing two PTSD treatment strategies for adult victims (CBT and CBT+), 94 patients received an average of 27 treatment sessions. The team implemented numerous strategies (e.g., training of psychologists, replay of treatment sessions, treatment manual) to ensure treatment integrity. Treatment integrity was assessed using direct (e.g., agreement grid) and indirect (e.g., interviews) measures and achieved a treatment integrity rate of over 95%. The implementation of these strategies contributed to the high integrity rate, but some measures were more effective than others. It is essential that these measures be shared because assessing treatment integrity, researchers and psychologists can have greater confidence in the results of interventions

Section: Clinical Psychology / Psychologie clinique
Session ID: 71087 - Printed Poster

It matters if you see it as a nightmare or a breeze: A computational study of metaphor comprehension

Main Presenting Author: Harati, Parastoo

Additional Authors: Mustaklem, Rachel; Westbury, Chris

Abstract: *Metaphors are a concise way of conveying information that would otherwise involve strenuous communication. Their complex nature does not hinder their use when compared to literal statements, and metaphors are still a ubiquitous linguistic unit. In the context of metaphor research, comprehensibility (a.k.a. meaningfulness), has been the focus of many psycholinguistic studies. However, the complexity of metaphor comprehension seems to have kept their ease of understanding out of the spotlight for research on computationally modelling metaphors. In a previous study (Harati et al., 2021), we extended the predication algorithm introduced by Kintsch (2000) and modelled the judgment measure of goodness. Here, we report the results of our study where we extended our model to assess its performance on the ease-of-understanding judgment measure. We chose 129 pairs of metaphors from our battery of novel nominal metaphors (i.e. "an X is a Y"). The metaphors in this battery are rated in terms of ease of understanding using best-worst scoring (see Harati et al., 2021). Linear mixed-effects modelling was used to analyse the data. The results showed that participants were quicker to choose the metaphor that was considered easier based on the ease-of-understanding estimate. Hence, our model reliably predicted human judgments.*

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 71694 - Printed Poster

Latent profile analysis exploring the perception of leadership and well-being

Main Presenting Author: Naimi, Azadeh

Abstract: *The study aims to explore the possibility of latent profiles in the rating of transformational leadership model and to examine potential links between profiles and the measurement of well-being. The positive impact of leadership on well-being is recognized, but many questions remain. Despite the abundance of research, critics have questioned the hasty conclusions about transformational leadership, particularly the vagueness that surrounds its conceptualization. In addition, the majority of studies focus exclusively on the variable-centered approach, which assumes the leaders as a homogenous group. In contrast, the latent profile analysis takes into account the person-centered approach and thus offers a new perspective to explore. The research is based on an online survey of*

201 employees from various industries on the perception of transformational leadership and well-being. Following the examination of the validity and fidelity of the measurement model with confirmatory factor analysis, latent profile analyzes allow us to determine the existence of three profiles in the transformational leadership rating. Then, we explore the potential links between latent profiles and the perception of well-being. Our conclusions are provided in light of theoretical and practical implications as well as the limitations of the study and recommendations for future research are discussed.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70881 - Printed Poster

Methods for Modelling Autocorrelation and Handling Missing Data in Mediation Analysis Single-Case Experimental Designs (SCEDs)

Main Presenting Author: Somer, Emma

Abstract: *Single-Case Experimental Designs (SCEDs) are increasingly recognized as a valuable alternative to group designs in psychology research. Mediation analysis is useful in SCEDs contexts because it provides insight into the mechanism through which an intervention achieves its effect for an individual. However, few methods exist for conducting mediation analysis in SCEDs, and autocorrelation and missing data are common challenges researchers face in repeated measures designs. The aim of this research was to extend methods for mediation analysis in SCEDs in a simulation study by (1) evaluating the performance of three autocorrelation modeling techniques, namely Newey-West (NW) estimation, feasible generalized least squares (FGLS) estimation, and explicit modeling of an autoregressive structure of order one (AR(1)) in the error terms and (2) examining the performance of multiple imputation by chained equation (MICE) as a missing data handling technique. The results of the simulation revealed that AR(1) and FGLS outperformed NW and OLS in terms of bias, efficiency, and coverage, while OLS yielded higher power in several conditions. Additionally, findings indicated that MICE is a promising method for missing data handling in SCEDs. Future research is needed to evaluate optimal methods for handling large proportions of missing data, multiple mediator models, and different types of SCEDs.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 70808 - Printed Poster

Modelling and distinguishing state shame and guilt

Main Presenting Author: Collardeau, Fanie

Additional Author: Woodin, Erica

Abstract: *Shame is often defined as involving a focus on the self, associated with a desire to avoid. Guilt involves a focus on a specific behavior (Tangney, 1995). However, individuals can struggle to differentiate those two emotions, and some scholars have argued guilt is not distinct from shame (Tomkins and McCarter, 1964). Measurement model selection is an important step in investigating which outcomes are common to self-conscious emotions and which are specific to shame and guilt respectively. Through an online survey, 333 Canadian adults filled out the state (time-limited) shame and guilt scale (SSGS; Marshall et al, 1994), about a past event of their choice. Almost half (46.8%) of participants experienced both emotions simultaneously and 9.7% felt they were the same emotion. Our analyses include CFA, regression and SEM. While the SSGS has traditionally been modelled using a*

2-factor structure (shame and guilt), we found evidence of a bifactor model (1 common self-conscious emotion factor, and 2 factors). Regression analyses using the 2-factor model found a positive association between shame and avoidance and seeking support, and between guilt and seeking support and self-improvement (all p < .05). We will contrast it to findings from SEM analyses using the bi-factor solution to disentangle effects common to self-conscious emotions and those specific to shame and guilt.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71683 - Printed Poster

More Than Homework Compliance? A Critical Review of the Definition, Measurement, and Practice of Therapeutic Collaboration

Main Presenting Author: Taylor, Veronica

Additional Authors: Hanson, Bill; Hudson Breen, Rebecca

Abstract: *Therapeutic collaboration has been studied as a "common factor" of psychotherapy, and significant predictor of therapeutic outcome (Tryon and Winograd, 2001; 2011; Tryon et al., 2018; Wampold and Imel, 2015). Understanding how therapeutic collaboration is conceptualized in research and practice is therefore essential to maximize its therapeutic utility. A critical review of the literature on this topic was guided by two main research questions: (1) How is therapeutic collaboration currently _defined_ or _conceptualized_ in the broader psychotherapy literature? and (2) How is therapeutic collaboration empirically _studied_ or _measured_? First, review of the meta-analyses of therapeutic collaboration revealed that few studies empirically examined therapeutic collaboration as the central construct of interest. In addition, they primarily used homework compliance as the indicator of collaboration. Subsequent review of the broader psychotherapy literature indicated that while definitions of therapeutic collaboration vary, it is often quantitatively assessed with measures of working alliance, yet qualitatively examined through interactional contributions of the therapist and client. These results raise questions about the empirical grounding and practical utility of collaboration as a common factor. Implications for research and practice are discussed.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70981 - Printed Poster

Narrative and Emotion Process in Psychotherapy for Borderline Personality Disorder

Main Presenting Author: Mehdizadeh Jafari, Nadia

Additional Author: Boritz, Tali

Abstract: *Narrative and emotion processes are essential in treatments for borderline personality disorder (BPD) as individuals with this disorder experience significant difficulties recognizing, differentiating, and contextualizing emotion. The proposed study will examine whether narrative-emotion integration differs between recovered and unrecovered BPD clients, and whether this is associated with positive treatment outcomes. The Narrative and Emotion Processes Coding System is an observer-based coding system that identifies in-session markers of narrative and emotion*

integration. The NEPCS was applied to one early and one late therapy session for three recovered and three unrecovered clients who received one year of Dialectical Behaviour Therapy. Descriptive statistics and independent samples t-tests and eta squared effect sizes were calculated to determine frequency of NEPCS markers and test outcome effects. Higher proportions of narrative-emotion integration were evidenced in recovered versus unrecovered clients. There was a significant increase in narrative-emotion integration from early to late therapy for recovered but not unrecovered clients. Narrative and emotion process markers can be used to signal opportunities for exploration and intervention to promote narrative-emotion integration, which may improve clients abilities to regulate distressing emotion.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71189 - Printed Poster

Population Appropriateness in Studies Assessing the Accuracy of Depression Screening Tools: A Meta-Research Review of Studies Published in 2018-2021

Main Presenting Author: Nassar, Elsa-Lynn

Additional Authors: Levis, Brooke; Rice, Danielle B; Booij, Linda; Benedetti, Andrea; Thombs, Brett D

Abstract: *BACKGROUND: In clinical practice, depression screening may be conducted to identify unrecognized and untreated depression cases. In diagnostic accuracy studies, including individuals already diagnosed or treated for depression could distort estimates of depression screening tool accuracy and exaggerate the yield of new cases from screening. METHODS: MEDLINE was searched from January 1, 2018 to May 21, 2021 for studies assessing the accuracy of depression screening tools. We investigated (1) the proportion of studies that appropriately excluded individuals with a confirmed depression diagnosis or undergoing treatment and (2) whether this has improved since the last review of studies published in 2013-2015. RESULTS: Eighteen of 106 studies (17%; 95% CI, 11% to 25%) excluded currently diagnosed or treated individuals, representing an 11% (95% CI, 3% to 20%) increase since the last review (6%; 95% CI, 2% to 13%). CONCLUSIONS: The proportion of screening accuracy studies that appropriately exclude individuals already known to have depression remains low. This may bias research findings intended to inform clinical practice, where known depression cases are not screened. ACTION: Appropriately designed studies, excluding individuals already diagnosed or treated for depression, are needed to generate accuracy estimates that are realistic of what would be achieved in clinical practice.*

Section: *Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé*
Session ID: 70612 - Printed Poster

Practice effects in the neuropsychological assessment of healthy perimenopausal women

Main Presenting Author: Grummisch, A. Julia

Additional Authors: Sykes Tottenham, Laurie; Gordon, Jennifer L.

Abstract: *Background/Rationale: Serial test administration in neuropsychology is useful for monitoring disease progression and recovery and evaluating the efficacy of interventions but is limited by the potential influence of practice effects across testing sessions. Practice effects as a result of serial testing were examined for a neuropsychological test battery administered to healthy perimenopausal women. Methods: Forty-three women, aged 45-55 years, who were in the perimenopause, defined according to menstrual bleeding patterns, were administered the Repeatable Battery for the Assessment of Neuropsychological Status – Update (RBANS) on four occasions (i.e., every three weeks across a 12-week period). Results: None of the RBANS subtests displayed significant practice effects across sessions (p > .05), with the exception of the RBANS Story Memory subtest, which showed small but statistically significant (p < .05) practice effects despite the use of alternate forms for serial testing. Conclusions: The RBANS is generally resistant to practice effects, even when administered multiple times over the course of a few months. Action/Impact: These findings support the use of the RBANS for the investigation of change in cognitive function over short intervals of time, such as over the course of the menstrual cycle.*

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 69611 - Printed Poster

Registered reports: Transforming the relationship between research and practice in school psychology

Main Presenting Author: Shaw, R. Steven

Additional Authors: Pecsi, Sierra; Infantino, Erika; Verma, Neha; Sharma, Priyanshi

Abstract: *The logic of a registered report is that the introduction, research methodology, and data analysis plan are submitted for peer review before data are collected. This form of randomized controlled trial reduces publication bias and several other questionable research practices, such as harking, p-hacking, or selectively choosing statistically significant results. Moreover, registered reports can be used for many research traditions such as qualitative, exploratory, single-case, surveys, and other forms of research. The emphasis is on high-quality research design and importance, not the statistical significance of results. In this fashion, evidence-based practices in school psychology can be assured that published positive results of interventions are not due to questionable research practices, bias, or other artifacts. The process will be discussed so the producers and consumers of research will be informed of a new tool in the development and promotion of evidence-based practices.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 71328 - Printed Poster

Relationality and Relational Accountability: What it Means to Conduct Ethical Indigenous Research

Main Presenting Author: Tipple, Danielle Stephanie

Abstract: *Colonization has impacted Indigenous Peoples for centuries. Within the social sciences, many professionals have engaged in exploitative research on Indigenous Peoples. Thus, it is no surprise that many now mistrust research practices, creating barriers to conducting ethical and beneficial research. Due to the oppressive history of Indigenous research, there is a clear need for*

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ethical protocols specific to Indigenous research. The task force created on behalf of the Canadian Psychological Association and Psychology Foundation of Canada advocated explicitly for ethical Indigenous research practices by referring readers to the Tri-Council Policy Statement protocols for research involving the First Nations, Inuit, and Métis Peoples of Canada and the First Nations Principles of OCAP. Wilson (2008), an Opaskwayak Cree scholar from Manitoba, outlined an Indigenous research paradigm centered on relationality. He explained that the components of his paradigm all work together cyclically to represent the web of relationships present in Indigenous research. The current study used Wilson's relationality to gather data through conversation, witnessing, and reflexive journaling. Thus, this poster will present a Mi'kmaw students' experience conducting Indigenous research using Wilson's methodology. Specifically, its relevance to the recommendations outlined by the agencies mentioned above.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70810 - Printed Poster

Research Engagement of Psychosis Populations During the Global Pandemic: Learnings from a Digital Health Virtual RCT

Main Presenting Author: ASUNCION, D TONI-ROSE

Additional Authors: Tackaberry, Leah; D'Arcey, Jessica; Dada, Oluwagbenga ; Zhou, Wenjia; Kidd, Sean

Abstract: *RESEARCH ENGAGEMENT OF POPULATIONS WITH SEVERE MENTAL HEALTH CONDITIONS, WHICH POSE CHALLENGES IN NORMAL CIRCUMSTANCES, PRESENT UNIQUE ISSUES DURING A GLOBAL PANDEMIC. SHIFTING TO A FULLY VIRTUAL FRAME IN A RANDOMIZED CONTROLLED TRIAL (RCT) OF A DIGITAL HEALTH INTERVENTION PRESENTED A RICH LEARNING OPPORTUNITY ABOUT HOW TRIALS CAN PIVOT TO ADDRESS PANDEMICS. IN THIS PRESENTATION WE ADDRESS RECRUITMENT AND RETENTION STRATEGIES FOR A CURRENT RCT. 137 INDIVIDUALS WITH PSYCHOSIS WERE APPROACHED FOR RCT PARTICIPATION. RECRUITMENT ENGAGEMENT WAS EXAMINED BY (A) COMPARING FACTORS ASSOCIATED WITH SUCCESSFUL ENROLLMENT, CONSENT, and APPROACH RATES, AS WELL AS (B) THE PERCENTAGE OF PARTICIPANTS REFERRED TO THE STUDY THROUGH HOSPITAL-BASED OUTPATIENT CENTRALIZED RECRUITMENT (CR) VS. COMMUNITY PARTNERS (CP). TRIAL ENGAGEMENT WAS EXAMINED THROUGH ATTRITION RATES WITH PASSIVE APP DATA ADDRESSING TECHNOLOGY USAGE. DESCRIPTIVE ANALYSES REVEALED AN 80% APPROACH RATE, A 53% CONSENT RATE, AN 88% ENROLLMENT RATE, AND A 22% ATTRITION RATE. CR PROVIDED MOST REFERRALS (84%). THE RESPONSE PERCENT RATE WAS 16% FOR MEDICATION REMINDERS AND 50% FOR APPOINTMENT REMINDERS. THEMES AREAS OF SUCCESS (E.G. CR, APPOINTMENT RESPONSE) AND CHALLENGES (E.G. CP) IN RELATION TO PANDEMIC PRESSURES ARE DESCRIBED. THESE FINDINGS CAN ASSIST IN RCT IMPLEMENTATION IN CHALLENGING CIRCUMSTANCES SUCH AS GLOBAL PANDEMICS.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71660 - Printed Poster

Sample Size Specification and Precision of Estimates in Studies Assessing the Accuracy Depression Screening Tools: A Meta-research Review of Studies Published in 2018-2021

Main Presenting Author: Nassar, Elsa-Lynn

Additional Authors: Levis, Brooke; Neyer, Marieke A; Booij, Linda; Rice, Danielle B; Benedetti, Andrea; Thombs, Brett D

Abstract: *OBJECTIVES: Depression screening tool accuracy studies should be conducted with large enough sample sizes to generate precise accuracy estimates. We assessed the proportion of recently published depression screening tool accuracy studies that reported sample size calculations; the proportion that provided confidence intervals (CIs); and precision, based on the width of 95% CIs for sensitivity and specificity. In addition, we assessed whether these results have improved since a previous review of studies published in 2013-2015. METHODS: MEDLINE was searched from January 1, 2018 to May 21, 2021. RESULTS: Twelve of 106 eligible studies (11%; 95% CI, 7% to 19%) described a viable sample size calculation, representing an improvement of 8% (95% CI, 1% to 15%); 36 studies (34%; 95% CI, 26% to 43%) provided reasonably accurate CIs. Of 103 studies, 7 (7%; 95% CI, 3% to 13%) had sensitivity CI widths of $\leq 10\%$, whereas 58 (56%; 95% CI, 47% to 65%) had widths of $\geq 21\%$; these results were similar to those reported previously. CONCLUSION: Few studies reported sample size calculations, and the number of included individuals in most studies was too small to generate reasonably precise accuracy estimates. ACTION: Future studies should conduct precision-based sample size calculations to either attain desired precision levels or to understand limitations prior to initiating a study.*

Section: Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé
Session ID: 70613 - Printed Poster

Selecting Optimal Modelling Strategies for ThyPRO-39 Data with Floor Effects

Main Presenting Author: Tang, Miao

Additional Author: Fouladi, Rachel

Abstract: *This study compared and selected the best modelling strategies to analyze data in a newly translated Simplified Chinese version of the Thyroid-specific Patient-Reported Outcome Short Form (SC ThyPRO-39, Liew, n.d.) among 179 patients with thyroid diseases who speak Mandarin in Mainland China. A previous study (Tang and Fouladi, 2021) found significant floor effects presented on 4 out of 13 scales on the SC ThyPRO-39, which was consistent with the results from studies about the Traditional Chinese version (Wong et al., 2018) but which had not been reported in results from studies about the original Danish version of the ThyPRO-39 (Watt et al., 2015). Because research often incorporates seeks to identify predictors in "regression" type analyses, this study focused on finding the appropriateness of "regression" modelling strategies of scale level data from the SC ThyPRO-39 with and without significant floor effects in the context of a variety of predictor sets. Model comparison and selection were based on consideration of six different regression modelling strategies (e.g., Poisson, Tobit). Results suggested the use of Negative Binomial or Zero-inflated Negative Binomial as modelling strategies to fit the data with significant floor effect and/or data that is not normally distributed.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 71425 - Printed Poster

The Development and Validation of a Racially Diverse Stimulus Set

Main Presenting Author: Latif, Menahal

Additional Authors: O'Hagan, L Maire; Moulson, Margaret C

Abstract: *Numerous studies in the field of Psychology require face stimuli to investigate novel questions about human interaction. To date, there are no publicly available face databases with a substantial number of faces from multiple underrepresented groups coupled with diversity in pose, gaze, and emotional expression. In the current study, we describe the development and validation of a face stimulus set that contains a collection of 273 faces of individuals from diverse racial backgrounds that have been rated on genuineness and accuracy of emotional expressions. It is composed of faces of adult models from multiple ethnic backgrounds (i.e., East Asian, Black, Southeast Asian, South Asian, Latinx, White, Middle Eastern, Indo-Caribbean, Indigenous, and multiracial). Faces vary in pose (frontal, three-quarters, profile, chin up, chin down), eye gaze (open, closed, gaze left, gaze right, gaze up, gaze down), and emotional expression (neutral, open-mouth happiness, closed-mouth happiness, anger, sadness, fear, surprise, and disgust). Psychometric results are discussed for the accuracy of emotions expressed by the stimuli, based on judgments from an undergraduate participant pool (_N_ = 502). This stimulus set can facilitate novel face perception studies by providing a large, standardized face database containing variations of emotion, gaze, and pose by ethnically diverse models.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 71473 - Printed Poster

The Difference in the Effects of Parental Teasing on Body Dissatisfaction Among Caucasian and South Asian Females.

Main Presenting Author: Lidder, Dilpreet
Co-Presenting Author: Libben, Maya

Abstract: *_Background_. Research shows that parents influence their children's body image through verbal messages and modelling of appearance-related attitudes and behaviours, though this can potentially cause harm when it transitions to teasing, which can have a significant impact on eating behaviours (Dahill et al., 2021; Phares et al., 2004). Many of these eating issues stem from pre-existing risk factors such as body dissatisfaction, though there's limited research on how this may relate to parental teasing (Celio et al., 2000). Limited research is also available on parental teasing among the South Asian population, as participant samples often overrepresent Caucasians (Striegel-Moore and Bulik, 2007, as cited in Kessler et al., 2005). _Method_. The primary aim of the proposed study is to examine the effects of parental teasing on body dissatisfaction among Caucasian and South Asian Undergraduate females. Participants will answer an online survey comprising demographic questions, the Perceptions of Teasing Scale and Body Shape Questionnaire, along with Becks Depression Inventory and Rosenberg Self-Esteem Scale, to consider for possible confounding variables. _Results/Conclusion_. Data will be collected from January to March 2022. _Action/Impact_. Results will increase the research on parental teasing and body dissatisfaction, and will help determine populations at higher risk of problem eating.*

Section: Women and Psychology / Femmes et psychologie
Session ID: 71160 - Printed Poster

The Geriatric Suicide Ideation Scale: A Systematic Review & Psychometric Meta-Analysis

Main Presenting Author: Vandermeer, R. J. Matthew
Co-Presenting Author: Heisel, Marnin J

Additional Authors: Hocke, Rebecca; Cha, Yevin; Bianchini, Genevieve; Ali, Salman; Yeschin, Michelle

Abstract: *The Geriatric Suicide Ideation Scale (GSIS; Heisel and Flett, 2006) is a multi-dimensional measure of suicide ideation and related factors developed for use with older adults. Since its introduction 20 years ago (Heisel, Flett, and Besser, 2002), the GSIS has become one of the most widely cited geropsychology measures of suicide ideation. We conducted a systematic review and meta-analysis of the worldwide literature on the GSIS and its psychometric properties, respectively. A literature search was conducted using the following search terms: _"geriatric suicide ideation scale" OR "geriatric suicidal ideation scale."_ Of the 669 studies identified, 180 were retained for further analyses as they made direct reference to the GSIS in text. Sixty studies reported statistics for the GSIS (e.g., mean scores, psychometric values, etc.), which were derived from 68 independent samples (_N_ = 8,315 participants overall). Preliminary results from studies that reported internal consistency found excellent mean weighted reliability for the GSIS (α = .92, 95% CI [.91, .93], _k_ = 29) and its four subscales (α = .82 – .87, _k_ = 19 – 24), but significant heterogeneity (_Q_ = 36.02 – 449.81, _p_ < .001), necessitating investigation of potential moderators of internal consistency. These and other findings will be discussed, including findings on scale validity and the general use of the GSIS in the literature.*

Section: Adult Development and Aging / Développement adulte et vieillissement
Session ID: 71038 - Printed Poster

The Intolerance of Uncertainty Scale as a Screening Tool for Perinatal Anxiety

Main Presenting Author: Furtado, Melissa

Additional Authors: Frey, N Benicio; Green, Sheryl M

Abstract: *BACKGROUND: As many as 1 in 5 women develop an anxiety disorder during the perinatal period, yet there is a significant lack of screening tools for early and accurate symptom detection. Intolerance of uncertainty is a key trait in non-perinatal anxiety disorders and was recently identified as a risk factor for postpartum anxiety worsening. The present study aimed to validate the Intolerance of Uncertainty Scale (IUS) for use as a perinatal anxiety screening tool.
METHODS: Psychiatric diagnoses were assessed in a sample of perinatal women (n=198; 92 pregnant, 106 postpartum), in addition to completing a battery of questionnaires. An optimal clinical cut-off score was determined through a ROC analysis, where the area under the curve, sensitivity, specificity, and positive and predictive values were calculated. RESULTS: The IUS demonstrated excellent internal consistency (alpha=0.95) and an optimal clinical cut-off score of 64 or greater, yielding a sensitivity of 89%. The IUS also demonstrated very good positive (79%) and negative (80%) predictive values. CONCLUSIONS AND IMPACT: Perinatal women who often go undiagnosed and, in turn, untreated for anxiety disorders, face short- and long-term consequences. The present study*

findings suggest that the IUS represents a clinically meaningful screening tool to improve early detection of anxiety symptoms during pregnancy and the postpartum.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 70585 - Printed Poster

The Prediction of CWB: Beyond the Dark Triad

Main Presenting Author: Decoste, Gabriella
Co-Presenting Author: Joly, Claude

Additional Author: Daljeet, Kabir

Abstract: *Research has demonstrated that the traditional personality inventories do not adequately maximize the prediction of counterproductive work behaviours (CWB; ONeill and Hastings, 2010). Furthermore, it has been found that personality traits beyond the Five-Factor Model demonstrate strong relations with CWB (Marcus et al., 2013; OBoyle et al., 2012). The Vices and Virtues Scale (VAVS; Veselka, Giammarco and Vernon, 2014) is a relatively new measure of socially malevolent personality that captures seven personality traits that are also believed to fall beyond the FFM and Dark Triad. Using a sample of 176 employed, or previously employed participants, we assessed the extent to which these personality traits or previously employed participants, we assessed the extent to which these personality traits were able to predict incremental variance in CWBs beyond the Dark Triad of personality. Previous research predicts that relevant, more fine-grained personality traits (i.e., the traits that comprise the VAVS) will account for incremental variance in CWB beyond that of the Dark Triad (Paunonen et al, 1999). We found that the VAVS was able to account for up to 7% additional variance beyond the Dark Triad traits. The results of this study may be of particular interest to researchers and practionners who wish to minimize the costly impact of CWBs on various aspects of the organization.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71080 - Printed Poster

The relationship between attachment behaviors in preschool and the Childhood Attachment & Relational Trauma Scale (CARTS) in middle childhood.

Main Presenting Author: Yee, Michael
Co-Presenting Author: Seal, Harshita

Additional Authors: Langlois, Anouck ; Deneault, Audrey-Ann; Bureau, Jean-François

Abstract: *Very few studies have explored how childrens representations of their relationships in a family context in middle childhood are related to attachment behaviors towards both mothers and fathers. This study intends to explore the association between observed attachment patterns toward parents in preschool with reported attachment-related representations of mother, father, the family as a whole, and the self in middle childhood. The sample was comprised of 147 intact families. A continuous measure of preschool attachment was conducted (PARS; Moss et al., 2015) at Time 1. Five years later, children completed the CARTS (Frewen et al., 2013), a measure of relational representations. Results show that ambivalent or disorganized attachments to the mother were significantly associated with increased negative feelings/beliefs of both parents. Avoidant attachment to the mother was significantly linked to increases in the childs negative feelings towards the family as*

a whole. Ambivalent, disorganized, and controlling-punitive attachments to the father were significantly related to negative beliefs/feelings to both parents. Controlling-caregiving attachment to the father was significantly associated with an increased negative belief of the self but a decreased negative belief of the father. This study provides preliminary knowledge for the use of the CARTS in attachment-related research.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 71054 - Printed Poster

The trajectories of parenting behaviour and various life domains of child competence across three timepoints in context of the pandemic

Main Presenting Author: Montazeralsedgh, Pooneh

Additional Author: Jiang, Yuanyuan

Abstract: *Research is needed to understand the longitudinal connections between parenting behaviour and child competence in context of COVID-19. This study examined the parenting practices of involvement, positive parenting, and inconsistent discipline, as well as child competence in the academic, social, athletic, and behavioural domains. Forty-eight parents of 6- to 11-year-old children completed the Alabama Parenting Questionnaire (Frick, 1991) and the Parent Rating Scale of Child Actual Behaviour (Harter, 2012) at three time-points at least two months apart in the school year. Data collection spanned two school years in context of COVID-19, and will be completed by Spring 2022. Findings show continuity between time-points for child competence in all four domains and associations across time for all three areas of parenting behaviour. No changes across time were found. Controlling for initial levels of child behavioural competence, positive parenting at Time 2 predicted child behavioural competence at Time 3, β = .25, _p _< .01. Results show stability in child competence and parenting behaviour even in context of the pandemic, with positive parenting playing a potential role in future child behavioural competence. Implications regarding targeting positive parenting in interventions to improve child behaviour as well as the impact of COVID-19 on findings will be discussed.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71202 - Printed Poster

Transparency and Completeness of Reporting of Depression Screening Tool Accuracy Studies: A Meta-research Review of Adherence to the STARD Statement

Main Presenting Author: Nassar, Elsa-Lynn

Additional Authors: Levis, Brooke; Neyer, Marieke A; Rice, Danielle B; Booij, Linda; Benedetti, Andrea; Thombs, Brett D

Abstract: *BACKGROUND: Thorough and accurate reporting of studies assessing the accuracy of depression screening tools allows users of evidence to critically appraise studies, evaluate the potential for bias, and assess generalizability and applicability of results. No study has evaluated the extent to which studies of the accuracy of depression screening tools have reported results consistent with the Standards for Reporting of Diagnostic Accuracy Studies statement (STARD) reporting guideline. We aimed to assess the proportion of studies that adequately reported, partially reported,*

or inadequately reported each item of the STARD checklist. METHODS: MEDLINE was searched from January 1, 2018 through May 21, 2021 for depression screening accuracy studies. RESULTS: 106 studies were identified and assessed. When evaluated against the 38 STARD items, only eight items were 'adequately reported' for the majority of studies (≥ 50% of studies), seven items were 'partially reported' for the majority of studies, and 11 items were 'inadequately or not reported' for the majority of studies. CONCLUSION: Recently published depression screening tool accuracy studies are not optimally reported. ACTION: In order to improve the poor quality of reporting in depression screening accuracy studies, the research community, journal editors, reviewers, and funders should endorse and implement adherence to STARD.

Section: Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé
Session ID: 70632 - Printed Poster

Use of the Emotion Regulation Checklist (ERC) for Measuring Child Emotion Regulation and Lability: Measurement Invariance across Asian, Black, and White Parents

Main Presenting Author: Reaume, Chelsea

Additional Authors: Weidman, Zoe; Thomassin, Kristel

Abstract: *Child emotion regulation (ER), the ability to understand and manage emotions appropriately, has received considerable attention in recent decades. As one of the most widely used measures, the _Emotion Regulation Checklist (ERC) _has been used across racially diverse samples, including for inter-group comparisons. However, no prior research has examined the ERC's measurement invariance across racial groups, thus precluding conclusions about group differences. We tested the ERC's measurement invariance in a sample of 1148 parents (n = 322 Asian, 356 Black, 470 White). Configural, metric, and scalar invariance were examined across the Regulation and Lability subscales of the ERC. The Regulation subscale did not meet configural invariance across groups, necessitating subscale dismissal. In contrast, the Lability subscale did meet configural invariance across groups, CFI/TLI = .96/.94; RMSEA = 0.06; SRMR = 0.04. Further, the Lability subscale also met metric invariance. Scalar invariance was achieved by allowing factor loadings of items 2, 12, and 24, and intercepts of 2, 12, 19, 22, and 24 to vary. Our results indicate that the ERC in its current form is not invariant across groups and research should be cautious in using the ERC to make inter-group comparisons. However, a modified version of ERC-Lability could meet invariance standards for such use.*

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 71402 - Printed Poster

What Effect Sizes Should Researchers Report when using Moderated Meditation Modelsunder Non-Normal Data?

Main Presenting Author: Gonzales, Ian

Additional Author: Li, Johnson Ching-Hong

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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). Unfortunately, most common linear models are not tenable under violations of normality and homoscedasticity of error distribution (Yuan and MacKinnon, 2014). In the case of conditional indirect effects (e.g., moderated mediation), it is often of critical interest to determine whether or not a mediation effect remains constant across different groups of individuals. However, the assumption of homoscedasticity might be violated when moderation exists, and when the underlying data is non-normal or skewed, researchers may observe inaccurate findings from the ES estimate. Preacher and Kelly (2011) outlined ES estimation methods researchers have at their disposal when investigating causal or mediation effects, and it may be of interest to see how these ESs can be applied in mediation and moderation context. This simulation study will evaluate ES applicability and robustness with associated CIs based on manipulated sample size levels, ES magnitudes, number of mediators and moderators, and data normality and homoscedasticity violations and aims to support researchers in reporting the most appropriate ES in their research studies and will offer guidelines regarding how robust these ESs are.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 71452 - Printed Poster

An Empirical Redundancy Test between Workplace Deviance and Gossip Constructs

Main Presenting Author: Wang, Le

Additional Authors: Liang, Lindie; Brown, Douglas; Coulombe, Claudie

Abstract: *As science value parsimony, construct redundancy is a serious impediment to research (Le et al., 2010). On the other hand, if two constructs are indeed different, they deserve their own construct space. In this poster, we examine a new construct in the workplace aggression realm— workplace gossip—to see whether it is empirically redundant from workplace deviance. Although gossip has been argued to be distinct from deviance, there lacks concrete empirical evidence. Using a CFA-based approach, we investigate whether gossip and deviance constructs are empirically distinct, thereby making a significant theoretical contribution by providing evidence regarding construct clarity between them. To this end, we used a CFA-based approach using the SEM package Lavaan in R, as this approach provides a more accurate estimate of construct correlations by accounting for measurement errors. To use this approach, we collected employees data from two-wave surveys at MTurk platform, and the same scales were administered in both waves. Results revealed although both constructs are highly correlated, they differentially linked to other constructs. Thus, we conclude workplace deviance and gossip constructs are not empirically redundant. This finding could inform further advances for both constructs, especially theory and measurement.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71167 - Virtual Poster

Regularization in Mediation Models

Main Presenting Author: Ghumman, Arjun

Abstract: *THE TWO FUNDAMENTAL GOALS IN STATISTICAL LEARNING ARE ESTABLISHING PREDICTION ACCURACY AND DISCOVERING THE CORRECT SET OF PREDICTORS TO*

ENSURE MODEL SPECIFICITY. ALTHOUGH THE FIELD OF VARIABLE SELECTION HAS MADE SIGNIFICANT STRIDES OVER THE PAST DECADES, THESE METHODS ARE YET TO BE FULLY ADAPTED TO MEDIATION MODELS. REGULARIZATION METHODS THAT UTILIZE THE L1 PENALTY SUCH AS THE LASSO INCORPORATE A SMALL AMOUNT OF CONTROLLED BIAS INTO THE ORDINARY LEAST SQUARES (OLS) ESTIMATES TO HELP IMPROVE THE GENERALIZABILITY OF THE ESTIMATES BY SIGNIFICANTLY REDUCING ITS VARIANCE ACROSS SAMPLES. ADDITIONALLY, THE LASSO CAN PERFORM VARIABLE SELECTION AND HELP ACHIEVE MODEL SELECTION CONSISTENCY OR SPARSISTENCY. RECENT LITERATURE HAS PROPOSED METHODS THAT HAVE INTRODUCED REGULARIZATION TO MEDIATION MODELS. THESE INCLUDE EXPLORATORY MEDIATION ANALYSIS (XMED) AND THE COORDINATE-WISE MEDIATION FILTER (CMF). THE XMED ADAPTS REGULARIZATION METHODS INTO THE EXISTING STRUCTURAL EQUATION MODELLING (SEM) FRAMEWORK, WHEREAS THE CMF INCORPORATES MEDIATION INTO THE CYCLICAL COORDINATE DESCENT ALGORITHM (COMMONLY USED FOR REGULARIZATION METHODS). THE PRIMARY GOAL OF THIS PROPOSED SIMULATION STUDY IS TO COMPARE THE PERFORMANCE OF CURRENT METHODS IN SELECTING THE CORRECT SET OF MEDIATORS FOR A MULTIPLE MEDIATION MODEL AND TO FURTHER EXAMINE HOW WELL THE BIAS CORRECTS OVERFITTING.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 71497 - Virtual Poster

Virtual reality and mental health: Future directions for evidence-based practice

Main Presenting Author: Martinez, Carolina

Additional Authors: Andersen , Nicole ; Cormier, Gina ; Herbert, Catherine; Drapeau, Martin

Abstract: *BACKGROUND: The extant literature on anxiety disorders supports the use of Virtual Reality (VR) as an intervention within several therapeutic modalities. As therapists begin to implement VR in anxiety treatment, there is a dire need for information about the appropriate hardware and software, the costs, and the training required for VR. OBJECTIVE: The current scoping review aims to synthesize the literature on the hardware, software, costs, and training required to implement VR in a therapy session with anxiety patients. METHODS: Aksey and O'Malley's (2005) method of scoping review was used in the current project. RESULTS: There were 134 studies identified for review. Of the 62 studies on specific phobias, 59 studies (88%) used a head-mounted display (HDM) as the hardware for the VR intervention. In the 22 studies (17%) on PTSD, HDM was used. Information about the software used in treating anxiety disorders was generally not commercially available, except for some studies on Specific Phobia and Social Anxiety Disorder. Finally, the VR equipment cost between $2,100 and $114,490 USD. CONCLUSION: HDM is the most common hardware used for VR in therapy and most studies did not provide information on the software used. Further research studies are needed on training and costs. IMPACT: The results of this scoping review will lead to the uptake of VR treatment in psychotherapy.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71787 - Virtual Poster

Review Session

Digital subjectivity - history and theory of online methods in psychology

Main Presenting Author: Yen, Jeffery

Abstract: *The increasing use of online methods to facilitate psychological research coincides with the expanding, networked digitalisation of everyday life. While online methods have been a boon to psychologists seeking to enhance the replicability of their research, the converging trajectories of the computational and psychological sciences and the data practices of the digital economy are in urgent need of analysis. Widespread adoption of online methods in psychology is transforming the ways in which the discipline conceptualises, studies and intervenes in its subject matter. Not only do online methods often necessitate a redefinition of the object of research to make it amenable to online study (e.g., by gamifying a social issue), but they also enable the identification and problematization of new phenomena such as "social sentiment" or "digital personality phenotyping". This paper presents a preliminary reconstruction of the historical emergence and trajectory of online methods, tracing their connections to developments in the social, economic and technological context and within the discipline itself. This history will draw out theoretical implications of digitisation and ask how psychological subject matter has shifted to accommodate online investigation.*

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 71622 - Review Session

Section Featured Speaker Address

Differential Dominance: Meaning and Modeling

Main Presenting Author: Hayes, Andrew

Abstract: *Mediation analysis is used to examine the mechanism(s) by which causal effects operate. Moderation analysis is used to examine the contingencies of effects—the contexts, situations, or individual differences that influence the magnitude or direction of effects. Most processes operate through more than one mechanism simultaneously, and mechanisms can be differentially moderated, sometimes resulting in a pattern I call "differential dominance." In this talk, I introduce and explore the concept of differential dominance, which occurs when one mechanism dominates another for some people or in some circumstances, whereas a different mechanism dominates for other people or in other circumstances. I provide an illustration of differential dominance, and I show how differential dominance can be quantified and modeled.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 71177 - Section Featured Speaker Address

Snapshot

Is the pretest-posttest the best? A review of response shift bias following interventions for depression and anxiety

Main Presenting Author: Tomfohr-Madsen, M. Lianne

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Additional Authors: Rioux, Charlie; Little, Todd D.; Stewart-Tufescu, Ashley; Chaput-Langlois, Sophie; Roos, Leslie E.

Abstract: *Clinical research in psychology often relies on questionnaires collected in a pretest-posttest design, considered the gold standard for evaluating interventions. This relies on the assumption that changes in the measure reflect true change due to the intervention. In some cases, however, score changes may reflect response shift, where the frame of reference of the respondent changes after the intervention, in turn changing the meaning of the scale. This can be an important confounder of treatment effects. The present review aims to examine whether response shifts occur in clinical research targeting depression and anxiety. PubMed, PsycINFO, and Web of Science were searched for articles that (1) examined an anxiety or depression scale and (2) tested response shift following (3) mental health treatment. Records were screened by two reviewers in Covidence, resulting in 17 reviewed studies. Results showed that, following mental health interventions, response shift was identified in 12 depression and anxiety scales and in both self- and clinician-reports. Accordingly, response shifts should be given more consideration in designing clinical trials and client/patient monitoring. Potential solutions include setting up the frame of reference during pretest, using a retrospective pretest, and breaking down instruments into invariant facets rather than using unidimensional scores.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71851 - Snapshot

Testing an Online Worry Induction Procedure

Main Presenting Author: Parkinson, A Sydney

Additional Author: Penney, M Alexander

Abstract: *In-person worry induction procedures effectively induce increases in state worry, negative affect, and anxiety. However, the efficacy of conducting a worry induction online has yet to be examined. This study investigated the effectiveness of an online worry induction, as well as the predictors of an individual's emotional response to the induction. A sample of 268 undergraduates completed online self-report measures of worry, GAD symptoms, state positive affect (PA), state negative affect (NA), and state anxiety. Participants were then prompted to worry for 5 minutes, after which they completed the measures of PA, NA, and anxiety a second time. As expected, the participants experienced an increase in NA and anxiety, as well as a decrease in PA. GAD symptoms and trait worry severity were both found to predict changes in NA and anxiety, but neither predicted changes in PA. Further, the magnitude of the emotional changes was less pronounced than was observed in a previous in-person worry induction. Our findings suggest that an online worry induction can lead to reported increases in overall distress, and appear to reflect trait levels of worry severity and GAD symptoms. However, the intensity of the worry appears to be less pronounced than in-person induction procedures. Potential methods for improving an online worry induction will be discussed.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70135 - Snapshot

Standard Workshop

Analyzing Complex Samples Using Statistics Canada Data

Main Presenting Author: MacLennan, N Richard
Co-Presenting Author: McConnell-Nzunga, Jennifer S,

Abstract: *Statistics Canada (SC) has Research Data Centres (RDCs) at 33 universities across Canada. These RDCs provide academic researchers free access to 600+ data-sets. This workshop has two goals: 1) to inform researchers how to access this data and, 2) to demonstrate how to analyze data from complex samples. If someone is considering using RDC data, they should search the list of available files on the NESSTAR website. This site has file descriptions, variable lists, user guides, and questionnaires. Researchers require this information to submit a research proposal for approval by SC. All of the RDCs have SC analysts to assist with this process. To use a RDC, researchers must obtain a security clearance, take orientation training, swear an oath, and sign a data contract. After analyses are completed, the results have to be vetted by the RDC analyst to protect the confidentiality of Canadians. Finally, researchers are required to provide SC with a final project output. Once a project has been approved, researchers can analyze the data in an RDC. SC employs complex sample surveys to make their samples more representative of the Canadian population. Complex samples, however, require advanced statistical procedures, such as case weighting and bootstrapping. This workshop will describe how to use these techniques employing a public version of the Canadian Community Health Survey (2018).*

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 70475 - Workshop

Effective Research Dissemination Skills for Students

Main Presenting Authors: Chu, Alanna; Ho, Jolie

Additional Author: Botia , Alejandra

Abstract: *In addition to conducting empirically sound research, effectively communicating research ideas and findings with others—whether it be 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). Through the current workshop students will also benefit from an interactive forum in which to apply their skills and engage with each other.*

Section: Students in Psychology / Étudiants en psychologie
Session ID: 71785 - Workshop

Introduction to R

Main Presenting Authors: Alter, Udi; Martinez-Gutierrez, Naomi

Abstract: *R is a free, open-source statistical software package that is very popular among psychology researchers for its flexibility in generating reproducible analyses and graphical output. This workshop will introduce attendees to R and its integrated development environment (IDE), RStudio. By the end of the workshop, attendees will be comfortable (a) entering, importing, and manipulating data in R, (b) using add-on packages, (c) running core mathematical and statistical analyses (e.g., _t_-test, ANOVA, regression), (d) carrying out graphical operations (e.g., scatter plots, path diagrams, interactive graphs), and (e) generating shareable, reproducible code in accordance with open science practices. This will be a hands-on, interactive, and inclusive workshop. Materials will be made available on the Open Science Framework (OSF) before the workshop and can be accessed any time during and/or after the conference. This workshop is intended for researchers across all disciplines who have no, or little, prior experience with R/RStudio or users who wish to improve their grounding in the basics. We recommend that attendees bring a laptop to the session (preferably with R and RStudio installed).*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 70603 - Workshop

Understanding, Calculating, and Interpreting R-squared Effect Size Measures in Multilevel Models

Main Presenting Author: Shaw, Mairead
Co-Presenting Author: Flake, Jessica K

Abstract: *Multilevel models (MLMs) are widely used in the psychological sciences to analyze clustered data structures such as people nested within groups or trials nested within people. Effect sizes are necessary for contextualizing results from statistical models, and are often required by journals and funders. Rights and Sterba (2019) developed a comprehensive approach for R-squared effect size measures in MLMs. Shaw et al. (2020) developed an R package, r2mlm, for calculating them. During this workshop students will learn how to: 1. Define and understand effect sizes for MLMs; 2. Estimate the effect sizes using R; 3. Interpret the output. In part 1, the R-squared framework will be explained in accessible terminology. In part 2, participants will learn how to use the R package. We will use an illustrative example to demonstrate package functionality (manual parameter entry, automatic entry, model comparison) and output interpretation. Participants will gain an understanding of the framework and how to apply it in their research. With this understanding of effect sizes in MLMs, researchers are better able to use and report them which improves methodological practice.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 70516 - Workshop

Symposium

Community-based Research Approaches to Improving Outcomes for Children At-Risk of Maltreatment

Moderator: Racine, Nicole

Abstract: *Child maltreatment is a pressing public health issue with >30% of Canadian children exposed to maltreatment in childhood. This is particularly concerning as child maltreatment is associated with deleterious mental health outcomes across the lifespan. While prevention and intervention approaches are critical, only 6% of the literature focuses on intervention strategies. This symposium brings together three experts in the field of child maltreatment who have stepped outside the academic silo to conduct translational community-based research. Paper 1 presents qualitative findings from a project with >100 child welfare workers on their perspectives of supporting children exposed to maltreatment. Paper 2 examines the implementation of a trauma-informed care initiative with clinicians at a community agency serving vulnerable mothers in order to improve intergenerational outcomes. Paper 3 demonstrates the effectiveness of an attachment-based intervention in improving parenting behaviour in maltreating parents. This symposium aligns with the "improving psychological research" subtheme as it demonstrates how translational child maltreatment research can lead to novel research findings, improved clinical practice, and better outcomes for marginalized families. Strategies for conducting community-engaged research and implications for clinical practice will be discussed.*

Section: Traumatic Stress / Stress traumatique
Session ID: 70022, Presenting Papers: 70973, 70980, 70975 - Symposium

"I can't be their attachment figure! ": Roles and perceptions of child welfare workers regarding the

Main Presenting Authors: Collin-Vezina, Delphine; Guyon, Roxanne
Co-Presenting Author: Brend, Denise

Abstract: *Most children and youth in in out-of-home care settings have experienced various forms of interpersonal trauma and are at high risk for poor outcomes. Adults who are responsible for their well-being and rehabilitation play a vital role in creating caring community to enable these children and adolescents to embark on a path of healing and wellbeing. The purpose of this study was to explore the perspective of child welfare workers regarding their role in developing a secure foundation for children and adolescents in care. Approximately 100 interviews were conducted with group home, residential treatment, and young offenders' custody workers in Quebec, Canada. The "Secure Base" interview was used to collect the perceptions of workers regarding their role in the development of a secure base through five dimensions: availability, sensitivity, acceptance, cooperation and affiliation. A thematic analysis revealed a great deal of variability in practitioners perceptions: from an awareness of the workers' role in enabling youth to build confidence to belief systems that emphasized children and youth's responsibility and accountability as mechanisms of change. This study confirms the crucial role of trauma-informed training to develop a professional posture that acknowledges the importance of building secure relationships for children and youth in out-of-home care settings.*

Section: Traumatic Stress / Stress traumatique
Session ID: 70973 - Paper within a symposium (Symposium ID: 70022)

Reducing Atypical Parental Behavior Among Parents Reported for Child Maltreatment using the AVI

Main Presenting Author: Cyr, Chantal
Co-Presenting Author: Langlois, Valérie

Additional Authors: Cyr-Desautels, Laurence ; Bronfman, Elisa ; Dubois-Comtois, Karine

Abstract: *Atypical parental behavior (APB), defined as communication errors, hostile, withdrawn or dissociative behaviors, may precede substantiated maltreatment, and thus deserve to be understood in the context of child maltreatment. APBs are frightening and have been associated with child attachment disorganization (Main and Hesse, 1990). This study examines if the Attachment Video-feedback Intervention (AVI) can reduce APB in 41 parents reported to child protective services (CPS). Parents and their children (Mage=3.01; SD=1.67) were recruited prior to a parenting capacity assessment (PCA) conducted by the CPS. They were randomly assigned (RCT) to one of two PCA groups, with either the AVI or a psycho-educational intervention as an embedded intervention strategy. A third non-randomized comparison group was also part of the study. APB was assessed by independent coders at pre- and post-tests with the well-validated AMBIANCE instrument (Bronfman et al., 1999). At pre-test, 44% of parents were classified as having more severe APB. An ANCOVA, controlling for pre-test levels of APB, showed significantly lower levels of APB at post-test for AVI parents compared to other parents, $F_{(2, 37)}=5.63$, $p=0.01$. In particular, AVI parents showed fewer affective communication errors ($p=0.03$) and withdrawn behaviors ($p=0.01$). The utility of the AVI to address APB in maltreating parents will be discussed.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 70980 - Paper within a symposium (Symposium ID: 70022)

Trauma-Informed Care Adaptation and Implementation in a Community Organization Serving Young Mothers

Main Presenting Author: Langevin, Rachel
Co-Presenting Authors: Collin-Vezina, Delphine; Gagne, Marie-Emma

Abstract: *Teen motherhood is associated with multifaceted adversities (e.g. poverty, cumulative trauma) that pose risks for young mothers and their children. Community organizations offering psychosocial services are invaluable vectors of intergenerational resilience, especially if they adopt a trauma-informed care (TIC) perspective. This collaborative partnership project aimed to adapt/implement the principles of TIC at a community organization serving vulnerable young mothers. The process of adaptation/implementation, preliminary data, and barriers and facilitators will be presented. The process involved creating and disseminating educational material on TIC and organizing a reflection day with employees ($n=22$) to identify what practices should be kept (e.g. participants committee), created (e.g. consistency in rules), or ceased (e.g. gendered forms). Employees ($n=15$) were asked to complete questionnaires at 3 key moments regarding their perspective on TIC adherence. Preliminary findings show decreasing scores from T1-T3: $F_{(1.15,8.03)}=4.50$, $p=.06$ ($\eta2=.39$). Barriers to TIC implementation included staffing turnover and high workloads; facilitators included motivated staff and organizational support. In conclusion, TIC is a promising perspective to serve young mothers. Documenting adaptation/implementation processes can help future organizations plan efficiently their own adoption of TIC.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 70975 - Paper within a symposium (Symposium ID: 70022)

Standardization of Screening and Treatment Outcome Measures for Pregnant and Postpartum Women with Generalized Anxiety Disorder

Moderator: Furtado, Melissa

Abstract: *The perinatal period (pregnancy and postpartum) represents a time of increased vulnerability for mental health difficulties. Generalized Anxiety Disorder (GAD) is the most frequently diagnosed anxiety disorder in the perinatal period and is associated with negative outcomes for both mother and infant, significant economic cost, and burden to the healthcare system. Yet, GAD remains the most poorly defined and least successfully treated of all the anxiety disorders. Adding to this issue is a paucity of research devoted to ensuring that the tools used to detect and treat perinatal GAD are reliable and accurate. Unlike perinatal depression, standardization across perinatal GAD measurement tools is lacking, which hinders the ability to compare the effectiveness of interventions. The objective of this symposium is to review two recently validated tools to detect and assess GAD symptoms and to present a corresponding preliminary core outcome set. Ms. Inness will present on the psychometric properties and use of the _Worry Behaviors Inventory_ in a perinatal GAD sample. Ms. Barrett will discuss the role of emotion dysregulation in perinatal GAD, as measured by the _Difficulties of Emotion Regulation Scale._ Lastly, Ms. Stallwood will introduce results from a scoping review, step one in development of a core outcome set aimed at standardizing perinatal GAD outcomes and measurement tools.*

Section: Women and Psychology / Femmes et psychologie
Session ID: 71471, Presenting Papers: 71656, 71658, 71657 - Symposium

Measurement Properties of the Worry Behaviours Inventory in a Perinatal Sample

Main Presenting Author: Inness, Briar

Additional Authors: Green, M Sheryl; Barrett, Emily; McCabe, Randi E; Streiner, David

Abstract: *Generalized anxiety disorder (GAD) is a leading mental health concern for pregnant and postpartum (perinatal) women, with consequences to maternal wellbeing and infant social-emotional development. In the general population, people with GAD engage in problematic behaviours that maintain and exacerbate their symptoms. We recently established that perinatal woman with GAD also engage in problematic behaviours that contribute to the maintenance and severity of their symptoms. The Worry Behaviors Inventory (WBI) is the first comprehensive self-report measure of GAD behaviours and is validated and sensitive to treatment effects in the general population, however, it has not been evaluated in a perinatal sample. Given the high clinical and research utility, we sought to validate the WBI for use in pregnant and postpartum women. Data from an anticipated 200 participants recruited from the community and through clinical referrals will be presented. The factor structure, internal consistency, sensitivity, specificity, and convergent and divergent validity of the WBI will be reported. If the WBI is psychometrically sound, this study will provide clinicians and researchers with an empirically supported and clinically useful measure of GAD behaviours during the perinatal period, supporting the mental health needs of a prevalent and underserved population.*

Section: Women and Psychology / Femmes et psychologie
Session ID: 71656 - Paper within a symposium (Symposium ID: 71471)

Outcomes Reported in Clinical Research Assessing Treatments for Generalized Anxiety Disorder (GAD) During the Perinatal Period: A Systematic Scoping Review

Main Presenting Author: Stallwood, Emma

Additional Authors: Frey, N Benicio; Green, Sheryl M; Barrett, Emily; McCabe, Randi E; Markwell, Alexandra

Abstract: *Generalized Anxiety Disorder (GAD) is the most common anxiety disorder during pregnancy and the postpartum, occurring in as many as one in 20 perinatal women. Despite a high prevalence rate, the process of conducting systematic reviews and meta-analyses aimed at assessing interventions for perinatal GAD is impeded. This is due to the variability of outcomes and measures utilized in perinatal GAD research. This study aims to conduct a systematic scoping review to identify outcomes reported and measures used in clinical research that assess interventions for perinatal GAD. This review is the first stage in the development of a core outcome set (COS) for perinatal GAD treatment studies. Studies will be included if: 1) they are published in English from the years 2011 to 2021; 2) they include participants in the perinatal period with a diagnosis of GAD; and 3) the aim of the intervention is to treat perinatal GAD. Three bibliographic databases will be searched. Two reviewers will screen the titles, abstracts, and full texts to screen for eligible studies. We will extract and analyze the outcomes and measures used from the eligible studies that assess interventions for perinatal GAD. This study will determine if heterogeneity exists across the outcomes that are measured and reported in this field and whether they need to be standardized.*

Section: Women and Psychology / Femmes et psychologie
Session ID: 71658 - Paper within a symposium (Symposium ID: 71471)

Validation of the Difficulties in Emotion Regulation Scale in a Perinatal Sample

Main Presenting Author: Barrett, Emily

Additional Authors: Frey, N Benicio; Green, Sheryl M; Furtado, Melissa; Inness, Briar; Agako, Arela; Caropreso, Luisa

Abstract: *Roughly one in 20 perinatal women are diagnosed with generalized anxiety disorder (GAD). Yet only half of these women obtain high end-state functioning following treatment. Poor treatment outcomes may be attributed to difficulties with emotion regulation, as emotion _dysregulation_ is thought to underly GAD and is distinctly associated with increased psychological distress and treatment resistance. The Difficulties in Emotion Regulation Scale (DERS) provides a comprehensive measure of emotion dysregulation, but little research offers psychometric support for its use in perinatal samples. The lack of a psychometrically sound measure has impeded the evaluation of emotion dysregulation in perinatal GAD treatment outcomes. This study will evaluate the measurement properties of the DERS in a perinatal sample with data presented from an anticipated 252 participants. Internal consistency, factor structure, and divergent validity will be offered. In addition, given good sensitivity and specificity, a clinical cut-point that optimally differentiates between perinatal women with or without GAD will be established. Findings will inform the use of the DERS in perinatal populations and, if effective, provide clinicians with a useful measure for identifying women with elevated emotion dysregulation who may benefit from treatment focused on improving emotion regulation.*

Section: Women and Psychology / Femmes et psychologie
Session ID: 71657 - Paper within a symposium (Symposium ID: 71471)

Understanding Meaningful and Negligible Effect Size Measures in Psychology

Moderator: Li, Johnson

Abstract: *In psychological research, there has been an increasing attention regarding the importance of effect size in addition to the conventional, null-hypothesis-significance-testing. Reporting effect size not only helps researchers understand the magnitude of a study effect, but it also facilitates quantitative comparisons of study results conducted by independent researchers. It is important to understand how recent developments in effect sizes have changed our current research practices. In this symposium, the first study addresses a qualitative study that interviews quantitative experts to understand their perspectives on the use of meaningful effect size in psychology. The second study presents a simulation that examines the probability that a researcher may mis-conclude a meaningful effect when there is no effect in the population. The third study further develops a R package, _negligible_, so that researchers can determine whether their study effect is small enough to be regarded as meaningless in various contexts (e.g., mean equivalence). This symposium helps researchers understand recent developments of effect-size research and practice in psychology. Importantly, it presents quantitative experts' perspectives on conceptualizing meaningful effect size measures, and it provides both empirical evidence and a R package for researchers to deal with negligible effects in practice.*

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 70906, Presenting Papers: 70933, 70930, 70932 – Symposium

An R Package for Negligible Effect Testing: Graphing a Novel Effect Size Measure

Main Presenting Author: Gutierrez , Martinez Naomi

Additional Authors: Alter, Udi ; Beribisky, Nataly ; Farmus, Linda; Cribbie, Robert

Abstract: *Negligible effect testing (NET), sometimes called equivalence testing, 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 a negligible effect interval, NEI). Although traditional effect sizes (ESs) are meaningful as accompaniments to NET, these measures exclude information about the NEI. We developed _negligible, _an R package that allows users to conduct NET analyses in a multitude of contexts (e.g., mean equivalence, negligible correlation and regression) and graph 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 NEI). The PD is a novel effect size measure that provides valuable information over and above traditional ES measures. Furthermore, the _negligible_ package automatically graphs the observed effect and its associated 100(1-2α)% confidence interval. The methods employed in the _negligible _package are in line with recommendations to shift towards the reporting and interpretation of ESs (and associated confidence intervals). We hope that the _negligible _package will help researchers incorporate information above and beyond negligible effect hypothesis tests and traditional ESs in the field of psychology.*

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 70933 - Paper within a symposium (Symposium ID: 70906)

Effect Sizes in Psychology: Expert Perspectives

Main Presenting Author: Peters, Kevin

Additional Authors: Bolzon, Jenna; O'Hagan, Fergal; Cribbie, Robert

Abstract: *After decades of pressure, psychology researchers are beginning to report effect size indices in their papers in addition to traditional measures of statistical significance. Very few researchers, however, are actually interpreting_ _these effect size indices. The goal of our research program is to examine effect size use and interpretation in a range of psychological subdisciplines and stakeholders. There is currently no theoretical framework that captures these diverse perspectives. We will translate our findings into useful and practical ways to encourage the effective reporting and interpreting of effect size indices by everyday researchers in their work. The first step in our research program involves developing an understanding of effect sizes through the experiences of quantitative methods experts. Here we are utilizing interviews (conducted by our team) of 15 such experts who have published and made valuable contributions regarding effect sizes in psychology. Using a grounded theory approach and progressive (open, axial, selective) coding, we summarize the common themes among the verbatim transcripts. This presentation will focus on a subset of themes related to the current state of effect size indices in psychology as well as the future of effect sizes in our discipline.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 70930 - Paper within a symposium (Symposium ID: 70906)

How Likely Do Researchers Conclude a Meaningful Effect But There is No Effect in Reality?

Main Presenting Author: Li, Johnson

Additional Authors: Cheng, Yongtian; Gonzales, Ian

Abstract: *Psychology researchers need to report and interpret effect size measures to support their study effect. Eta-squared, omega-squared and Cohen-f-squared are widely employed effect sizes in ANOVA. The limits for these effect sizes range from 0 to 1 because of the square in their calculation. This metric, however, may be problematic because of its minimum value of 0, implying that researchers should always observe a value greater than 0, even if there is a null effect in the population. This study simulates random normal distributions for the null effect, and it evaluates the performance of the aforementioned effect sizes with 11 levels of sample size (5, 10, 20, 30, 40, 50, 60, 70, 80, 90, 100) and 5 levels of the number of groups for the independent variable (3, 4, 5, 6, 7). When the sample size is small (5) and the number of groups is 3, 422 out of the 1000 replicated eta-squared values lie between .02 (small effect) and .13 (medium effect), meaning that there is 42.2% chance a researcher may mis-interpret a null effect as a small-to-medium effect. Even when the sample size increases to 20, the chance for this mis-interpretation is still noticeable (28.7%). The performance of Cohen-f-squared is even worse than eta-squared, while omega-squared has some mixed patterns. Researchers should aware of the implicit influence of the effect-size metric on concluding their findings.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 70932 - Paper within a symposium (Symposium ID: 70906)

THEME: INFORMING PUBLIC POLICY

Highlighting the ways in which psychology can and does inform public policy

12-Minute Talk

Canadian Respiratory Therapists Intending to Leave Position During the COVID-19 Pandemic

Main Presenting Author: D'Alessandro, M Andrea

Additional Authors: Ritchie, Kim; Brown, Andrea; Foster, Fatima; Hassall, Kelly; McCabe, Randi E; Lanius, Ruth A; McKinnon, Margaet C

Abstract: *BACKGROUND: Respiratory therapists (RTs) are facing morally distressing events during COVID-19, such as performing perceived futile care and enforcing strict visitor policies. As moral distress is related to turnover intention, there is an urgent need to understand moral distress and intention to leave a position among RTs. METHOD: Canadian RTs were invited to participate in an online survey about mental health and functioning, including the Measure of Moral Distress – Healthcare Professional (MMD-HP), between March and June 2021. RESULTS: Preliminary analyses revealed: (1) Over a quarter (25.8%) of the sample (N=242) was considering leaving a position due to moral distress, (2) Those considering leaving scored higher on the MMD-HP and (3) endorsed greater symptoms of depression, anxiety and PTSD than those not considering leaving their position due to moral distress. Multiple linear regression and binary logistic regression will be conducted to predict MMD-HP scores and intention to leave, respectively, from demographic and clinical variables. CONCLUSION: Moral distress is a relevant concern among RTs during COVID-19 and is related to the intention to leave one's position. ACTION: Organizations must address morally distressing situations and support RTs to ensure the continuity of our healthcare system during and beyond the pandemic.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 70727 - 12-Minute Talk

COVID-19 and Psychological Distress-Changes in Internet Searches for Mental Health Issues

Main Presenting Author: Stijelja, Stefan

Abstract: *BACKGROUND: Social isolation, restrictions of activities, workplace closures, as well as associated financial losses and the fears of COVID-19 may place a considerable psychological burden on people. To better understand mental health concerns during the New York COVID-19 lockdown, we analyzed trends in internet searches for mental health issues. METHODS: Using Google Trends, we extracted trends for the topics _suicide_, _anxiety_, _panic attack_, _insomnia_, and _depression_, specifying New York State as the location of the search behavior. We compared observed relative search volumes (RSV) of selected mental health issues during the full quarantine lockdown in New York with their expected volumes, based on historical search data. Weekly RSV forecasts were computed using the ARIMA algorithm. RESULTS: Searches for anxiety, panic attack, and insomnia rose significantly during the lockdown. Suicide and depression did not exhibit significantly different RSV from what was expected. CONCLUSIONS/ACTION: Google Trends could*

help monitor population mental health problems in real-time. With the possibility of future waves of coronavirus looming and return to lockdowns, we should ensure that individuals searching the internet can rapidly obtain reliable information on strategies to cope with distress and online help from authoritative sources.

Section: *Community Psychology / Psychologie communautaire*
Session ID: 69835 - 12-Minute Talk

Leading Through COVID: Phase 2 of an Action Research Study

Main Presenting Author: Hartney, Elizabeth

Additional Author: Taylor, Deanne

Abstract: *This presentation reports on the second phase of a three-phase action research project which aims to define health leadership practices employed during and after the COVID-19 pandemic in Canada. We used an action research methodology. In the second phase, reported here, we report on virtual interviews conducted with up to 50 health leaders from across Canada and across leadership roles. Data were analysed using grounded theory methodology. While the results were consistent with phase 1, reported last year, phase 2 reflected higher levels of burnout and exhaustion. An overview of recommendation focus on the current and future impacts on the health system of widespread loss of human resources and turnover of health leaders.*

Section: *Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé*
Session ID: 71837 - 12-Minute Talk

Motives for (and against) Cryptocurrency Use in Young Adults

Main Presenting Author: McGrath, S Daniel

Abstract: *Background/Rationale: The popularity of cryptocurrency has risen dramatically in recent years. Young adults are increasingly trading/investing in stable coins as well as numerous altcoins and meme coins. Yet, motives for why young adults do or do not engage in cryptocurrency are poorly understood. In the gambling literature, motivational models have usefully described reasons for engaging in the activity. However, self-generated responses have also shown utility for identifying key motivations. The aim of this study was to qualitatively identify motives for cryptocurrency engagement and non-engagement using open-ended responses. Methods: A sample of cryptocurrency users, and a group of non-cryptocurrency users, were recruited from a university community. Participants were asked to provide their top three reasons for using (or not using) cryptocurrency. Results: Self-generated motivations in both groups were then categorized according to conceptual similarity. Motives were also compared by levels of cryptocurrency involvement to assess casual users versus more heavily involved cryptocurrency traders/investors. Conclusions/Impact: Understanding how young adults are involved in cryptocurrency is key to identifying those at possible risk for making poorer financial decisions. Furthermore, this information is necessary to design and inform cryptocurrency policy decisions.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 70571 - 12-Minute Talk

Report Quality Following Police Officers' Use of Force Encounters: The Role of Executive Functions

Main Presenting Author: Doyle, N. Jessie

Additional Authors: Campbell, Mary Ann; Canales, Donaldo D.

Abstract: *One of the most scrutinized issues in policing relates to the use of force (Alpert and Dunham, 2004). Force encounters typically activate acute stress responses, which are associated with hindered rational decision-making (Starcke and Brand, 2012) and may contribute to errors in subsequent memory recall of those events (Hope, 2016), impacting force investigations. Given its influence on cognitive processes, officers executive function capacities may also influence the quality of reported information. The present study sought to clarify the role of executive functions on use of force report quality. Participants included 84 Canadian municipal officers (71% Male; _Mage _= 40.56 years) who completed self-report measures of executive function and then participated in a live, video-recorded use of force simulation. Officers completed standard written use of force reports post-simulation. Videos and reports were coded for officer and suspect behavioural actions to determine comparability between video and report. Results showed officers tended to provide reasonably comparable reports, with the greatest comparability observed with details pertaining to officers' actions. Poorer metacognitive functioning predicted lower comparability for suspect behavior details. Results are discussed in terms of policy amendments and training strategies to maximize optimal quality of use of force reports.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 70179 - 12-Minute Talk

Canadians' Perceptions of and Attitudes towards Face Masks on Twitter During the First Wave of COVID-19 Pandemic: The Rise of Anti-Mask Sentiment

Main Presenting Author: Sharafaddin-zadeh, Yekta

Additional Authors: Noels, A. Kimberly; Young-Leslie, Heather; Slam, Veronica; Barbosa, Denilson; Lou, Nigel M.; Zhang, Ying Shan Doris

Abstract: *SEVERAL COUNTRIES RECOMMENDED UNIVERSAL MASKING AS A PREVENTIVE HEALTH MEASURE TO CONTAIN THE SPREAD OF COVID-19 BEFORE PUBLIC HEALTH OFFICIALS IN CANADA STARTED ENDORSING PUBLIC MASK WEARING. IN THE FIRST WAVE OF THE PANDEMIC IN CANADA, PUBLIC USE OF MASKS WAS CONTROVERSIAL. DURING THIS ANXIOUS TIME, MANY CANADIANS TOOK TO SOCIAL MEDIA (E.G., TWITTER) TO DEBATE THE USE OF FACE MASKS— WHO SHOULD WEAR WHICH TYPES OF MASKS, WHEN AND HOW OFTEN, AND WHY. IN THIS STUDY, WE COMBINED COMPUTING AND SOCIAL SCIENCE TECHNIQUES OF TOPIC MODELING, MACHINE LEARNING, AND QUALITATIVE METHODS TO TRAIN A CLASSIFIER THAT EXTRACTS LIKELY CANADIAN TWEETS FROM MILLIONS OF COVID-19 RELATED TWEETS AND STUDY THE EMERGENCE AND EVOLUTION OF CANADIANS' PERCEPTIONS OF AND ATTITUDES TOWARDS FACE MASKS AND MASK WEARING FROM JANUARY TO SEPTEMBER 2020. WE DISCUSS FIVE MAJOR THEMES IN THE TWITTER DISCOURSE THAT MAY HAVE CONTRIBUTED TO THE EMERGENCE OF ANTI-MASK SENTIMENT (I.E., FACE MASK EFFICACY, PERSONAL DISCOMFORT, PERCEIVED RISK, RIGHTS AND FREEDOMS, AND CULTURE CLASH), AND HOW SOME CANADIANS'*

ATTEMPTED TO SYNTHESIZE THESE CONTRASTING VIEWS. OUR FINDINGS INFORM PUBLIC HEALTH MESSAGING AND STRATEGIES FOR DEALING WITH MISINFORMATION DURING HEALTH CRISES, AND POINT TO THE ROLE PROMINENT SOCIAL MEDIA FIGURES CAN PLAY IN FOSTERING (OR NOT) A CULTURE OF OPEN MINDEDNESS.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71258 - Virtual 12-Minute Talk

The Associations between Alcohol Use, Drinking Motives and Social Anxiety

Main Presenting Author: Polakova, Laura

Abstract: *Alcohol use is ubiquitous among adolescents and on university campuses. Previous research has identified social anxiety as a potential risk factor for alcohol use, but the mechanisms linking these variables remain underexplored. This study examined associations between social anxiety, drinking motives, and alcohol consumption among a university sample. Participants (_N=_ 463) were university students that completed measures of social anxiety, alcohol consumption and drinking motives. Among the results, there was an association between social anxiety and drinking for conformity motives. Further, an interaction effect was found with participant gender indicating that conformity motives were a stronger predictor of social anxiety in females than in males. There was also a positive association between social anxiety and drinking for coping motives, as predicted by the tension reduction theory. Results are discussed in terms of our understanding of social anxiety as a risk factor for alcohol consumption, along with implications for ameliorating preventive interventions.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71103 - Virtual 12-Minute Talk

Conversation Session

An organizations greatest resource is its people: Development of a provincial framework for training and education for mental health and addictions organizations while leveraging pre-existing strengths within a system

Main Presenting Author: MacNeil, A. Brad

Abstract: *Training and education are a high priority for healthcare organizations in order to develop a competent workforce. In mental health and addictions (MHA), healthcare leaders and stakeholders may place heavy reliance on investment in external consultants which may come at a high cost to the program and with limited or no supervision following delivery of practice supports. This is troubling given that the literature is clear that clinical supervision is a fundamental practice support for knowledge translation. We will discuss an innovative approach used by a provincial MHA program in Canada through Policy and Planning for developing a provincial framework for training and education where practice supports were housed within a Provincial Center for Training, Education, and Learning (PCTEL). Trainers and the Lead for the PCTEL included in house PhD Psychologists and master's Social Workers who delivered competency-based training and education in evidence-based assessment, therapy, and supervision. This was a priority initiative aimed at the development of a consistent and sustainable in-house competency-based education program for MHA. The PCTEL was designed to align with organizational priorities to meet the needs of all MHA staff within a*

framework for how these activities are coordinated for the MHA program provincially to positively impact patient-centered care.

Section: *Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé*
Session ID: 71227 - Conversation Session

Posthuman data subjects: Reconsidering data sharing in menstrual self-tracking apps

Main Presenting Author: Fabricius, Alexis

Additional Authors: Yen, Jeffery ; O'Doherty, Kieran

Abstract: *Personal data from and about us is collected and stored at ever increasing rates. In this context, one might assume a just society would ensure that such data is subject to regulation and governance, though that is not the case. Because there is a mismatch between the subject of privacy (the individual) and our current data handling practices that focus on the aggregate, this has enabled tracking and unconsented data sharing. While there are consequences for everyone, recent work demonstrates that marginalized groups are especially prone to having their private data used without their knowledge or consent in ways that can sustain and/or exacerbate social inequities. In this presentation, we consider how the unethical data sharing practices of menstrual self-tracking apps like Flo and Ovia contribute to these problems for women. The consequences are complex, ranging from undermining mental health and well-being to potentially contributing to gender gaps in employment opportunities, pay, and access to resources. We explore possible paths toward improved corporate social responsibility by considering how privacy policies with an assumed posthumanist subject may be better positioned to safeguard data and mitigate harms. We will discuss with the audience potential ways that this might lead to improved privacy regulations, and how psychologists can contribute to this urgent issue.*

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 70633 - Conversation Session

Panel Discussion

Advocacy and School Psychology: Student, Practitioner, and Training Perspectives to Help Make Change

Moderator: Ford, Laurie

Panelists: Ford, Laurie; Shaw, Steven

Abstract: *School psychology is a specialized practice within the profession of psychology. School psychologists are unique in their focus on social, emotional, family, neurological, developmental, mental health and its impact on learning. However, they are one of the most misunderstood specializations in professional psychology. Many believe school psychologists only work in schools, they only do psychoeducational assessment, that they do not do therapy or intervention work, they are counsellors or in some cases special teacher. However, school psychologists receive training and supervised practice in diverse areas of clinical and other forms of service provision. They are data-*

based decision makers with specialization in addressing the cognitive, educational, behavioural, social, emotional, and needs of all students, not just those in special education. Often overlooked is their role in supporting the mental health needs of children and youth. Given their unique training and systems approach to problem-solving, school psychologists are in a strong position to support the mental health needs of children and youth in and out of schools. In a time when, unfortunately more and more students are experiencing the need for mental health supports more school psychologists are need. A focus of this discussion is on advocacy for school psychologists in addressing student MH needs.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71751 - Panel Discussion

Printed Poster

Capturing Change: Validation of the Client Change Scale with the Correctional Service of Canada

Main Presenting Author: McLaren, Sonya

Additional Author: Serin, Ralph

Abstract: *RATIONALE. There are currently few measures of justice-involved person (JIP) change that have established validity with regards to predicting post-program or post-release outcomes. For this reason, the Client Change Scale (CCS) was created as a risk-relevant, desistance-oriented measure of change. METHOD. The purpose of this research was to validate the CCS with a sample of 390 JIPs under community supervision by the Correctional Service of Canada (CSC) using a mixed-method, retrospective file reviews. RESULTS. The findings suggest that the CCS reflects acceptable psychometric properties, predicts post-release outcomes, predicts supervision type, and differentiates based on programming assignment status. The qualitative findings suggest that the information available in the Offender Management System at CSC is sufficient for scoring the items on the CCS, though the sources of information vary depending on the constructs. CONCLUSIONS. The results are promising and support prospective studies using the CCS in both programming and supervision contexts with larger samples, including women and diverse JIP samples. IMPACT. Taken together, the CCS appears to be a useful new assessment of change that will help decision-makers to make more defensible and accurate decisions regarding transfers to reduced security, discretionary release, programming requirements, and supervision needs.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 69930 - Printed Poster

Changes in Student Mental Health and Adaptive Functioning During the COVID-19 Pandemic: Does Age Matter?

Main Presenting Author: Williams, Sarah

Additional Authors: Schwartz, Kelly; Exner-Cortens, Deinera; McMorris, Carly; Makarenko, Erica; Arnold, Paul; Van Bavel, Marisa

Abstract: *The impact of the COVID-19 pandemic on individuals across the globe has been significant. One segment of the population that may be particularly vulnerable to the impact of the pandemic are adolescents. Due to the developmental tasks and formational experiences that characterize the adolescent period, a number of studies have sought to investigate the potential effect that the pandemic may be having on youth, particularly their mental health. The current study sought to better understand adolescent mental health and adaptive functioning during this time and to determine whether there are age differences both cross-sectionally and across time. The current study followed adolescents from four school divisions at two time points: September 2020 and December 2020. Participants completed the BIMAS-2 and a COVID-concern scale. Results indicated that, although mental health and COVID-concerns increased and adaptive functioning decreased across time, adolescents' experience differed depending on their age. Older adolescents reported higher negative affect and cognition/attention difficulties while younger adolescents reported higher conduct and academic functioning. Moving forward, these results can help to inform development of programs and strategies for adolescents as they continue to navigate new experiences within the context of COVID-19.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71684 - Printed Poster

Childhood residential greenspace exposure and mental health problems in adolescence

Main Presenting Author: Bolanis, Despina

Additional Authors: Orri, Massimiliano; Robitaille , Eric; Philippe, Frederick; Bouchard, Samantha; Ouellet-Morin, Isabelle; Tremblay, Richard E; Boivin, Michel; Côté, Sylvana; Geoffroy, Marie-Claude

Abstract: *BACKGROUND: Increased greenspace exposure (ie, human-nature interactions) is associated with fewer mental health symptoms in youth via pathways such as increased opportunity for physical activity. These associations are not known in Canada, one of the greenest countries in the world. METHODS: The 844 participants were drawn from the Quebec Longitudinal Study of Child Development, a prospective birth cohort of individuals followed over 20 years. Participants received a normalized vegetation index score (standardized measure of "greenness") localized to their residence at age 10 years. At age 17 years, mental health problems (depression/anxiety/ADHD/conduct/suicidal ideation) were self-reported using the Mental Health and Social Inadaptation Assessment. RESULTS: There was a significant greenspace-by-sex interaction for ADHD and conduct symptoms. Females residing in regions with increasing greenspace reported fewer externalizing symptoms in adolescence, beyond the influence of family and neighborhood characteristics. No significant associations were detected for internalizing symptoms. Physical activity was not a significant mediator. CONCLUSION: Increasing residential greenspace is associated with reduced externalizing mental health symptoms in females. IMPACT: Residential greenspace contributes to fewer mental health symptoms, ultimately informing urban planning decisions.*

Section: *Environmental Psychology / Psychologie de l'environnement*
Session ID: 70741 - Printed Poster

Coercive bullying among forensic inpatients: Predictive utility of the VRAG-R

Main Presenting Author: Hilkes, Gabriella

Additional Authors: Healey, Lindsay; Forth, Adelle

Abstract: *Bullying is empirically linked with aggression, violence, and criminality (Farrington, 2002). We know that bullying in secure psychiatric hospitals is prevalent (Cooper et al., 2011), but know little about _coercive bullying _whereby an individual pressures another individual to do something that they do not want to do (Ireland, 2003). Deprivation theory suggests a restricted environment limits access to goods and stimulation, while importation theory poses that individuals in forensic/correctional settings may be more antisocial (Irwin and Cressey, 1962). As such, covert, goal-directed (coercive) bullying may be common in these settings, allowing goals (e.g., obtaining money) to be achieved without detection by staff. The purpose of this study is to investigate whether a measure designed to predict community violence (VRAG-R; Harris et al., 2015) is associated with coercive bullying among forensic inpatients using self-report and file-based data from 60 forensic inpatients across Ontario. The prevalence of coercive bullying will be presented, and regression analyses will assess the relationship between the VRAG-R and coercive bullying. Given the mental health impacts of bullying in correctional settings (Brewer, 2010), establishing an association between a well-validated risk assessment measure (VRAG-R) and coercive bullying could have significant implications on risk management.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 70760 - Printed Poster

Cross-Cultural Comparison of Parenting Styles: The Role of Maternal Mind-Mindedness in China and Canada

Main Presenting Author: Fu, Yuke

Additional Authors: Liu, Mowei; Stewart, Kaycee ; Jingmei, Kang

Abstract: *Previous research based on Baumrind's parenting style typology suggests that Chinese parents are authoritarian compared with Western parents. However, it has been argued that Baumrind's model cannot capture the culturally specific warmth and control adopted by Chinese parents. A newly proposed parenting aspect, mind-mindedness (MM) may be suitable to describe the cultural subtleties of Chinese parenting. This study aimed to examine the parenting styles and MM in Canada and China. Participants were 35 Chinese mothers and 29 Canadian mothers and their children. Information on parenting styles and MM was collected from maternal report and lab observation. It was found (1) although Chinese mothers scored higher on authoritarianism and lower on MM than Canadian mothers, parental authoritativeness and MM were valued in both samples, and (2) Chinese mothers' self-related MM talks was negatively related with their authoritarianism, but positively related with their authoritativeness. The results indicated that Chinese parenting is not as controlling as once believed. MM can provide insights into parenting in different cultural groups. Understanding parenting practices in different cultural groups would provide professionals and policy makers tools to further enhance cultural awareness and respect for diversity that are highly valued by Canadian multicultural society.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 70047 - Printed Poster

Implementing Stepped Care 2.0 in New Brunswick: Preliminary results of a provincial change initiative

Main Presenting Author: Harris-Lane, Laura

Additional Authors: King, Alesha; Churchill, AnnMarie; Burke, Katie; Cornish, Peter; Jaouich, Alexia; Lang, Rino; Goguen, Bernard; MacPherson, Bruce; Rash, Joshua A

Abstract: *AIM: To highlight initial findings of the provincial change initiative to implement stepped mental healthcare (SC2.0) in NB. METHODS: Mental health providers (MHPs) completed online courses in One-at-a-Time (OAAT; single-session) Therapy and SC2.0 in Summer and Fall 2021. Integrating key principles into practice, Provincial Addiction and Mental Health Centres (PAMHCs) began offering OAAT sessions, a component of SC2.0, for waitlisted clients and new referrals. MHP research participants completed the Readiness for Organizational Change (ROC) Scale and Readiness Diagnostic Survey (RDS), to assess readiness to implement SC2.0. RESULTS: 11 PAMHCs implemented OAAT by Sept 2021, and delivered 815 sessions from Sept to Nov, reducing waitlists by 47.7%. MHPs (n=141) scored high on all ROC subscales (range 1-7), including appropriateness of SC2.0 (_M_=5.97, _SD_=0.82) and management support (_M_=5.77, _SD_=1.05). One-month after course completion, MHPs (n=73) scored high on most RDS subscales (range 1-7), including compatibility of SC2.0 with organization and clients (_M_=6.06, _SD_=0.77), and presence of program champions (_M_=5.88, _SD_=1.25). Components of readiness that may benefit from further attention include adequacy of resources for operation (_M_=4.38, _SD_=1.80) and staff capacity (_M_=4.48, _SD_=1.64). CONCLUSIONS: Implementation efforts prepared MHPs for SC2.0 and increased timely access to care.*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 70877 - Printed Poster

Individual Differences and Attitudes Toward Organ Donation Among Canadian University Students

Main Presenting Author: Leung, Tiffany

Additional Authors: Klein, Rupert; Fiedler-Tingley, Kaspar

Abstract: *BACKGROUND: Although Canadians hold favourable opinions of organ donation, a consistent discrepancy between attitudes and behaviour has been found. Given the most recent government report indicated 249 Canadians died in a year waiting for a donation, we sought to better understand the personality traits and motivations of non-donors. METHODS: Participants (_N_ = 198) completed standardized questionnaires examining organ donation attitudes, Big 5 personality traits, causality orientation (one's pattern of motivation), and additional probable correlates (religiosity, social desirability, altruism). A three-step hierarchical regression was performed. RESULTS: Although agreeableness was initially associated with organ donation attitudes, this effect was nullified when causality orientations were added into the model: Instead, autonomy (one's perception of being competent, supported, and having the choice to engage in behaviours of intrinsic value) was significant (_β_ = .33, _p_ = .001). CONCLUSION: Efforts by public health policy makers to promote donor registration might benefit from tailoring advertising toward individuals who are oriented to information and choices that support their autonomy (e.g., stressing how donation aligns*

with personal values). ACTION: Future research would benefit from moving away from individual trait differences and rather focus on motivational theories.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71168 - Printed Poster

Pre-service teachers perspectives' on the use of grades in the classroom: A...Okay?

Main Presenting Author: Dueck, S Bryce

Additional Authors: Goegan, D Lauren; Diaz, Jastinne; Daniels , Lia M

Abstract: *Grades are a part of educational institutions worldwide however, recently there has been a shift from a focus on grades to other measures of academic success (see Goegan et al., 2020). Teaching practicums give pre-service teachers a firsthand look at how the focus on grades affects students. Therefore, the purpose of this study was to examine pre-service teachers' perceptions of where the focus on grades originates and how they intend to respond. Self-report data were collected from a convenience sample of pre-service teachers (n = 166) from a large university in Western Canada. Students responded to the stem: Where do you believe the focus on grades originates?, and were provided with 5 individuals to rate from 1 (not very focused) to 7 (very focused), then asked: Will you intentionally reduce the focus on grades in your future classroom? Pre-service teachers believed that parents were most focused on grades followed by school boards, students, principals, and teachers. A majority of pre-service teachers reported that they would not intentionally focus on grades for the following reasons: competition, cheating and mental health and instead would prioritize growth, competence and effort. These results indicate that there are multiple ways in which pre-service teachers can measure student success. Future research directions and knowledge mobilization efforts will be explored.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 70295 - Printed Poster

Risk-Taking Propensity among Young Adult Cryptocurrency Users

Main Presenting Author: Andruchow, L Daniel

Additional Authors: Sohail, Roshni; Morrison, Dennis L; Tuico, Kyle A; McGrath, Daniel S

Abstract: *Background/Rationale: In recent years, the popularity of cryptocurrency has grown substantially. Increasingly, young adults are engaging in this volatile and dynamic cryptocurrency market. Given their highly volatile nature, investors/traders of cryptocurrencies may bear considerable financial risk. Congruently, early evidence indicates that engagement with higher speculative activities (e.g., cryptocurrency trading) is associated with involvement in other risky practices (e.g., stock trading, gambling). Yet, risk-taking in cryptocurrency users remains poorly understood. The goal of this study was to compare risk-taking engagement of cryptocurrency users and non-users. Methods: A university-based sample of young adult cryptocurrency users and non-users took an online survey that assessed cryptocurrency involvement, risk-taking, and demographic characteristics. Risk-taking in five domains (financial, health/safety, recreational, ethical, and social) was assessed using the Domain-Specific Risk-Taking (DOSPERT) scale. Results: DOSPERT scores*

will be reported in relation to cryptocurrency use vs. non-use, investment intensity/strategy, and demographic characteristics. Conclusions/Impact: Understanding risk-taking in young adults using cryptocurrency may aid in identifying those at greatest risk for financial loss and problematic behaviours. This data can help inform future policy.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 71145 - Printed Poster

Service Urgency for Children with Autism: Examining Risk Factors Selected for Prioritization

Main Presenting Author: Van Dyke, N. Jocelyn

Additional Authors: King, K.C. Gabrielle; Poss, Jeffrey W.; Stewart, Shannon L.

Abstract: *Children with Autism Spectrum Disorder (ASD) often require a variety of services and supports across their lifespan. Due to safety issues, timely access to services is required. The Urgent Response Service (URS) was proposed by the Ministry of Children, Community and Social Services to provide supports and services designed to prevent the escalation of risk of harm to children, youth, others and property. Ten specific behaviours (aggression, suicidal ideation, violent thinking, fire starting, harm to animals, risk of exploitation, self-injury, inappropriate sexual acts, flight risk and property destruction) were selected for prioritization and triaging based on identified risk. Using the interRAI Child and Youth Mental Health (ChYMH) or the Child and Youth Mental Health and Developmental Disability (ChYMH-DD), over 2000 assessments of treatment-seeking children and youth in Ontario diagnosed with ASD were analyzed to determine the prevalence of these risk factors. The most prevalent risk factor was aggression at 89.5%, whereas the least prevalent was fire starting at 4.8%. When examining the cumulative prevalence of multiple risk factors, 95.2% of the sample exhibited at least 1 risk factor, 23% displayed at least half of the risk factors, and less than 1% exhibited all 10 risk factors. Clinical implications regarding streamlined access to services based on risk are discussed.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 70116 - Printed Poster

Survivorship care plans and patient confidence with follow-up cancer care by primary care doctors

Main Presenting Author: Chu, K Alanna

Additional Authors: Mutsaers, Brittany; Lebel, Sophie

Abstract: *BACKGROUND Survivorship Care Plans (SCPs) aim to improve continuity of follow-up care for cancer survivors transitioning from hospital to primary care providers (PCPs). However, evidence of the efficacy of SCPs is mixed. This study seeks to identify sociodemographic factors (SDFs) associated with receiving a SCP and examine the relationship between SCPs and confidence in follow-up care delivered by PCPs.   METHODOLOGY   A cross-sectional retrospective analysis of the Canadian Partnership Against Cancer's _Experiences of Cancer Patients in Transition Study _was conducted (n = 9970). Separate bivariate analyses were conducted for each relationship between SCPs and SDFs. Separate adjusted multinomial logistic regression models assessed the*

relationship between SCPs and PCP care outcomes. RESULTS Adjusting for all SDFs, individuals who received a SCP had significantly higher odds of: having a general practitioner (GP) or oncologist and a GP responsible for follow-up care compared to an oncologist alone, having felt their PCPs were involved, and agreeing that their PCPs understood their needs, knew where to find supports and services, were able to refer them directly to services, and were confident that their PCPs could meet their follow-up care needs. CONCLUSIONS Results support the provision of SCPs to survivors to improve satisfaction of follow-up care provided by PCPs.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71067 - Printed Poster

The Finliti Investor Profile Indicator (FIPI): A Psychometrically Valid Tool for Assessing Individual Differences Among Self-Directed Investors

Main Presenting Author: Schell, Jennifer

Additional Author: Di Domenico, Stefano

Abstract: *This study reports on the continued psychometric validation of the Finliti Investor Profile Indicator (FIPI; Di Domenico and Schell, 2021). The FIPI measures four traits that characterize the cognitive, emotional, and behavioral tendencies of self-directed ("do-it-yourself") investors, namely, _Zeal_, _Inhibition_, _Conventionality_, and _Swag_. These traits respectively describe investors propensities to take enthusiastic risks, experience anxious uncertainty, defer to perceived experts, and be self-confident. In the present study, the FIPI was administered to a sample of American adults (_N_=237) with active self-directed accounts. The FIPI traits evidenced both convergent and divergent validation with important investing-related tendencies. For example, Zeal was positively associated with day trading and holding volatile assets; Inhibition was associated with lower self-efficacy; Conventionality was associated with favorable attitudes toward ESG investing; and Swag was positively associated with greater self-reported portfolio returns and perceived competence. Importantly, these associations held even after controlling for demographic variables and the Big Five personality traits. We discuss these findings with respect to the goals of providing self-directed investors with more personalized advice, fostering greater financial inclusivity, and promoting financial literacy.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71281 - Printed Poster

The Psychological Experience of Advanced Lung Cancer Patients Receiving Immuno- and Targeted Therapy

Main Presenting Author: Chu, Alanna

Additional Authors: Wheatley-Price, Paul; Nissim, Rinat; Aubry, Tim; Lebel, Sophie

Abstract: *BACKGROUND Lung cancer is the leading cause of cancer-related deaths in Canada. However, the recent development of immunotherapy and targeted therapy drugs offer a new hope for prolonging survival and improving quality of life in patients with advanced lung cancer. However, treatment response to these drugs is variable and unpredictable. Thus, early research indicates that*

patients are "living in limbo", oscillating between periods of hopeful engagement in valued life activities, and periods of uncertainty about treatment, the future, and end-of-life. This situation presents unique challenges to this population which must be better understood. METHODS In partnership with Lung Cancer Canada (LCC) and a patient advisory board, patients with advanced lung cancer receiving immunotherapy or targeted therapy will be recruited from across Canada. Qualitative interviews (_n_ = 30) will explore their unmet needs using the Supportive Care Framework in Cancer Care (Fitch, 2008).   RESULTS Data will be analyzed using content and thematic analysis. Data collection is in progress and analysis will be completed by March 2022. ACTION This study seeks to describe the experiences of this population within an evidence-based framework useful for policy and service planning. Results will be utilized to update LCC patient resources and to inform LCC advocacy efforts for adequate service provision.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71511 - Printed Poster

Using cannabis before or during a drinking event is associated with fewer drinks consumed relative to when alcohol is used alone.

Main Presenting Author: Rootman, Joseph

Additional Author: Walsh, Zachary

Abstract: *Background: Heavy episodic drinking (HED) of alcohol is a public health concern, and the risks of HED increase with each drink consumed. Using cannabis and alcohol within a short enough time-frame to allow for overlapping effects may influence alcohol related risk by either increasing or decreasing drink consumption. Methods: 81 college students (69.8% female, _M_ age = 19.6, _SD_ = 1.8) completed 3 surveys daily and reported on characteristics of AU sessions. Multilevel models were used to assess variations in drink consumption. Results: Cannabis-alcohol co-use was prevalent such that over half of drinking participants in our analyses reported at least one co-use event, and, among these co-users, 43% of total drinking events involved CU. Additionally, co-use before or during a drinking event was associated with 16.7% fewer drinks consumed in a given session relative to when alcohol was consumed in the absence of cannabis effects. Conclusions: Cannabis use may reduce drink consumption when used before the drinking session is resolved. In light of the established relationship between drink consumption and alcohol related harms, these findings indicate a potentially harm-reducing effect of cannabis. Action/Impact: guidelines and public policies intended to reduce HED related harm should avoid firm condemnation of cannabis-alcohol co-use and instead promote safe co-use behaviours.*

Section: *Psychopharmacology / Psychopharmacologie*
Session ID: 71701 - Printed Poster

Section Featured Speaker

Advancing the Trauma-Informed Care Movement in Canada

Main Presenting Author: Collin-Vezina, Delphine

Abstract: *It is well-established that childhood trauma– including maltreatment experiences - can derail normative child development across all domains. Despite Canada endorsing the United Nations*

Convention on the Rights of the Child, which states all children require protection from abuse and exploitation, studies have confirmed that child trauma is still shockingly prevalent, with 32% of Canadian adults reporting child abuse experiences. To address this important social issue, a trauma-informed care (TIC) approach to practice and policy has gradually emerged to promote a culture of safety, empowerment, and healing around victims of child abuse. While enthusiasm for and commitment to TIC are slowly increasing in Canada, this work is limited in scope and impact due to a lack of coordination across geographic, linguistic, and sectoral barriers. In addition, this field has yet to adequately address the systemic inequity that affects Indigenous communities and other populations disproportionally affected by violence and trauma. This presentation will feature the mission, vision, and activities of the newly established Canadian Consortium on Child and Youth Trauma, a federally funded partnership that aims to respond directly to the immediate need for evidence-informed and comprehensive actions to address child trauma and initiates a major leap in the advancement of a TIC movement in Canada.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 71444 - Section Featured Speaker Address

Snapshot

Obstacles and best practices for effective implementation and delivery of PEERS in New-Brunswick

Main Presenting Author: McLaughlin, S. Valerie
Co-Presenting Author: Campbell, Rankyn M.

Additional Author: Matchett, Paige

Abstract: *BACKGROUND: The Program for the Education and Enrichment of Social Relations for Adolescents (PEERS for Adolescents; Laugeson and Frankel, 2010) is an evidence-based skills training program used worldwide (Chang et al., 2013; Garbarino et al., 2020; Gardner et al., 2019).) to assist youth who experience relationship problems by teaching essential know-how on how to make friends, maintain friendships and deal with interpersonal conflict. In smaller provinces such as New Brunswick however, barriers, such as extensive delays, lack of support, limited transportation options and high costs can hinder accessibility to evidence-based services for teens that could benefit from social skills training. Offering this type of service in school settings could help overcome these obstacles. GOALS: The purpose of this study is to identify obstacles and best practices associated with the implementation and delivery of the _PEERS Curriculum for School Based Professionals_ (Laugeson, 2014) in rural and smaller urban areas. This knowledge will help support feasibility studies in New-Brunswick and in other small communities in Canada. METHODS: Mixed-method interviews with a sample of 10-15 Canadian researchers and practitioners over the course of the winter of 2021-2022. Thematic analyses and descriptive statistics will be used to gather trends in the surveyed practitioners's experiences.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70065 - Snapshot

Short-sighted decision-making among the COVID-19 unvaccinated

Main Presenting Author: Halilova, G. Julia

Additional Authors: Fynes-Clinton, Samuel; Green, Leonard; Myerson, Joel; Ruggeri, Kai; Addis, Donna Rose; Rosenbaum, R. Shayna

Abstract: *Widespread vaccination is a necessary means to minimize or halt the effects of many infectious diseases, including COVID-19. But how do we detect and prevent vaccine hesitancy and unwillingness? Here we examined if short-sighted decision-making in the form of delay discounting – the tendency to choose immediate rewards while placing less value on rewards that require waiting, even when the delayed rewards are larger – is associated with COVID-19 vaccination status. In a multination experiment spanning 14 industrialized countries on 4 continents, participants (N = 4,873) completed self-report measures of vaccination status and mental health, and a behavioural measure of delay discounting. We found that delay discounting was more extreme in individuals who were not vaccinated against COVID-19 compared to those who were fully vaccinated. Unvaccinated individuals who were planning to be vaccinated and individuals who were partially vaccinated were significantly higher in anxiety and intolerance of uncertainty than individuals who were fully vaccinated. When mental health variables were taken into account, those who were unvaccinated, but not those who were partially vaccinated, continued to show extreme discounting. The results point to delay discounting as a promising behavioural marker of vaccine compliance that is measurable and modifiable.*

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 71864 - Snapshot

The Role of Social Norms in Canadian's Attitudes Towards Drug Decriminalization

Main Presenting Author: MacQuarrie, L Amy

Additional Author: Brunelle, Caroline

Abstract: _Descriptive norms are the estimated prevalence of a behaviour (Koval et al., 2019), while injunctive norms are an estimation of the acceptability of a behaviour (Bosari and Carey, 2003). Overestimating drinking norms has been positively associated with alcohol consumption (Haug et al., 2011; Kypri and Langley, 2003) but it is unclear if social norms impact attitudes towards drug decriminalization. A total of N = 504 participants were drawn from university (n = 269, 53.37%) and community samples (n = 235, 46.63%). The majority of participants either agreed or strongly agreed with decriminalization (n = 342, 67.86%). A total of 68.37% participants overestimated illegal substance use in the population. There were no significant differences between under/correct and over-estimaters on support for decriminalization, t(488) = -.06, p = .953. Participants underestimated other Canadian's support for decriminalization, with 30.70% (n = 152) indicating that other Canadians would agree/strongly agree with decriminalization. Participants who viewed other Canadians as more accepting had more positive attitudes towards decriminalization F(2, 491) = 5.92, p = .003. Our findings indicate that injunctive norms, but not descriptive norms, are associated with positive attitudes toward decriminalization. _

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 69057 - Snapshot

What Do I Do with This Information? Canadians' Opinions on Clare's Law in reducing domestic violence

Main Presenting Author: Dufour, Gena

Additional Authors: Lowe, Krystal; Ternes, Marguerite; Stinson, Veronica

Abstract: *Clare's Law is a domestic violence disclosure framework that allows people in an intimate relationship to request from police information about their intimate partner's history with domestic violence and risk of future violence. The purpose of Clare's Law is to inform people regarding their intimate partner's risk of violence in the hope that their informed decisions will reduce domestic violence. Some scholars maintain that Clare's Law might have unintended consequences, such as victim-blaming or reluctance to seek police help. People who seek disclosure via Clare's law, learn of their risk for violence, and stay in the relationship may be reluctant to report subsequent violence. Three Canadian provinces have passed this legislation. What do Canadians think of Clare's Law? We surveyed 165 Canadians on Clare's Law, domestic violence, victim blaming, domestic violence myths, and trust of police. Preliminary results show that 69% of respondents believe Clare's Law would provide valuable information that would help them make decisions about their life, but only 40% believe that Clare's Law will reduce violence. Finally, 50% of respondents stated that they would consider seeking disclosures through Clare's Law. Fear of their partner finding out is the most common reason why people stated they would not seek out information about domestic violence risk through Clare's Law.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 70045 - Snapshot

Symposium

Pursuing Justice and Jurisprudence for Marginalized Groups in Criminal Justice Psychology

Moderator: Hogan, Neil

Abstract: *Criminal justice outcomes among members of marginalized groups are garnering increasing research and professional attention. Psychologists and other professionals are formulating strategies to combat inequities, and to pursue just and fair treatment of diverse populations. This symposium combines empirical research and program/policy discussions relating to three such strategies: 1) therapeutic jurisprudence, in the form of a Mental Health Court designed for justice-involved persons with mental illness; 2) a conceptual evaluation of artificial intelligence and its application to violence risk assessment among racialized populations; and 3) empirical data exploring racial disparities in risk assessments derived from widely used structured professional judgement guidelines (i.e., HCR-20V3 and SARA-V3). In each case, our findings indicate that there are both benefits and drawbacks to these strategies as implemented (or as planned), and we recommend specific strategies for better evaluating impacts, maximizing benefits, and minimizing harms.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 70708, Presenting Papers: 71931, 71928, 71930 – Symposium

A Critical Analysis of Artificial Intelligence and Violence Risk Assessment among Racialized Populations

Main Presenting Author: Corabian, Gabriela
Co-Presenting Author: Hogan, Neil

Abstract: *Many researchers and professionals view artificial intelligence (AI) as a promising means of improving the speed and accuracy of violence risk assessments. Furthermore, in some quarters AI*

has been presented as a means of mitigating implicit and explicit biases against particular groups, by replacing subjective human judgements with data-driven predictions. The current analysis highlights critical practical and ethical considerations when developing programs that apply AI to violence risk assessment. Considerations include: extant technology for violence risk assessment, paradigmatic issues with the application of AI to risk assessment and management, and empirical evidence of racial bias in the criminal justice system. We emphasize ethical principles of informed consent, maleficence (e.g., the known iatrogenic effects of overly punitive sanctions), and justice (particularly racial justice). Ultimately, although AI appears well suited to certain applications, such as the interpretation of diagnostic images, we argue that caution is necessary when applying AI to processes, like violence risk assessment, that do not clearly conform to simple classification paradigms.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 71931 - Paper within a symposium (Symposium ID: 70708)

A Descriptive Review of the Edmonton Mental Health Court: Who Is Using the Service and Future Directions for Data Collection

Main Presenting Author: Haag, Andrew
Co-Presenting Authors: Eckersley, Tristan; Seeger, Caitlin

Abstract: *The Edmonton Mental Health Court (EMHC) has been in existence for just over four years. In this time, the EMHC has attempted to serve a broad number of needs under the philosophical framework of Therapeutic Jurisprudence. As such, this court seeks to improve the outcomes for persons with mental illness as they progress through the court system. Since its inception, research and evaluation of the EMHC has been considered essential. This talk will discuss the descriptive data of who has gone through the EMHC rather than the kinds of services that the court has linked people to. Additionally, there will be a discussion about the future research directions and evaluations of the court.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 71928 - Paper within a symposium (Symposium ID: 70708)

Race and Structured Professional Judgement: An Investigation of Violence Risk Ratings Derived from the HCR-20V3 and SARA-V3

Main Presenting Author: Hogan, Neil
Co-Presenting Author: Corabian, Gabriela

Abstract: *Whether and how risk assessments contribute to racial disparities in criminal justice outcomes are contentious questions. Certain actuarial instruments have been scrutinized with respect to their application to racialized groups, but structured professional judgement (SPJ) tools have received little attention in this regard. We investigated relationships between race and violence risk appraisals derived from two commonly used SPJ tools, the Historical-Clinical-Risk Management 20 (HCR-20V3) and the Spousal Assault Risk Assessment Guide (SARA-V3), among a sample of 337 diverse individuals. Hierarchical logistic regression analyses examined the incremental predictive relationships of race, summed risk factors, prior convictions, and actuarial risk, with SPJ SRRs. Results were mixed with respect to racial disparity. Race was not clearly associated with summary ratings on the HCR-20V3. In contrast, being Indigenous predicted high risk ratings on the SARA-V3 after controlling for risk factors and criminal histories. While the results were promising in many respects, they nonetheless suggest that associations between race and SPJ risk appraisals warrant*

further empirical study. These results provide an impetus for professionals to exercise caution when applying SPJ tools to diverse populations, and to extend the research to other tools and samples.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 71930 - Paper within a symposium (Symposium ID: 70708)

THEME: PROFESSIONAL AND TRAINING ISSUES

Examining issues related to our discipline as a profession including accreditation, ethics, funding, training

12-Minute Talk

Defining clinical competency among rural school psychologists in Saskatchewan

Main Presenting Author: Barker, Conor

Abstract: *School psychologists serve learning needs of students through assessment, intervention, and consultation. The school psychologist can often be the only mental health professional that travels into rural communities. Given this clinical isolation, rural school psychologists develop specialty competencies in order to serve their clients. This study explores the competencies required among rural school psychologists practicing in rural regions of Saskatchewan. Eight rural school psychologists participated in a thematic Delphi process in order to describe the competencies required in rural school psychology. The participants engaged in three rounds of data collection and collective data analysis, and arrived at a strong level of agreement on the final outcomes. The findings describe rural school psychology knowledge (i.e., community knowledge, generalist knowledge, system knowledge), skills (i.e., relationship skills, core psychologist skills, efficiency skills, communication skills), attitudes (i.e., flexibility, openness, compassion), and behaviours (i.e, being responsive, being empowering, being available, being procedural). This study provides definition to the role and practice of the rural school psychologist, and provides a basis for psychologists, clinical supervisors, and psychology training programs to consider rural applications of school psychological practice.*

Section: *Rural and Northern Psychology / Psychologie des communautés rurales et nordiques*
Session ID: 70919 - 12-Minute Talk

We can (and should) be better at suicide prevention: How Canadian Psychologists practice, train, and experience suicide risk assessment and management.

Main Presenting Author: Dubue, Jonathan

Additional Authors: Cruikshank, Emily; Sevigny, Phil; Hanson, Bill; Gaine, Graham

Abstract: *BACKGROUND: Over the last 10 years, suicide prevention best practices have changed. We learned we cannot reliably predict suicide, that hospitalizations are harmful, and we only have a small effect in treating suicidal behaviours. With recent evidence favouring a collaborative approach to suicide prevention, it is critical we learn how, or if, this knowledge is being incorporated into practice. METHODS: Across three cumulative research projects, we have examined how psychologists in Canada practice, train, and experience suicide risk assessment and management (SRAM). To answer these research questions, we used interpretative phenomenological analysis, explanatory sequential mixed-methods, and pre-post training intervention studies. RESULTS: Psychologists in Canada practice SRAM where information-gathering and safety are interdependent priorities, all while fearing liability. Although psychologists are confident, SRAM practices are haphazardly chosen and unstandardized. Most reflect on their graduate training as insufficient and*

ineffective. Novel SRAM training directed at reducing fear of liability and increasing collaboration has shown promise in decreasing clinician stress. IMPACT: SRAM is a core competency for psychotherapy. These data can help us redevelop our training programs to better support clinicians and, ultimately, clients experiencing suicidality.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71002 - 12-Minute Talk

Conversation Session

ACCREDITATION CONVERSATION SESSION

Main Presenting Author: Madon, Steward

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 of Accreditation will also provide an update on their key activities this year, and programmes will have the opportunity to raise any issues of interest. Following the presentation, CPA Site Visitors will be invited to stay for refreshments.*

Section: *Accreditation / Agrément*
Session ID: 72375 - Conversation Session

CPA Telepsychology Working Group Update: Telepsychology Recommendations and Guidelines

Main Presenting Authors: Ford, Laurie; Ford, Laurie; Church, Elizabeth

Abstract: *Telepsychology is a broad area of practice that includes psychological service delivery through different modalities such as telephone, online applications, and online (with and without video) through synchronous, asynchronous, and hybrid formats. It is used as an approach to service provision in a number of areas of psychology practice including intervention, assessment, training, and supervision. Each telepsychology modality and each approach have unique strenths and challenges. In 2019, CPA Telepsychology Working and Advisory Groups were formed to develop recommendations to present to the CPA Board of Directors. Based on input and advice from the CPA Working and Advisory Groups on Telepsychology, a review of the relevant literature, consultation with different stakeholder groups, and feedback at a conversation session at the 2020 CPA convention, eleven recommendations that fall within six broad areas were approved by the CPA Board in November 2021. From these recommendations a new Working Group was formed to develop guidelines for telepsychology that address how to practice competently and ethically with telepsychology. The purpose of this conversation session is to discuss the Working Group recommendations and guidelines. Opportunities to discuss ways to continue to keep moving forward with competent and ethical telepsychology practice in Canada will also be provided.*

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 70570 - Conversation Session

Developing common factors competencies in psychotherapy supervision to enhance outcomesPsychotherapy

Main Presenting Author: Johnson, Ed

Abstract: *Psychotherapy research indicates that certain "common factors," including the therapeutic alliance, goal consensus and collaboration, empathy, positive regard, and progress monitoring, are "demonstrably effective" in improving therapy outcomes across all therapy orientations and thus should be taught to all psychologists in training (Norcross and Lambert, 2018). This conversation session will explore how supervisors can effectively incorporate teaching and skill development related to the effective implementation of these common factors in supervision. Discussion of this topic among participants will be facilitated by consideration of: (a) the nature, and relationship to outcome of the demonstrably effective common factors, b) experiential strategies (e.g., review of therapy recordings, role-play, using implementation intentions) for developing these competencies in supervision, and c) challenges in implementing these goals. The importance of this topic arises from the fact that clinical supervision is widely regarded as the most impactful form of professional training for trainees and essential to the welfare and therapy outcomes obtained by their clients.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 70771 - Conversation Session

How Accessible is Psychotherapy in Canada? A Conversation about Ethical Rationing

Main Presenting Author: Gower, K Heather
Co-Presenting Author: Gaine, Graham

Abstract: *Despite Canada's high per capita healthcare spending, mental health receives relatively low funding. Surveys indicate that Canadians have unmet needs for psychotherapy, with the gap between supply and demand expected to widen with increased prevalence of mental health disorders following the COVID-19 pandemic. Considering these demands, common sense might see increased health spending as the solution. However, evidence suggests funding alone does not ensure accessible, efficient, nor high-quality healthcare. Instead, our profession must examine how we distribute psychotherapy fairly and to the greatest good. Unfortunately, the topic of rationing in psychotherapy has received scant attention, and a qualitative review found our professional psychology regulatory documents to be lacking. This conversation will focus on how psychologists can do a better job of distributing psychotherapy to the Canadian population. We will invite reflection through questions, such as "Who is my client? Am I responsible for people on the waitlist? How do my personal biases affect whom I help?" We will collaboratively explore these and other provocative questions, inviting participants to share their experiences with rationing in their practice.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 70709 - Conversation Session

Lessons Learned from an Unaccredited Pre-doctoral Rural Residency in Clinical Psychology

Main Presenting Author: Hutchings, M.M. Veronica

Additional Author: Pritchard, R. Tyler

Abstract: *While most clinical psychology graduate students participate in the Association of Psychology Postdoctoral and Internship Centers [1] (APPIC) match with the hope of securing an accredited pre-doctoral residency program, there are a minority of students who are not matched or forgo the match entirely. For these individuals, there are unique challenges and considerations to seeking suitable alternatives to CPA (APPIC) accredited residencies. As examples, clinical trainees must seek out and identify appropriate settings, supervisors, and ensure all parties involved have unified expectations of a rotation. These challenges are exacerbated when the trainee is looking for a residency in a rural setting where there are fewer psychologists. This discussion focuses on the experiences of one supervisor/pre-doctoral supervisee pair currently working together in an individualized residency in rural Canada. The unique considerations when planning and implementing such a residency, and the challenges encountered are discussed. To this end, recommendations are presented to support others who are considering creating un-accredited pre-doctoral residencies in rural settings. Despite the challenges, graduate students in clinical psychology, rural practitioners, and rural communities can benefit from creating and participating in pre-doctoral rural residencies.Links:------[1] https://www.appic.org/*

Section: *Rural and Northern Psychology / Psychologie des communautés rurales et nordiques*
Session ID: 71395 - Conversation Session

The School Psychology Futures Conference: The Role of School Psychology in Canada in the Future of School Psychology in the Next 10 Years

Main Presenting Author: Ford, Laurie

Abstract: *In 2002 national and international school psychology organizations held a conference to discuss the future of school psychology. One of the major outcomes of that conference was the formation of the School Psychology Leadership Roundtable (SPLR) where leaders from the various constituent organizations come together annually to communicate, combine efforts where possible, and promote positive outcomes for children, families and schools. SPLR also serves to organize, monitor and facilitate the implementation of the specific goals outlined by the Futures conference. Most organizations are in the United States (e.g. NASP, APA Division 16, TSP, CDSPP). These groups have met at least biannually at APA and NASP conferences. The second Futures Conference was held in 2012. Occurring every ten years, the third Futures Conference is happening in 2022. Absent from previous steering committees and conferences were representatives from the Educational and School Psychology (ESP) section of CPA. We have been been offered a seat on the steering committee for the 2022 conference. The purpose of this conversation is to gather as a group of Canadian school psychologists to consider the "futures of school psychology in Canada" for the next ten years in the larger context of school psychology internationally and as viewed through the 2022 Futures Conference.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71922 - Conversation Session

Jean Pettifor Distinguished Lecture on Ethics

Domains of Future Ethical Dilemmas

Main Presenting Author: Hadjistavropoulo, Thomas

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Abstract: *The types of ethical dilemmas that psychologists face do not remain static but evolve with the times and as a function of technological/scientific advances, political, world and national events (e.g., pandemics, international conflicts) as well as shifts in research paradigms and societal attitudes. The focus of this presentation will be on domains of ethical dilemmas that have been increasingly pre-occupying psychologists in recent years (e.g., internet-delivered psychological interventions, applications of social media and computer vision technologies, use of advanced brain imaging in research, genetic testing in clinical settings, refugee integration, hate crimes, work with patient partners in research, open access publishing and open sharing of research data). Moreover, discussion will focus on an increased sensitivity to cross cultural and individual differences that has led to changes in the way that psychologists use language and work with diverse groups.*

Section: *Ethics / Déontologie*
Session ID: 72233 - Jean Pettifor Distinguished Lecture on Ethics

Panel Discussion

A Distributed Model of Clinical Psychology Doctoral Education: A Square Peg in a Round Hole

Moderator: Cunningham, Fiona J

Panelists: Parisi, Tiffany; Salonia, Chanelle

Abstract: *Recommendation 13 of Breakout Group #1 at the 2019 Montreal National Summit states: "...programs should establish satellite or distance programs aimed at serving northern, rural, and remote regions and practice" (p. 233). Further, psychology's Response to the TRC Report (2018) obligates the field of psychology to "be supportive of divergent epistemologies and approaches to course delivery and instruction that are outside of the Western university tradition and that prioritize Indigenous ways of knowing and sharing wisdom" (p. 26) and that students' remaining within their communities during their formative education should be encouraged. COVID-19 has adjusted our concept of online learning in clinical psychology doctoral programs. A distributed learning model amplifies social justice- imperative to the decolonization and future epistemology of clinical psychology. Diverse and non-traditional students can feel like square pegs in round holes in post-secondary training. Similarly, a distributed learning model becomes a square peg in a round hole of standard clinical psychology graduate training models. Fielding Graduate University (FGU) offers a PhD in Clinical Psychology and has been an APA-accredited distributed learning program since 1991. We will introduce an FGU faculty member and FGU students to discuss a distributed learning model for doctoral clinical psychology.*

Section: *Rural and Northern Psychology / Psychologie des communautés rurales et nordiques*
Session ID: 70298 - Panel Discussion

Building and Maintaining Professional Relationships as a Psychology Student

Moderator: Botia, Alejandra

Abstract: *NAVIGATING PROFESSIONAL RELATIONSHIPS HAS ALWAYS BEEN A CHALLENGE FOR PSYCHOLOGY STUDENTS, HOWEVER IN RECENT YEARS IT HAS BECOME EVEN MORE CHALLENGING WITH PROGRAMS AND MEETINGS INCREASINGLY MOVING ONLINE. THIS MEANS TRADITIONAL METHODS OF NETWORKING HAVE HAD TO BE ALTERED. THE PANEL*

WILL FEATURE CPA STUDENT SECTION EXECUTIVES FROM ACROSS CANADA WITH A WIDE RANGE OF EXPERIENCES BUILDING, DEVELOPING AND MAINTAINING PROFESSIONAL RELATIONSHIPS AS PSYCHOLOGY STUDENTS. PANELISTS WILL DRAW ON PERSONAL EXPERIENCES NAVIGATING RELATIONSHIPS WITH PEERS, COLLEAGUES, SUPERVISORS, FACULTY AND ORGANIZATIONAL PARTNERS, AS WELL AS MENTORING AND VOLUNTEER RELATIONSHIPS. THE PANELISTS WILL ALSO EXPLORE THE IMPORTANCE OF BUILDING RELATIONSHIPS TO PROMOTE EQUITY, DIVERSITY AND INCLUSION IN ACADEMIC AND CLINICAL SETTINGS. THEY WILL ALSO DISCUSS ETHICAL ISSUES AND MAINTAINING INTEGRITY IN PROFESSIONAL RELATIONSHIPS. ATTENDEES WILL LEAVE WITH PRACTICAL ADVICE FOR BUILDING RELATIONSHIPS AS A PSYCHOLOGY STUDENT, AS WELL AS ADVICE AND REFLECTIONS FROM THE PANELISTS WIDE RANGE OF EXPERIENCES IN THE AREAS OF MENTORING, SUPERVISION, RESEARCH AND NETWORKING.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 69944 - Panel Discussion

Feminist Mentoring: Strengthening the Next Generation in a Changing Disciplinary Context

Moderator: Radtke, Lorraine

Panelist: Barata, Paula

Abstract: *Canadian universities face unprecedented challenges, with the COVID pandemic altering virtually all facets of university life. Further, Psychology has begun to recognize harms wrought by the discipline, as evident in APA's Apology to People of Color and CPA's strategic plan, which includes the promotion of equity, diversity and inclusion and accountability to Indigenous peoples. Mentoring is critical for improving the prospects of women and minorities (and women with minoritized identities) and fostering leaders within their fields (e.g., Fahs and Swank, 2020; Inman, 2020; Mokhtar and Foley, 2020; Mullin, Fish, and Hutinger, 2010; Price-Sharps et al., 2014). Since 2003, CPA's Section on Women and Psychology has bestowed annually the Feminist Mentoring Award on a worthy recipient nominated by their students in a process overseen by the Section's Student Representative. The panelists, all winners of this award, will draw on their rich experience and knowledge to outline the various ways in which they practice feminist mentoring of students in the Canadian academic context. They will comment on barriers to feminist mentoring and how they have sought to surmount them. Each panelist will speak for 5 minutes, followed by a moderated discussion with all session participants. The objective is to foster a critical and context-sensitive assessment of feminist mentoring and its best practices.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 70090 - Panel Discussion

Towards a more Equitable Clinical Psychology Profession - Reviewing the progress made and work to be done at every level of the professional journey

Moderators: Chavoshi, Saeid; Riddell, Julia

Abstract: *The profession of psychology in Canada has embarked on a journey of transformation towards becoming more culturally competent and representative of the diverse society we serve. Join us for a forum where we examine our progress towards Equity, Diversity, and Inclusion. We will discuss best practices for making our graduate programs more inclusive, including reviewing the Social Responsiveness Toolkit developed by the Council of Chairs of Training Councils (CCTC). Training programs will be invited to provide an update on implementing the Social Responsiveness Toolkit. Directors from graduate programs and internship sites will also be invited to provide an update regarding what they have done to remove systemic barriers to entry into clinical psychology and enhance the cultural competence education of the trainees. In addition, the provincial licensing boards and their EDI committees will be invited to present on the actions taken towards making psychology more inclusive, including an update on the steps taken towards the commitments made in "An apology to Indigenous People and a Pledge to be Anti-Racist" by the Association of Canadian Psychology Regulatory Organizations. Lastly, we will review the educational resources and opportunities available and the responsibility we each hold towards our own education and development of cultural competence.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71936 - Panel Discussion

Printed Poster

Are Questionable Research Practices Rooted in Graduate Training?

Main Presenting Author: Shaw, R. Steven

Additional Authors: Guyatt, Claire ; Infantino, Erika; Sharma, Priyanshi; Cao, Chloe; Gildone, Sarah; Batra, Rachita

Abstract: *Questionable research practices (QRPs) are defined by the National Academies of Science as "...actions that violate traditional values of the research enterprise and that may be detrimental to the research practice". Among these practices is p-hacking, a term that refers to the act of collecting or selecting data or statistical analyses until nonsignificant results become significant. A high prevalence of QRPs among academic psychologists has been identified (John, 2012). Krishna (2018) found the QRP self-admission rate of 9.3%, with higher admission percentages concerning specific QRPs such as selective reporting of studies, data exclusion post analysis, and HARKing (hypothesizing results after the known). The current study surveys graduate students in school, counselling, and clinical psychology in North America (N=420) to determine research practices taught to students in classes, practices encouraged informally through supervised research, and incentives to engage in QRPs. Because QRPs have a dramatic influence on the understanding of evidence-based practices, the roots of QRPs in graduate training are important to clinical training and professional practice. The purpose of this study is to understand the degree to which professional psychology graduate students in Canada are taught and use QRPs in their training.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71325 - Printed Poster

Clinical supervision issues in a bilingual teaching environment: discourse analysis of trainees, interns, and clinical supervisors in a clinical psychology training context

Main Presenting Author: Proulx, Anthony

Additional Authors: Giasson, François; Vandette, Marie-Pier; Gosselin, Julie

Abstract: *Both the CPA and APA recognize the impact of the cultural dimension in the practice of psychology, but also in the practice of clinical supervision. So far, few studies have looked at the issues related to the practice of clinical of supervision in a bilingual context, and even fewer relating to the English-French context that exists in Canada. A recent study conducted at an officially bilingual university with trainees (n=18), interns (n=9), and supervisors (n=10) highlighted indicators of skill development in clinical supervision (Vandette, 2019). As a secondary analysis, this present work is one of the first in Canada to examine differences and particularities related to language used during the clinical supervision training experience of doctoral students. Using NVivo software, the discourses of participants were analyzed with attention to potential challenges related to the linguistic anchoring of the supervisory experience, in a formally bilingual study context. Specifically, the analysis consisted of identifying the use of specific terms, their frequency of appearance in participants discourse, as well as the underlying themes that predominate in the discourse of those different groups when it comes to language, culture, and bilingualism within their training experience.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71338 - Printed Poster

Connecting Preservice Teachers' Emotions with a Course Component to Bridge Practice and Theory in Assessment

Main Presenting Author: Wells, Kendra

Additional Authors: Pelletier, Gabrielle; Pollitt, Tessa; Daniels, Lia

Abstract: *Assessment is emotional for teachers and students (Brackett et. al, 2013, Kiuru et. al, 2020). Pre-service teachers begin to experience assessment from a teacher perspective as they enter their first practicum experience. They desire connections between theory and practice (Goodnough, 2017). At the University of Alberta, EDPY 303: Educational Assessment is a course to learn about assessment theory before beginning the practicum. To prepare for this transition, our teaching team developed "Teacher Talks". These were recorded interviews with practicing teachers about their assessment practices to support bridging the gap between theories and classroom assessment. This study is a descriptive analysis of the emotions that pre-service teachers felt about this pedagogical practice and perceived learning in EDPY 303. We recruited a sample of 184 undergraduate Education students who completed an optional survey in Fall 2021. Analyses revealed correlations between learning in EDPY 303 and the following emotions: enjoyment, surprise, and curiosity, ranging from .361 to .598 (sig.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 71456 - Printed Poster

Does Discipline Matter? School, Counselling, and Clinical Psychologists' Perception of Evidence-Based Practices

Main Presenting Author: Infantino, Erika

Additional Authors: Riondino, Giulia; Tamburro, Alexia; Sharma, Priyanshi; Kang, Yeon Hee (Jenny); Shaw, Steven R.

Abstract: *BACKGROUND: Evidence-based interventions are the standard for psychological practice. Yet, the utility of research for real-world application is not always clear (Nathan, 2007). Individual differences among mental health professionals, such as theoretical approaches (cognitive-behavioural versus eclectic approaches), can explain why there are varying attitudes towards Evidence-Based Practice. Prior studies have not explicitly examined the role of discipline in predicting how professionals are likely to perceive EBP in their practice. OBJECTIVE: Explore how school, counselling, and clinical psychologists perceive evidence-based practices. METHODS: As part of a larger study, approximately 200 Canadian psychologists will be recruited via online advertising and an email campaign to professional associations. All participants will complete a 20-minute survey concerning their perspectives on the clinical relevance and utility of evidence based-practices. Results will be analyzed through descriptive and inferential statistics. SIGNIFICANCE: By exploring school, counselling, and clinical psychologists' perception of evidence-based practices, we will be able to get a snapshot of how different professions view and use evidence-based practices and help guide future research and clinical training to improve the utility of these practices.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71362 - Printed Poster

Ethical Dilemmas, Burnout, and Stress Among Counsellors: A Replication

Main Presenting Author: Cruikshank, Emily

Additional Authors: Truscott, Derek; Sevigny, Phillip; Cor, Ken

Abstract: *Psychologists and professional counsellors encounter various kinds of ethical dilemmas in their practice. There are safeguards and ethical standards which help to alleviate the stress of many of these ethical issues. However, the high subjectivity and constant changing of ethical standards make it difficult for these ethics codes to address every possible situation. This study is a replication and extension of the study by Mullen, Morris, and Lord (2017) examining counsellors' experiences with ethical dilemmas, burnout, and stress in relation to their awareness and reflection on such dilemmas. 164 Canadian counsellors completed a survey on burnout, stress, and moral attentiveness. The data was analyzed using structural equation modeling, however, the data fit poorly with the original model. Significant covariances were found between burnout and stress, and between moral attentiveness and moral reflectiveness. These findings contribute to the literature on ethical dilemmas and counsellor well-being, and on replication in counseling research. The results of the study suggest that reflection upon ethical dilemmas may not contribute as strongly to the experience of burnout as previously thought. Thus, counsellors and those training future counsellors might look to other important variables that may contribute more strongly to the experience of counsellor burnout.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 69103 - Printed Poster

Evaluating Provider Training in One-at-a-time Therapy and Stepped Care 2.0 in New Brunswick

Main Presenting Author: Mahon, Kaitlyn

Additional Authors: Harris-Lane, Laura; Churchill, AnnMarie; Cornish, Peter; Burke, Katie; Goguen, Bernard; Lang, Rino; MacPherson, Bruce; Rash, Joshua A

Abstract: *AIM: To evaluate change in healthcare provider (HCP) knowledge in One-at-a-Time (OAAT) therapy and stepped care 2.0 (SC2.0), and report on variables associated with uptake into practice. METHODS: HCPs in NB completed training courses in OAAT therapy (N=199) and SC2.0 (N=113) as part of a provincial implementation initiative. Parallel knowledge acquisition questionnaires were developed based on course content and administered pre- and post-training. Providers completed questionnaires on acceptability, appropriateness and feasibility of training courses, and self-efficacy post-training. RESULTS: Knowledge increased following the completion of training courses in OAAT therapy (pre: M=63%, SD=12%; post: M=76%, SD=13%, p≤.01) and SC2.0 (pre: M=60%, SD=16%; post: M=67%, SD=13%, p≤.01). Almost 65% of HCPs indicated they were not currently using SC2.0 with clients, but intended to. HCPs reported moderate comfort integrating SC2.0 into practice (M=5.08, SD=1.4; 7-point Likert scale). HCPs reported SC2.0 to be acceptable (M=4.38, SD=.58; 5-point Likert scale), appropriate (M=4.29, SD=.61; 5-point Likert scale) and feasible (M=4.08, SD=.73; 5-point Likert scale). HCPs reported modest self-efficacy to enacting SC2.0 (M=69, SD=14; 100mm VAS). CONCLUSION: OAAT therapy and SC2.0 courses were observed to be acceptable and feasible while resulting in improvements in HCP knowledge and comfort.*

Section: *Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé*
Session ID: 71377 - Printed Poster

Exploring Emotions in the Development of Teachers' Confidence and Professional Judgement in Grading

Main Presenting Author: Pollitt, Tessa

Additional Authors: Tulloch, Sierra; Wells, Kendra; Daniels, Lia

Abstract: *Grading is arguably one of the most fundamental components of an educator's role. This puts educators in powerful positions, as grades have substantial implications on students' progress. Educators are expected and required to translate their evaluations of student work into grades that distinguish excellence from incompetence, with a high degree of accuracy and validity. While exerting professional judgement remains essential, the opportunity for preservice teachers to practice, develop, and refine these skills remains minimal. The purpose of this research was to describe the effectiveness of a pedagogical task designed to help develop students' confidence and professional development. Based on gradebook data, students assigned letter grades to 6 fictitious students and then answered 4 Likert scale questions on emotions, indicating their confidence levels and professional judgement. Students reported feeling all 4 of the included emotions, but only confusion resulted in lower grades being assigned to 2 of the fictitious students. In a regression analysis, frustration and curiosity were positive predictors of professional judgement. This research highlighted the difficulty of assigning*

grades and was successful in having students wrestle through the process of exerting professional judgement to weigh the importance of many contributing factors.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70638 - Printed Poster

HOW THE HEALER BECOMES: FROM A RELATIONAL FEMINIST LENS, EXPERIENCED FEMALE PSYCHOTHERAPIST'S DEVELOPMENT OF VOICE ENTAILS CONNECTION WITH THE WHOLE EMBODIED SELF AND VOICES OF DISCONNECTION WITHIN ONE'S EXPERIENCES

Main Presenting Author: Raine, Hannah

Abstract: *Research indicates that therapists' congruent presence impacts therapeutic alliance and outcomes, yet there remains a need for relational feminist understandings of therapist development of congruence. This study, grounded in a constructivist paradigm and informed by relational feminist theory, seeks to further our understanding of this phenomenon utilizing the Listening Guide. Nine female psychotherapists participated in this study to answer the research question, How do experienced female therapists experience their development of voice? Participants spoke in voices of connection (self-knowing, growth-drive, empowerment), resistance (agency, connected differentiation, resolve), and disconnection (self-questioning, self-denial, disconnection from others). Three additional voices were identified regarding participants' views of their professional role. Five participants joined in a follow-up focus group. Connection with the body served as a primary means through which all five participants connected to their voice as therapists. Voices of disconnection facilitated one's connected voice when participants connected with themselves relationally. Contexts that therapists practice and develop within should be characterized by a relational ethic, with an openness to all voices within the developing therapist. This was associated with supervisors' embodied presence in training.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71740 - Printed Poster

Identifying Gaps and Strengths in Mathematics Training: A Content Analysis of School Psychology Course Syllabi

Main Presenting Author: Bergstrom, R. Nikki

Additional Author: Drefs, A Michelle

Abstract: *Rationale: A critical role of school psychologists is to support students' mathematics achievement, yet it remains unclear as to the specific math training required of and provided to school psychology trainees.   Methods: A qualitative content analysis of syllabi was undertaken to identify what trainers perceive to be requisite knowledge and skills within the mathematics domain. A total of 64 syllabi across 32 programs were analyzed, reflecting course content from roughly one-tenth of American, NASP approved and half of the Canadian school psychology programs.   Results: A high emphasis on both math assessment and intervention training was found; however, types and amount of training was variable across course type. Relatively limited attention was given to several key areas (e.g., response to intervention), and academic assignments were structured in a way that limits practical experience in the math domain. Conclusion: The practice of school psychologists is largely*

influenced by the type of training they receive. This study points to several areas requiring greater attention. Impact: Practitioners will benefit from examining the range of math knowledge and skills taught in programs and exploring areas in which further professional developmental may be of benefit. Trainers can use the results of this study to identify ways to bolster the math training in their programs.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71797 - Printed Poster

Mental Health Professionals' Satisfaction with an E-Mental Health Resource Selection Guide

Main Presenting Author: Kiafar, Anita

Additional Authors: Milad, Julia; Cho, Sohyun; Bastien, Laurianne; Mettler, Jessica; Weintraub, Gerry; Heath, Nancy

Abstract: *Mental health professionals (MHPs) working with adolescents are increasingly recommending e-mental health resources (e-MHR), but the quality of these varies, creating a challenge for MHPs' recommendations. Thus, this study sought to compare pre- and in-service MHPs' satisfaction with a researcher-designed, evidence-based infographic guide (IG) containing best-practice guidelines to select e-MHR. As pre-service MHPs show greater receptivity towards learning new evidence-based skills compared to in-service MHPs, we hypothesized that pre-service MHPs would report greater satisfaction with the guide. Participants were 18 in-service (100% female) and 27 pre-service (96% female) MHPs. A 7-item researcher-designed measure assessed participants' satisfaction with the IG's ease of use, clarity, value, willingness to use, willingness to recommend, usefulness, as well as how much they learned from it. Contrary to the hypothesis, the majority of participants (i.e., 90% or higher) reported high satisfaction (e.g., strongly agree/agree) with the IG across items within both groups. As such, groups could not be compared using chi-squares given the low cell count for dissatisfaction. Considering MHPs' need for additional support in this area, findings provide evidence for the IG's acceptability. Implications for MHPs' professional development needs will be discussed.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 69912 - Printed Poster

No Ragrets: The Effect of Visible Tattoos on Perceptions of a Clinical Psychologist

Main Presenting Author: Zidenberg, M Alexandra

Additional Authors: Dutrisac, Shannah; Olver, Mark

Abstract: *INTRODUCTION: Psychology students/practitioners are recommended to conceal their tattoos when practicing as they may be viewed as unprofessional by clients and may hinder the therapist-client relationship (Williams et al., 2014). Although providing directions to cover up tattoos may seem intuitive, the only research available on the topic has focused on psychologist's self-perceptions which seem to be quite negative (Buckman, 2013; Hoose. 2019). This poster will examine the effect of visible tattoos on perceptions of the competency of a clinical psychologist. METHODS: 534 participants were recruited from across Canada. They were presented with a fictitious profile of a psychologist with one of three photos (no tattoo, neutral tattoo, or provocative tattoo) and asked to*

rate the clinical psychologist. RESULTS: The psychologist with the provocative tattoo was viewed as more competent in interventions and empathy, and ability to practice in a forensic setting and with adults. Those without tattoos viewed the psychologist with a provocative tattoo as more competent in the domain of interventions and the total competency scale. CONCLUSION: Results from this general community survey suggest that psychologists/trainees may not need to hide visible tattoos. Tattoos do not seem to impact perceptions of clinician competency among the general public.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 69209 - Printed Poster

Program Satisfaction and Psychological Well-being: The Role of Supervisor Support

Main Presenting Author: Feizi, Samira

Additional Author: Elgar, Frank

Abstract: *Considering the influential role of supervisors on doctoral students' socialization and professional development, the support students receive from their supervisors may influence graduate students' mental health and well-being. Choosing a supervisor is a critical decision prior to entering graduate school. Despite increasing enrolments in doctoral programs, the role of supervisor support in graduate students' persistence and well-being remains unexplored, with the notable exception of qualitative studies showing doctoral students' emotions to be substantially impacted by their supervisory relationship. Study participants included 2,486 doctoral students recruited from 14 research-intensive universities in Canada representing 38 disciplines. Participants completed web-based questionnaires of supervisor support and psychological well-being. Regression analyses were conducted to analyze the association between supervisor support and program satisfaction, emotional, social, and psychological well-being. The result of hierarchical regression controlling for age, gender, and year of the program shows that students with a higher level of support have higher levels of well-being and higher program satisfaction. In general, these results emphasize the significance and impact of supervisory relationships on the psychological well-being of doctoral students.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71382 - Printed Poster

Supporting the gifts of psychosis: how psychologists can facilitate posttraumatic growth following psychosis

Main Presenting Author: Jordan, Gerald

Additional Authors: Ng, Fiona; Thomas, Robyn

Abstract: *Posttraumatic growth (PTG) refers to the positive psychological changes that people experience following a traumatic or adversarial event. In recent years, researchers have increasingly drawn attention to the ways that people experience PTG following psychosis; yet no specific guidance on how to best support PTG in this context has been established. This knowledge gap may hinder psychologists' efforts at supporting PTG following psychosis. METHODS: A narrative review describing how to best facilitate PTG across contexts was conducted. The authors then drew upon their own experiences (e.g., working in clinical settings, etc.) to highlight considerations that*

psychologists should take when supporting PTG among people with psychosis. RESULTS: To support PTG following psychosis, psychologists should gently encourage growth when it appears rather than expect or directly promote it; create a humane, supportive clinical environments; remain open to different explanatory models of psychosis that may encompass PTG; support clients' spiritual development; and encourage clients to construct narratives around their experiences that psychologists can examine for PTG. CONCLUSIONS: Psychologists can engage in indirect and direct techniques to support PTG among people who have experienced psychosis. IMPACT: The findings can support psychologists' efforts to facilitate PTG following psychosis.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71761 - Printed Poster

The Instruction of Open Science; Graduate Student Exposure to Evidence-Based Practice

Main Presenting Author: Pecsi, Sierra
Co-Presenting Author: Shaw, Steven R.

Additional Authors: Infantino, Erika; Chen, Shiyuan; Guyatt, Claire; Farmer, Ryan; Riondino, Giulia

Abstract: *_Background: Open science stresses transparent methods and quality of research design (Nutu et al., 2019). The open science movement arose in reaction to challenges that plague school psychology research, such as a lack of reproducibility and lack of relevance to clinical practice. Open science is an important component in developing evidence-based professions. For open science to influence the profession, methods and procedures involved are best taught in graduate school. However, it is unclear in the literature the degree to which students are taught open science practices. Purpose: To examine students' knowledge of open science and implementation science constructs in professional psychology training programs. Methods: Approximately 200 Canadian students in professional psychology will be recruited via online advertising and an email campaign to CPA-accredited school, counselling, and clinical psychology training programs. Participants will complete a 20-minute survey concerning what they are being taught about open and implementation science. Results will be analyzed to determine student knowledge, perspectives, and training on these topics. Importance: On a larger scale, expected results will show a need to update graduate training programs to enhance students' knowledge in research practices that are open and trustworthy._*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71315 - Printed Poster

The Role of Forensic Assessment in Counselling Psychology

Main Presenting Author: Pasyk , Summer Victoria

Additional Author: Domene, F. José

Abstract: *According to the Canadian Psychological Association, counselling psychology is a broad specialization of practice that is demarcated by the focus on wellbeing, multicultural competence, collaboration, and client strengths. Although our specialization includes a broad range of competencies, psychological assessment is considered one of the core practices of counselling psychology. However, forensic assessment is more often conducted within the specialization of clinical, as opposed to counselling, psychology. In this poster, we delineate and synthesize the*

literature on the role of forensic assessment in counselling psychology. Through exploring the history, purpose, and potential ethical issues of assessment through a counselling psychology lens, we present arguments, supported by evidence, for how forensic assessment fits within our field. Although there are notable differences in the core values and ethical considerations between counselling and forensic psychology, counselling psychologists possess many skills that would enrich psychological practice in forensic settings. Professional identity and competence should be multi-faceted, and counselling psychology can provide a useful foundation for work in forensics. We also provide specific recommendations for counselling psychologists seeking to engage in forensic assessment practice.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70464 - Printed Poster

Review Session

Using A Checklist and Other Strategies to Navigate The Ethical Implications of Releasing Client Records To Third Parties

Main Presenting Author: McBride, L. Dawn

Additional Author: Hodson , Jessica

Abstract: *Since clients' counselling records contain exceptionally sensitive information, that can be damaging to the client's reputation and relationships if released to third parties (Borkosky and Smith, 2015), it is imperative psychologists undertake an extensive examination of the ethical implications of agreeing to a third-party record release. However, an extensive literature search revealed there is little guidance in how to meet this important ethical obligation. Even though this topic was addressed 21 years ago by Hamberger (2000) and authors have made recommendations relevant to an American audience (e.g., Borkosky and Smith, 2015), it is apparent there is a vital need to provide more current, updated information on the ethical implications of third party-record release for Canadian records. In this ethics presentation, a detailed checklist, grounded in ethical best practices, will serve as the foundation for making a series of recommendations for obtaining informed consent to reduce the risk of harm to the client in the event the record is required to be released. _Additional references will be made on how to successfully interact with lawyers who may not be aware of the extensive ethical obligations psychologists have to undertake before releasing client files. The presentation will include an informative handout. _*

Section: *Ethics / Déontologie*
Session ID: 71149 - Review Session

Section Featured Speaker Address

Interventive Interviewing and Reflexive Questioning

Main Presenting Author: Tomm, Karl

Abstract: *The specific questions that a therapist asks during the course of a clinical interview are not neutral or innocent. Depending on the therapist's intention in asking, and the manner in which the questions are formulated and expressed, they tend to have very different effects. For instance, questions can have generative and healing effects on clients, or can have constraining and*

pathologizing effects. Karl has developed a classification of four major categories of questions that are based on differing intentions and which clarify different probable effects on interviewees. This framework and the differences among these questions will be outlined. One particularly interesting group of questions, namely 'reflexive questions,' will be discussed in greater detail since they tend to open space for therapeutic possibilities and for spontaneous constructive change."

Section: *Family Psychology / Psychologie de la famille*
Session ID: 70765 - Section Featured Speaker Address

Strange things done in the midnight sun: Advocating for regulation of psychology in the Yukon

Main Presenting Author: Gale, Reagan
Co-Presenting Author: Bradford, Charlene

Abstract: *The Yukon remains the last Canadian jurisdiction where psychological practice is unregulated. The Psychological Society of Yukon (PSY) founded was founded in 2019 with the intention to raise awareness and advocate for evidence-informed psychological practice and regulation. This panel discussion by PSY Board members will first address the context of psychological practice in Yukon including what psychological services are offered, by whom (including those ineligible for registration in other jurisdictions), and the challenges of providing services throughout the geographically and culturally disparate communities in the territory. The Panel will then present on the history of the Society and its advocacy efforts, including media releases, involvement in the territorial election cycle, meetings with members of Cabinet, Leaders of the Opposition parties, and the discussion of psychology regulation during question period in the legislative assembly. Finally, the panel will offer recommendations for advocacy in other rural and northern Canadian jurisdictions.*

Section: *Rural and Northern Psychology / Psychologie des communautés rurales et nordiques*
Session ID: 71037 - Section Featured Speaker Address

Snapshot

Doctoral Students Do Not Find Research and Teaching Assistantships Satisfying

Main Presenting Author: Feizi, Samira

Additional Author: Elgar, Frank

Abstract: *Inadequate financial support to doctoral students contributes to student attrition. Some support comes from departments through research and teaching assistantship positions, and other sources are external to the university from provincial, federal, and international awards. Several studies found that doctoral students with better financial support are more likely to continue their programs. This study aimed to analyze whether emotional wellbeing mediates the relationship between different types of financial support and intention to quit, and program satisfaction. We surveyed 2,486 doctoral students on financial support, intention to quit, program satisfaction, and epistemic emotions (i.e., frustration, anxiety, enjoyment). Path modeling of the data showed that teaching and research assistantships were both negatively related to program satisfaction. The path from teaching assistantships was partially mediated by a lack of enjoyment, and the path from research assistantships was partially mediated by increased frustration. In all, the findings show*

students' dissatisfaction with internal funding sources that increase their workload and divert time away from their doctoral research. Hence, departmental and institutional policies regarding the type and generosity of funding for doctoral students influence student wellbeing and, ultimately, the efficiency of doctoral programs.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71287 - Snapshot

Introduction to Psychology in Canada

Main Presenting Author: Norris, Meghan

Additional Authors: Sandford, Adam; Nicol, Adelheid ; Johnston, Erica

Abstract: *Approximately 1.2-1.6 billion students take an introductory psychology course every year (Gurung et al., 2016; Steur and Ham, 2008). In Canada alone, nearly 50 000 students were registered in a bachelor's program in psychology in 2018 (Statistics Canada). Given its reach and breadth, the Introduction to Psychology course is foundational for many students, not just those in psychology. Indeed, significant amounts of work have been undertaken to understand the role of Introduction to Psychology courses (e.g., Halpern 2010; Richmond, Boysen, Hudson, Gurung, Naufel, Neufeld, Landrum, Dunn, and Beers, 2021). This work has primarily been conducted in the US— a context that has both similarities and differences to the Canadian context. For example, educators in Canada have been called on to decolonize curriculums through the Truth and Reconciliation Commission Calls to Action (Truth and Reconciliation Commission of Canada, 2015). The current project describes a national survey of Introduction to Psychology instructors conducted across Canada. Respondents were asked to identify content related to learning objectives, included content, delivery and assessment methods, universal design for learning, areas where instructors need more content support, and the role of Introduction to Psychology courses within larger programs. Results and implications are discussed.*

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 71549 - Snapshot

Ethics Update 2022: Recent Developments and Emerging Issues

Moderator: GAUTHIER, JANEL

Abstract: *The purpose of Ethics Update is to highlight current developments and emerging issues in psychological ethics. Using the framework of the _Canadian Code of Ethics for Psychologists_, the first paper provides an overview of the ethical issues reflected in the legal challenges and in the public discourse associated with the Canadian law on medical aid in dying since its passing in June 2016, and considers their implications for psychological ethics. The second paper focuses on the ethics of involving undergraduate trainees in writing an initial draft of their own reference letters. It explores a particular question, namely, whether asking a student to write a draft of such a letter can ever be ethical and if so, how it might be accomplished. The third paper provides an overview of the rationale and revision process for the new _Resource Guide for Psychologists: Ethical Supervision in Teaching, Research, Practice, and Administration_, including a summary of the enhanced content members may look forward to once it is approved by the Board of Directors of the Canadian Psychological Association. The presentation of these papers will be followed by a Q&A period during which the audience will have the opportunity to comment in addition to asking questions.*

Section: *Ethics / Déontologie*
Session ID: 70017, Presenting Papers: 70820, 70819, 70822 - Symposium

Peer Support and Professional Psychological Practice

Moderator: Malone, Judi L

Abstract: *The focus of this symposium is supporting psychologists in ethical practice. The presenters will describe the reality of ethical concerns raised with the College of Alberta Psychologists, the evaluation of the Practice Advisor Program offered to members by the Psychologists Association of Alberta (PAA), and specific, practical strategies to support psychologists in maintaining ethical practice. Jessie Swanek will provide feedback regarding the Psychologists' Association of Alberta's Practice Advisor Program. Kira Brunner will discuss the types of ethical problems encountered by registered psychologists in practice and the issues that lead to professional complaints. Dr. Dewhurst will describe PAA's strategy for supporting professional ethical resiliency. Dr. Malone will introduce this symposium and facilitate a discussion following the presentations.*

Section: *Ethics / Déontologie*
Session ID: 70978, Presenting Papers: 71126, 71122, 71125 - Symposium

The Rolling with Resistance Vignette Task: Validating a Measure of Therapist Responsivity

Main Presenting Author: Di Bartolomeo, A Alyssa

Additional Authors: Javdan, Salena; Westra, Henny A; Olson, David A

Abstract: *Therapist appropriate responsivity to client ambivalence and resistance is considered an important interpersonal skill to avoid disengagement and ensure a collaborative, productive process. The present study examined the predictive validity of the newly developed Resistance Vignette Task (RVT), a 10-item rapidly administered measure of therapist ability to appropriately respond to various presentations of client resistance. Following a resistance management workshop, the concurrent and prospective predictive capacity of RVT scores were examined using test interviews with ambivalent simulators and volunteers. Prospectively, higher RVT scores post-workshop were associated with significantly greater appropriate responsivity and fewer responsivity errors to interviewee counter-change talk 4 months later at follow-up testing. Concurrently, RVT scores at follow-up were also significantly predictive of therapist responsivity and interviewee resistance (i.e., higher levels of appropriate responsivity, fewer responsivity errors, and lower levels of resistance). These results provide validation for the RVT as a measure of therapist responsivity in vivo, in actual interviews by predicting therapist performance in response to client resistance. The RVT holds promise in advancing therapist training and research on resistance as it represents an efficient measure of this key therapist skill.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 69090 - Virtual Snapshot

Use of Mechanical Prediction in University Health Program Admission Decision-making Processes

Main Presenting Author: Hamodat, Teba

Additional Authors: Filliter, Jillian; Coughlan, Emma

Abstract: *BACKGROUND: There are many approaches to making university admission decisions. Mechanical prediction can aid decision-making by combining applicant data using algorithms or formulas that yield reproducible results to help predict performance. However, is unclear how widely it is being used. Our aim was to describe the data obtained from applicants and how it is used to make admission decisions for entry-to-practice health service programs at a large Canadian university. METHODS: Data from 16 programs were collected by 1) abstracting information from program websites and 2) contacting program directors by e-mail to obtain additional information and clarify website content. PRELIMINARY RESULTS: Website abstraction is complete for all 16 programs and 13/16 e-mail responses have been received. Current data indicates that 8/13 programs use objective weighting systems. Beyond typical application requirements (e.g., GPA); 13, 12, 9, and 3 programs require variations of letters of intent, resumes, reference letters, and standardized tests, respectively. CONCLUSIONS: Preliminary results suggest that programs differ in data collected from applicants and how it is used in admission decisions, but most programs incorporate weighting systems. IMPACT: Our study will inform a better understanding of decision-making processes in university admission decisions that can be shared across programs.*

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 70691 - Virtual Snapshot

Standard Workshop

Best Practices for Transgender Children, Youth, Families and their Mental Health

Moderator: Wong, Wallace

Abstract: *Clinical work with transgender children, youth and their families can be challenging. Gender diverse children and youth experience ranging psycho-social and mental health difficulties depending on their developmental stage. This symposium will assist clinicians in effective work with this population. There is a significant increase in the number of children, youth and families seeking services for gender identity concerns. Many families report feeling overwhelmed and unsure about the best ways to support their children. Participants can appreciate the existing misconceptions about children and youth with gender dysphoria. Participants will experience: (1) Current research and clinical practices; (2) Understand the diversity and spectrum of their identities; (3) How to make appropriate diagnoses; (4) Develop social transition plans for young people; (5) Current treatment guidelines; (6) Competency in the Triadic Therapy Model; (7) Identify how the three-tiered model assists clinicians to provide the better care. Supporting trans children, youth, families, and their mental health is imperative to healthy individuals and communities. With the application of the presented model, clinicians can help individuals and families navigate the challenges of transgender life.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 71073 - Workshop

CPA/CCPPP INTERNSHIP FAIR: WHAT ARE INTERNSHIP PROGRAMS LOOKING FOR? PREPARING FOR YOUR INTERNSHIP

Main Presenting Author: Bilevicius, Elena

Additional Authors: Furer, Patricia; Lutes, Lesley; Piper, Emily

Abstract: *Internship programs review applications with an eye for depth, breadth, and quality of practicum experiences, skills acquisition, case conceptualization, interpersonal skills, and readiness for internship. While preparation for the internship begins during early graduate training, the applicant can take specific steps to increase the likelihood of obtaining an internship that is the best match for their training needs, professional development, and personal circumstances. This workshop will be facilitated by Directors of Training of internship programs, Directors of Clinical Training from graduate programs, and an intern who has recently navigated the process. Practical suggestions and facts will be briefly presented, and common myths will be reviewed and debunked. An open Q and A period will be used to provide the opportunity for students to communicate directly with Directors of Training of internship programs and Directors of Clinical Training of graduate programs. Clinical students at all stages of their graduate training and training directors are encouraged to attend. This workshop is the didactic portion of the CPA Convention Internship Fair and is co-sponsored by the CPA and the Canadian Council of Professional Psychology Programs (CCPPP).*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71043 - Workshop

Cultural Competence for therapists working with the military and first responders.

Main Presenting Author: Erickson, W. Paul

Abstract: *It has long been recognized that one of the keys to developing the requisite therapeutic alliance with clients, is cultural competence. But what does it mean to be culturally competent when dealing with the military and other first responder clients? Through the examination of a number of case studies, this talk will examine some of the elements crucial to being culturally competent in working with the military, and first responders. It will also examine some of the consequences that a lack of cultural competence can have for the individual client, the first responder community, and the psychological community. Examination of several case studies illustrating essential elements for cultural competence in dealing with the military and other first responders.*

Section: Psychology in the Military / Psychologie du milieu militaire
Session ID: 71714 - Workshop

Learning by Doing: Experiential Strategies to Start Group Counselling Courses

Main Presenting Author: McBride, Dawn
Co-Presenting Author: Worrall, Alyson

Abstract: *Group counselling teaching literature stresses the need for experiential learning. Consequently, we crafted an approach to introduce students to stages of group development and the use of group process. In this presentation, we will replicate how we begin our group counselling*

course. Given the students' level of activation starting a new course, and the fact that many students do not know each other or us, we are able to mimic an actual first group therapy session. As students arrive, we actively role model group therapy skills of building safety and connections between participants using experiential activities. Then we conduct a "do over" that demonstrates a more traditional leadership style albeit exaggerated (e.g., ample attention to the ground rules and using activities that may not account for members' fear of public speaking).This compare-contrast lived experience offers us the rich opportunity teach about group dynamics and process (we teach them our ABCD processing framework), the art of facilitation, and the importance of selecting group activities that align with the group's stage of development. In this presentation we will role model the above activities including sharing strategies to unpack the learning. Extensive justification and explanation of the lesson plan will be provided with additional information on how ethical issues around dual roles are safeguarded.

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 71705 - Workshop

Observing the Ethical Imperative of Self-Care during the Covid-19 Pandemic: Opportunities from an Existential Analytic Framework of Wellness

Main Presenting Author: Kwee, Janelle
Co-Presenting Author: Klaassen, Derrick

Abstract: *In March 2020, the Covid-19 pandemic thrust the world into an unprecedented situation. Few professional training experiences prepared us as psychologists to manage this change. Over the past two years, we have witnessed the emotional, relational, and spiritual/existential toll of the pandemic. Psychologists, who are trusted to provide mental health care for their communities, can experience the double burden of being expected to offer care during a time when we ourselves are pushed to the limits of our resources. In this workshop, we draw on a wellness framework from Existential Analysis (EA) to explore relevant themes for mental health professionals, including stress, burnout, grief, and isolation. 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.   The didactic portion of the workshop will be complemented by group dialogue and engagement. Our hope is to move beyond mere coping with the challenges of the pandemic and instead explore the ethical imperative of self-care with an aim for personal and existential fulfillment.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71887 - Workshop

Working Effectively with Insurers

Main Presenting Author: Bellows, Y Carmen
Co-Presenting Author: Bignell, Janelle

Abstract: *Working with private insurers can be complex and frustrating for psychologists. When providing psychological treatment to patients on a disability leave an understanding of the insurer's concept of disability is essential to achieving positive outcomes. This workshop will address the following topics: insurers' definition of disability, occupational impairments related to common*

psychological conditions, the importance of determining whether the patient's impairments impact core job functions, and the application of work focused treatment. Incorporating disability knowledge into clinical practice requires an understanding of the difference between traditional treatment approaches and work focused interventions. Ensuring that clients, psychologists, and insurers have a shared understanding of expected outcomes is crucial to successful treatment and client recoveries A common assumption of traditional treatment is that return to employment should occur only when symptoms have resolved. This coupled with the assumption that time away from work is a necessary part of mental restoration often puts the client/patient at odds with the insurer's expectations. This presentation will explore work focused interventions and how psychologists can meet the insurers requirements while providing evidence-based care for their client/patient.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71324 - Workshop

THEME: PROMOTING 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

Approaching a Constructivist Grounded Theory to Explore Intergenerational Trauma in Arab Refugees

Main Presenting Author: Alzeer, M Samar

Abstract: _This study provides a more culture-specific (emic) approach to understanding the universal (etic) definition of trauma and resilience in this cross-cultural population__. Adopting a constructivist grounded theory methodology, this study is the first to provide a comprehensive and empirical understanding of the impact of pre-to-post migration experiences on parental strategies and childrearing experiences in cross-cultural and developmental contexts. __With the collaboration of support organisations in Canada and Germany,13 Arab refugee mothers and 11 fathers were recruited. In-depth- semi-structured interviews lasting 30-60 minutes were carried out online.Arab refugee caregivers were asked to reflect on their emigration experiences, integration into the host country, childrearing experiences and family dynamics. All interviews were conducted in Arabic language by the primary investigator then translated into English to be coded line-by-line using Nvivo. Results suggest caregivers experience fears of loss of culture and exhibit subtle differences in their characterisation of children born prior and subsequent to immigration. _Findings suggesting different Implications of trauma and resiliency in parental behaviour and childrearing experiences in mothers to fathers drawn from the role of gender and heterogenous sense of duty defined in Arab parental dynamics will be discussed.

Section: Clinical Psychology / Psychologie clinique
Session ID: 70703 - 12-Minute Talk

B.Ed Programs and Schools Working Together to Integrate Indigenous Perspectives

Main Presenting Author: Plante , Maureen
Co-Presenting Author: Scout, Christopher

Additional Author: Danyluk , Patricia

Abstract: THE TRUTH AND RECONCILIATION COMMISSION'S CALLS TO ACTION (2015) CALLS CANADIAN TEACHERS AND TEACHER PREPARATION PROGRAMS TO FURTHER RECONCILIATION THROUGH EDUCATION, SPECIFICALLY CALLS NUMBER 62 (II) AND 63 (II) (TRC, CALLS TO ACTION, P. 7). THE ALBERTA TEACHER QUALITY STANDARD (TQS) WAS IMPLEMENTED BY THE ALBERTA MINISTRY OF EDUCATION IN SEPTEMBER 2019. UNDER THE TQS #5, ALBERTA TEACHERS ARE REQUIRED TO DEVELOP AND APPLY FOUNDATIONAL KNOWLEDGE OF INDIGENOUS PEOPLES. THERE IS LITTLE EXISTING RESEARCH ON UNIVERSITY/TEACHER COLLABORATIONS THAT ADDRESS THE INCLUSION

OF INDIGENOUS PERSPECTIVES. WE COLLECTED PRELIMINARY QUALITATIVE AND QUANTITATIVE DATA FROM SEVEN UNIVERSITIES WITH BACHELOR OF EDUCATION PROGRAMS (N=7) AND ARE IN THE PROCESS OF COLLECTING DATA FROM THREE MORE UNIVERSITIES. THE SURVEY INCLUDED QUESTIONS TO BETTER UNDERSTAND HOW INSTITUTIONS ARE INTEGRATING INDIGENOUS PERSPECTIVES INTO THEIR B.ED. PROGRAMS AND TO WHAT DEGREE THE TQS #5 IMPACTED THE INTEGRATION. WE HOPE THAT THE RESULTS FROM THIS STUDY CAN HELP INFORM UNIVERSITIES AND B.ED. PROGRAMS ABOUT THE INTEGRATION OF INDIGENOUS PERSPECTIVES INTO THEIR COURSES AND PROMOTE COLLABORATION AMONG EACH OTHER. THIS RESEARCH WILL BENEFIT ALL UNIVERSITIES ACROSS CANADA AS THEY STRIVE TO INTEGRATE INDIGENOUS PERSPECTIVES INTO THE PROGRAMS.

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 70176 - 12-Minute Talk

Examining Layperson Perceptions of Suspect and Witnesses Recantations

Main Presenting Author: Downer, Kelsey

Additional Authors: Fallon, Laura; Han, Tianshuang

Abstract: *Recantations from suspects and witnesses are often involved in wrongful conviction cases. It is therefore vital to see how potential jurors view these recantations. Laypersons perceptions of recanted statements were investigated utilizing vignettes that were varied by type of recanted statement (i.e., confession, eyewitness testimony, alibi statement), crime severity (low, high), and level of coercion (low, high). Participants (N = 65) read five vignettes and answered questions about each of the vignettes they read. It was hypothesized that revoked confessions would be viewed more negatively than eyewitness and alibi recantations. The preliminary results showed that participants perceived the suspect as guiltier when he falsely confessed, compared to when an eyewitness (d = 0.95) or alibi witness (d = 0.85) recanted their statement. However, the false confessor was seen as less guilty in the high coercion condition than the low coercion condition (d = 1.39). False confessions were also rated as being more voluntary than eyewitness statements (d = 0.73), and participants rated statements from those exposed to high coercion as less likely to have been given voluntarily (vs. low coercion; d = 1.12). Concerning credibility, participants rated the eye witness less credible than the suspect (d = 0.87), and alibi witness (d = 0.74). Findings will be discussed.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 70892 - 12-Minute Talk

Human Rights in Psychological Sciences

Main Presenting Author: Rego, Skylar
Co-Presenting Author: Chamandy, Caroline

Additional Authors: Sandford, Adam; Sinacore, Ada

Abstract: *Recently, researchers posited whether psychological scientists / experimental psychologists should consider the societal implications of research within experimental psychology in a Perception article. This formed the focus of the present research – with a focus on the breadth of*

psychological research. Researchers, who had been actively engaged in research within the past five years, across Canada were recruited for this study. Using an anonymous survey, we asked participants about their primary and secondary areas of research interests, and the extent to which they considered implications of their research for others' human rights through a five-point Likert scale, which provided a quantitative, implicit measure of their knowledge of human rights in relation to their research. We also asked participants to elaborate on the ways in which their research might be used to promote human rights and inadvertently be used to violate human rights. We anticipate the results will provide 1) Insight on the extent to which human rights are considered by psychological scientists / experimental psychologists and 2) Recommendations for researchers when designing their research to promote human rights.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71587 - 12-Minute Talk

Masculinity and Vulnerability in Couple Therapy

Main Presenting Author: Smoliak, Olga

Additional Authors: LaMarre, Andrea; Tseliou, Eleftheria ; Rice, Carla; LeCouteur, Amanda ; Myers, Madison; Vesely, Leslie ; Briscoe, Cara ; Addison, Maggie ; Velikonja, Linnea

Abstract: *Couple therapy and related literature has problematized mens emotional inexpressiveness as constraining for men and as contributing to mens privileged and dominating position vis-à-vis women. Fostering mens emotionality in and outside of therapy has been proposed as a way to improve mens well-being and relationships and promote gender equality. Critical masculinity scholars have noted that many men now enact vulnerable ("softer") and emotional forms of masculinity. Yet, there is lack of insight into how such enactment may intersect with gender inequality. We will present a critical thematic analysis of 30 transcribed videotaped couple therapy sessions focusing on the performance of mens affective masculinities and the political dimensions of mens increasing emotionality within couple therapy. The study shows that vulnerable masculinities, although argued as bearing the potential to foster relational and social change, may also obscure continuing commitment to dominant masculinity norms. Implications for practice will be discussed.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71292 - 12-Minute Talk

The Impact of COVID-19 Pandemic on Gender-Based Violence for Immigrant Women in Canada: A Narrative Literature Review

Main Presenting Author: Sadika, Bidushy

Abstract: *The COVID-19 pandemic escalated reports of gender-based violence (GBV) for immigrant women in Canada. The present study reviews the literature on the impact of COVID-19 pandemic on GBV experienced by immigrant women in Canada. A narrative review was conducted using a search syntax of relevant keywords. Overall, immigrant women in Canada experienced GBV, as they maintained their abusive marriages due to: 1) cultural stigmatization of divorce and a fear of losing their financial support and immigration status; and 2) language barriers and being unable to access culturally sensitive institutional support. In the COVID-19 pandemic, the economic recession increased immigrant women's financial insecurities, as they lost their jobs and struggled to seek safety and social support. Hence, some of these women lived with their abusers and some experienced*

homelessness. Consequently, immigrant women experienced shame and guilt for reporting GBV incidents, social isolation, depression, and concern about safety at home during the pandemic. Conclusively, the COVID-19 pandemic increased risks of violence, and psychological and socioeconomic challenges for immigrant women in Canada. Researchers, practitioners, and policymakers are recommended to consider the COVID-19 pandemic as an intersectional gendered issue and develop necessary interventions to overcome this global crisis.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 71305 - 12-Minute Talk

The Impact of Political Campaigns Targeting LGBTIQ+ People

Main Presenting Author: HÄSSLER, TABEA

Additional Author: EISNER, LÉÍLA

Abstract: *Members of social minorities such as lesbian, gay, bisexual, trans, intersex, and queer (LGBTIQ+) people are exposed to unique minority stressors due to their group membership, which can lead to detrimental health outcomes. This minority stress should be particularly pronounced during political campaigns targeting these social groups, such as the upcoming Swiss referendum on marriage equality. In the present project, we aim to assess how the debates around the referendum, experienced discrimination, and support affect LGBTIQ+ people. We compare data collected before (n =1'700) and during the referendum. This data is supplemented by more detailed assessments of stress physiology (i.e., cortisol) in a subset of 300 LGBTIQ+ and 250 cis-heterosexual respondents. Combining self-reported health/distress with biological stress markers will allow us to assess whether the referendum on marriage equality goes literally under the skin of LGBTIQ+ people. The findings of this project will provide key insights into minority stress processes and inform about buffering strategies that can protect LGBTIQ+ people from the harmful consequences of exposure to stressful situations.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 71562 - 12-Minute Talk

YOUTH-IDENTIFIED IMPACTS OF RACISM AT SCHOOL

Main Presenting Author: Dainaraviciute, Neringa

Additional Author: Cameron, Ann

Abstract: *The majority of high school students in Canada witness or experience racism at school (Korzinski, 2021). We present findings from a participatory study with 18 youth-participants (aged 15-23) representing diverse ethno-racial minorities in Vancouver, who shared their experiences with racism. These youths experienced racism every day and school as a common place where this occurs. We will discuss the impacts of everyday racism, with particular attention to encounters among peers, teachers and school staff. Participants note how the ideals of diversity and celebratory forms of multiculturalism impact them negatively by creating sites of division rather than inclusion. Specifically, youth express concern about the ethno-racial divide and segregation in their neighbourhoods and schools. Youths report how they navigate these spatial boundaries and how they impact their relationship with peers in particular by focus being placed on differences rather than similarities. Also, they identify inadequate engagement of teachers in tackling racist encounters. Youth*

are concerned about how school authorities often fall short in dealing with racism and how students witness teachers' being ill equipped with tools to intervene and advocate for students of colour. Finally, youth identify issues of school curricula leading to more racism at schools, therefore, in need of thorough revision.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70843 - 12-Minute Talk

From East to West: Examining the experiences of East Asian Counselling Psychologists and Students across Canada

Main Presenting Author: Kim, M. Maria
Co-Presenting Author: Zhao, Xu

Abstract: *This study examines the perspectives of East Asian counselling psychologists and students on providing culturally-competent care to East Asian individuals and communities. Five East Asian counselling psychologists and five East Asian Counselling Psychology students (Master's and PhD) throughout Canada were interviewed about the cultural factors that impacted their career choice, and how to support East Asian mental health in Canada based on their own lived and professional experiences. Utilizing thematic Analysis and grounded theory, we aim to identify salient themes in participant experiences, while also building a theory of cultural competency in counseling psychology. Preliminary data analysis identified salient themes about the gaps between existing mental health practices in counselling psychology and the cultural experiences of East Asian individuals. These themes point to the need for diverse representation in professional psychology, but also barriers in achieving this goal due to current graduate programs' admission and training practices. It also suggests the need for psychologists to be culturally and historically informed about shared factors influencing individual mental health, while paying attention to individual variations within a cultural community. This suggests that cultural competence needs to also consider inter- and intra cultural differences.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70700 - Virtual 12-Minute Talk

Conversation Session

Addressing white discomfort/fragility as a pathway towards culturally competent practitioners

Main Presenting Author: Cheng, Polly
Co-Presenting Author: Burgos Cando, Mikaela

Abstract: *With established requirements for multicultural competence and the bustling trend of diversity, equity, and inclusion, where does the decentering of whiteness fit in? Unsettling dominant beliefs and practices is integral to the development of diverse and inclusive environments both within and outside of the counselling space. While cultural competence requires the decentering of whiteness, discussions addressing whiteness as sources of supremacy and privilege frequently evoke white fragility and discomfort. Often when diversity is addressed, the burden falls to people of colour. Yet, people of colour are usually hesitant to speak up due to the lack of safety in these settings. With the majority of students and practitioners being white, how can spaces be created to manage white*

discomfort in order to have effective conversations in developing genuine cultural competence? Methods developed by Hollins and Govin (2015) and Sue (2015) will be used to frame the facilitation of discussions that will focus on building relationships with participants and navigating sensitive topics on race. Discussions on the decentering of whiteness as a foundational element of multicultural competence is a primary avenue to ensuring the ethical standard of upholding the welfare of all individuals in society and respecting the dignity of persons and peoples.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 70586 - Conversation Session

Advocating for better access to school psychology services for all Canadian students

Main Presenting Authors: Newton Montgomery, Janine; MacPhee, Angela R.

Abstract: *The COVID 19 pandemic has highlighted the need for mental health services in schools. While this need has always been high, the impact of pandemic restrictions, student and staff anxiety and grief, social isolation and missed instruction has resulted in even more stress on educators, students and families. While demand for mental health services in schools was increasing prior to the pandemic, this new context has served to further intensify needs and has become an urgent issue for school based psychological services and supports. The critical level of unmet mental health needs of students has shone the light on the lack of access to school psychology services in many parts of the country. This urgent situation not only provides an opportunity to increase awareness of school psychology, but it requires us to advocate for universal and equitable access to school psychology services for Canadian children and youth. This conversation session aims to provide an overview of recent school psychology advocacy efforts through the CPA Education and School Psychology Section. Further, the session will invite participants to highlight needs and opportunities, and generate practical ideas and approaches to advocacy. Finally, this session will facilitate networking for those interested in becoming involved in advocacy.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71541 - Conversation Session

Fat is NOT a Bad Word

Main Presenting Author: Jahn, E Karli
Co-Presenting Authors: Freed, Galina; Anderson, Murray

Abstract: *THERE IS A COLLECTIVE CALL FOR POLICY AND CHANGE AROUND WEIGHT STIGMA IN FEMINIST, SOCIAL JUSTICE, AND THE COUNSELLING COMMUNITY. THE ACADEMIC LITERATURE EXAMINING THE IMPACT OF WEIGHT STIGMA ON TREATMENT-SEEKING AND TREATMENT OUTCOMES IS CLEAR: PEOPLE LIVING IN LARGER BODIES ARE EXPERIENCING EXTRAORDINARILY STIGMATIZING, OFTEN DISCRIMINATORY CARE WHEN IT COMES TO THEIR MENTAL HEALTH. STUDY OUTCOMES ON THE EFFECTS OF ANTI-FAT BIAS IN COUNSELLING RELATIONSHIPS INDICATE THAT MANY PSYCHOLOGISTS INTERNAL WEIGHT BIAS PREVENTS THEM FROM PROVIDING A TRULY SAFE SPACE FOR OVERWEIGHT CLIENTS TO ENGAGE IN THERAPEUTIC CHANGE. THERE ARE MANY COMPLEX LAYERS AMONG THE TOPIC OF WEIGHT STIGMA AND ITS ROLE IN COUNSELLING TREATMENT OUTCOMES. THE IMPACT OF ANTI-FAT BIAS IN COUNSELLING INTERVENTIONS IS ARGUABLY FAR MORE DAMAGING AND HARMFUL THAN JUST BEING*

FAT. WORKING TOWARDS DE-STIGMATIZING BODIES THAT DO NOT SUBSCRIBE TO THE PATRIARCHAL, OFTEN PREDOMINANTLY WHITE, HETERONORMATIVE CULTURE IS CRITICAL FOR IMPROVING THE DELIVERY OF COUNSELLING INTERVENTION.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 69759 - Conversation Session

Identity Violence Theory: A Psychosocial Context Perspective

Main Presenting Authors: Sinacore, Ada; Danto, David

Abstract: *This conversation session will provide an opportunity to discuss the psychological processes and sequelae involved in identity violence, in light of damaging forced assimilation practices condemned in contemporary discourses. We take an intersectional, psychosocial perspective, recognizing that many dynamics and identities can impact the processes and outcomes resulting from this aggression. Identity violence is coercive and experienced by people who are suffering due to sociopolitical marginalization. The aggressor may promise societal acceptance to gain compliance from the victim but this is deceptive, because the wellbeing of the victim is not a priority and the goal is cultural and identity annihilation. Our theory is informed by an analysis of underlying structures, actions, and sequelae resulting in discrimination, oppression and forced assimilation. Topics will include, public policy, standards of practice and ethical guidelines.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 71090 - Conversation Session

Psychologist, Podcaster, Activist - How I Integrate my Professional Identities in the Therapeutic Experience with Asian and Minoritized Clients

Main Presenting Author: Ko, Gina

Abstract: *I share my journey of becoming a socially just psychologist, podcaster, and activist. RATIONALE: In May of 2021, I began producing and hosting a podcast, _Against the Tides of Racism,_ to honour Asian Heritage month as many Asians are facing racism during this pandemic. The podcast aims to generate awareness, foster community, and create transformation by coming together to lean into the inspiring work of anti-racism. METHODOLOGY AND APPROACH: The byline is "stronger together" as I have guests from all walks of life and we come together to share stories of experiences of racism and each episode ends with hope and calls to action. Many of my guests are psychologists, practitioners, and researchers in the field of counselling psychology. RESULTS: It has been phenomenal how many of my clients are my listeners and let me know how the podcast is educational and hopeful. Some Asian clients have heard the podcast first and found me to ask for counselling services. CONCLUSIONS AND IMPACT: The podcast listeners have reached thousands from across Canada and beyond. Further, I am involved in activism work as I volunteer with nonprofit organizations together with likeminded peers to disrupt and dismantle systemic racism. Moving forward, a colleague and I are forming an Asian Mental Health Collective – Canada (AMHC-C) to offer a directory, workshops, presentations, counselling, and more.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71603 - Conversation Session

Re-envisioning ethical practice within Indigenous communities: The challenges of dual relationships

Main Presenting Author: McDougall, Tanya
Co-Presenting Authors: Schroeder, Meadow; Lacerda-Vandenborn, Elisa

Abstract: *When psychologists encounter a dilemma because of a dual relationship with a client, they are expected to use CPA's (2015) ethical decision-making model. Recently, an Indigenous school psychology graduate completed an internship within her remote community where there was a high likelihood of having a pre-existing relationship with individuals who sought services. Yet, the reason she completed graduate training was to improve the lives of her people. She will discuss her reflections on dual relationships and ethical tensions that arose from cultural incongruity. From a communal ethics lens, dual relationship guidelines are not only unsuitable but also unrealistic for providing services for Indigenous peoples. This graduate will provide an overview of how dual relationships affected her practice and her cultural conflict with the CPA hierarchy of ethical principles, how her community views dual relationships, and the importance of trust in relationship building. In turn, participants will be encouraged to share their experiences and views of working in rural or remote areas as well as their perspectives of the ethical principles. This conversation session will be of interest to practitioners who live in rural and remote areas, who work with Indigenous communities, and who are interested in understanding Indigenous perspectives of ethical practice in applied psychology.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70812 - Conversation Session

The Injustice of Psychology Training in Canada - A Look at the Accreditation Standards

Main Presenting Author: Sawyer, Kafui
Co-Presenting Author: Aryee, Edna

Abstract: *It is our communal responsibility to confront systems of oppression and discrimination that often occur based on dimensions of diversity, such as race, gender, and sexuality. The CPA accreditation standards document mentions the word discrimination yet does not refer to BIPOC. The language of the document must be explicit and specific. Programs must demonstrate that they are recruiting, retaining, and graduating BIPOC students. Students learn to address systems of oppression and discrimination that often occur based on these dimensions of individual, social and cultural diversity. More than 50% of the programs accredited do not offer courses on decolonization, anti-racism, anti-oppression, and/or cultural competence (Monnica, et al., 2021). To conclude, commitments are needed to include underrepresented groups in grad schools, particularly people who are Black, Indigenous, and Persons of Colour. To promote a much-needed correction, there must be an overrepresentation of BIPOC students in Universities across Canada for a period. The purpose of this action is to encourage training Black, Indigenous, People of Colour who can meet the mental health needs of BIPOC communities, given that mental health resources and training opportunities may be scarce.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71943 - Conversation Session

What does it take to practice Two-Eyed Seeing?

Main Presenting Author: Riddell, K Julia

Additional Authors: Ricard, Dawn-Lee; Cardinal, Shelley; Pepler, Debra

Abstract: *Two-eyed seeing is recognized by Canada's major health research funder as a starting point for bringing together the strengths of Indigenous and Western ways of knowing (Bartlett, Marshall, M., and Marshall, A., 2012; CIHR, 2011; Hall et al., 2015). Yet there is little guidance on how to operationalize Two-Eyed Seeing in health research (Forbes, Ritchie, Walker, and Young, 2020). I will briefly summarize what is known about how to apply Two-Eyed Seeing, and will provide an example of how we used this framework to analyze qualitative data for a research project done in partnership with four Indigenous communities. This topic is relevant for anyone who hopes to do research in partnership with Indigenous communities. It is also a useful framework for all researchers as we work to decolonize the academy. We will spend most of this session brainstorming what might make Two-Eyed Seeing difficult in practice, including discussing how to consider power, positionality, and safety throughout the research process. We will brainstorm how to practice reflexivity and cultural humility on our research teams and will share successes with how we have done this. To facilitate brainstorming, I will invite participants to sit in a circle. I will ask participants questions and will invite them to first write down their answers and then consider sharing them with the group. I will share my answers.*

Section: *Rural and Northern Psychology / Psychologie des communautés rurales et nordiques*
Session ID: 71008 - Conversation Session

Who Are We? Revisiting the Definition of Counselling Psychology in Canada

Main Presenting Author: Van Vliet, K. Jessica

Abstract: *More than a decade has passed since the definition of counselling psychology put forward by the Counselling Psychology section of the Canadian Psychological Association (CPA, 2009) was adopted. The definition incorporated core values of our discipline, described diverse practice settings in which counselling psychologists work, and highlighted the interdependence of research and practice. Much has happened in our country and in the broader world since 2009. The movement toward social and racial justice has accelerated, with counselling psychologists being particularly well-poised to take a leadership role in this area. In addition, the rapid rate of climate change and the arrival of the COVID-19 pandemic have posed new and urgent challenges for our field. How well does the 2009 definition of counselling psychology hold up to these and other changes? In this conversation session, we address this important question and consider ways in which the definition might be refined to reflect the changed landscape in which we find ourselves in 2022.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70589 - Conversation Session

CPA Honorary President's Keynote Address

Human rights and psychology: What does one have to do with the other?

Main Presenting Author: Tan, C. H. Josephine

Abstract: *Much of the work done in psychology has relevance to human rights. It is only in recent times that the intersection between psychology and human rights is gaining traction as a field of its own. It is difficult to define human rights psychology because the field is complex and covers a large expanse of human and societal experiences across the world. Given the nature of the discipline, Psychology is well-equipped to play an important role in conversations and efforts designed to address some of the most pressing concerns facing our world today. There is a global movement to better prepare current and future generations of psychologists to move beyond their traditional boundaries and orient their work towards securing a better future for all. This presentation will offer an introductory overview of this new area, the various efforts and initiatives that are being carried out at the international level, the resources that are available to those who are interested in this area, and the emerging issues and challenges in the field.*

Section: *General Psychology / Psychologie générale*
Session ID: 71984 - CPA Honorary President's Keynote Address

Panel Discussion

Decolonizing through Relationality: A Discussion of Psychology's Response to the Truth and Reconciliation Commission of Canada's Report

Moderator: Fellner, Karlee Dawn

Abstract: *_In 2015, the Truth and Reconciliation Commission of Canada (TRC) released its final report outlining 94 calls to action to redress the legacy of residential schools and advance the process of Canadian reconciliation. Following its release, the Canadian Psychological Association and the Psychology Foundation of Canada developed a task force to address the TRC calls to action. The task force released a report acknowledging the harm done to Indigenous Peoples across Turtle Island, issuing a public apology and addressing colonial underpinnings within the field of psychology. Furthermore, they provided actionable recommendations for the field to work towards reconciliation with Indigenous people and communities. This panel discussion includes perspectives from three Indigenous counselling and community psychology professionals, students, and educators carrying out culturally relevant work within their practice, scholarship, and communities. Bringing together lived experience, diverse identities as Indigenous scholars, and their communities' voices, this panel will provide direct recommendations for psychologists and scholars in applied psychology on how to work towards reconciliation in a good way. This discussion sheds light on obstacles within applied psychology while mobilizing dialogue to provide more culturally appropriate psychological services, education, and research._*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71578 - Panel Discussion

Printed Poster

"We Stick Out Our Tongues" De-essentializing for Decolonization: ISW on Indigenous Relationality

Main Presenting Author: Minet, Chantai

Abstract: *For Indigenous people, one of the most powerful acts of decolonization is reclaiming who we are and sharing our stories with the world. Indigenous relationality (IR) describes who we are in relation to all of creation. Our IR is diverse, multifaceted, and inappropriately underrepresented in literature. To date, much of the literature aiming to guide work with Indigenous people is essentializing, reducing IR into pan-Indigenous or uniform formulas that are inaccurate and harmful. This research directly addresses the issue of essentialization through exploring IR. From an Indigenous (Lingít) research paradigm, I use Indigenous Storywork (ISW) to explore and amplify four Indigenous graduate students' diverse experiences of their IR. Our filmed research conversations, stories, and poetry took on a life of their own, leading to a collective meaning-making circle and reciprocity poetry as an expression of IR. This study provides insight around the construction and preservation of IR and addresses the essential role of reciprocity within IR. This study is a courageous, decolonizing, reciprocity effort that honours our IR and our respective Indigenous and academic communities. This study responds to the recommendations made in _Psychology's Response to the TRC_, and creates space for reclamation, reconciliatory conversations, and social change.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70801 - Printed Poster

Affinity and Allyship Groups to Advance Inclusion in Post-secondary Institutions: A Scoping Review and Pilot Group Development

Main Presenting Author: Muraki, Emiko

Additional Authors: Chadwick, Leah; Mori, Camille; van der Wijk, Gwen; Atay, Elaine; Solis, Lorena; Murry, Adam; Exner-Cortens, Deinera

Abstract: *Background: Groups that support dialogue around experiences of identity (known as affinity and allyship (A&A) groups) are one way to foster inclusion for historically excluded individuals in post-secondary institutions. Yet, there are no evidence-informed models for A&A groups on Canadian campuses. This project summarizes global evidence on A&A groups via a scoping review and describes the development of an A&A group model in a psychology department at a large university in Western Canada. Methods: We searched 4 databases for peer-reviewed studies in August 2021. Included articles examined theories, frameworks, and/or implementation of A&A groups. We completed title/abstract screening and full-text review in fall 2021 and will complete data extraction in winter 2022. In winter/spring 2022, we will develop our pilot A&A group model. Results: A total of 1903 articles were identified for possible inclusion, and 259 remained after title/abstract screening. Full-text review is in progress, after which results will be qualitatively summarized using a data extraction template. Our A&A group model will be developed using review findings via an intervention mapping framework. Conclusion/Impact: The evidence and model provided by our process can inform the development of A&A groups in academic settings across Canada, towards the goal of creating more inclusive environments for all members.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 71857 - Printed Poster

Alberta Student Experiences of GSA Clubs and Parental Support

Main Presenting Author: Alston, Lauren

Additional Author: Rinaldi, Christina

Abstract: *BACKGROUND: In Alberta, the need for provincial 2SLGBTQ+ programming in schools is critical, especially Gender and Sexual Orientation Alliance (GSA) clubs. GSAs are student-led and teacher-supported school clubs that focus on providing space and resources for 2SLGBTQ+ students and their allies. Many aspects of GSAs serve as protective factors against victimization for 2SLGBTQ+ youth. Representative research is vital to providing Alberta schools with accurate GSA resources that reflect the student experience. METHODS: The poster will present preliminary data from the survey portion of my study regarding GSA activities, students' perceptions of parental support regarding their identity, and students' communication level with their parents. Participants will be GSA students from various Alberta school boards. Survey data will be collected between January and April 2022. RESULTS: Descriptive and correlational findings between GSA involvement and parental support will be presented. CONCLUSION: Results will explore the association between parental support and student involvement in GSAs. IMPACT: GSA research is lacking in Alberta since the changes to the Alberta Education Act legislation in 2019. Findings from this study will be used to build accessible knowledge for Alberta students, teachers, schools, and families by providing updated descriptive and correlational data on GSA clubs.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 71093 - Printed Poster

An Analysis of Anti-Asian Stereotypes and Racist "Tweets" Linked to the COVID-19 Pandemic

Main Presenting Author: Gillis, R Joseph
Co-Presenting Author: Lam, Ashley

Additional Authors: Ahmed, Ishtiaque; Mokhberi, Maryam; Abela, Heather; Al-Refae, Mohamed

Abstract: *Background: The COVID-19 pandemic and the popularity of social media platforms have combined to increase expressions of stigma, discrimination, and racism against East Asian communities. Methods: From a total of over 600 million "tweets" gathered from Twitter, we randomly selected a total of 4,000 tweets to analyze for emergent themes. Results: Evidence was found for "tweets" that expressed both group labeling and responsibility such as the following phrases: "Chinese virus," "bat-eating Chinese," and "Stop eating vermin." We also found examples of the communication of peril in such phrases as "People are dropping like flies in Wuhan." A thematic analysis identified the following five themes: (1) blaming and assigning responsibility, (2) reactivated historical stereotypes, (3) criticism of China's oppressive government, (4) political commentaries critical of the Chinese Communist Party, and (5) unspecified direct insults to East Asian community members. Conclusion: Social media platforms are a venue for the widespread dissemination of stigma and stereotypes about marginalized communities using COVID-19 pandemic misinformation and fear as the vehicle. These messages have the potential to intensify negative stereotypes and discrimination against the targeted groups and translate into real-world violence.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71923 - Printed Poster

BEHAVIOURAL DISORDERS IN CHILDREN OF IMMIGRANT FAMILIES

Main Presenting Author: Nazarian, Habibeh
Co-Presenting Author: Addeh, Abdoljalil

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Additional Authors: Ounagh, Nazmohammad; Abdollahi, Masoud

Abstract: *Considering that immigration is an inherently stressful process, children in immigrant families are at higher risk of mental and behavioral disorders. The impact of immigration on behavioral disorders of immigrant children has been investigated in this causal-comparative study. For this purpose, 366 child-mother pairs (children average age=11.6, 153 male, mother average age=49.2) from Afghan refugee families in city of Gonbad-e Kavus, Iran, are selected. Data is collected using revised behavior problem checklist (RBPC) and Mann-Whitney U test is utilized to analyze the obtained information. The analysis showed that there is a significant difference (p*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71898 - Printed Poster

By Youth For Youth: A youth-led program to empower youth experiencing homelessness in Nicaragua

Main Presenting Author: Hamel, Kayla
Co-Presenting Author: Lichtenstein, Sidney

Additional Authors: Kidd, Sean; Daley, Mardi; Lund, Jessie

Abstract: *There is an acute need for effective, evidence-based programming to support youth experiencing homelessness. Most existing services are crisis-response interventions that fail to address systemic issues contributing to youth homelessness. Programs focused on youth engagement and leadership may be a promising alternative to support this population. By Youth For Youth (BYFY) is a peer-led youth leadership framework developed to promote youth engagement, empowerment and skill development. To date, BYFY has been successfully implemented with positive process and outcome indicators for diverse youth in Toronto and Indigenous youth in Thunder Bay. In this poster we present the application of BYFY with 30 street-involved youth in Managua, Nicaragua. Using a grounded theory analysis of interview data, field notes and artistic output generated by the project (rap video, graffiti art, street theatre), we highlight: 1) key implementation factors leading to BYFY's success in Nicaragua, and 2) the processes that appeared to underlie positive outcomes observed in participants, including creating a sense of safety and providing opportunities to challenge negative self-perceptions. This project addresses shortcomings in the field of homelessness research by providing evidence for a systems-informed youth leadership intervention that can be practically and ethically applied in diverse contexts.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 70511 - Printed Poster

Can Perspective-Taking Reduce Negative Academic Stereotypes Towards Turkish Students?

Main Presenting Author: Siemens, E Theresa

Additional Author: Reichardt, Regina

Abstract: *Turkish-origin students are often associated with lower academic abilities than native German students. These preconceptions can negatively impact teachers' grading decisions and hinder*

Turkish students' academic success. As a result, psychologists are interested in discovering means to minimize negative stereotypes. Putting oneself in the shoes of a stigmatized individual has been shown to considerably diminish negative biases towards their ethnic group. In this study, we examined the impact of perspective-taking on implicit stereotypes about Turkish students. We recruited 126 undergraduate students and used an essay task to promote perspective-taking. While some participants contemplated the feelings of a young Turkish student, others remained impartial in their writing or wrote about a neutral object. After, the Implicit Association Task (IAT) was used to assess implicit stereotypes. In contrast to findings in other studies, the investigation indicated that subjects had no implicit stereotypes. As some of these students become teachers, their perception of Turkish students might be more favorable. Additional research on perspective-taking in the context of stereotypes is necessary. Creating an equal educational environment for Turkish-origin students in Germany remains a vital objective, and research should continue to examine perspective-taking to achieve this goal.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71114 - Printed Poster

Caucasian = Crazy? The Influence of Race and Gender on Perceptions of Criminal Responsibility

Main Presenting Author: Twa, Madison

Additional Authors: Rogers, Jill; Peace, Kristine A

Abstract: *Past research has shown that crime perceptions depend on a variety of extralegal factors, especially when determinations of Not Criminally Responsible on Account of Mental Disorder (NCRMD) are at stake. The Canadian criminal justice system has demonstrated biases in relation to persons of colour, mental illness, and gender. How these interact is not well understood in the empirical literature. This study was designed to assess how (1) perpetrator race (Indigenous, Black, Caucasian), (2) perpetrator gender (man or woman), and criminal history (none, NCR, CR, NCR+CR) influence judgments of criminal responsibility in a homicide case. Participants were presented with a collaborative crime report, trial summary, and defendant's mental health information (i.e., diagnosis of schizophrenia). Judgment questionnaires and measures of racial and criminal biases were completed. Data collection is underway (_N_ = 300+ participants completed), and analyses/write up will be completed by April 2022. We predict that defendants of colour and men will be more likely to be deemed criminally responsible and sentenced more harshly, however previous NCR or CR determinations will sway prospective jurors' views in the same direction as the information provided. This study has important implications for judicial bias and how extralegal factors continue to exert large influences on our judgments.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 70594 - Printed Poster

Chinese-Canadian Youth and Their Experiences With Anti-Asian Attitudes During COVID-19

Main Presenting Author: Wong, Harris

Additional Author: Ford, Laurie

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Abstract: *The outbreak of the COVID-19 pandemic has brought about scapegoating and anti-Asian attitudes around the world. There have been many documented discriminatory acts towards Asians online and in person. However, surveys given to Chinese-Canadians have indicated that there is a very low reporting rate for experiencing or witnessing anti-Asian attitudes for children and youth under the age of 18 compared to youth and young adults over the age of 18. Chinese-Canadian youth's experiences with anti-Asian attitudes during the COVID-19 pandemic have largely been unexplored. It is important to give them the space to share their lived experiences and perceptions. Using Interpretive Phenomenological Analysis (IPA) as the methodological framework, this study aims to explore and understand Chinese-Canadian youth's perceptions and experiences of anti-Asian attitudes during COVID-19. The study is in progress at this time but we anticipate completion by May 2022. In this presentation, the perceptions and experiences of Asian youth during COVID-19 will be highlighted with a focus on the implications of the findings for those working with Asian youth in schools and other settings.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70536 - Printed Poster

Evaluation of the Transfer of Training for Scale Up of a Sexual Assault Resistance Program

Main Presenting Author: Jeffrey, K. Nicole

Additional Authors: Senn, Y. Charlene; Hobden, Karen L.

Abstract: *The _Enhanced Assess, Acknowledge, Act_ (_EAAA_) sexual assault (SA) resistance program reduces rape and attempted rape among university women who participate (Senn et al., 2015) and is now available for use. However, implementation success is often independent of the quality of the program (Fixsen et al., 2005). We evaluated—in one of the first implementation trials in the SA prevention field—efforts to scale up _EAAA_ at five Canadian sites using a train-the-trainer model. Pre- and post-training surveys and post-training interviews with implementation staff suggested that the model of training was quite effective. Competence, confidence, and knowledge and ability increased significantly after training and most staff perceived the training to be highly useful and effective (especially for preparing them to address participant issues). Practice and feedback from trainers through active learning techniques were especially important. Although implementation staff reported being well prepared to deliver the training or program, they reported being less prepared for handling other implementation-related activities and issues—activities and issues that the training was not necessarily designed to address in-depth. Our findings suggest a need to enhance existing training on self-care and for ongoing support and reminders to ensure that implementers are making use of existing resources.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 70390 - Printed Poster

How social justice affects research methods and the goals of evidence-based practices

Main Presenting Author: Shaw, R. Steven

Additional Author: Coombs, Nicketa

Abstract: *Social justice, the consideration of how privilege is distributed across society and its systems, is becoming the driving force in the training and practice of school psychology. The drive for increasing equity, multiculturalism, increased representation, and cultural competency is changing the nature of school psychology service delivery. This poster includes results of surveys of Canadian school psychology clinicians (N=206) and students (N=62) to understand Canadian perspectives on the role of social justice in evidence-based practices. Although most respondents are aware of the influence, they were not clear on the exact nature of the influence of social justice on practice. Implications of how social justice is changing evaluation of evidence-based techniques to focus on context and equity in results are provided. Specific examples of how school justice-influenced research leads to improved implementation and overall better evidence-based practices are presented.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71322 - Printed Poster

Increasing the Representation of Black, Indigenous, and People of Colour as Students in Psychology Doctoral Programs

Main Presenting Author: Sarr, S Fatou

Additional Authors: Knight, Sommer ; Strauss, Dana; Ouimet, Allison J; Cénat, Jude M; Wiliams, Monnica T; Shaughnessy, Krystelle

Abstract: *There have been persistent calls for increased representation of Black, Indigenous, and People of Colour (BIPOC) in all aspects of the psychology workforce. For equity to occur in the profession and delivery of services, there must be equity in access to graduate-level training in psychology. With visible minorities accounting for approximately 30% of the Canadian population, the extent of BIPOC underrepresentation in psychology professions caused by systemic racism remains unknown. This paper aims to provide potential solutions to systemic racial inequity in access to Canadian psychology graduate programs. To do so, we used the University of Ottawa, School of Psychology's publicly available ranking grid for evaluating candidates for admission to the program as a case study, which includes elements common to many Canadian programs. We reviewed literature relevant to the predictive validity and/or maintenance of racial bias in the grid elements. We found that the admissions ranking grid is inherently biased. This finding suggests that racial bias diminishes the predictive validity within admissions criteria and maintains systemic racism against BIPOC applicants. We propose concrete and policy/advocacy recommendations to improve access to psychology graduate education for racialized groups; these recommendations also may benefit other underrepresented groups.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71849 - Printed Poster

Indigenous Approaches To Wellness: Land Based Learning Post- Secondary Program Responding to Community Wellness Needs

Main Presenting Author: Ouellette, L Nevada
Co-Presenting Author: Williams , Calvin

Additional Authors: Ouellette- Young Pine , L Nevada ; Blackwater, Clarence ; Eli, Shelly ; Rinkel-Mackay, Sherri; Wadsworth, Tisha; Munar, Caithlyn ; Shotclose, Sheri

Abstract: *The field of Counselling Psychology is paving the path forward with Psychology's Response to the Truth and Reconciliation Commission of Canada's report issued by the Canadian Psychological Association and the Psychology Foundation of Canada. This research explored students' experiences of participating in a community-based graduate program based on local Indigenous approaches to wellness which contains several of the actionable recommendations found within the report. The community-based program took place in Blackfoot territory in collaboration with local Elders and knowledge holders. This research was conducted using six conversations with co-researchers and meaning was made using Isîhcikêwin, a wholly Indigenist research paradigm. Findings comprised eight teachings that have direct impacts for decolonizing the field of Counselling Psychology and its response to the Truth and Reconciliation Commission of Canada. The findings include (1) Indigenous Culture is Healing, (2) Personal and Professional Benefits, (3) Strengthening Allyship and Relationships, (4) Intergenerational Wellness/Healing, (5) Community/Collective Wellness, (6) Nations Experiencing Wellness, (7) Cultural Identity, and (8) Reconciling Relationships Through Education. Findings further support the for community-based capacity to respond to community wellness needs in sustainable, culturally relevant ways.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 71624 - Printed Poster

LGBTQ+ Newcomer Youth's Conceptions of Sexual Orientation

Main Presenting Author: Toews, Julia

Additional Authors: Kassan, Anusha; Ford, Laurie

Abstract: *Conceptions of sexual orientation vary across individuals, cultures, and geographic regions. Queer theory sees sexual orientation as a social construction that is understood through the subjective experience of individuals. Given this, _LGBTQ+ newcomer youth_ (i.e., immigrants, refugees, asylum seeking youth that identify as a sexual and/or gender minority) may have unique conceptions of sexual orientation. As adolescents spend most of their time in academic spaces, schools function as central points of entry into a host country's culture for newcomer youth. _School integration_, which is the adjustment of newcomer youth to student life both within and around schools, may also entail negotiating competing understandings of sexual orientation. Within an interpretivist phenomenographic framework, this study sought to explore how LGBTQ+ newcomer youth understand sexual orientation after experiencing school integration. Conclusions and implications are discussed.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71241 - Printed Poster

Living in a Liminal Space: Experiences of LGBTQ2S Official Language Minority Manitobans

Main Presenting Author: Prada, F Kevin

Additional Authors: de Moissac, Danielle; Gueye, Ndeye Rokhaya ; Hardy, Stephan; Avanthay Strus, Jacqueline

Abstract: *A first of its kind in Western Canada, this study gauged the experiences of French-speaking LGBTQ2S adults in Manitoba relative to their perception of discrimination, social connectedness and psychological support. Through the lens of intersectionality, the impact of compounding linguistic and sexual minority identities was explored. This quantitative community-based study was conducted by means of an online survey in June 2020, during the COVID-19 pandemic. Participant sample (n=80) was largely homogenous: most were under the age of 55 years, White, educated, and from urban areas. Many reported experiencing dual marginalization, feeling unaccepted by both of their minority communities of belonging. A sense of isolation, as well as a lack of opportunities and safe spaces for social interaction, were reported. Psychological services were accessible, but very limited in French. Recommendations emanating from this study include the need for social initiatives and mental health supports within environments respective of both the official language of the minority and diverse LGBTQ2S identities. Future studies on this topic among youth in educational settings are underway.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 70490 - Printed Poster

Mental Illness Stigma Reduction Through Induced Hypocrisy

Main Presenting Author: McEwen, A. Derek

Additional Authors: Szeto, C. H. Andrew; Dobson, Keith S.

Abstract: *Stigma associated with mental illnesses remains a significant barrier for help-seeking in individuals who experience psychological disorders. Stigma further contributes to the discriminatory behavior and prejudicial attitudes these individuals experience in their daily lives. Research generally agrees that stigma exists at both public and institutional levels, as well as within the self, and that three primary methods of stigma reduction are education, contact and protest. Despite these accepted approaches, it is possible that other approaches may be effective at reducing stigma and complement traditional approaches. This study examined cognitive dissonance through induced hypocrisy (i.e., highlighting past behaviours inconsistent with current behaviours/beliefs) as an innovative way to reduce stigma. Participants (n = 63) were randomly assigned to one of four conditions that combined two levels of commitment to an anti-stigma message and two levels of mindfulness of past stigmatizing behaviors and attitudes. Behavioral outcomes were measured through pamphlet pick-up and donations made at the end of the experiment. No significant results were obtained for the hypocrisy induction, but several limitations that may have contributed to these results are noted. The strengths of the study and directions for future research and measurement opportunities are discussed.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 69824 - Printed Poster

Newcomer Women: A Discussion of Emerging Adults' Experiences in Canadian Postsecondary Education

Main Presenting Author: Herzog, Andrea

Abstract: *Young newcomer (i.e., those who arrive in Canada via immigration or refugee programs) women who undertake postsecondary studies are located at the unique intersection of emerging adulthood, education, gender, and migration. This master's thesis research distinguishes the experiences of newcomer students from the experiences of individuals who are in Canada with a study permit (i.e., international students). Utilizing Interpretative Phenomenological Analysis (IPA), this*

research was guided by the question: _what are the lived experiences of emerging adult newcomer women pursuing an undergraduate university degree in Canada? _ This project sought to highlight the experiences of these emerging adult women while advancing the body of Canadian newcomer literature. Study findings as well as future directions and proposed institutional recommendations will be presented.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71822 - Printed Poster

Perceptions of Police Interactions When Race and Incident Type is Considered

Main Presenting Author: O'Donaghy, E Melissa

Additional Authors: Sheahan, Chelsea; Pozzulo, Joanna

Abstract: *Recent events have drawn attention to instances of police discrimination and excessive use of force against racialized groups. This current study sought to examine how the race of an individual in contact with police (White, Indigenous, Black) and the type of incident (intoxication, mental health crisis) would influence participants perception of appropriate police conduct in the context of a police wellness check. Participants (_N_ = 187) read an incident summary involving an interaction between two police officers and a male that resulted in police use of force. Participants then answered several questions regarding their perception of the appropriateness of the police interaction (e.g., were the police justified in their arrest?). Results indicate that participants were more likely to believe that the arrest by police was justified when the incident was described as an intoxication compared to a mental health issue. Participants were also more likely to think that the race of the individual in contact with police influenced police conduct when the individual was described as Black or Indigenous (vs. White). Overall, police are expected to behave impartially, without any prejudice. These findings suggest that under some circumstances, lay people perceive that extralegal factors, such as race and incident types, influence police officers responses to wellness checks.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 69908 - Printed Poster

Preventing Family Separation: Evaluation of a Systems Navigator Pilot Program

Main Presenting Author: Mollons, Meghan

Additional Authors: Levasseur-Puhach, Sydney ; Stienwandt, Shaelyn; Roos, Leslie; Fineblit, Emma

Abstract: *High rates of child apprehension through child and family services (CFS) in Manitoba have emphasized the importance of community-based programs that aim to prevent and minimize family separation. The majority of children apprehended through CFS are Indigenous, and while Indigenous agencies have worked to create culturally grounded services, there is still a need for a coordinated systems approach tailored to family specific needs. This project is in collaboration with a Winnipeg-based community agency, Wolseley Family Place (WFP), and aims to minimize family separation and support reunification by providing intensive WrapAround supports. Results from an initial advisory board focus group highlights the need for family-centered, sustainable support in navigating multiple systems that are individually tailored. Participants have been recruited through WFP based on child's age (0-6 years) and ongoing contact with CFS. Participants are asked to complete questionnaires to measure the program's targets while receiving WrapAround services. Questionnaires are provided at*

three time points in the program, either in person or online to promote accessibility, and participants are compensated for each questionnaire. Final data collection will be completed in March 2022 with mixed methods results highlighting parent and child mental well-being, stress and social support, and self-efficacy.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 70694 - Printed Poster

Redressing the Discriminative Divide Between LGBTQ+2S and Church Communities through Discourse Analysis of Linguistic Microaggressions

Main Presenting Author: Hildebrandt, Alison

Additional Author: Cresswell, James

Abstract: *Christian communities often subtly discriminate against LGBTQ+2S persons despite religious ideals concerning love and acceptance. Members of the LGBTQ+2S community, however, face broad societal segregation and prejudice, which paradoxically prompts them to seek support, safety, and acceptance that a church community ideally ought to offer. Facilitating supportive spaces in church communities involves turning to language use because it is through subtle linguistic acts – i.e. microaggressions – that discrimination and power dynamics manifest. This poster presents the results of research that identified common microaggressions within church communities and so addresses the sociolinguistic processes underlying the subtly hostile environment experienced by LGBTQ+2S persons. The study employed interviews that were closely examined to reveal discursive patterns constitutive of microaggressions and hostile cultures. Such patterns, for example, included dehumanizing language and offensive terminology that are not understood by members of church communities to be problematic. The poster presents how, when the role of language and its constitution of an unsupportive culture are addressed, it becomes possible to provide suggested practices that can redress the 'cultural divide' between church communities and the LGBTQ+2S community.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 71396 - Printed Poster

Seeking a "supportive" leader: Why organizations need to use inclusive language on leadership job postings

Main Presenting Author: Reimer, Anna
Co-Presenting Author: Hamilton, Leah

Abstract: *Evidence suggests women are underrepresented in leadership positions in Canada (Statistics Canada, 2021). While past research has shown that masculine wording reduces job attractiveness for women, few scholars have examined the effect of gendered wording in a leadership context. Thus, in the current study, we explored how gendered language in leadership job postings impacts women's intentions to apply for these positions. Specifically, does masculine language in leadership job postings activate women's stereotype threat susceptibility, leading to lower intentions to apply? Moreover, does high self-efficacy buffer women from this stereotype threat activation and thus mitigate this effect? 122 university-educated women were presented with a job posting that either contained masculine, feminine, or entirely gender-neutral language. Next, they answered a series of*

questions measuring their application intentions, stereotype threat susceptibility, and level of perceived self-efficacy. Results indicated that, for women with lower self-efficacy, feminine language in job advertisements leads to greater application intentions through its effect on leadership identification. These findings provide valuable insights to organizations that are implementing diversity strategies. Using more inclusive, feminine language in leadership job advertisements may encourage more women to apply.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71226 - Printed Poster

Sexual Harassment Through Technology: Self-Objectification as a Potential Mediator of Distress

Main Presenting Author: Oliver, Casey
Co-Presenting Author: Puiras, Erika

Additional Authors: Cummings, Shayna; Mazmanian, Dwight

Abstract: *Background: Research Has Indicated That Technology-facilitated Sexual Harassment (TFSH) Is Associated With Psychological Distress In Women. According To Objectification Theory, Women Who Experience Objectifying Events Like TFSH Can Start To Self-objectify, Which May Cause Symptoms Of Distress. Thus, This Study Examined Whether Self-objectification May Serve As A Mediator In The Relationship Between TFSH And Distress. Methods: Overall, 481 Women From Across Canada Were Recruited Through Lakehead University And Online Advertisements. Participants Completed Measures Of TFSH, Self-objectification, And Psychological Distress (e.g., Eating Symptoms, Substance Use, And Sexual Function) Through The SurveyMonkey Platform. Results: Using The PROCESS Macro In SPSS To Conduct Mediation Analyses, Self-objectification Was Supported As A Potential Mediator In The Relationships Between TFSH And Eating Symptoms, And TFSH And Substance Use. Self-objectification Was Not Supported As A Mediator In The Relationship Between TFSH And Sexual Function.Conclusions: Although The Causal Nature Of The Findings Are Unknown, This Study Sheds Light On The Role Of Self-objectification As A Potential Mediator In The Relationship Between TFSH And Some Measures Of Distress.Impact: These Findings Could Act As A Gateway For Researchers And Clinicians In Providing Mental Health Support To Survivors Of TFSH.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 70348 - Printed Poster

Social Factors Influencing Women's Sexuality and Attitudes Towards Sex Work

Main Presenting Author: Balint, Storm

Additional Author: Senn, Y Charlene

Abstract: *There is currently a debate among scholars regarding women's engagement in the sex industry. Some suggest that sex work demonstrates sexual agency, and others suggest it reflects an endorsement of male power over women. Previous research on webcamming suggests that women may experience more autonomy webcamming than in other forms of sex work. To date, however, no research has gone beyond the experiences of those already engaged in sex work to assess how experiences such as sexual agency or gender inequalities may influence attitudes towards sex work*

before entering it. This study was part of a larger study where young women's (_N_ = 150) attitudes were assessed towards five types of sex work in a within-subjects experiment. The current analysis explores potential social factors that may affect women's attitudes towards the types of sex work viewed most positively (relatively), webcamming and exotic dancing. Participants completed a survey measuring their sexual agency, sexism, previous consideration of sex work, and types of sex work they may be willing to seek out. Sexism and sexual agency had a complex relationship with attitudes, and their influence was at times counterintuitive. The study contributes some answers and questions to the debates surrounding sex work, particularly on the role of attitudinal and social factors that influence women's views.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 70670 - Printed Poster

Terrorist until Proven Human: A Literature Review of State Surveillance and Muslim Mental Health

Main Presenting Author: Qureshi, Maryam

Abstract: *BACKGROUND: In the milieu of anti-terrorism regimes and state surveillance, Muslims as a whole often become target suspects for state surveillance. Past research has shown deleterious effects of pervasive surveillance on public health, wellbeing, and civic participation for the general population. Researchers have also recently published reviews on Islamophobia and mental health. This scoping review answers the question: What are the effects of state surveillance on Muslim mental health? Mental health here is defined as holistic concept including not only internal wellbeing but ideas such as communal wellbeing and civic engagement. METHOD: Guided by the five-step model of Arksey and OMalley, three databases were searched, with a total of 22 relevant studies found. RESULTS: 22 studies from the UK, US, Australia and Canada showed ten common strategies of state surveillance used with Muslims, and pervasive mental health effects ranging from internal anxiety, self-censoring, fractured community trust, silencing of activism and political discourse, assimilation, and justified fear of constant policing. CONCLUSION: This raises questions for the ways in which counselling psychologists define mental health, and how we can better support Muslim peoples and other racialized groups resisting systemic oppression.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71901 - Printed Poster

The Effects of Discrimination on the Psychological Distress of Chinese Canadians during COVID-19

Main Presenting Author: Kandasamy, Kesaan

Additional Authors: Yang, Lixia; Na, Ling; Wang, Peizhong ; Zhang, Weiguo

Abstract: *Discrimination towards Chinese immigrants has been steadily growing since the start of the COVID-19 pandemic, with increased reports of targeted harassment. This anti-Chinese prejudice may negatively impact the psychological wellbeing of Chinese individuals, especially given pre-existing sociocultural barriers of racialized minorities to healthcare access. While there is literature on predictors of psychological distress among Chinese Americans, it is much less clear how Chinese Canadians fare. Given the higher vulnerability of this population, the purpose of this study was to*

examine the sociodemographic and psychological predictors of distress in Chinese Canadians. Using data from an online survey of 899 Chinese Canadians during Wave 2 of the pandemic, it was found that young adults and individuals with a lower socioeconomic status were more likely to experience racial discrimination ($X2s = 7.15 – 31.36$). After controlling for sociodemographic variables, experiencing or perceiving racial events strongly predicted elevated psychological distress, ($\beta s = 4.76 – 7.93$, $p s < .05$). Alarmingly, it was also found that those who experienced or perceived discrimination were more likely to experience social isolation, ($\beta s = 1.18 – 1.91$, $p s < .05$), further increasing their vulnerability. These findings will help identify at-risk individuals and carry implications for policy-makers.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71953 - Printed Poster

The Influence of Sociodemographic Factors on Academic Achievement During COVID-19

Main Presenting Author: Cagan, Casiah

Abstract: *In the modern education system, students of different racial and socioeconomic groups experience achievement gaps due to disparities in educational resource access. The quality of emotional support, intellectual stimulation, and material support students receive at home has the potential to exacerbate—or close—these gaps. Since the beginning of the COVID-19 pandemic, these factors have become increasingly important; some students struggled to afford reliable Internet services, access personal electronic devices, or obtain familial support, which impacted their academic capabilities and achievement. While the existing literature has demonstrated how either familial, socioeconomic, or racial disparities individually relate to academic achievement, few have investigated all three, and certainly not during a pandemic. Therefore, this study aims to explore the influence of race, socioeconomic status, and familial support on student academic achievement, mediated by their access to educational resources and support during COVID-19 online learning. Using Baron and Kennedy's (1986) analytic logic based on the regression model, data will be analyzed to determine whether there is a relationship between student academic achievement and their races, socioeconomic statuses, and levels of familial support, mediated by their online learning experiences.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70870 - Printed Poster

Weight bias and intersecting identities in social media posts of activewear brands

Main Presenting Author: Plante, Maureen
Co-Presenting Authors: Lefebvre, Danielle ; Myre, Maxine

Additional Authors: Wilson , Oliver ; Russell-Mayhew, Shelly

Abstract: *WEIGHT BIAS, OR NEGATIVE JUDGMENTS OF INDIVIDUALS LIVING IN LARGER BODIES, IS PERVASIVE IN ALL ASPECTS OF WESTERN SOCIETY, INCLUDING ACTIVEWEAR. INDIVIDUALS IN LARGER BODIES HAVE REPORTED A LACK OF FUNCTIONAL AND AFFORDABLE ACTIVEWEAR, AS WELL AS WEIGHT-CENTRIC EXERCISE MARKETING. IT IS*

THEREFORE IMPORTANT TO EXPLORE THE WAYS IN WHICH WEIGHT BIAS MESSAGING MIGHT OCCUR, SPECIFICALLY IN SOCIAL MEDIA POSTS OF ACTIVEWEAR BRANDS. GIVEN THAT AREAS OF MARGINALIZATION FREQUENTLY OVERLAP, IT IS IMPORTANT TO CONSIDER INTERSECTING IDENTITIES, SUCH AS ETHNICITY. CRITICAL CONTENT ANALYSIS USING A SOCIAL JUSTICE LENS WAS USED TO COLLECT AND ANALYZE DATA TO ANSWER THE QUESTION: HOW DO ACTIVEWEAR BRANDS REPRESENT BODY SIZE IN SOCIAL MEDIA POSTS? 300 INSTAGRAM POSTS OF TEN POPULAR ACTIVEWEAR COMPANIES WERE ANALYZED. INFORMATION WAS COLLECTED REGARDING BODY SIZE (USING THE FIGURE RATING SCALE), GENDER, ETHNICITY, AND SEXUAL ORIENTATION, AMONG OTHERS. DATA ANALYSIS IS ONGOING. DESCRIPTIVE STATISTICS WILL BE USED TO COMPARE BRANDS AND LOGISTIC REGRESSION WILL BE USED TO EXPLORE CHARACTERISTICS THAT MAY BE PREDICTIVE OF REPRESENTED BODY SIZE. REPRESENTATION OF DIVERSE BODIES IS CRITICAL AND THIS STUDY WILL PROVIDE VALUABLE INFORMATION REGARDING REPRESENTATION BY ACTIVEWEAR BRANDS. FROM A SOCIAL JUSTICE PERSPECTIVE, INCLUSIVE REPRESENTATION IS IMPORTANT TO ENSURE THAT EXERCISE IS ACCESSIBLE TO ALL.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71375 - Printed Poster

Assessing Weight Bias in Mock Jurors when Child Victims Testify Against Sexual Assault in Court

Main Presenting Author: Glazer, Melissa

Additional Author: Russell-Mayhew, Shelly

Abstract: *Rationale: Along with the high rate of reported sexual assaults on female children, the prevalence of weight discrimination has increased by 66% since the late 1990s (Andreyeva et al., 2008). This inflation of weight bias has influenced the researcher to present various body sizes to participants to explore whether weight discrimination is prevalent in jury verdict decision making for child sexual assault (CSA) trials. Methods: This study will utilize an experimental research design where participants will be randomly assigned to one of three manipulated conditions (underweight, average, obese), including a case vignette and photo, allowing for between-group comparisons. Questionnaires will measure weight bias (OPTS; Puhl et al., 2005), jurors perceptions of the child victim, legal decision making, and verdict perceptions. Anticipated Results: Through univariate analyses, it is anticipated that when mock jurors view a child victim who is obese, they will rate higher negative weight-based perceptions and issue more not-guilty verdicts. Conclusions: This research will provide information to ensure CSA victims have judicial fairness, which could help mitigate mental health outcomes. Impact: To the researchers knowledge, this will be the first study to examine the impact of weight bias on the perception of child victims testimony and how it is associated with case verdict outcomes.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 70608 - Virtual Poster

Review Session

Beyond Appropriate Norms: Cultural Safety with Indigenous People in Canadian Neuropsychology

Main Presenting Authors: Gale, Reagan; Danto, David
Co-Presenting Author: Fellner, Karlee

Additional Author: Tomlinson, Garrett

Abstract: *This presentation introduces the concept of cultural safety in the context of neuropsychological practice in Canada. Cultural safety extends beyond cultural sensitivity (understanding the role and importance of the culture of the client) and cultural competence (the ability to provide psychological services in ways that are culturally sensitive and relevant to the client) to analyzing power imbalances and colonization as factors limiting clinical effectiveness with Indigenous clients. Cultural safety considers the historic context of health care in Canada, ongoing systemic racism, and seeks to equalize power between the psychologist and the client. In this paper, we illustrate several ways in which conventional approaches to neuropsychological assessment may be harmful for Indigenous Peoples in Canada, and offer as suggestions several "starting points" for preparing for culturally safe neuropsychological practice. Examples from reports are also included for discussion and consideration on ways to approach and document an assessment that emphasizes cultural safety.*

Section: Indigenous People's Psychology / Psychologie des peuples autochtones
Session ID: 70917 - Review Session

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

Main Presenting Author: Gadsden, D 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: 71107 - Review Session

Narrative Inquiry as a Trans-Positive Research Method

Main Presenting Author: Lefebvre, C Danielle
Co-Presenting Authors: Russell-Mayhew, Shelly; Callaghan, Tonya

Additional Author: Estefan, Andrew

Abstract: *It is critical that research with transgender individuals is conducted with respect and commitment to an ethical research relationship. Various research methodologies may be employed to conduct such research, including narrative inquiry. Narrative inquiry is a qualitative method which involves the tellings and retellings participants' stories. Key tenets of trans-positive research include (a) a shift away from pathologization, biological determinism, cisnormativity, and heteronormativity; (b) emphasis on ethical and sustaining relationships; (c) supporting participants as authors of their own stories; and (d) adopting a whole-of-life perspective. Narrative inquiry addresses these tenets and is a trans-positive research method for several reasons. First, the centrality of stories is key. The researcher's self-story invites reflection as they tell their journey to the topic. It allows for consideration of biases, relationship to the topic, and personal involvement. Participants' stories are central, and the researcher ensures the stories are representative and respectful. Second, the theoretical underpinnings of narrative inquiry align with trans-positive research. Third, the ethics of narrative inquiry demonstrates its appropriateness in working with transgender individuals. It emphasizes a non-exploitative, relational, and collaborative approach to research.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 70301 - Review Session

What can an anti-racist agenda in psychology programs look like and *feel* like? A reflection on experiences of racialized students and psychologists

Main Presenting Author: Hassan, Sabrina

Additional Author: Reeves, Allison

Abstract: *The field of psychology has been widely criticized by racialized communities as being problematically ethnocentric, lacking in cultural diversity and insight, and being inaccessible to those whose identities and experiences have not been and are not currently included or reflected in dominant power structures, policies, and value-systems. Canadian psychology programs, typically structured around Eurocentric epistemologies, are environments often lacking in cultural safety for racialized students, with significant personal, health, and professional impacts, and race-based disparities. Addressing racism and discrimination in higher education begins with program administrators and educators recognizing harmful experiences of racism at interpersonal, institutional, structural, and systemic levels. This presentation discusses the experiences of racialized psychologists in their education and careers, and shares the perspectives of a cohort of racialized undergraduate students in psychology. Results highlight key considerations in the cultivation of anti-racist and anti-oppressive values, priorities, and policies in psychology programs, including: inclusion and exclusion in recruitment/admission/retention; curricula, classroom and online learning; culturally and emotionally safe learning environments; and student identity in psychology.*

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 71427 - Review Session

Section Featured Speaker Address

Daring to hope: What a hummingbird's story can tell psychologists about community wellness and social justice.

Main Presenting Author: Lacerda-Vandenborn, Elisa

Abstract: *This presentation parallels an Indigenous story told in South and North America to the task ahead of disciplinary psychology and those who work within it, to meaningfully embark on the journey towards social justice. The presentation also discusses the principles, positioning, and intentionality behind _Apoema: Community Perspectives _research group in enacting psychology through a communal lens. It discusses the centrality of courage and hope to break theoretical and methodological traditions that have placed psychology in the condition of the oppressor and discusses key insights that led to the sketching of a 'communally constituted selfhood theoretical framework'. This framework seeks to offer those working with diverse and intersectional communities with an interdisciplinary structure from which to articulate wellness service provision, education, and research in ways that that attends the aspirations and needs of the communities they serve, operates from the premise of community capacity and wisdom, and works in relationality with and for the benefit of community partners.*

Section: Students in Psychology / Étudiants en psychologie
Session ID: 71520 - Section Featured Speaker Address

Indigenous Wisdoms for Applied Psychology: Shifting toward Survivance-Based Research, Training, and Practice

Main Presenting Author: Fellner, Karlee

Abstract: *Since the release of Psychology's Response to the Truth and Reconciliation Commission ([TRC], CPA and PFC, 2018), scholars and clinicians in fields of applied psychology have been seeking ways to shift to more culturally safe and relevant work. This keynote will address critical Indigenous wisdoms that inform needed changes in research, training, and practice through transforming ways of knowing, being, and doing in case conceptualization, assessment, intervention, pedagogy, curriculum, and research in psychology. Centered around the concept of survivance (Vizenor, 1999), which challenges conventional psychological models based in deficit and pathology, Dr. Fellner will propose approaches for a transformative applied psychology. Strategies for decolonizing that are informed by scholarship and practice in this area will be presented, and attendees will learn how these approaches can be used in work that goes beyond Indigenous people and communities specifically. A survivance-based applied psychology offers an Indigenous liberating framework that opens wider possibilities for personal, collective, and intergenerational wellness and healing. This keynote directly addresses the calls for accountability and action within the Task Force Report (2018), and more broadly, the TRC report itself (2015), and apologies issued on behalf of the APA and affiliated divisions (e.g., 2017 and 2021).*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 70971 - Section Featured Speaker Address

Snapshot

A Nuanced Understanding of Students with Learning Disabilities in Higher Education

Main Presenting Author: Gadsden, Amy Domenique

Abstract: *Students with learning disabilities (SLD) are increasingly present in post-secondary environments in Canada. Although current research examined fragmented components of their experiences, it remains reductive in scope, failing to holistically capture the multi-faceted dimensions of the disability experience. Using an interpretive case study approach guided by hermeneutics, the researcher attempted to address these themes more holistically. This involved interviewing three university students who self-identify with learning disabilities (LDs). A case study was developed for each student before studying similarities and differences within and among the cases. The case studies are interpretive in emphasis. This process was guided and informed by key ideas and metaphors in hermeneutics. Based on such analysis, I produced a holistic account of each participants experience in school that offer insights into the complexity of that experience, uncovering richly nuanced data. Preliminary results indicate that SLD experience discrimination, struggle with feelings of fear, anger and grief and are concerned with a perceived lack of safety and inclusion. The significance of this research lies in advancing our understanding of students with LDs which can inform decisions regarding practices, pedagogy and policies to enable such students to fully participate in higher education.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 71111 - Snapshot

I'll Follow You Into the Dark: Perceptions of Stalking in Canada

Main Presenting Author: Gauthier, Mattise

Additional Author: Peace, A Kristine

Abstract: *Previous research has found that our perceptions of stalking severity, threat, and prevalence do not align with the true nature and scope of these criminal behaviours. Judgments are influenced by the form of stalking and who we believe the stalker to be. The present study was designed to assess perceptions of stalking severity and dangerousness in relation to the type of stalking (in-person, phone, cyber), gender of the stalker (man versus woman), and the stalker-victim relationship (stranger, acquaintance, or ex-partner). Participants read a vignette detailing an individual at a campus coffee shop that began to stalk the victim, with scenarios differing according to our variables of interest. Participants completed a judgment questionnaire to assess perceptions of severity, threat, and necessity of criminal justice intervention. Data collection is nearing completion (_N_ = 600+ participants), and analyses/write up will be completed by April 2022. We predict that the highest ratings of dangerousness/severity/threat will be associated with in-person stalking where the stalker is an unfamiliar man. However, police intervention may be sought more in the phone and cyber groups, where demonstrable proof of stalking can be obtained. This study has implications concerning how laypersons and criminal justice professionals interpret stalking and criminal harassment.*

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 70762 - Snapshot

Indigenous Youth and Structural Stigma: Challenges and Recommendations for Psychologists.

Main Presenting Author: Kennedy, Darrah

Abstract: *Structural stigma involves policies, procedures and institutions, including health-care institutions that unnecessarily restrict the rights and opportunities of people living with mental health and substance use issues. Homeless youth frequently present with mental health and substance use concerns. This vulnerable population has identified structural stigma within the health-care system, such as requiring government identification to access services, as a substantial barrier. This may be particularly true for homeless Indigenous youth, who are vastly overrepresented in the total homeless population of Canada. Furthermore, child welfare involvement is a prominent risk factor contributing to youth homelessness, and 50% of youth in the child welfare system are Indigenous. In this presentation, I will highlight ways that structural stigma in health-care contexts impact access to service for this population as well as potential benefits of reducing this stigma. I will also provide recommendations for policy makers, psychologists, and other service providers who desire to address structural stigma affecting this population. A core component of these recommendations is the adoption of culturally sensitive policies and practices, Indigenous perspectives on health and community, and restoration of cultural and social power within Indigenous communities.*

Section: Indigenous People's Psychology / Psychologie des peuples autochtones
Session ID: 70986 - Snapshot

Reconceptualizing De-stigmatization of the Term 'Minor-AttractedPerson(s)

Main Presenting Author: Chamandy, D. Caroline

Abstract: *The term "non-offending pedophile" describes a person who, while sexually attracted to children, has not committed a sexual offence against a minor (Cantor and McPhail, 2016). In recognition of the stigma associated with this term and the notion of personhood, psychologists coined the term minor-attracted person (MAP) as a de-stigmatizing effort. The goal of this pioneering research was to question whether this terminology was having an impact (positive or negative) on those outside academia in de-stigmatizing this stigmatized population. Through a content analysis, this study synthesized, examined, analyzed, and reported the perception of and attitudes surrounding the term MAP for non-offending pedophiles among users of the online social news and discussion forum, Reddit. Through a precarious and post-structuralist informed lens, the research explores how the perception of the term MAP is perceived against the emerging themes of personhood, monstrosity, and the notion of the public self. Results yielded negative perceptions of the term MAP, based on perceived high levels of stigma and low levels of personhood associated with the term, indicating its perception as more stigmatizing and an attempt to conceal monstrous identities of non-offenders. This nuanced research marks a social justice conversation regarding this population and making decisions without a population's input.*

Section: Ethics / Déontologie
Session ID: 70950 - Snapshot

Sexual and Gender Minority Psychotherapy and Multicultural Orientation: A Systematic Review

Main Presenting Author: Fischer, Olivia

Additional Authors: Mickelson, Johanna; Lyons, Kelly; Cox, Daniel

Abstract: *Sexual and gender minorities (SGM) seek psychotherapy at higher rates compared to their cisgender and heterosexual counterparts as well as experience higher rates of psychological distress. There is a lack of an empirically-based framework for working effectively with SGM clients. Multicultural orientation framework (MCO) has accrued promising initial evidence linking MCO to therapeutic alliance and symptom reduction in racial and ethnic minority clients. However, MCO has not been evaluated with SGM clients. In brief, this framework emphasizes counsellor cultural humility and a way of being with clients, rather than a way of doing therapy. The primary aim of this systematic review was to apply MCO to the existing studies on SGM psychotherapy. A systematic search of five databases was undertaken and 51 studies were identified relevant to SGM psychotherapy. Framework analysis was used to extract data and identify themes from the SGM psychotherapy studies related to the constructs of MCO. The results suggest that SGM clients benefit from therapists who exhibit qualities and behaviours in line with the MCO framework (i.e. cultural humility, opportunities, and comfort). Implications for future research, therapy practice, and counsellor training with SGM clients will be discussed.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 70722 - Snapshot

Workplace Microaggressions: The Role of Culture

Main Presenting Author: Kwantes, T Catherine

Additional Authors: Soleimani, Mahshid ; Kartolo, Arief

Abstract: *Microaggressions may be defined as small indignities perpetrated towards minority group members that cause harm. Research has delineated three types: microassaults (intentionally offensive), microinsults (unintentionally offensive) and microinvalidations (negations of another's thoughts or experiences). This taxonomy may not be exhaustive, however, as a fourth form, overvalidation (appearing positive but still offensive) has recently emerged. In research conducted on microaggressions in the workplace, little attention has been paid to the role of organizational culture in microaggressive behaviour. Drawing on the organizational culture model proposed by Cooke and Rousseau, it is expected that the three clusters of organizational culture styles, constructive, passive-defensive, and aggressive-defensive will relate differently with microaggression. The constructive styles will be negatively related to all microaggressions, while the aggressive-defensive and passive-defensive models will relate positively with various forms of microaggression. However, this model also reveals a potential gap in categorizing forms of microaggression in that the current literature focuses on active, rather than passive forms. This paper presents an initial theoretical approach to link organizational culture and microaggressions as well as to introduce a new category of passive microaggressions.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71024 - Snapshot

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COVID-19 and international students' mental health issues in Canada: The roles of services providers

Main Presenting Author: Zhao, Kedi

Additional Authors: Sha, Kristen ; Wong, Tracy

Abstract: *As a marginalized population, international students' mental health issues amid the pandemic are important social justice issues that we need to focus on. This presentation proposes a conceptual model to depict international students' mental health issues at this difficult time, understand these issues from both environmental and individual perspectives, and further incorporate the integrative roles of service providers in tackling these issues. Specifically, academic journals and grey literature are reviewed to understand the possible cause of their mental health issues (e.g., self-isolation; Chen et al., 2020). Environmental factors (e.g., lack of relevant social support; Zhou et al., 2008) and individual factors (e.g., reluctance to access services; Chen et al., 2020) that exacerbate their situation are considered. Moreover, service providers' significant roles in improving international students' mental health at this difficult time on the micro, meso, and macro levels are further conceptualized in an integrative manner. This model provides a macro conceptual understanding of international students' mental health issues amid the pandemic and bridges the gap that no similar discussion was found in the literature. It can thus guide future research and practice in counselling services, and boost social justice and equity for marginalized populations during the pandemic.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70299 - Virtual Snapshot

Does Race/Ethnicity Moderate the Associations Between Food Insecurity and Health Service Trends?

Main Presenting Author: Lamont, Allyson

Additional Author: Speed, David

Abstract: *Millions of Canadians experience food insecurity (FI), reporting insufficient access to food. As FI is public health issue, it is unsurprising that food insecure individuals report differences in their use of, and access to, medical and mental health services. Similarly, existing research suggests that race/ethnicity is a social determinant of health, and racial/ethnic identities predict differences in use of, and access to, medical and mental health services. However, despite the interrelationships between FI, race/ethnicity, and use of and access to medical/mental health services, no study to date has investigated whether racial/ethnic identity moderates the associations between FI and service outcomes. The current study sought to address this gap, using data from the 2015-2016 Canadian Community Health Survey to examine the proposed moderated models via hierarchical regression analyses. Results indicated that racial/ethnic identity acted as a moderator in some, but not all, of the FI-health service associations. This project makes headway for future studies and has implications in policies related to poverty, mental health, and public services.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 70880 - Virtual Snapshot

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International students and their psychological adjustment: Future direction for social services

Main Presenting Author: Zhao, Kedi

Additional Authors: Wong, Tracy ; Sha, Kristen

Abstract: *International students' psychological adjustment is an important migration issue that needs researchers' attention (Zhang and Goodson, 2011). However, as they face distinct migration situations due to their temporary status, have unique group characteristics compared to other immigrant groups, as well as have various individual backgrounds, extant immigration theories might be inadequate in understanding their psychological adjustment and issues emerging from it. This presentation proposes a conceptual model to bridge this gap. First, five immigration theories (e.g., acculturation theory; Berry 1997) associated with psychological adjustment are identified and reviewed. Next, the application of these theories to different immigrant groups are discussed with empirical evidence, with a particular focus on how they can be applied to international students. Moreover, how social services can be improved to help this population is illustrated through the integration of micro services delivery, meso services integration, macro policy advocacy with the participation of international students. This model offers a new way of understanding and guiding international students' psychological adjustment. It encourages service providers to design innovative settlement practice, and inspires the development of new theories in settlement and immigration that focus on different groups.*

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 71155 - Virtual Snapshot

SEX-BASED DISPARITIES IN CHORES PERSISTS IRRESPECTIVE OF EMPLOYMENT STATUS

Main Presenting Author: Speed, David
Co-Presenting Author: MacDonald, Jordan

Additional Authors: King, Taylor; Pronyk, Taylor; Lamont, Allyson; Hall, Catherine; Smith, Erin

Abstract: *Background: The 'time availability hypothesis' and the 'relative resource theory' indicate that male's lack of unpaid labour in the home (i.e., chores), is due to males performing more paid labour outside the home. In contrast, the 'gender ideology perspective' argues that males perform fewer chores because those are automatically perceived to be the responsibility of females. Method: We tested these theories using the 2017 Canadian General Social Survey. We isolated heterosexuals who lived with their romantic partners (minimum N > 8,800) and compared the probabilities that a respondent indicated a chore (e.g., cooking, generic chores, washing dishes, laundry, and outside chores) was the 'Respondent's responsibility', 'Respondent's partner's responsibility', or 'Equally shared'. Results: Males and females indicated that females performed more chores, although the magnitude of estimates varied. While being male and time spent working were negatively associated with an egalitarian sharing of chores, employed women performed more 'inside chores' than unemployed men. Conclusion: The 'gender ideology perspective' better accounts for the pattern of findings, while the 'time availability hypothesis' and 'relative resource theory' are weakly supported. Impact: Females still perform chores far in excess to males, suggesting a continuing non-egalitarianism in Canadian couples.*

Standard Workshop

Destigmatizing Mental Illness for Asian Canadians: Initiating Affordable and Accessible Asian Psychological Services

Main Presenting Authors: Wong, Gina; Ko, Gina

Abstract: *RATIONALE: Anti-Asian racism, the secondary pandemic resulting from COIVD-19, exacerbates race-based traumatic stress. Racial discrimination can lead to earlier death through health decline or suicide. There is a need for specialized programs and interventions targeting the mental health effects of anti-Asian racism in Canada. METHODOLOGY: Two Asian Canadian psychologists, mothers, and counsellor educators employed duoethnography to highlight key challenges. Their experiences working with Asian clients catapulted them to initiate the Asian Mental Health Collective as a national non-profit organization founded upon affordable and accessible services to Asians. RESULTS: AMHCC is a sister organization to the USA AMHC, who is providing funding and support in formulating AMHCC. We aspire to make mental health support easily available, approachable, and accessible in Canada and to de-stigmatize mental illness within Asian communities. CONCLUSION: AMHCC will make a difference to the Asian diaspora in Canada. Nationally, we are bereft of these unique services; funding and operational support are needed to launch AMHCC. IMPACT: AMHCC provides a central hub for the Asian community to seek psychological support within their province, making counselling accessible, enhancing quality of life for Asians and our communities as a whole.*

Inclusive Leadership

Main Presenting Author: Sinacore, L. Ada

Abstract: *In recent years there has be a great deal of discussion about the importance of social justice as well as equity, diversity and inclusion (EDI) in the workplace. These discussions often focus on individuals within the organization, however, challenges related to social justice and EDI do not solely exist at the individual level. They occur at all levels of the organization; within, between and across different groups who may have common and competing goals and needs. As well, systems and structures within an organization can serve to marginalize certain individuals and groups. As such, in considering EDI it is essential to consider processes related to institutional social justice. These processes include interactional, distributive, procedural and restorative justice. In order for these types of justices to occur leaders with in an organization need to understand how to develop systems, structures and processes that result in environments that are inclusive, equitable and facilitate a sense of belonging. This workshop will discuss models of leadership in general but will specifically focus on models of Inclusive Leadership and how these models can be used within and across different contexts. A discussion about the layers of diversity within the organization and the roles of inclusive leaders, as well, the skills necessary to be an inclusive leader will be addressed. Attendees will have the opportunity to work in small groups, analyze case scenarios, and practice inclusive skills.*

Section: Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle
Session ID: 73542 - Workshop

Justice, Equity, Diversity, and Inclusion in Psychology: A Workshop for Students

Main Presenting Authors: Winters, M Emily; Kalchos, Linnea
Co-Presenting Authors: Lefebvre, Danielle; Merkland, Roxy

Additional Authors: Knight, Sommer; Jagnyziak, Angela; Hinbest, Chris; Barriault, Sophie; Chu, Alanna

Abstract: *The CPA Code of Ethics (2017) indicates that psychologists have an obligation to "make themselves aware of the current social, economic, and political climate" and to "act to change those aspects of the discipline that detract from just and beneficial societal changes." Ensuring trainees are well-informed of systemic sociopolitical issues is crucial in fulfilling our ethical obligations and creating meaningful change for marginalized individuals/communities. The CPA 2022 Convention is scheduled during National Indigenous History Month, Pride Month, and on Juneteenth (in the USA)—offering educational resources for those seeking to embed equity-related practices in their research and work can help move social and political justice movements forward. This workshop will provide attendees with knowledge about systemic racism, discrimination against 2SLGBTQ+ communities, and weight bias/fatphobia and the ways these forms of discrimination intersect. Following a didactic educational component, attendees will engage in group discussion and will leave with tools to transition their awareness into action. Although the target audience for this workshop is students, all are welcome to attend. The goal of this workshop is to increase knowledge of systemic sociopolitical issues, how they apply to the field, and what they can do moving forward to foster positive change.*

Section: Students in Psychology / Étudiants en psychologie
Session ID: 71639 - Workshop

Symposium

2SLGBTQ+ identities and lived experiences: Implications for psychological research, training, and practice

Moderators: Kassan, Anusha; Callaghan, Tonya

Abstract: *Canadian psychological research centering on sexual orientation and gender identity has progressively increased over the past twenty years. Researchers have become increasingly innovative in their approaches and have been more intentional in trying to understand the varying identities and lived experiences of 2SLGBTQ+ individuals. Accordingly, this symposium will highlight three qualitative studies centered on a range of identities and experiences among 2SLGBTQ+ individuals. The first presentation will address pregnancy experiences of non-binary people. It will highlight the narrative threads that were woven between and across participant stories and make concrete suggestions for culturally sensitive care with this group. The second presentation will focus on the lived experiences of 2SLBGTQ+ individuals in polyamorous relationships, detailing the superordinate themes identified as most salient and addressing the role of mononormativity. The third presentation will highlight results of a multi-method qualitative study that explored the experiences of LGBTI teachers and considered the impacts of heteroprofessionalism. Through this symposium, attendees will learn about the lived experiences of individuals from the 2SLGBTQ+ community. These first-person research accounts will be linked to implications for training, practice, and future research.*

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Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 71464, Presenting Papers: 71483, 71484, 71480 - Symposium

Polyamory in Plain Sight: Loving Outside the Norm of Monogamy

Main Presenting Author: Falardeau, Charis
Co-Presenting Author: Kassan, Anusha

Abstract: *A mononormative society is one in which monogamy is the accepted and expected romantic relationship structure. Polyamory is a form of consensual non-monogamy in which individuals engage in more than one intimate relationship at a time with the knowledge and consent of everyone involved. Recently, research exploring polyamory has been increasing, though there is still a lack of understanding about how individuals in such relationships navigate and make sense of a sociopolitical system that does not necessarily support them. Informed by queer theory, this study implemented an Interpretative Phenomenological Analysis to gain a deeper understanding about the experiences of individuals in polyamorous relationships. To fully explore this topic, semi-structured interviews were completed with 10 polyamorous participants with the following research question in mind: _What are the lived experiences of individuals in polyamorous relationships within a mononormative context?_ Data analysis resulted in six superordinate themes: 1) self-concept; 2) navigating polyamory; 3) coming out of the poly closet; 4) the problem with assumptions; 5) mononormativity; and 6) trail-blazing. The findings of this study may be used to further inform counsellors working with polyamorous clients, the general public, policy makers, and governments about the needs of this community.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 71483 - Paper within a symposium (Symposium ID: 71464)

Queer Teachers in Straight Spaces: The Impacts of Teacher Heteroprofessionalism

Main Presenting Author: Anderson, Jamie
Co-Presenting Author: Callaghan, Tonya

Abstract: *This paper draws upon a recent multi-method qualitative study that examines how lesbian, gay, bisexual, transgender, and intersex (LGBTI) teachers embody and perform their gender in response to narratives of professionalism that exist in governance, policy, regulations, legislation, and take shape through interpersonal and social experiences. Data was collected through an extensive literature review, document analysis, and analysis of media accounts that address LGBTI teachers in Alberta. Additionally, using autoethnography, we drew upon our own experiences navigating heteroprofessionalism as LGBTI teachers. Even with growing policy support for Gay Straight Alliances (GSA) to support gender and sexually diverse youth in schools, we found that LGBTI teachers are still navigating complex expectations concerning compulsory heterosexuality in the school-as-workplace. This research contributes to the fields of anti-oppressive psychology and education to better understand the experiences of LGBTI teachers with the aim of improving working and learning environments for all LGBTI-identified individuals in schools in Canada. Furthermore, with the growing relevance of queer-affirming spaces in school, it is necessary to conceptualize a queer/ing teacher professionalism that views gender and sexual diversity as an asset in school spaces.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 71484 - Paper within a symposium (Symposium ID: 71464)

Storying Our Pregnancies: A Narrative Inquiry into the Pregnancy Experiences of Gender Diverse People

Main Presenting Author: Doucet, Daniele
Co-Presenting Author: Kassan, Anusha

Abstract: *Pregnancy is a significant experience in the lives of many people and is known to be associated with sociocultural messages and norming about motherhood and femininity. Femininity scripts, and womens adherence to them, are seen as an accomplishment that is institutionally rewarded, while failing to "do" femininity "correctly" means being socially shamed. Despite dominant social stories of pregnancy being tied to femininity, there are many gender diverse people who experience pregnancy and do not fit into these dominant storylines. While the literature on pregnancy includes a handful of studies that have addressed the experiences and/or needs of trans people, there has yet to be a study conducted on the experiences of pregnancy for gender diverse people who have not received hormone replacement therapies (HRT) and/or gender affirming surgeries (GAS). I addressed this gap in the literature by employing a narrative inquiry to explore experiences of pregnancy for gender diverse people who have not received medical interventions related to their gender. Four self-identified non-binary shared their experiences of pregnancy. Implications for counselling psychology research and practice will be identified in this symposium, with the aim of encouraging culturally sensitive ways of working with gender diverse people who experience pregnancy.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 71480 - Paper within a symposium (Symposium ID: 71464)

Addressing Gaps in Sexual Violence Research

Moderator: Dufour, Gena K.

Abstract: *Sexual violence (SV) is a pervasive problem in Canada. Most SV research is focused on predominantly White samples, on victimization not perpetration, using self-reports with numerous assumptions. Through three studies, we contribute findings to fill knowledge gaps. The first study extends previous research with majority students to examine rape myth acceptance among South Asian students. It takes a culturally sensitive approach and provides insights into relevant social processes and attitudes that shape such beliefs. The second study uses network analysis to expand our understanding of men's use of verbally coercive tactics and how they are related to risk factors and the use of alcohol incapacitation and force, the perpetrator tactics most often explored in sexual violence research. The final study offers insight into previously unexplored issues in sexual violence measurement where researchers use time windows (e.g., past 12 months) to capture reports of sexual violence. The current study used calendar-based follow-up questions to understand patterns in women's reporting outside the specified reference period. Together, these studies fill some important gaps in our understanding of sexual violence using culturally relevant tests of theory, network analysis applied to perpetrators of sexual coercion, and examination of survivors' use of survey reference periods.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 70280, Presenting Papers: 70899, 70898, 70900 - Symposium

Understanding Men's Use of Tactics in Sexual Coercion: A Network Analysis

Main Presenting Author: Mou, Ngai Lam

Additional Author: Senn, Y. Charlene

Abstract: *Research on university students' sexual violence perpetration has found that sexual coercion, characterized by using verbally coercive tactics, is more common than incapacitated and forceful sexual assault. However, less research has examined the use of verbally coercive tactics and how they are related to the use of incapacitation and force. The current study applies network analysis to study male university students' use of eight verbally coercive tactics, three incapacitated tactics, and six forceful tactics. This study examines risk factors that may explain the relations among these tactics: hostile masculinity, sexual promiscuity, alcohol consumption, and marijuana consumption. Data was collected from male undergraduate students and two network structures were estimated. The first network structure includes verbally coercive, incapacitated, and forceful tactics. Centrality of tactics and bridge connections between tactics are estimated. The second network structure estimates bridge connections between tactics and risk factors of sexual aggression. The findings highlight the harm of verbally coercive tactics and advance our understanding of men's use of different tactics in perpetration. The findings are designed to inform researchers and practitioners and broaden the evidence-base underlying effective sexual violence prevention.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 70899 - Paper within a symposium (Symposium ID: 70280)

What Factors Influence Rape Myth Acceptance among South Asian Students in Canada?

Main Presenting Author: Randeniya, Dayanga

Additional Author: Senn, Y. Charlene

Abstract: *Sexual violence occurs in all cultural communities but is considerably less researched within South Asian (SA) communities than other forms of violence against women. Emphasis on the loss of chastity during sexual violence, a narrative found within the SA community, is a type of victim blaming that could perpetuate rape myth acceptance among SA individuals. Such narratives can be shaped by dominant attitudes, beliefs and social processes held within the community towards sexuality, gender roles and patriarchal norms. This quantitative study examined relationships between sexual socialization from parents and peers, attitudes towards gender roles and patriarchal norms with rape myth acceptance among a group of Canadian students of SA ancestry. A diverse sample of 116 university students of SA ancestry completed an online survey. Results showed male students, students who held more traditional attitudes towards gender roles and endorsed patriarchal norms at higher levels reported higher levels of rape myth acceptance. Sexual socialization was found to be unrelated to rape myth acceptance. Findings contribute to knowledge on socialization practices and attitudes related to rape myth acceptance and may inform a culturally sensitive approach to discussing sexual violence and lowering rape myth acceptance among SA students in Canada.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 70898 - Paper within a symposium (Symposium ID: 70280)

Women's self-reports of sexual violence outside of survey time periods: Implications for measurement

Main Presenting Author: Dufour, K. Gena

Additional Authors: Jeffrey, K. Nicole; Senn, Charlene Y.

Abstract: *Advances in accurately measuring women's sexual violence (SV) victimization have been made recently, especially with the development of self-report measures such as the Sexual Experiences*

Survey (SES; Koss et al., 2007). Self-report measures, like the SES, that use behaviourally-specific language and a specified reference period (e.g., since age 14, over the past 12 months) are considered best practice and have substantially improved SV incidence estimates given that so few incidents are reported to police (Statistics Canada, 2017). Nevertheless, we know little about whether estimates are affected by respondents' purposeful reporting of incidents that occurred outside of the specified reference period (i.e., telescoping). The current study assesses the prevalence of telescoping using three self-report surveys with large, diverse samples of university women. In all three surveys, participants were asked, using the SES, to report SV victimization that occurred within a specific reference period (the past 6 or 12 months) and then to report the date of the rape or attempted rape experience that they think about most. Our findings suggest that telescoping is relatively infrequent but that, for some research purposes (e.g., program evaluation), collecting data on the dates of reported incidents is recommended. Accurate measurement of SV is crucial for informing policy and prevention.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 70900 - Paper within a symposium (Symposium ID: 70280)

Communal selfhood as a theoretical social justice framework for understanding mental health and community wellness

Moderator: Lacerda-Vandenborn, Elisa

Abstract: *Disciplinary psychology not only plays a large role in how individuals come to understand themselves and others, but also furnishes social institutions with the apparatus that informs practice and governance. Recently, regulatory bodies in psychology have recognized—through formal apologies and task forces—their historical role in the oppression, discrimination, racism, and colonialism of groups in society. While recognition is a step in the right direction, long-standing ontological, epistemological, axiological, and methodological commitments hinder the ability of the discipline, and those working within them, to move forward in more socially meaningful, responsible, and responsive ways to correct such mistakes and the social implications they have had on marginalized communities. The three papers in this symposium offer perspectives on how communal selfhood carries the promise of a social justice-oriented theoretical framework that is able to nest the decolonizing, equity-seeking, intersectional, intercultural, interdisciplinary, and community-engaged aspirations and needs of increasingly complex and diverse communities and societies.*

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 71889, Presenting Papers: 71899, 71903, 71900 - Symposium

Conceptualizing communal selfhood as a theoretical framework for social-justice oriented psychological practice, research, and education

Main Presenting Author: Lacerda-Vandenborn, Elisa

Abstract: *The _communal self_ emerged as a critique of individualistic conceptualizations of self that delineate individuals as ultimately independent of each other and divorced from their socio-cultural context. The implication of such overly individualized, interiorized, and reduced understanding of selves is not reserved to one's self-reflections. It has decisive social implications, in that governments utilize expert psychological knowledge to create programs, draw interventions, and make decisions about their citizens. Over the years and multiple research, education, and service initiatives with diverse local and global communities, it became apparent that communal selfhood may lend itself to*

stand as a powerful theoretical structure from which to study and enact mental health and wellness in a variety of settings. Firmly rooted in critical hermeneutic philosophical soil that scrutinizes both the context and power dynamics in which private and public life unfolds, it presents ontological, epistemological, methodological, and axiological considerations that may be of use to psychological research, training, and professional practice. It also attend the needs and aspirations of the discipline to be more infused with and responsive to interdisciplinarity, critical perspectives, commitment to social justice, and ethical community engagement.

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 71899 - Paper within a symposium (Symposium ID: 71889)

Non-Indigenous Clinicians Apprehensions Towards Working with Indigenous Clients

Main Presenting Author: Wessel, Samara
Co-Presenting Author: Lacerda-Vandenborn, Elisa

Abstract: *Indigenous people already experience increased mental health needs compared to non-Indigenous populations, largely because of colonization and continued discrimination (Nelson and Wilson, 2017). This disparity has been exacerbated by the discovery of thousands of lost children's graves near former residential schools. Despite urgent need for intervention, it is widely acknowledged that the predominant Western treatment styles do not serve Indigenous populations. For this reason, the appropriateness of non-Indigenous psychologists providing services to Indigenous populations has been questioned (McConnochie et al., 2012). Following the Truth and Reconciliation Commission Report (2015), there is growing awareness of the harm psychologists have perpetrated against Indigenous Peoples. In response, training programs across the country have emphasized multicultural competency. Nevertheless, the adequacy of such training programs in preparing students for working with Indigenous people is still in question. This talk will discuss how communal selfhood may offer practitioners with an ethical theoretical space from which conselling psychologists can engage in ethical practices with Indigenous populations and how non-Indigenous practitioners can align themselves within an Indigenous helping model to provide better care to Indigenous clients.*

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 71903 - Paper within a symposium (Symposium ID: 71889)

Protesting Responsibility: Navigating Individual and Communal Ethics amidst COVID-19

Main Presenting Author: Strand, Dawson
Co-Presenting Author: Lacerda-Vandenborn, Elisa

Abstract: *Across Canada, anti-vaccine protests outside of hospitals have asserted individual rights over and against public health measures, highlighting the discrepancy between individualistic and communal responses to COVID-19. Government and media statements condemn the actions of individual protesters yet engage minimally with the moral discourse that justifies assertions of individual rights to the detriment of the local and global community. Despite the determinative role of community engagement for infection control, research has yet to explore the spread of moral discourse amongst communities organizing these protests. Given the elevation of the online medium during the physical distancing restrictions of the pandemic, COVID-19 discourses became uniquely situated on online platforms. This project is the first to examine online moral discourses driving anti-vaccine protests from a communal perspective. Applying discourse analysis to the online web page that organized the protests, I ask: What moral discourses are employed to justify anti-vaccine protests amidst the Covid-19 pandemic? This project addresses how moral decisions are made in response to*

public health crises and may provide insight into the ongoing global phenomena of vaccine hesitancy. Results will inform policy on community engagement in pandemic response, vaccine uptake, and health services relations broadly.

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 71900 - Paper within a symposium (Symposium ID: 71889)

Cultural Diversity and Inclusion: Perspectives from School-aged Youth and Professional Psychologists

Moderator: Min, Moonkyung

Abstract: *While the advancement of equity, diversity and inclusion (EDI) has become an important goal of Canadian institutions and society, how young people growing up in Canada understand and appreciate cultural diversity remains largely unknown. Questions such as how Canadian youth perceive and treat culturally different others in day-to-day interactions, how they are perceived by peers from other cultures, and how psychologists can responsively address nuanced cultural factors that arise in intercultural encounters to influence individual mental health have received little attention from exiting psychological literature. To address these questions, we present findings from three studies that represent three different perspectives. In the first paper, we report findings about on how local high school students perceive newcomers in their schools. In the second paper, we present findings on how newcomers to Canadian high schools perceive their interaction with local peers. In the third paper, we present how counselling psychologists from East Asian backgrounds perceive the sociocultural factors that influence the mental health of ethnic minorities and how to better support their mental health by promoting cultural diversity and inclusion in the field. Together, the studies point to the areas where efforts need to be made by institutions to promote EDI in Canadian society.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 71416, Presenting Papers: 71420, 71418, 71419 - Symposium

Perpetual foreigners: Cultural Diversity and Inclusion from the perspectives of East Asian Counselling Psychologists

Main Presenting Author: Kim, Maria

Additional Author: Zhao, Xu

Abstract: *Sociologists have argued that members of ethnic minorities are always seen as the "other" in North American society. Psychological research shows that this perpetual foreigner status has the most negative impact on Asian individuals, associated with lower sense of life satisfaction. For mental health professionals, how to effectively support clients from Asian backgrounds in dealing with the long-term psychological toll of sociocultural factors such as the perpetual foreigner image is an important question. Yet it is also severely under-researched. In this paper, we examine how a group of East Asian counselling psychologists consider the sociocultural factors that influence East Asian individuals' mental health and the barriers against providing culturally inclusive treatment. Participants of interviews include 10 East Asian counselling psychologists throughout Canada, some of which are practicing psychologists and others in training. Our thematic analysis suggests that the participants perceive huge gaps between existing mental health practices and the mental health challenges facing East Asian individuals in Canada, partly due to a lack of understanding of the*

sociocultural factors that impact individuals' psychosocial experience over time. We will discuss the implications of our findings for the promotion of cultural inclusion in counselling psychology

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 71420 - Paper within a symposium (Symposium ID: 71416)

The newcomers in our school: Canadian High School Students' Perceptions and Attitudes Toward Newcomers

Main Presenting Author: Min, MoonKyung
Co-Presenting Author: Smith, Danielle

Additional Author: Zhao, Xu

Abstract: *An important goal of secondary education in Canada is to promote cultural inclusiveness in schools. To achieve this goal, it is crucial to understand the attitudes of Canadian students towards newcomers in their schools. This paper reports a grounded theory study that involved in-depth interviews with 13 Canadian-born students from three high schools in a mid-western province. Our analysis shows that, while Canadian high-school students may not have explicit stereotyping expressions or overt prejudices against newcomers but often emphasize values such as being open-minded and accepting towards culturally different others, there is clearly a lack of cultural curiosity and active engagement with newcomers. Many students are reluctant to initiate conversations and interactions with newcomer peers, which they attribute to a fear of offending people from a different culture. Some participants also shared what they perceived as discrimination and biases among their Canadian peers against newcomer students. Findings from this study provide important insights to inform intervention programs aimed at reducing biases and prejudice in Canadian high schools and increasing students' motivation towards intercultural peer interaction.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 71418 - Paper within a symposium (Symposium ID: 71416)

Why is it hard to make friends with Canadian students? Perspectives of young newcomers in Canadian schools

Main Presenting Author: Ahmed, Solafa
Co-Presenting Author: Liu, Shelley Dongzhao

Additional Author: Zhao, Xu

Abstract: *Newcomer students in Canadian schools face multiple challenges in making friends with local students. This paper reports a qualitative study of how newcomer students in three Canadian schools perceive their experiences of interacting with local students. We take the Constructivist approach to Grounded Theory (Charmaz, 2014) to analyze interviews with 36 newcomer students from three schools in a mid-Western province. Our analysis indicates that, despite newcomer students' strong motivations to socially connect with local students, a number of barriers prevent such connections. In addition to newcomers' lack of English proficiency, they also lack the confidence in having conversations with local students. Newcomer students also prefer to interact with other newcomers because they come from the same cultural backgrounds, or share the identity as newcomers. Many believe local students are not interested in newcomers, or are not patient with their English language struggles. This study provides new evidence showing the*

psychological and social challenges that hinder the social integration of young newcomers in Canadian schools.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 71419 - Paper within a symposium (Symposium ID: 71416)

Enhancing psychologists' role in advocacy: Indigenous allyship, graduate training, and community engagement

Moderator: Sinacore, Ada L

Abstract: *There have been calls for psychologists to act as social justice agents. Canadian Psychological Association's Canadian Code of Ethics for Psychologists, the proposed 6th revision of CPA Accreditation Standards, and other reports and statements clearly delineate psychologists roles and responsibilities to address colonial history and continuing systematic racism in Canada and beyond. Thus, we will take up the topic of advocacy in this symposium from three vantage points: decolonization, training, and practice. In the first presentation, an Indigenous psychologist and a member of the Task Force on Truth and Reconciliation Commission of Canada Report will discuss the advocacy implications of the report and implore the psychology profession to engage in Indigenous cultural allyship. The second presenter will discuss a learning module used in a graduate program, which is designed to foster advocacy competency among future psychologists. The last presentation will focus on practice, featuring a newly developed program aimed to address the mental health needs of Farsi-speaking immigrant communities during the pandemic. The moderator who is in a leadership role at CPA will offer a concluding comment and facilitate a discussion.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70990, Presenting Papers: 71905, 71909, 71904 - Symposium

Advocacy Training in Graduate Program: Design and Implementation of Advocacy Portfolio

Main Presenting Author: Wada, Kaori

Abstract: *Despite the growing emphasis on social justice, human rights, and advocacy, many graduate training programs have yet to adequately prepare future psychologists to develop competency in advocacy, and consorted effort is needed to incorporate advocacy training into graduate training and curriculum. Thus, I will present a learning module that was designed and implemented in a graduate course on multicultural counselling. Informed by multicultural, feminist, and social justice pedagogy, the crux of this course is the development of Advocacy Portfolio. Students work in small groups on a real or hypothetical social issue or controversy affecting a marginalized group. By completing class activities and the four learning tasks, students ultimately develop an advocacy product, such as a letter to a Member of Parliament. The process is guided by the CPA Grassroots Advocacy Kit for Psychological Science and other tools. In this presentation, I will describe the learning goals, design, and pedogeological pedagogical underpinnings of Advocacy Portfolio. Additionally, I will discuss some of the instructional challenges and rewards. It is hoped that sharing this example will stimulate conversations about ways to integrate social justice and advocacy competency into psychology training.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71905 - Paper within a symposium (Symposium ID: 70990)

Culturally Informed Community Helpers Program: A Model of Advocacy Initiative to Serve Underserved Communities during COVID-19 Pandemic

Main Presenting Author: Milani, Asra
Co-Presenting Authors: Didehvar, Mina ; Zarezadeh Kheibari, Shiva

Abstract: *Although numerous mental health programs have been initiated to meet the needs of Canadians, gaps remained particularly for the marginalized and vulnerable populations who have less access to resources. Among underserved ethnic minority populations, Farsi-speaking communities underutilize mental health services due to multiple barriers including language and cultural barriers, culturally insensitive care, systemic discrimination within the services, lack of awareness of services and challenges of service navigation. Inspired by CPA's advocacy strategic plan to influence equitable allocation of resources for mental health care, we advocated for Farsi-speaking communities to facilitate their access to services. In this presentation, we will describe how we collaborated with a charitable organization serving Farsi-speaking communities, engaged with the Government of Alberta and proposed a "Culturally Informed Community Helpers Program" to identify and train natural helpers within the community who can serve as a bridge between the informal and formal support network. The program promoted a culture of help-seeking leading to an increased sense of belonging and availability of social support. We hope that sharing our advocacy experiences will inform discussions about ways to advocate for our underserved populations and facilitate equitable access to mental health resources.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71909 - Paper within a symposium (Symposium ID: 70990)

The Role of Psychology in Indigenous Wellbeing: A Call to Allyship

Main Presenting Author: Danto, David

Abstract: *The Canadian Psychological Association and Psychology Foundation of Canada Task Force on Responding to the Truth and Reconciliation Commission of Canada Report, published its own report in 2018. That report details some of the harms inflicted by the profession of psychology upon Indigenous Peoples in Canada, articulates the violations of the Canadian Code of Ethics for Psychologists, presents an apology, recommendations, and guiding principles to advance the profession on the path toward reconciliation with Indigenous Peoples in Canada. The present talk will frame Indigenous cultural allyship within the context of that report and invite attendees to consider what allyship entails, misunderstandings about allyship, and how as members of the profession, we can better support Indigenous Peoples going forward.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71904 - Paper within a symposium (Symposium ID: 70990)

Extending the Reach of an Effective Sexual Assault Education Intervention

Moderator: Senn, Charlene Y.

Abstract: *The EAAA (Enhanced Assess, Acknowledge, Act) sexual assault resistance program, also known as the _Flip the Script with EAAATM _program was designed to empower 1st-year women undergraduate students to recognize, acknowledge, and resist sexual coercion from men they know while exploring their own sexual desires and relationship goals. The program is evidence-based and*

rooted in grassroots feminist practice and feminist social psychological theory and research. Following a successful RCT demonstrating the program substantially reduced the sexual violence women experienced across the next two years, a non-profit was established to make the program available to universities. EAAA is now being implemented in post-secondary institutions in Canada, the United States, New Zealand, and Australia. In this symposium, we answer two questions. Is EAAA as effective when it is delivered by others outside of a rigorous RCT? And is it possible to extend the reach of EAAA by adapting it for delivery online and/or to younger girls? We showcase recent research investigating the effectiveness of EAAA across five Canadian universities, as well as efforts to adapt EAAA for delivery online and to younger, high school-aged girls.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 70384, Presenting Papers: 71461, 71460, 71462 - Symposium

Adapting EAAA for Online Delivery

Main Presenting Author: Senn, Y. Charlene

Additional Authors: Peitzmeier, Sarah; Ashwell, Louise; Edwards, Katie; Eliasziw, Misha

Abstract: *Background: EAAA is a 12-hour, in-person group intervention. Despite its efficacy, uptake has been limited, as universities often prefer brief online interventions. However, no online intervention has been proven to reduce sexual assault victimization. Methods: We adapted EAAA for online delivery to groups of students by live facilitators. First, we piloted a minimally adapted internet-delivered EAAA (IDEA3) intervention (n=8). We used initial feedback to refine the intervention. We then conducted a pilot trial (N=64) to test acceptability and feasibility. Participants completed baseline and post-test surveys to measure intermediary outcomes shown to be strong mediators of EAAA's effect on reducing sexual assault victimization (e.g. self-defense self-efficacy, rape myth acceptance). Feedback was provided through post-session surveys and focus groups. Results: Participants rated the program's virtual format, self-defense training, and interactive activities highly. Similar to EAAA, preliminary data show increases in self-defense self-efficacy and decreases in rape myth acceptance. Qualitative data indicate that participants applied the material to their relationships. The pilot trial will conclude in March 2022. Conclusions: Online adaptation was acceptable and feasible. IDEA3 has the potential to substantially increase the scalability of EAAA.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 71461 - Paper within a symposium (Symposium ID: 70384)

Is the EAAA Sexual Assault Resistance Program Still Effective Outside of an RCT?

Main Presenting Author: Senn, Y. Charlene

Additional Authors: Hobden, L. Karen; Eliasziw, Misha

Abstract: *After the completion of a successful randomized controlled trial, we set out to study the implementation of the efficacious EAAA sexual assault resistance program at 5 Canadian universities to determine whether the effectiveness of the program was maintained under more natural conditions. Women who signed up for EAAA on implementing campuses were contacted by email at least 1 week prior to their first scheduled session and invited to participate in research evaluating the program. Participants who agreed completed three online surveys: one prior to participation, another 1 week after the last scheduled session, and the final survey approximately 6 months later. 624 participants*

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who signed up for EAAA subsequently agreed to participate in this research. Most participants (98%) identified as women, with the remainder identifying as non-binary/gender fluid. Of the 624, 356 (57%) attended the EAAA program. The remaining 268 (43%) were considered a natural (quasi)control group. For our presentation, we evaluate the effectiveness of EAAA by comparing the 6-month incidence of rape, attempted rape, and other forms of sexual assault for women between groups. We use a comparison of mediators (e.g., risk perceptions, self-efficacy) and fidelity ratings to interpret these outcomes. Successful transition from an RCT context to natural implementation is critical for effective prevention.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 71460 - Paper within a symposium (Symposium ID: 70384)

The Process and Outcomes of Adapting an Effective, Evidence-Based Sexual Assault Resistance Intervention for Adolescent Girls

Main Presenting Author: Crann, E. Sara

Additional Author: Senn, Y. Charlene

Abstract: *Adolescent girls are at high risk for sexual assault (SA) from male peers, including dating partners, yet effective, evidence-based interventions for addressing SA in this age group are limited. Initially developed for university women, the Flip the Script with EAAA™ (EAAA) SA resistance program offers a promising approach for reducing adolescent SA victimization (Senn et al., 2015; 2017). This presentation reports on findings from a mixed-method study undertaken as part of a 5-year process to adapt (and evaluate) EAAA for adolescent girls. Participants were 63 girls between 14-18 years old from across Ontario. Participants took the 4-unit university version of EAAA, provided feedback during a focus group immediately after each unit, and completed a pre-post survey to assess changes to knowledge and attitudes related to SA and SA resistance. Data were analysed using thematic analysis and descriptive and inferential statistics. Taking EAAA resulted in positive changes among participants, including decreased rape myth acceptance and increased self-defence self-efficacy. Although feedback on EAAA was generally positive, the participants identified critical opportunities within the program to increase its relevance and acceptability to teens. Adaptations made to EAAA based on participant feedback, as well as next steps for evaluation and scale-up, will be discussed.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 71462 - Paper within a symposium (Symposium ID: 70384)

Refocusing immigrant research: Highlighting the voices of newcomers to Canada

Moderator: Kassan, Anusha

Abstract: *In Canada, individuals who have recently migrated to a new country are considered to be newcomers, and this may include immigrants, refugees, and international students. Recent newcomers are defined as individuals who have lived in the country for less than 10 years. The literature suggests that newcomers face increased challenges associated with integration into their new host country. Research in this area is vast and spans many disciplines (e.g., Law, STEM, Social Work). While considerable psychological research has been conducted, much of this scholarship has been conducted by non-newcomer researchers "on" newcomer groups. It is critical to shift the balance of power and consider methodologies that will empower newcomer participants. This symposium will*

focus on three research projects that highlight the voices of newcomer in Canada. The first presentation will center on an arts-based engagement ethnography conducted with newcomer high school students. The second presentation will focus on an interpretive phenomenological analysis employed to capture the lived experiences of newcomer youth accessing school-based psychosocial support services during the process of school integration. The third presentation will center on the experiences of Chinese-Canadian newcomer youth with anti-Asian attitudes during COVID-19.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71577, Presenting Papers: 71582, 71581, 71579 - Symposium

Chinese-Canadian Newcomer Youth and their Experiences with Anti-Asian Attitudes During COVID-19

Main Presenting Authors: Wong, Harris; Ford, Laurie

Abstract: *The outbreak of the COVID-19 pandemic has brought about scapegoating and anti-Asian attitudes around the world. There have been many documented discriminatory acts towards Asians online and in person. However, surveys given to Chinese-Canadians have indicated that there is a very low reporting rate for experiencing or witnessing anti-Asian attitudes for newcomer children and youth under the age of 18 compared to newcomer youth and young adults over the age of 18. Furthermore, most of the literature focuses on Chinese-Canadians who are young adults and who have lived in Canada for over 10 year. Chinese-Canadian newcomer youth's experiences with anti-Asian attitudes during the COVID-19 pandemic have largely been unexplored. Using Interpretive Phenomenological Analysis (IPA) as the methodological framework, this study aims to explore and understand Chinese-Canadian newcomer youth's perceptions and experiences of anti-Asian attitudes during COVID-19. The study is in progress at this time, but we anticipate completion by May 2022. In this presentation the perceptions and experiences of Chinese-Canadian newcomer youth during COVID-19 will be highlighted with a focus on the implications of the findings for those working with Chinese Canadian newcomer youth in schools and other settings.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71582 - Paper within a symposium (Symposium ID: 71577)

School-Based Support Services Through the Process of School Integration: A Phenomenological Exploration of Newcomer Youth Experiences

Main Presenting Author: Kalchos, Linnea
Co-Presenting Author: Kassan, Anusha

Abstract: *Newcomer youth represent an important demographic for building Canada's future, but support is needed to facilitate school integration, whereby social, academic, and emotional development is critical. Research has identified barriers to access but fails to capture the rich lived experiences of newcomer youth navigating both school integration and intervention services. This study addressed the research question: _How do newcomer youth experience support services throughout the process of school integration in Canada?_ An interpretive phenomenological analysis was employed to capture the lived experiences of newcomer youth accessing school-based psychosocial support services during the process of school integration. Six first-year undergraduate students, who have immigrated within the last 5 years and attended at least one year of high school in Canada participated in sixty-minute, semi-structured interviews. Emerging results from interviews with newcomer youth highlight the barriers they face entering the school system and reveal methods for making school-based psychosocial support services more accessible and equitable for this population. Moreover, these themes highlight the necessity of capturing the lived experiences of*

newcomer youth, as their experiences of discrimination and navigating a culture shift are individual and nuanced.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71581 - Paper within a symposium (Symposium ID: 71577)

The Voices of Newcomer Youth: An Arts-Based Engagement Ethnography Approach to Understanding School Integration

Main Presenting Author: Kenny, Veronica
Co-Presenting Author: Kassan, Anusha

Abstract: *Research on Canadian migration dates back to the early 1970s. While informative, many of these studies employed quantitative methodologies alone and only focused on a small set of factors impacting newcomers. Further, this research rarely takes into account the voices and experience of newcomer youth. As such, this study employed a Social Justice framework to investigate the phenomenon of school integration among newcomer youth – positioning them as experts on their own lives. More specifically, it used an Arts-Based Engagement Ethnography – an innovative, arts-based, research design – to capture the experiences of school integration of a group of newcomer students. It was guided by the following research questions: _How do newcomer youth experience school?_ and "_How do these experiences influence their positive integration into the school system?_ Participants were recruited from a large school district in British Columbia and data is being generated through the collection participant artifacts, in-depth qualitative interviews, and focus groups. Although the research is ongoing, preliminary data will be presented along with recommendations for school psychologists working with newcomer students. Policy implications will also be dicussed.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71579 - Paper within a symposium (Symposium ID: 71577)

Sexual Assault in High School and University: New Directions in Research and Measurement

Moderator: Senn, Charlene Y.

Abstract: *This symposium will feature recent research that adds to our understanding of sexual assault in high school and university. In the first of three presentations, Dr. Sara Crann will describe findings from qualitative research on teen girls' perspectives of their relationships with boys, their experiences of sexual assault/coercion, including the role of technology, and their experiences of resistance. The second presenter, Dr. Nicole Jeffrey, will share findings from the first random sample study of sexual violence on a university campus since the 1990s, which confirms the continued high rates of sexual violence experienced by university students along with some potential challenges to past research findings related to women's perpetration and men's victimization. In the final presentation, Dr. Jeffrey will describe research inspired by the previous study to gain insight into these findings. Qualitative data using a "think aloud" technique was used to compare differences between men and women participants' interpretation of questions from the Sexual Experiences Survey-short form Victimization and Perpetration.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 70627, Presenting Papers: 71470, 71469, 71472 - Symposium

A Random Sample Study Assessing the Scope, Nature, and Impact of Sexual Violence Among University Students in Canada

Main Presenting Author: Jeffrey, K. Nicole

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

Abstract: *We will present findings from one of only two existing Canadian university random sample studies documenting the ubiquity and context of sexual violence (SV) since the 1990s. We examined the scope, nature, and impact of SV in a large (N = 977) and diverse sample of students from one university in 2020. SV was experienced by 23.2% of women, 9.6% of men, and 16.7% of nonbinary students in the previous year. Women reported significantly greater trauma and academic impact of victimization than men. Victims of rape and attempted rape were most often assaulted in someone's home by men they knew but who were not students. Our results did not align with previous studies in that we did not find a fall semester "red zone" of increased risk of rape or attempted rape for first-year students. Nor did women's victimization vary by race, international status, sexual identity, or disability, however, second-year women were at increased risk. And, finally, we found that roughly equal proportions (6%) of women and men reported perpetrating SV (no nonbinary students reported perpetrating), which contradicts decades of evidence that men perpetrate at much higher rates than women (e.g., Campbell et al., 2021). An in-depth qualitative investigation of womens and men's perpetration reports is needed to clarify this finding. Our results can inform prevention, policy, and service provision.*

Section: Women and Psychology / Femmes et psychologie
Session ID: 71470 - Paper within a symposium (Symposium ID: 70627)

Consensual and Nonconsensual Sexting among Teens: Examining Adolescent Girls' Perspectives and Implications for Sexual Violence Prevention

Main Presenting Author: Crann, E. Sara

Additional Author: Senn, Y. Charlene

Abstract: *Sexting, or the electronic sharing of sexually explicit photos, videos, and messages, is a common way for youth to explore their sexuality. However, research has documented the gendered risks associated with sexting, with girls being particularly likely to be coerced by dating or potential romantic partners into sending explicit photographs and having explicit photos shared without their permission (Kim et al., 2020; Lippman and Campbell, 2014). Collected as part of a larger study to examine adolescent girls' perspectives on relationships with boys, sexual assault, and resistance to inform the adaptation of a sexual assault resistance intervention for girls, this presentation reports on adolescent girls' perspectives on consensual and non-consensual sexting. Participants were 34 adolescent girls between 14-17 years old who participated in focus groups across Ontario. Data were analyzed using reflexive thematic analysis. Receiving unwanted sexts from male peers and being coerced into sending sexts to male peers was common. Girls identified gendered differences in the experiences and consequences of sexting and indicated a desire and need to learn information and skills to help them respond to this form of sexual violence. Implications for adolescent dating violence and sexual assault prevention interventions will be discussed.*

Section: Women and Psychology / Femmes et psychologie
Session ID: 71469 - Paper within a symposium (Symposium ID: 70627)

Students' Interpretations of Sexual Violence Questions: A Think Aloud Study

Main Presenting Author: Jeffrey, K. Nicole
Co-Presenting Author: . Senn, Charlene Y

Abstract: *Despite decades of evidence that women bear the brunt of sexual violence (SV) usually by men (e.g., Cantor et al., 2017), some recent research (e.g., Walsh et al., 2019) has found comparable perpetration rates between women and men and higher than usual victimization rates among men. These findings raise questions about the validity of survey responses and the comparability of reports by women and men, which may represent qualitatively different experiences. Past research suggests that SV measures may not capture some of men's victimization, such as being forced to penetrate someone (e.g., Littleton et al., 2020). Some men deliberately conceal their perpetration or decide not to report ambiguous behaviours (Strang and Peterson, 2020). By contrast, women may be more likely to remember and report their perpetration because it violates social expectations, and some mistakenly report victimization on perpetration items (Buday and Peterson, 2015). Using the most widely used measure (SES-SFV and SES-SFP; Koss et al., 2007) and a think aloud method as respondents answered the survey, we qualitatively compared womens and men's interpretations of perpetration and victimization items and the types of behaviours they reported and excluded. This research will help improve SV measurement and our understanding of the comparability of perpetration and victimization reported by women and men.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 71472 - Paper within a symposium (Symposium ID: 70627)

Three Actions for Promoting Mental Health Equity of Black Refugees in Alberta: Perceptions from Community Stakeholders

Moderator: Yohani, Sophie

Abstract: *Despite Canada's racial diversity and emphasis on social inclusion, significant social inequities negatively affect Canada's Black population. Our symposium examines the perceptions of stakeholders who work with Black communities in Alberta on actions that can be taken to promote the mental health of Black Canadians who settled in Canada as refugees. We used group concept mapping systems to synthesize and organize ideas of stakeholders (n=174; community leaders, service providers, and informal supporters) guided by the prompt, " a specific action that would improve the mental health equity of Black refugees living in Canada is…" Focus groups were conducted in Edmonton and Calgary where 123 stakeholders initially generated a total of 84 statements. In addition, 51 stakeholders subsequently sorted the generated statements by order of similarity and then rated each statement by order of importance and ideas in action. Results identified 10 cluster maps that highlight key social determinants that could improve equity regarding mental health for Black refugees. Our papers examine clusters related to addressing equity in housing, addressing the criminalization of Black Canadians and the promotion of cultural ways of knowing as critical actions identified by stakeholders, with a focus on implications for policy and mental health/counselling practice.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71741, Presenting Papers: 72140, 72139, 72141 - Symposium

(Re)Centering Cultural Identities and Ways of Knowing in Mental Health in Practice

Main Presenting Author: Yohani, Sophie

Additional Authors: King, Regine; Rozendaal, Kate

Abstract: *The provision of culturally relevant mental health services is identified as one critical step to reducing barriers to mental health service equity by Black refugees. Yet few studies have examined what this actually looks like in action and rarely from the perspectives of Black Canadians. In this paper, we examine results from our study that shows the promotion of culturally relevant mental health services was viewed as highly important but not seen in current services. In contrast, the promotion of cultural identity and promotion of cultural ways of knowing was rated as low in importance yet seen in current services by community leaders and informal supporters. We will unpack this seemingly contradictory finding that demonstrates how the cultural ways of knowing of Black refugee communities are dismissed in the public institutions and forced into private community spaces. Implications for culturally relevant mental health services and counselling will be discussed.*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 72140 - Paper within a symposium (Symposium ID: 71741)

Addressing the Criminalization of Black Canadians Promotes Mental Health Equity

Main Presenting Author: King, Regine

Additional Authors: Yohani, Sophie ; Este, Dave

Abstract: *Emerging empirical evidence suggest pronounced anti-Black racism in Alberta, yet little is known about the actions that are taken to mitigate effects on the mental health and overall well-being of Black Albertans, particularly those who settled in the province as refugees. This paper draws on findings from two clusters in our study that were ranked by stakeholders as the most important in promoting health equity and the mental health of Black Canadians, however, they are the least seen in implementation: address the criminalization of Black Canadians and promote appropriate and culturally relevant mental health. The presentation will deconstruct the significance and implication of addressing the criminalization of Black Canadians from an anti-black racism lens as a key component of promoting mental health equity and mental health of Canada's Black refugees.*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 72139 - Paper within a symposium (Symposium ID: 71741)

Equitable Access to Housing is Critical for the Mental health of Black Refugees

Main Presenting Author: Rugumaya, Marie Jolie

Additional Author: King, Regine

Abstract: *Access to safe and affordable housing is a critical social determinant of mental health. This paper will examine the differences in perceptions on housing equity and access amongst three stakeholder groups in our study. Specifically, service providers view equity in housing to be a lower priority as an action item for the mental health of Black refugees and understand it as well-implemented. Black community leaders and volunteers view it as a high priority action for refugee mental health that is least implemented. Furthermore, participants suggested that addressing the ways unsafe, unhealthy, and deteriorating conditions in existing social housing further marginalizes Black*

refugees requires a review of social housing policy. This paper will use these findings to discuss why Canada and Alberta need to develop policies that ensure equitable access to quality housing for refugees and specifically Black refugees who are often discriminated against in both social and private housing. Implications for the mental health of Black refugees will be addressed.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 72141 - Paper within a symposium (Symposium ID: 71741)

Using Arts-Based Engagement Ethnography in Psychological Research: Processes and Outcomes

Moderator: Kassan, Anusha

Abstract: *Ethnographic research, with its roots in cultural anthropology, aims to understand the social and cultural meanings of a phenomenon in order to gain a deeper understanding of the lived experiences of individuals within a specific group. Researchers across the fields of education, public health, and nursing have employed various types of ethnographic methods to study complex processes and experiences. To bring innovation to psychological research, we developed an Arts-Based Engagement Ethnography (ABEE) as a means of prioritizing the voices and experiences of research participants. It is a form of rapid ethnography because it allows for in-depth data collection in non-invasive ways over a relatively short period of time. It is also a critical ethnography because it entails individual, group, and systemic analyses of participant experiences. In ABEE Participants share their experiences through two distinct, but related phases: a) cultural probes and associated individual qualitative interviews, and b) planned discussion groups. In this symposium, we will outline the nature of ABEE (first presentation) and share results from two research projects that have used this methodology with newcomer students (second presentation) as well as newcomer families (third presentation).*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71585, Presenting Papers: 71589, 71590, 71588 - Symposium

"You Can Do So Much Better Than What They Expect": An Arts-Based Engagement Ethnography on School Integration With Newcomer Youth

Main Presenting Author: Matejko, Emily
Co-Presenting Author: Kassan, Anusha

Abstract: *Newcomer adolescents make up a large minority of Canada's population and their positive integration experiences with education systems across the country are critical for both their development and the country's long-term success. The current study examined newcomer adolescents' integration experiences using an arts-based engagement ethnography to understand what influences their positive integration into the school system. Our study was guided by the research question: From the perspective of newcomer adolescents, what influences their positive integration into the school system? Artifacts, interview, and focus group data were analyzed systematically using ethnographic research guidelines. Five structures were identified: 1) barriers to advancement at individual, school, and macro levels, 2) fluctuating relationship with cultural identity, 3) limited trust in systems, 4) resilience through independent learning, and 5) facilitating factors to positive integration experiences at the family and school level. In keeping with a relational developmental systems theory framework, each structure accounts for multiple inter- and intra-individual factors at multiple environmental*

levels. Our findings outline considerations to address systemic issues in academic institutions, as well as suggestions for teachers, service-providers, and policy development.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71589 - Paper within a symposium (Symposium ID: 71585)

Familial Experiences with School Integration: An Arts-Based Engagement Ethnography

Main Presenting Authors: Zak, Michelle; Zaidi, Rahat
Co-Presenting Authors: Kassan, Anusha; Khan, Mahnoor

Abstract: *By 2036, it is projected that people who are part of a racialized group will represent over 30% of Canada's population. As such, the school becomes their first point of contact of these families with their host country. Therefore, educational systems play a pivotal role in the settlement and school integration experiences of families who immigrate to Canada. Through a social justice framework, combined with an arts-based engagement ethnographic (ABEE) methodology, this study captures newcomer families' lived settlement and school integration experiences. ABEE works well for vulnerable or hard-to-reach groups because participants can convey their experiences using multiple arts-based mediums without relying solely on linguistic forms of expression. Using purposeful sampling, six families who immigrated from Ethiopia, Pakistan, Bangladesh, the Philippines, Yemen, and Syria participated in this study. Our preliminary analysis identified three overarching themes: 1) the role of the school system, 2) the role of cultural identity, and 3) the role of family, friends, and community. On a systemic level, this study will have implications for educators, service providers, policymakers, and key stakeholders to gain an awareness of newcomer families' lived experiences and be better equipped to provide culturally responsive supports for newcomer students and their families.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71590 - Paper within a symposium (Symposium ID: 71585)

Innovative Research Designs: A Methodological Overview of Arts-Based Engagement Ethnography

Main Presenting Author: Mukred, Rabab
Co-Presenting Author: Kassan, Anusha

Abstract: *Arts-based research methodologies has become more widely used when conducting qualitative research with vulnerable and/or minoritized communities. As qualitative research often entails intimate investigations on various phenomenon, the utilization of innovative methodologies may be helpful. As such, we will be discussing an arts-based engagement ethnography (ABEE) as a means of providing vulnerable and underrepresented communities an engaging and innovating approach to highlight their experiences. Accordingly, we will discuss the research process followed in ABEE, which includes a) cultural probes and associated individual qualitative interviews, followed by b) planned discussion groups. We will also be highlighting the benefits of using creative and alternate forms of communication (i.e., written, verbal, experiential, artistic), as well as limitations, implications, and future research. It is important for social science research to advance towards more inclusive and complementary ways of exploring phenomenon with harder-to-reach communities; hence, we advocate for the use of ABEE and other arts-based methodologies with newcomer communities.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71588 - Paper within a symposium (Symposium ID: 71585)

THEME: SERVING COMMUNITIES

Strengthening communities by seeking to understand and address the specific needs of a given community

12-Minute Talk

"A bit of a double blow:" An intersectional understanding of heterosexist events among autistic-LGBTQ+ individuals

Main Presenting Author: Maroney, R Meredith

Additional Author: Chickerella, Rachel

Abstract: *Heterosexist events differentially impact individuals with multiple minoritized identities (Balsam et al., 2011), with emerging research linking LGBT-stigma to worse mental health outcomes among autistic-transgender youth (Strang et al., 2021). The purpose of this study was to explore how sexual minority autistic adults understand distressing heterosexist events they reported in the context of other marginalized identities. Our sample of 50 autistic sexual minority participants was diverse in age and gender. We utilized an inductive, intersectional approach to thematic analysis to recognize patterns within our dataset (Braun and Clarke, 2006; Crenshaw, 1989). Results indicated four distinct themes highlighting the impact of intersecting identities on distressing heterosexist events: Assumptions about autism, age: "too young to know better;" religion: "queerness as abhorrent" and gender: "a bit of a double blow." Participants reflected on ways the intersecting identities influencing the way they navigated heterosexist events, and how others responded them; "I told a therapist I thought I was gay she said no you don't strike me as gay, you are probably ace because lots of people on the spectrum are." Results will be discussed in the context of recommendations for research and clinical practice that accounts for the intersection of autism and LGBTQ+ identities.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 71364 - 12-Minute Talk

A Scoping Review on How Mental Health Professionals Support the Faith Practices of Black Immigrants

Main Presenting Author: Dixon, Sandra
Co-Presenting Authors: Bell, Juliane ; Amin, Dania

Additional Author: Cardozo, Paula

Abstract: *A thorough review of the social science literature has revealed that various cross-cultural challenges hinder Black immigrants (BIs) in Canada from accessing counselling services. _BIs _describe individuals who self-identify as Black from such countries as the Caribbean and Africa. These individuals experience diverse mental health challenges such as the lack of culturally appropriate counselling services and social injustices. Informed by Arksey and O'Malley's (2005) scoping review methodology, the rationale for this research is to explore how_ _mental health professionals (MHPs) such as counsellors and psychologists support the faith practices of BIs who often use their faith to cope. _Faith_ is viewed as a broad concept that_ _embraces religious and spiritual dimensions, which are critical to the cultural identities and lived experiences for many BCIs.*

In this presentation, a significant result drawn from the research will show that MHPs should increase their cultural competencies around skill, awareness, and knowledge to better work with BI clients. The result also concludes that faith is often not addressed as a coping strategy in counselling, although it is used by many BI clients as source of strength. _A key _RECOMMENDATION IS _a__ __call to action for MHPs to advocate for the mental health care and holistic wellness of diverse clients, including __BIs in Canada.__ _

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70574 - 12-Minute Talk

Clinicians' experiences transitioning to telehealth during the COVID-19 pandemic: Benefits and challenges while treating persons with concurrent disorders

Main Presenting Author: Jones, L. Shannon
Co-Presenting Author: Watts, Dana

Additional Authors: Brache, Kristina; Bedford, Emily

Abstract: *Given that the COVID-19 pandemic has required a rapid uptake of virtual services in mental health settings, evaluating the roll-out of telehealth interventions is an identified research priority (Wind et al., 2020). The current study explored the experiences of clinicians providing telehealth services to patients with concurrent addiction and mental health (AMH) disorders at an outpatient clinic during the COVID-19 pandemic. Twenty-two clinicians completed a mixed-methods survey to answer: 1) What were clinicians opinions regarding delivering therapy via telehealth prior to the pandemic? 2) How have these opinions changed since the pandemic? 3) What benefits and challenges have clinicians faced in delivering telehealth services? 4) How do clinicians envision using telehealth in the future? Thematic coding will be used to analyze open-ended feedback and descriptive analyses will report on the types of and most common benefits and challenges experienced by clinicians (e.g., intoxication during sessions), ratings regarding any changes in opinions regarding telehealth, and how they want telehealth to be used in the future. The findings will inform AMH programs of what clinicians are experiencing on the frontlines with restrictions on face-to-face services, and how we might adapt programs and training to meet the needs of clinicians and the people we are serving going forward.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 71359 - 12-Minute Talk

Efficacy of Mental Illness Stigma Reduction Interventions for Asian Men in Canada: Results from a Randomized Controlled Trial

Main Presenting Author: Park, Joanne

Additional Authors: Sato, Christa; McLuckie, Alan; Este, David

Abstract: *Mental illness stigma is associated with reluctance to seek treatment and poor quality of life for those living with a mental health disorder (Shrivastava et al., 2013). Previous research on stigma interventions in Western countries has demonstrated small, but significant effects of anti-stigma efforts (Na et al., In preparation). However, very little research exists examining the efficacy of stigma interventions in racialized and marginalized populations. The purpose of this study was to*

compare the efficacy of four anti-stigma interventions (Psychoeducation, Acceptance and Commitment Therapy (ACT), Contact-based Empowerment Education (CEE), and a combination of ACT and CEE) in a sample of Asian men in Calgary, Canada (_n_ = 552). Participants were randomized to one of the four interventions and completed measures of mental illness stigma and attitudes towards social justice at pre- and post-intervention. Linear mixed-effects modelling indicated that there was a significant two-way interaction between time and intervention for mental illness stigma and attitudes towards social justice. Only the CEE and the ACT+CEE interventions demonstrated significant reductions in mental illness stigma and more positive attitudes towards social justice. This study suggests that the CEE intervention may be most effective in shifting attitudes and stigma within this population of Asian men.

Section: *Community Psychology / Psychologie communautaire*
Session ID: 71560 - 12-Minute Talk

Ethical Considerations in the use of Harm Reduction Approaches

Main Presenting Author: Chalmers, H Jennifer
Co-Presenting Author: Ross, Mary H

Abstract: *Harm reduction approaches with substance use counselling are becoming more frequently considered in mental health settings, including rural and remote communities in the Northwest Territories. Harm reduction is a general term for counselling approaches that aim to reduce the problematic, public health risks and impulsive behaviours that can occur in the community setting (remote, isolated and urban). Effectiveness studies have provided support for harm reduction, including safe consumption sites, sobering centres, and with individual and group practice. However, there remains stigma and ethical concerns for psychologists/mental health counsellors, if they encourage clients to consider harm reduction with substances. The CPA code of ethics and the principles of harm reduction therapy "meet me where I am" are compatible and provide the guidance for mental health documentation/risk management and respect for client dignity and autonomy. The northern community setting in the NWT, and urban centre supports can do good work with use of harm reduction strategies, and with back-up from evidence-based studies, but do need guidance and support in defending the use of harm reduction with the public, policy, and other health professionals. Recommendations will be discussed for future research to support the use of harm reduction approaches as an acceptable therapeutic approach.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 71860 - 12-Minute Talk

Exploring Heterogeneity Among Non-Offending Child-Attracted Persons

Main Presenting Author: Mundy, Crystal

Abstract: *Literature suggests that a variety of biopsychosocial factors may be related to sexual attraction to children. This research program used a multimethod approach to explore such heterogeneity among non-offending child-attracted persons. First, quantitative data were collected from 116 self-identified child-attracted persons and 208 university students. Comparative analyses indicated many similarities between the samples, although there were several key differences. A latent profile analysis indicated that a four-profile model best fit the data. Second, qualitative data were collected from 23 child-attracted persons via semi-structured interviews. Thematic analysis of the data uncovered several key themes, including understanding attraction to children as a sexual orientation;*

how such attractions are viewed and treated societally; engagement in sexuality; mental health concerns and associated therapy services; and the overall impact of the attraction. The findings support the presence of heterogeneity among child-attracted persons. Further, they suggest negative mental health outcomes associated with being attracted to children, often beginning in adolescence. These findings underscore the need to continue to pursue research in this area and develop further understandings of sexual attraction to children and related outcomes.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71443 - 12-Minute Talk

How clinicians can support generativity among people with mental health challenges: results of a nominal group technique

Main Presenting Author: Jordan, Gerald

Additional Authors: Bragg, Cheri; Ries, Graziela ; Harper, Annie; Wexler, Thomas; Bromage, Billy; Hammer, Paul; Bernard, Pauline; Davidson, Larry; Bellamy, Chyrell

Abstract: *BACKGROUND: Generativity refers to the contributions that people make towards the betterment of others, communities, and future generations. Engaging in generativity can help people with mental health problems find meaning in life and form connections with others. Given this, clinicians may be keen to support generativity among their clients. Yet, a lack of consensus around how clinicians can best support generativity hinds the development of generativity-related interventions. METHODS: To address this knowledge gap, consensus on how clinicians should support generativity was established among 11 mental health experts using a nominal group technique. Participants discussed how clinicians should support generativity and then ranked the group's top three statements. RESULTS: The top three statements were that to support generativity, clinicians should 1) recognize that generativity is a fundamental human right; 2) connect people who have experienced mental health challenges to their communities; and 3) take an active and collaborative role when supporting generativity. CONCLUSIONS: To support generativity, clinicians can support the individual needs of clients while also developing stronger partnerships with community resources. IMPACT: Psychologists can support their clients' recovery from mental illness and encourage greater community participation by supporting generativity.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 71750 - 12-Minute Talk

Mental Health and Organizational Stress: Comparison Between Police Officers and Dispatch Operators

Main Presenting Author: Gryshchuk, Lena

Additional Author: Campbell, Mary Ann

Abstract: *The current study investigated vulnerability to mental health concerns and organizational stressors between police officers and dispatch operators to understand the degree of similarity between these two groups. A total of 243 first responders (police officers _n_ = 217; dispatch operators _n_ = 26) from three Atlantic Canadian municipalities participated in the mental wellness survey. Participants' age in the current sample ranged from 20 to 66 years (_M_ = 41.9, _SD_ = 9.9),*

and the average duration of participants' employment was 15 years (_M_ = 14.9, _SD_ = 9.4). Survey measures included the DSM-5 Level 1 Cross-Cutting screening tool (DSM-CC, APA, 2013); the PTSD Checklist for DSM-5 (PCL-5; Conybeare et al., 2012); and the Stressful Events Checklist (SEC; author-developed). The Multivariate Analysis of Covariance (MANCOVA) was utilized to explore the difference between police officers and dispatch operators on depression, anxiety, suicidal ideation, substance use, organizational stressors, and the elevation on Post-Traumatic Stress Disorder while controlling for age and gender. The main effect of occupational status was non-significant at _p_ = .64. Overall, the results of the current study further support the position of dispatch operators as first responders and highlight the need for more research to better understand the nuances of dispatch operators needs in the workplace.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71017 - 12-Minute Talk

Narratives of Women in Domestic Violence Shelters: Views of Intimate Partner Relationships & Time in Shelter

Main Presenting Author: Johnson, ES 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 how women who have experienced IPV construct and make meaning of their relationships in light of dominant cultural narratives about intimate relationships, as well as an analysis of how women understand their time in domestic violence shelter. Analysis of interviews with eight women in shelter was informed by postmodern, feminist, post-colonial scholarship. Results revealed how women experiencing violence in their relationships attempt to align with dominant narratives about "healthy" relationships and a "recovery narrative" through their time in shelter. The women addressed inconsistencies between the cultural narrative and their experiences by compartmentalizing violence through an addictions lens, constructing pre/post violence narratives, and shifting how they assessed their relationships to include their social contexts. This research highlights the negative outcomes that can result from disconnection between lived experience and dominant relationship narratives. Recommendations for service providers and directions for future research are discussed.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71881 - 12-Minute Talk

Perceptions of the Therapeutic Relationship held by Parents of Children with Complex Needs

Main Presenting Author: Causey, Mckenna
Co-Presenting Authors: Wells, Gregory; Yeap, Reiko

Abstract: *This exploratory study sought to better understand perceptions of the therapeutic (parent-therapist) relationship held by parents of children with complex needs by examining contributors to parental satisfaction with this relationship – a relationship closely tied to the effectiveness of therapy and to the childs perceived quality of life. The study took place in two phases. Initially, a sample of parents, primarily residing in Central Alberta and recruited from on-line discussion forums dedicated*

to the issues and concerns of parents of children with complex needs, completed an on-line survey measuring parental satisfaction with the therapeutic relationship as well as potential predictors including perceptions of family centred care, perceived parental control over the direction of therapy, family resources and formal supports. In a second phase, subsequent semi-structured interviews were held with a sub-set of volunteers drawn from the survey sample. Quantitative and qualitative results will be discussed. It is hoped that the results of this study will be of value to parents and therapists seeking to enhance the therapeutic relationship, and provide future research direction in this area.

Section: Developmental Psychology / Psychologie du développement
Session ID: 71638 - 12-Minute Talk

Piloting a Virtual Peer Support Group for Muslim Women: Using Faith and Art to Connect in COVID

Main Presenting Author: Qasim, Kashmala

Abstract: BACKGROUND: Despite the global response of COVID-19, access and effectiveness of virtual mental health care have not been examined adequately for diverse populations, especially in the context of Muslim identities and faith practices. METHODS: We recruited nine adult, self-identifying Muslim women from across the Greater Toronto Area to participate in a 5-week arts-based online support group. RESULTS: Hierarchical coding was conducted on Dedoose, a web-based application to identify main themes from the data as well as to memo the principle investigator's reflexivity. Four primary themes were identified including the role of technology in healthcare, access to faith-based services, the value of peer support as well as the role of art in therapy.
CONCLUSIONS: Many participants reported feeling misunderstood by Western conceptions of mental health, especially related to concerns around gender, immigration, and family dynamics. Overall, participants found the virtual space a convenient place to connect with other women. IMPACT: To overcome the barriers to accessing virtual mental health care, the findings are being shared with non-profit mental health organizations in Canada, as well as being used to train mental health practitioners about the importance of honoring the multiple ways of healing in mental health treatment.

Section: Community Psychology / Psychologie communautaire
Session ID: 70916 - 12-Minute Talk

Reintegration of repentant terrorist: An IPA study of community experiences of trauma in Nigeria

Main Presenting Author: Ike, Juliet Tarela
Co-Presenting Author: Jidong, Dung Ezekiel

Abstract: Background/Rationale: Reintegration in conflict settings poses significant challenges. In Nigeria, while much emphasis focuses on deradicalizing and rehabilitating repentant combatants, minimal emphasis has been accorded the traumatic experience faced by the community members and its impact on limiting reintegration. Methods: This study makes an original and significant contribution by drawing on an Interpretative Phenomenological Analytical lens to explore community members who are victims' experiences of trauma in conflict settings. The study drew on empirical data from 30 participants recruited from Bornu, Adamawa, and Kaduna states. Results: The analysis found

that trauma limits reintegration as well as scepticism behind the genuine repentance of the combatants. It also found that trauma was perceived to transcend beyond the immediate victims to the community. Conclusion: Addressing trauma of community members who are victims could help promote positive social reintegration and acceptance of repentant Boko Haram members and their families. Action: The study recommends a trauma-informed cognitive behavioural therapy intervention to improve a positive outlook which encourages reintegration and reduces potential recidivism.

Section: *Extremism and Terrorism / Extrémisme et terrorisme*
Session ID: 70044 - 12-Minute Talk

Rethinking Wellness Assessments: A Decolonized Approach to Development and Piloting Considerations

Main Presenting Author: Levasseur-Puhach, Sydney

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

Abstract: *BACKGROUND. Challenges exist working within colonial systems that have structural gaps to addressing family needs. One such gap is the lack of culturally aligned measurement of wellness appropriate for Indigenous children and youth. A team of Indigenous researchers has led the development and piloting of such a measure through an Indigenous Council. METHODS. Council meetings were conducted in 2020. Participants were recruited based on experience in areas of child-welfare, policy development, and Traditional Knowledge. We have begun a pilot study for the developed assessment with Indigenous youth aged 13-18 in Manitoba. RESULTS. Analyses suggest conversational and arts-based methods to be most culturally relevant and reflective of processes of storytelling and relationship-building. Twelve youth participants have been a part of the pilot program. Final results are expected in May 2022. CONCLUSION. Taken together, this work will represent the culmination of an Indigenous-led multi-collaborator process to understand child wellness in the Canadian context. IMPACT. This research will span across community, policy, and practice to contribute to the growing movement toward reclaiming control over our health and wellness as Indigenous Peoples.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70832 - 12-Minute Talk

Support for Elders During the COVID-19 Pandemic: Follow Up from the DESTINED Project

Main Presenting Author: Hartney, Elizabeth

Additional Author: Joe, Eunice

Abstract: *Indigenous peoples in Canada have been subjected to systemic violence for centuries, including mass genocide and forced relocation. Ongoing racism through the health system continues to be documented (TRC, 2016; Turpel-Lafond, 2020). The Developing Elders Support for Trauma Informed Emergency Departments (DESTINED) project aimed to directly address systemic violence towards Indigenous Elders in the health system, through data collected in talking circles and interviews with Elders and direct system change based on the findings, and has been reported in*

phenomenological analysis methodology will be used to interview and analyze the lived experiences of three to six young adults who have been formally diagnosed with ADHD. At present, the research is under ethics board review, and data collection is to proceed early in the New Year. This study, one of the first of its kind to explore the first-person, non-pathologized lived experience of young adults with ADHD, could help uncover unique perspectives on the development and diagnosis of ADHD, and inform appropriate supports in training, practice, and policy involving parents, teachers, and psychologists alike. The results, we hope will also, in turn, generate research questions for further study.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71068 - 12-Minute Talk

West Meets East: Cultural Identity and Mental Health as a Chinese Canadian Emerging Adult

Main Presenting Authors: Chan Kent, S Alysha; Choy, Alexander J

Additional Author: Robertson, E Sharon

Abstract: *The development of identity and mental health concerns in emerging adulthood are well documented. However, these experiences amongst Canadian-born Chinese have not been explored in-depth. Two qualitative studies explored the developmental experiences of Canadian-born Chinese emerging adults and their implications for mental health services. One study explored the lived experience of parental divorce during childhood among Canadian-born Chinese women and its influence on identity development during emerging adulthood. A second study examined the experiences of Canadian-born Chinese students who experienced mental health concerns with emphasis on how Chinese Canadian culture influenced processes of identifying concerns and engaging with mental health services. Participants focus on cultural identity development was of particular interest in both studies. Specifically, these studies examined the various ways that participants Chinese Canadian identities were intertwined with their experiences and how it impacted their understandings of themselves as bi-cultural emerging adults. These studies provide unique insight on experiences of Canandian-born Chinese emerging adults, enabling clinicians to practice with greater cultural sensitivity and understanding. Implications and recommendations for culture-infused counselling, mental health service design, and health promotion are*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70947 - 12-Minute Talk

Examining the Facilitators and Barriers of Coping following Military Sexual Trauma: A Narrative Inquiry with Women Veterans

Main Presenting Author: Baugh, M. Leah

Additional Author: Buchanan, J Marla

Abstract: *BACKGROUND/RATIONALE: The military has historically failed to address the harassment and abuse that female veterans experience during service (Carson and Carson 2018). Many female veterans have reported feeling demeaned, betrayed, and sexually assaulted by their male counterparts (Burkhart and Hogan, 2015). The aim of the present study was to examine the barriers*

and facilitators of coping among female veterans (_N_=12) who have experienced military sexual trauma. METHODS: Buchanan-Arvays (2003) collaborative narrative approach was chosen to construct individual narratives following in-depth interviews. RESULTS: The barriers that have been found include: shame associated with being unable to defend themselves, fear surrounding the consequences of speaking out, and lack of accountability and support. Facilitators of coping include: safe contexts where survivors are believed, social support from other survivors of military sexual assault, and mental health support. CONCLUSIONS: Findings indicate that the military is not adequately supporting female veteran survivors of military sexual assault and that there are minimal consequences for perpetrators. ACTION/IMPACT: The military needs to invest in additional intervention programming and support for survivors, and accountability and consequences for perpetrators. Preliminary findings were featured in a CTV W5 documentary in October 2021.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71101 - Virtual 12-Minute Talk

Conversation Session

Addressing Structural Injustices Impacting Toronto Youth Health, Safety and Well-being

Main Presenting Author: Cunningham, M Keith

Abstract: *This presentation will draw on experiential and lived experiences of youth and frontline staff at a time when youth safety is in a state of crisis globally. Youth homicide, substance addiction and overdose, and drug and human trafficking among other issues are at an all time high. Overall, it will seek to address the structural injustices that place the health, safety, and well-being of Toronto youth in jeopardy from the perspective of the frontline by focusing on three key areas. Firstly, the presentation will highlight the ugly truth about youth safety in Toronto by focusing on some of the roots of youth violence for example racist and exclusionary practices in education, youth employment, healthcare, housing, youth justice, and the child welfare systems. Secondly, it will seek to address how these structures need to change and why. Finally, it will provide some helpful strategies to make those changes effective and meaningful with long-term commitment and support using a collective place-based approach with strong private, public. and non-profit sectors relationships that is grounded in equity and inclusionary practices within and across the various systems. In summary, the overall goal of this presentation is to the raise awareness of youth safety concerns particularly in Toronto and to outline some helpful strategies that could be used to cauterize the problem.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 71654 - Conversation Session

Could less be more? Exploring the efficacy of brief trauma-focused therapy with refugees.

Main Presenting Author: Kitchenham, V Ashlee
Co-Presenting Author: Edgington Kirby, Jill K

Abstract: *The Calgary Catholic Immigration Society (CCIS) is Canada's fourth largest immigrant-serving agency. In 2017, CCIS launched the Centre for Refugee Resilience (CRR) to offer trauma-focused therapy services to refugees and their families. Over the last few years, the demand for CRR's*

brief therapy service has grown exponentially. In this conversation session, the CRR will share their experience of providing brief trauma-focused therapy with refugees. This will include an overview of the approach and modalities used, a discussion related to what the CRR team has learned using this approach, an exploration of mental health within the resettlement process, and feedback from the clients and communities served through this model. Together with session participants, the CRR team will examine common mental health practices related to engaging in trauma-focused therapy with refugees and explore perceptions of using brief therapy with this population. Specifically, the presenters will use open-ended questions designed to encourage participants to share their therapeutic experiences with refugees and their thoughts related to the benefits and challenges of using a brief therapy model with this population. Following this, the presenters will draw attention to the immediate relevance of this session within the context of the immense influx of Afghan refugees that Canada is supporting.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70698 - Conversation Session

Exploring how intercultural families navigate the provision of care and support for aging parents

Main Presenting Author: Kaltsidis, Gesthika
Co-Presenting Author: Sinacore, Ada L

Abstract: *In Canada, an increasing number of older people are coming from intercultural marriages, in which at least one partner is foreign-born, and different cultures (including ethnicity, race, or religion) are represented. For adult children in these intercultural families, navigating the cultural, socioeconomical, and legal considerations on provision of care and support to aging parents may yield challenges that are different from same-culture families. Despite the rise of intercultural families, little scholarship exists in addressing the unique needs of this population. The aim of this facilitated conversation session is to explore approaches to better understand how adult children from intercultural families navigate caregiving and support for aging parents, considering the interplay of different cultures within family, and broader societal influences of host and home countries. Relevant literature from gerontology, nursing, social work, and psychology that has focused on aged care and parental caregiving will be discussed. Questions posed will be on the development of scholarship and interventions to address intercultural families' needs related to provision of care and support for aging parents. Engaging in conversation on how we can look after an increasingly diverse older generation may stimulate initiatives to inform culturally-responsive practice, research, and policy.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 69830 - Conversation Session

Intersectionality, and Intergenerational Factors in Newcomer Families

Main Presenting Author: Ghani, Aisha
Co-Presenting Author: Kassan, Anusha

Abstract: *The cultural makeup of Canada continues to evolve, which makes the delivery of culturally sensitive services critical. Research has demonstrated the diverse ways that intergenerational relationships may be experienced in immigrant and newcomer families. Related research also highlights the mediating role of intersecting individual identities. This may include dynamics such as gender and parental monitoring, as well as sibling order and cultural gaps. It is vital that throughout*

our career as psychologists we continue to learn the experience of individuals with worldviews, cultures, experiences, and identities that differ from ours. Therefore, this session will explore how intersectionality and intergenerational factors relate to psychology practice with immigrant and newcomers. Our aim is to bring together individuals with diverse professional experiences and perspectives to share what they have learned in working with immigrant and newcomer individuals and families. Methods used to engage the participants include presenting on recent research findings, as well as recommendations from researchers and practicing clincicans in the area. The presenter will also share their own related professional experiences and what they learned. Then, participants will be encouraged to do the same. Related discussion questions will be posed to the group, if more tools are needed for engagement.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71572 - Conversation Session

Questioning what we know: Reflections of trainees working within remote Indigenous communities

Main Presenting Authors: Faller, Nichole Yvonne; Labonte, Chantal

Abstract: *Background: Trainees attending CPA accredited internship sites come with knowledge and skills typically gained through coursework and experiential learning. As burgeoning psychologists, we are taught to critically consider the research, practically apply the knowledge we have gained, and engage in ethical relationships. What happens when these ways of knowing do not apply to the populations we are working with? As trainees working with Indigenous populations in Northern Ontario, we engaged in a year long self-reflection that resulted in questioning what we thought knew about interventions, assessments, supervision, ethics, and relationship building. Method: We began with initial conversations about our learning, which then unfolded into shared discussion and analysis. Results: Our discussion will focus on four specific themes: psychological ways of knowing, supervision, ethics, and relationship building. Specifically, we will address the adaptations and considerations that are required when working within remote Indigenous communities. Our presentation aims to provide a conversation about navigating and supporting the training of future psychologists working with Indigenous populations in setting that are far from 'gold standard'. We will also be asking attendees to challenge their own ways of thinking and to commit to changing how they see and engage with the world.*

Section: *Rural and Northern Psychology / Psychologie des communautés rurales et nordiques*
Session ID: 70112 - Conversation Session

Reflections from the Field: Bridging Special and General Education in the Kingdom of Saudi Arabia (KSA)

Main Presenting Author: Batool, Asma

Abstract: *The term diversity has been an integral part of inclusive education, however, its meaning, and scope have been widely impacted by the international perspectives on inclusion (Kilinc, 2018). Especially with a recognition that disability is now considered a part of diversity, this becomes interesting to know how diversity and inclusion are viewed within the education sector in KSA (Batool, 2020). This critical lens of inquiry relates to two other questions. (a) What work is being done to support diverse learners (b) What are the lessons learned from the field in supporting diverse learners*

and inclusive education? These questions will be addressed by digging deeper into the past and present perspectives of the educational practitioners in KSA based on an in-depth literature review. The purpose is to share new practices that are recently being introduced in the country to bridge general and special education schools and to discuss the lessons learned from the field. Further, it will also provide a blend of theoretical knowledge and on-ground realities, conflicts, and alternative solutions within the inclusion, diversity, and disability context. Recommendations will be effective for school districts and policymakers of the countries that share similarities with the Kingdom's educational system in terms of traditional approaches to teaching and learning.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71561 - Conversation Session

Panel Discussion

Niitsitapiisini (Real Peoples Way of Life) - Indigenous Approaches to healing Trauma, Reconnecting and Reclaiming Identity, Culture, and Healing.

Moderator: Friedland, Asher

Panelists: Minet, Chantai; Ouellete, Nevada

Abstract: *The inadequacy of Eurocentric therapies with Indigenous people is well documented and has been emphasized in Psychology's Response to the TRC's Task Force Report. Thus, Indigenous people often turn away from mental health services and seek other ways of coping with trauma that can create further suffering. Healing is difficult when trauma has occurred at the personal, community, and historical levels; however, it is made even more difficult if therapists do not authentically engage in understanding the depths of healing through such trauma. Healing with Indigenous communities requires acknowledgement and depathologizing of the roots of trauma. The answers to our healing as Indigenous people lie in our cultures: re-centering healing in our relationships with land, sacred sites, stories, ceremonies, and songs. Our collective healing as Indigenous people requires that we know who we are, where we come from, and where we will belong for time immemorial. The current panel follows up on the Task Force Report to present concrete accounts of how turning to Indigenous methods for wholistic healing provides accountability and opens possibilities for authentic wellness, wholeness, connectedness and returning strength to niiksokowa. The panel will discuss how greater therapeutic success is possible through weaving western practices alongside Indigenous approaches.*

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 71878 - Panel Discussion

Hotel/Motel Shelter model and its Impacts to long-term Housing Solutions

Moderator: Clay, Arron C

Abstract: *Repurposing hotels and motels received widespread attention around the United States and Canada. Many clients prefer the hotel setting over the dormitory setting of other shelters. For many, the mission that these are still emergency shelters may have been lost in the shuffle. What has morphed from emergency housing has turned into a long-term solution to homelessness for many. With that, there are still persistent barriers to substance abuse, mental health, and institutionalized poverty. This discussion will look at the concepts of the hotel/shelter model and observe if this model*

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helps to address barriers to homelessness more efficiently. We will also observe if any negative factors to the hotel/shelter model persist and whether these factors can deter clients from finding long-term housing solutions. The Housing First model will also be discussed, and a focus will be placed on its validity. We will look at these concepts through the lens of Industrial and Organizational Psychology.
 Keywords: Mental health, homelessness, barriers, Housing First

Section: *Community Psychology / Psychologie communautaire*
Session ID: 71440 - Panel Discussion

Indigenous Approaches to Wellness: A Discussion of Diverse Decolonial Perspectives

Moderator: Ouellette, Nevada

Abstract: *Colonization has imposed centuries of oppression, assimilation, and marginalization on Indigenous peoples in Canada. The effects of colonization have run deep within Indigenous communities, resulting in social and psychological disparities between Indigenous peoples and the general population. Examples include increased rates of mental illness, substance use and overdose, trauma, and suicide, among others. As communities work to address these disparities, numerous scholars call for community-driven approaches to wellness and survivance that promote optimal psychological functioning and increase social inclusion in culturally relevant ways. This discussion will offer unique and diverse perspectives from Mi'kmaw, Ampskapii Pikunii (Blackfoot), and Iroquois Cree/Métis students on the importance and interconnection of Indigenous approaches to trauma, substance use, and eating disorders. Ms. Tipple, Mr. Walter, Ms. Plante, and Ms. Eli will share decolonial perspectives on Indigenous health and wellbeing grounded in culture, community, and Indigenous ontologies. We aspire that this discussion will promote dialogue on Indigenous approaches to wellness and inspire other Indigenous scholars to incorporate Indigenous ways of knowing, being, and doing into their research and practice and further the reconciliation process in Canada.*

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 71649 - Panel Discussion

Psychology's Response to the Truth and Reconciliation Commission of Canada's Report In Action: Integrating Community Wisdoms and Ways of Healing into Graduate Education

Moderator: Ouellette, Nevada L

Panelists: Wadsworth, Tisha; Williams, Calvin

Abstract: *In 2018, the Canadian Psychological Association and the Psychology Foundation of Canada issued a report acknowledging harm done to Indigenous peoples on part of the field of psychology, offering action-oriented recommendations for ethical and culturally safe work with Indigenous peoples and communities. Offering clinicians, educators, researchers, and other services providers an opportunity to meaningfully engage in experiential learning of Indigenous approaches to wellness with local knowledge holders and Elders, a first of its kind, community-based graduate program took place on Blackfoot territory. Community-based programs provoke necessary decolonial processes, acknowledge the complexities of Indigenous knowledges and experientially embody*

Indigenous epistemologies. This panel discussion brings together Indigenous and allied professionals working in nursing, education, medicine and counselling psychology to provide a rich discussion of how this community-based program can inform psychologists' collaboration with local Indigenous communities in providing culturally safe and ethical services. Incorporating Indigenous approaches to wellness in this context was found to have profound personal and professional benefits for Indigenous and non-Indigenous people in the local territory, which also rippled into other communities, nations, and cities in Canada and the United States.

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 71571 - Panel Discussion

Segregation Reform: Benefits, caveats, and limitations

Moderator: Jung, Sandy

Abstract: *This panel will explore the move towards abolishing solitary confinement in correctional institutions. Despite good intentions for the reformation of solitary confinement practices in prisons and some empirical support demonstrating its benefits, there remains questions about the validity of existing evidence, including the impact on inmates and staff. This discussion with clinicians and researchers will address diverse perspectives on the effectiveness of reforming solitary confinement practices, examining practical implications for inmates and correctional staff, limitations of current research, and how to move forward to ensure prisons are safe and decisions in prisons are based on sound evidence. This critical discussion will be facilitated and address key questions posed to three clinical and research professionals with a well-grounded familiarity with the current literature and correctional practices related to solitary confinement and the impact of the segregation reform.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 74618 - Panel Discussion

Printed Poster

A Post-Release Examination of High-Risk Offenders and the Barriers to Reintegration

Main Presenting Author: Chiarieri-Hirsch, Dacia
Co-Presenting Authors: Thomas, Mackenzie; Jung, Sandy

Abstract: *To date, research remains limited on a subset of offenders who are released on their sentence warrant expiry date and placed on a judicial order called a Section 810.1 or 810.2 peace bond. This poster presentation examines the prevalence of seven basic needs and six criminogenic factors over the first year of supervision after release from custody. Data was collected through a local police service that directly supervised these individuals as they transitioned back into the community. To examine criminogenic and non-criminogenic variables, we report the prevalence of each variable across three post-release intervals spanning the first year of supervision. Our findings were consistent with some of the challenges commonly encountered by those with conditional releases, such as struggling to find employment and accommodations. As expected, some criminogenic needs and most basic non-criminogenic needs appeared to decrease across the time periods. However, we also found that interpersonal conflicts, substance abuse, and criminal attitudes seem to remain constant across the first year of supervision. Although these results do not offer a complete picture of what reintegration entails for offenders under judicial orders, we hope to build towards the empirical*

evidence necessary to support law enforcement tasked with the responsibility of supervising and managing these individuals.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 71263 - Printed Poster

A Qualitative Analysis of Emerging Adult Women Victims of Cyber-Intimate Partner Violence Information Needs

Main Presenting Author: Wallace, Aimée

Additional Authors: Brodeur, Geneviève ; Fernet, Mylène

Abstract: *Background. In Canada and elsewhere, the emergence of information communication technologies (ICTs) has led to an increase in the cyber-intimate partner violence (cyber-IPV) of young women. Yet, limited research is available on emerging adult women victims of cyber-IPV information needs. The goal of the current study is to qualitatively explore the information needs of emerging adult women victims of cyber-IPV in the province of Québec, Canada. Methods. Semi-structured individual interviews and four online discussion groups were conducted with 28 women between the ages of 18 to 29 who had experienced cyber-IPV. Data were analyzed using thematic analysis. Results. Results suggest that women need information on how to recognize the different manifestations of cyber-IPV by a (ex)current partner, especially for the more subtle forms of cyber-IPV and on the available resources to cope with cyber-IPV. Moreover, women need specific tools (i.e. videos, charts) to identify red flags in their relationships. Lastly, women need actionable guidelines to escape cyber-IPV (i.e., stop responding to (ex)current partner's text messages). Conclusion and implications. Cyber-IPV prevention and intervention efforts must target knowledge, such as cyber-IPV manifestations and redflags, but also provide tools to protect themselves and respond if they are victims of cyber-IPV.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 71291 - Printed Poster

A Scoping Review on the Relationship Between Parenting Stress and Fetal Alcohol Spectrum Disorder

Main Presenting Author: Rennie, G Samantha

Additional Authors: Slayen, Cari; Gaulke, Taryn; Theule, Jen

Abstract: *There is a paucity of literature on the relationship between Fetal Alcohol Spectrum Disorder (FASD) and parenting stress (PS). Increased PS arises when perceived support is outweighed by the demands of raising a child. FASD is a neurodevelopmental disorder (ND) that occurs from prenatal alcohol exposure and often results in impairments in behavioural regulation, cognition, and executive functioning. It is well documented that raising children with NDs is linked to higher PS; however, little has explored PS from FASD specifically. Given the deficits associated with FASD, and the high rates of comorbidity it has with other NDs, levels of PS for those raising children with FASD are expected to be elevated. Thus, a scoping review was conducted to examine this relationship and reveal areas requiring further investigation. Key terms were searched in four online databases: PsycINFO, Scopus, PsychArticles, and Google Scholar. The full texts of 48 papers were*

thoroughly analyzed to ensure they met the predetermined eligibility criteria. Data analysis of the eligible papers is expected to be completed by January 2022. Given that children with FASD require more attention and effort it is critical to understand how this affects PS as PS can reinforce a taxing environment with inadequate coping skills. By elucidating this relationship, future research can be conducted on alleviating PS.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71518 - Printed Poster

A sense of community at school and the subjective well-being of Nepalese students

Main Presenting Author: GAUTAM, Prasad SHANKAR

Abstract: *Understand the degree to which a Sense of Community at School can predict the Life Satisfaction of Nepali students in the sixth and seventh grades. The classroom and school components will be presented separately. The research was designed as a descriptive study using a survey with a probabilistic sample made up of 1521 students (54.4% male and 45.6% female) in the sixth and seventh grades at elementary schools in the cities of Kavre and Ramechhap in Kathmandu. A multiple linear regression analysis was done using the Multidimensional Scales of School Sense of Community (SOC-S) and Classroom Sense of Community (SOC-C) as predictors of life satisfaction measured with the Student Life Satisfaction Scale (SLSS). Multigroup analysis was conducted to make comparisons by sex and grade. The dimension of "sense of belonging and emotional connection" of the SOC-C and the dimension of "belonging" of the SOC-S predict life satisfaction for six grade students. The additional dimension of "emotional connection" of the SOC-S scale was included for the seventh-grade students. The sense that one is part of the school community is a dimension that affects childhood life satisfaction. Its level of contribution varies by age, with the sense of belonging and emotional connection variables being the relevant ones.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 71170 - Printed Poster

A Unique Role for Social Connection during COVID-19; A Qualitative Analysis of Parenting Forums

Main Presenting Author: Pierce, K Shayna

Additional Authors: de Castro Lima, Heidi; Jain, Barbie; Tomfohr-Madsen, Leanne; Roos, Leslie

Abstract: *BACKGROUND: The COVID-19 pandemic has disproportionately impacted parents, though few studies have explored stressors from parents' perspectives. This study aimed to understand parental stressors and how parents seek information about mental health, parenting stress, and social support online during COVID-19. METHODS: A total of 337 threads on two popular online forums, Baby Centre Canada and Canadian Parents What to Expect, were analyzed using a qualitative framework analytic approach. RESULTS: The emergent framework identified four main themes of parental stressors with associated subthemes: 1) Household stressors (childcare, school, parent-child interactions, co-parenting relationships, and resource access), 2) Child health (health advice, child development, social and emotional development, age-appropriate activities, and child mental health), 3) Parental health (social health, physical health, mental health, COVID-19 related health anxiety,*

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and self-care), and 4) COVID-19. CONCLUSIONS: Our findings showed that parents use internet forums to access information relating to these themes and to give and receive social support from parents. ACTION/IMPACT: Emerging themes and parents' use of forums illustrate a need for online resources that offer social connection and information regarding relationships, adjusting to parenthood, child development, and parental self-care.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 70711 - Printed Poster

Acculturative Stress in Filipino-Canadians: First- and Second-Generation Immigrants' Experiences

Main Presenting Author: Bhatt, Gira

Additional Author: Lingbaoan, E Jacqueline

Abstract: *Filipinos are one of the largest immigrant groups in Canada yet remain one of the least researched in psychology. The present study aimed to examine how colonial mentality (CM), acculturation, values, and generation status relate to acculturative and daily stress in Filipino-Canadians. 126 Filipino-Canadian participants completed the Vancouver Index of Acculturation, Multidimensional Acculturative Stress Scale, Hassles Inventory, Colonial Mentality Scale, and Enculturation Scale for Filipino Americans (short version). First generation participants scored higher on total Filipino values compared to the second generation. No significant differences in total acculturative stress were found between the generations but their sources of acculturative stress differed significantly. For the first generation, adherence to Filipino values did not correlate with overall acculturative stress. High adherence to Filipino values was positively correlated with acculturative stressors for the second generation. Finally, second generation Filipino-Canadians scored higher on CM than the first generation. The findings of this study could help identify which aspects of the Filipino-Canadian experience are most pertinent to their stress levels, providing important insights for future research and for mental health professionals who may be working with first and second generation Filipino immigrants.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 71296 - Printed Poster

Albertan Resettlement Experiences of Syrian Refugee Parents with Children on the Autism Spectrum

Main Presenting Author: Bernier, Abdullah

Additional Authors: Nsair, Sumaya ; Hans, Henna; McCrimmon, Adam

Abstract: *The Syrian Crisis emerged due to various sociopolitical factors; research on resettlement of Syrian families with autistic children is lacking, which is important as autistic children are susceptible to the adverse impacts of war and displacement. This study aimed to obtain an understanding of Syrian refugee migration, resettlement experiences, and support/service acquisition for autism to enhance outcomes in wellbeing, servicing, adjustment, and adaptation. Data from semi-structured interviews with three participants were analyzed via interpretive phenomenological analysis in adherence to rigors of qualitative research. Each interview yielded 11 unique emergent themes that*

contributed to seven superordinate themes that spoke to cross-participant experiences with migration, resettlement, and support seeking. The results were situated within the literature as well as existing theoretical frameworks that include models for migrant adaptation, psychosocial adjustment, and stress. Implications include informing effective support and service practices, bolstering culturally responsive practice, and addressing crisis-sensitive practice. This study also aimed to address gaps in autism-related research, such as the importance of attending to diverse populations with complex layers of vulnerability.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70856 - Printed Poster

Barriers and Benefits to Implementing Stepped Mental Healthcare in New Brunswick.

Main Presenting Author: Mekhael, A Anastasia

Additional Authors: King, Alesha; Churchill, AnnMarie; Burke, Katie; Cornish, Peter; Jaouich, Alexia; Lang, Rino; Goguen, Bernard; MacPherson, Bruce; Rash, Joshua

Abstract: *Stepped care (SC) is an approach for restructuring services that promotes rapid access to care that is tailored to client readiness and needs. The New Brunswick (NB) Department of Health and partners in Horizon and Vitalite Health Networks are implementing a provincial SC model that includes walk-in substance use and mental health services. Our objective was_ _to delineate perceived barriers and benefits to implementing SC2.0_. _Providers in NB completed training courses in SC2.0 and One-at-a-Time Therapy (OAAT), including questionnaires used to identify perceived barriers and benefits to enacting SC. Open-ended questions were thematically analyzed using a grounded theory framework. Reported themes were noted by >15 providers. Data were available from 149 providers. Perceived barriers included: 1) limited resources to support low intensity care (e.g. peer support); 2) staff burden due to rapid changes in practice operations; and 3) belief that low-intensity SC resources may not sufficiently meet needs of clients with severe symptomatology. Perceived client benefits included: 1) rapid access to services; 2) client-centric care; and 3) incorporating client preference and readiness in decision-making. Practice benefits included: 1) reduced wait times; 2) increased job satisfaction as a result of better client-provider relationships; and 3) improved responsiveness to client needs.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 70660 - Printed Poster

Body Worn Cameras: Police Perceptions and How Experience with Use Shapes Attitudes

Main Presenting Author: Freeze, Samuel

Additional Authors: Reilly, Olivia; Campbell, Mary Ann; Cuellar, Axel ; Totten, Angela; Young, Mike

Abstract: *The use of Body Worn Cameras (BWC) by law enforcement is quickly becoming prevalent across Canada. The rapid implementation of this new technology occurred largely without input from police officers as to how it might affect them and their response. The present qualitative analysis*

aimed to explore the attitudes and perceptions that police officers have towards BWCs. Participants [N = 80; 84% White; 72% Male] were recruited from diverse police forces via an online survey that provided the opportunity for officers to write open-ended responses about their positive views and their concerns with BWCs. These responses were qualitatively analyzed to identify themes. Positive themes were most dominant, especially around viewing the technology as supporting evidence collection, accountability, and offering protection. Concern themes included worries about privacy, the technology impeding the call, and that the footage would be used to find reasons to discipline officers. Privacy, inconvenience, and fear of footage tampering were much larger concerns for those without experience with BWCs, showing that lack of experience with use may lead to more negative perceptions. Chi-square analyses also found some themes were dependent on BWC experience. The current results provide valuable insight into the views of police officers that can be used to guide training and police on BWC use.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 70246 - Printed Poster

Canadian Mapping of Autism-Specific Supports for Postsecondary Students

Main Presenting Author: Coombs, E. Courtney
Co-Presenting Author: Ryan , Jess

Additional Authors: Duerksen, N. Kari; Vincent, Jonathan ; McMorris , Carly ; Ames , Megan

Abstract: *BACKGROUND. Autistic people report that postsecondary institutions lack adequate supports to ensure their success and to navigate complex academic systems. The purpose of study was to illustrate the current provisions for autistic postsecondary students in Canada. METHOD. Via a Boolean search strategy, we searched Canadian institutional websites for evidence of autism-specific supports (e.g., website information, transition programs, peer mentoring). We also examined distribution of autism-specific supports across institutional types (i.e., university, junior college, technical/vocational) and geographic regions. RESULTS. Only 15 (6%) institutions had at least one support for students with ASD. The most common autism-specific support was information on the institutions website. Transition to post-secondary support, social groups, and peer mentoring were also common. The majority (73%) of supports were located at universities), followed by technical and vocational (20%) and junior colleges/CÉGEP. In regards to geography, institutions in Central Canada (i.e., Ontario) had a higher number of provisions than expected. CONCLUSION/IMPACT. We recommend further research to better understand how students access these supports and more comprehensive evaluations of such supports, specifically informed by collaborations with autistic students.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71367 - Printed Poster

Changes in Police Contact for Individuals Living with Severe Mental Illness after Admission to Police-Integrated Assertive Community Treatment Teams

Main Presenting Author: Ortiz, L Drexler
Co-Presenting Authors: Woodin, Erica M; Costigan, Catherine L

Abstract: *_Background: _Assertive Community Treatment (ACT) is a community-based multidisciplinary intervention to support individuals living with severe mental illness (i.e., ACT*

clients). The present study examines the impact of admission to ACT teams with police integration (ACT-PI) on changes in the frequency and type of police contact among ACT clients after their entry to ACT-PI. _Methods: _We analyzed a dataset of ACT clients' (_N _ = 448) interactions with the police (i.e., 17,051 occurrences) between 2008 and 2019 using ANOVAs and multilevel modelling. Occurrences were categorized into eight different types (e.g., assist calls, Mental Health Act, violence, etc.). _Results:_ Findings revealed that ACT-PI reduces the frequency of some occurrence types (substance use, violence) while increasing the frequency of others (assist calls, Mental Health Act), but the results vary by client demographics and whether the occurrences were attended by an ACT police officer. _Conclusion:_ The findings suggest that criminality is more likely to be reconceptualized as mental health crises. However, these benefits may not be experienced equally across demographic groups. _Impact: _Police integration onto ACT teams is intended to address service gaps between the medical, mental health, and legal systems. More research is needed to understand how and if law enforcement and mental health systems can collaborate.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 70849 - Printed Poster

Co-developing theory-informed interventions to support plasma donation by gay, bisexual and other men who have sex with men

Main Presenting Author: Palumbo, Amelia

Additional Authors: Castillo, Gisell; Gibson, Emily; Rubini, Kyle A; MacDonagh, Richard; Rosser, Andrew; Miguel, Glenndl; Reid, Marco; MacPherson, Paul; Goldman, Mindy; Butler-Foster, Terrie; Hill, Nolan E; Lapierre, Don; Randall, Taylor; Osbourne-Sorrell, William; O'Brien, Sheila; Local Advisory Group, London, Canada, William Randall; Otis, Joanne; Greaves, Mark; Bilal Al-Bakri, Taim; Labrecque, Maximilian; Germain, Marc; Orvis, Shane; Clapperton, Andrew T; Devine, Dana; Presseau, Justin; Vesnaver, Elisabeth

Abstract: BACKGROUND: Donating plasma contributes to Canada's health resources but gay, bisexual and other men who have sex with men (gbMSM) have been excluded for decades. Canadian Blood Services (CBS) recently implemented more inclusive screening criteria at two donation centres. Having used the Theoretical Domains Framework (TDF) to identify donation barriers/enablers in gbMSM in London and Calgary, we aimed to co-develop behavioural theory-informed interventions to support gbMSM in donating plasma. METHODS: We used the Behaviour Change Techniques (BCT) Taxonomy to map TDF-linked barriers/enablers to suitable strategies and collaborated with local advisors to operationalize BCTs delivered using a website and video. RESULTS: For the website, we mapped 13 TDF domains to 15 BCTs (eg Barrier: not being aware of eligibility [domain: knowledge] addressed by describing new gbMSM criteria [BCT: instruction on how to perform behaviour]). For the video, we mapped 7 TDF domains to 11 BCTs (eg Barrier: concern of not being welcome [domain: Beliefs about consequences] addressed by showing clinic staff interacting positively with gbMSM [BCT: information about social consequences]). CONCLUSION: We co-developed multimodal interventions to support gbMSM plasma donation. ACTION/IMPACT: Our participatory approach, rooted in theory and lived experience, can support gbMSM to donate plasma as policies evolve.

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 70581 - Printed Poster

Defining resilience in a group of street-involved boys in Nicaragua: A novel model to understand thriving in contexts of adversity and deprivation

Main Presenting Author: Hamel, Kayla

Additional Author: Bohr, Yvonne

Abstract: *There are tens of millions of children and youth in street situations (CYSS) worldwide, the majority of whom are boys residing in low- and middle-income countries. On the street, young people face risk factors that carry major implications for long-term health and well-being. However, despite the hardship faced by CYSS, many demonstrate significant adaptability. The focus of the current research was on the phenomenon of resilience in male CYSS in León, Nicaragua. Qualitative data were collected through individual interviews and focus groups with 16 CYSS, 10 family members, 7 community members and 6 staff of a local non-profit supporting CYSS, with the objective of charting local understandings of resilience and identifying the relational and environmental resources that enhance CYSS' experiences of resilience. Using a grounded theory analysis, we generated a novel, context-specific conceptual model of resilience pertaining to CYSS in León. Resilience was defined by the experience 6 qualities: agency, belonging, flexibility, protection, self-regulation, and self-worth. We highlight the factors that were identified to facilitate resilience. The knowledge generated from this research can be used to develop and implement strengths-based, resilience-promoting interventions for CYSS and supports a move towards a strengths-focused discourse in the field of youth homelessness research.*

Section: Community Psychology / Psychologie communautaire
Session ID: 71295 - Printed Poster

Detailing the Implementation of Stepped Mental Healthcare in New Brunswick

Main Presenting Author: King, C Alesha

Additional Authors: Harris-Lane, M Laura; Churchill, AnnMarie; Burke, Katie; Cornish, Peter; Jaouich, Alexia; Lang, Rino; Goguen, Bernard; MacPherson, Bruce; Rash, Joshua A

Abstract: *AIM: To detail the New Brunswick (NB) provincial initiative to implement stepped mental healthcare (SC) using evidence-based strategies.   METHODS AND RESULTS: The planning, preparation, and implementation process was guided by evidence-based strategies for change endorsed by the Expert Recommendations for Implementation Change (ERIC) and considering contextual constructs that contribute to successful implementation (Consolidated Framework for Implementation Research; CFIR). The Department of Health held consultations with clinicians, clients and families, and key stakeholders, revealing timely access to mental healthcare was a gap in the system, and stakeholders were eager for change. A provincial action plan for NB to implement SC was introduced to increase timely service access and explore barriers and facilitators to implementation. The leadership of Addictions and Mental Health Services applied key strategies, including: 1) creating an implementation team and hiring a change management specialist to oversee implementation; 2) tracking successes, challenges, and solutions; 3) identifying champions and early adopters to implement before scale-up; 4) hosting education sessions for providers and staff; 5) creating academic partnerships for impact assessment.   CONCLUSIONS: The implementation process can inform organizations and provinces that look to enact large-scale change.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71353 - Printed Poster

Differential COVID-19 family experiences based on maternal depression symptomology

Main Presenting Author: Simpson, Kaeley

Abstract: *The COVID-19 pandemic has posed unprecedented challenges to family wellbeing. One factor that may influence family experiences during the pandemic is maternal mental health, yet research has yet to examine differential family experiences based on maternal depression symptomology. The present study qualitatively analyzed family experiences, stressors, and reported resources needed for mothers without depression, mothers with moderate depression, and mothers with severe depression. Mothers (_n_ = 142) rated their depression symptoms and severity and completed an open-ended questionnaire describing the stress and struggles they were managing during the pandemic and resources that would be helpful to their family. Responses were coded into themes and subthemes using a thematic analysis and compared for similarities and differences across the three depression groups. Emergent themes for all three depression groups included increased health concerns, increased social isolation, childcare concerns, and financial strain demonstrating general pandemic stressors that are impacting all families. Discrepant themes included deterioration of mental health and need for mental health and parenting resources in only the severely depressed group. Findings provide insight into universal stressors and the stressors of specific families which can inform family programming and interventions.*

Section: Family Psychology / Psychologie de la famille
Session ID: 70828 - Printed Poster

Exploring Parental Interest in Parent-Administered Internet Cognitive Behavioural Therapy

Main Presenting Author: DeLucry, J Kailey

Abstract: *More than 6% of Canadian children experience anxiety at a severity which warrants a diagnosis. Cognitive Behavioural Therapy (CBT) is the treatment of choice for childhood anxiety but can be difficult for parents to access due to factors such as cost and geographical obstacles. Delivering CBT via the Internet (ICBT) addresses these barriers. In the past, parents have been successfully taught how to provide CBT to their children, but few programs have combined the use of parent therapists and ICBT. The objective of this study was to investigate parents' interest in assuming the role of lay-therapist in online therapy and the factors associated with this interest using the Theory of Planned Behaviour (TPB). Among 164 parents, 62% said they were moderately to extremely interested in participating. Regression analyses showed that two components of the TPB (attitudes and perceived behavioural control) and one parent variable (parent confidence) were predictive of parent interest. These findings indicate that many families would adopt this therapy. Recommendations to boost parent interest: a) induce positive attitudes toward ICBT, b) normalize active involvement in your child's therapy, and c) ensure parents feel equipped to provide the intervention.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 70072 - Printed Poster

Exploring the Mental Well-Being and Relationship Building Supports for Newcomer Youth

Main Presenting Author: Ruparelia, Anjali

Additional Authors: Syeda, Maisha; Crooks, Claire

Abstract: *Mental health care has been identified as an essential component of resettlement efforts for newcomer youth. The purpose of the proposed study is to identify supports that newcomer youth may need to promote positive mental health and foster healthy relationships during early resettlement. The present study extends current literature by examining barriers, challenges, and unmet needs that may hinder newcomer youth mental well-being and develop and maintain interpersonal relationships. The current study employs qualitative methodology using semi-structured interviews with newcomer youth between the ages of 14 and 21 years old and parents of newcomer youth who have been in Canada for at least 2 years. We are currently interviewing participants. Interviews will be transcribed and examined using thematic analysis to identify, categorize and describe various themes present to address the research questions. The findings will contribute to the growing literature on newcomer mental health and provide recommendations for systemic and programming strategies (e.g., in schools) to improve resettlement efforts and enhance the well-being of newcomer youth.*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 70855 - Printed Poster

Exploring the Role of Spiritual Practice and Belief on the Academic Efficacy of First Nations Youth

Main Presenting Author: Lai, Jessica

Additional Authors: Bellon, Océane; Rey, Gabriela ; Gilpin, Caitlin; Lum, William; O'Connor, Roisin M; Wendt, Dennis C; Burack, Jacob A

Abstract: *Strengthening academic efficacy may encourage First Nations students to continue pursuing their education and may represent an essential step in addressing the educational attainment gap between First Nations and non-Indigenous Canadians. Given the promotive effects of traditional spirituality on social adjustment among Indigenous persons, we examined the extent to which spiritual beliefs and practices are differentially associated with academic efficacy among First Nations students. The participants were 33 students (M = 15.79; SD = 2.07) enrolled in the only school in a First Nations community in northern Quebec. They completed self-reported measures of spiritual belief, spiritual practice, and academic efficacy. Multiple imputation was used to impute missing values. A hierarchical multiple regression analysis indicated that after controlling for age and gender, spiritual practice is a significant predictor of academic efficacy (pooled B= .236, p = .025). However, when spiritual belief is added to the regression model, only spiritual belief is a significant predictor of academic efficacy (pooled B= .375, p = .004), while spiritual practice ceases to maintain significance (pooled B= .029, p = .808). These findings provide preliminary support for the role of spiritual belief as a potential resource for enhancing the academic outcomes of First Nations students.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 69804 - Printed Poster

Face Cam On? Exploring the Relationship Between Gender, Experiences of Digital Eyestrain and Acute Migraine Pain Among Virtual Workers

Main Presenting Author: Brass, Justin
Co-Presenting Author: Esteireiro, Katrina

Additional Author: Hoskin, Ashley Rhea

Abstract: *With the emergence of COVID-19, the shift to virtual work communication creates the potential for strenuous experiences of acute migraine pain. Cisgender women and transgender men/women employees who are obligated to work virtually may be at a higher risk of exposure to harmful digital strain that results in experience of acute migraines. Previous scholarship has established that cisgender women are socialized to manage both their non-verbal communication and physical appearance. In addition, trans individuals may feel hyper aware of their virtual presentation, which may contribute to heightened feelings of gender dysphoria. The proposed study seeks to understand the impact of digital eyestrain on acute migraine pain in the context of virtual work, and to explore how employee pain differs as a function of gender. Specifically, the proposed study asks: 1. What are the psychological and physiological implications for employees working virtually; 2. Are cisgender women and transgender men/women employees who are required to work virtually at a higher risk of exposure to harmful digital strain and acute migraines; 3. Does virtual work exacerbate issues related to body image and gender dysphoria; and 4. Do employee pain outcomes differ as a function of gender? These results may support the development of institutional and interpersonal recommendations for supporting employees.*

Section: Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle
Session ID: 69079 - Printed Poster

Family Achievement Guilt, Ill-being, and Self-Compassion in Canadian University Students

Main Presenting Author: Remedios, C Joshua

Additional Author: Gunnell, E Katie

Abstract: *This study examined the relationship between family achievement guilt, psychological ill-being, and self-compassion in university students. We hypothesized that family achievement guilt would be related to greater psychological ill-being and that self-compassion would attenuate the relationships between family achievement guilt and psychological ill-being. Supplemental analyses examined differences in family achievement guilt and psychological ill-being in first-generation and non-first-generation students. Using a cross-sectional design, participants (N = 533) completed an online survey. Though family achievement guilt was significantly related to psychological ill-being (βs = .20 - .28), self-compassion did not attenuate the relationships between family achievement guilt and psychological ill-being, even when only first-generation students were included in the analyses. First-generation students reported significantly higher levels of family achievement guilt compared to non-first-generation students (d = .39). Researchers should investigate the possible adaptive features of family achievement guilt and alternative ways in which the maladaptive consequences of family achievement guilt may be reduced.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 70448 - Printed Poster

Impact of ADHD VIBES Support for Children with ADHD and their Families during COVID-19 on Academic Engagement and Motivation

Main Presenting Author: Wilcox, Gabrielle
Co-Presenting Author: Kowbels, Amy

Additional Authors: Miller, Courtney; Climme, Emma; Hai, Tasmia; Lemay, Jean-Francois

Abstract: *ADHD symptoms negatively affect students' academic engagement. Additionally, COVID-19 has negatively impacted families' access to services to support their children, and the detrimental impacts of this is more significant for families who have children with ADHD. Consequently, we aimed to assess the feasibility and effectiveness of adapting a traditionally face-to-face program to support children with ADHD and their families to an online program. The ADHD VIBES (Virtual Behavioural Support) program provided both parent and child sessions (1-hour each per week) over 6 weeks. The program was adapted from a face-to-face program developed by the CanLearn society and was delivered by school psychology graduate students. The program focused on relaxation techniques, self-regulation, positive thinking, communication and problem-solving, building confidence, and executive function skills (i.e., organizing, planning, prioritizing, and staying focused on tasks). Parents and children of both groups completed questionnaires at 3 different time-points: pre-intervention, post-intervention (< 7 days), and at 2-months' post-completion. We anticipate that ADHD symptoms will be positive correlated with negative academic engagement and motivation, and it will be negatively correlated with positive academic engagement and motivation.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71047 - Printed Poster

Internal/External Protective Factors and Perceived Covid-19 Related Stress Among Resource Parents

Main Presenting Author: Zak, Sarah

Additional Authors: Gallitto, Elena; Romano, Elisa

Abstract: *The Covid-19 pandemic has had detrimental effects on the well-being of individuals worldwide. This study focuses on a particularly vulnerable group, namely resource parents and young people in out-of-home care. Resource parents have experienced the same increase of pandemic-related stressors as other parents but also have the added challenge of caring for child welfare-involved young people with complex trauma histories. We examined how internal (emotion regulation) and external (parent-child welfare worker relationship) protective factors predict the degree of parents' perceived pandemic-related stress. An Ontario sample of 47 resource parents caring for a young person aged 4-17 completed an online questionnaire. Multiple regression analyses showed that a greater parent-child welfare relationship predicted a significant decrease (_B_=-0.28. p*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 70557 - Printed Poster

Internalized disability stigma predicts lower feelings of self-compassion, general belongingness, and embodiment for people with disabilities

Main Presenting Author: Mullin, S. Kelby

Additional Author: Stinson, A. Danu

Abstract: *People with disabilities are heavily stigmatized, meaning others perceive them to possess shameful attributes – known as public disability stigma (PDS) (Goffman, 1963; Stuber et al., 2008). Unfortunately, there is little research that examines the consequences of a disabled individual coming to believe and internalize negative attitudes and stereotypes about disability (Silván-Ferrero, 2020). This phenomenon – known as _internalized disability stigma_ (IDS) – is the focus of our exploratory research study. We examined how different self-processes/dimensions of identity and wellbeing (e.g. belongingness, group identification, and embodiment) helped or hindered individuals with disabilities in their efforts to resist and heal from IDS. University of Victoria students (_n_ = 80), aged 19+ (_M_ = 23), who self-identified as having disabilities were recruited for this study. Participants completed an online survey examining identity and self-processes, perceived/experienced PDS and IDS, group identification, and strategies used to resist and heal from IDS. Correlational analysis found that PDS was related to IDS, and that IDS had a strong negative correlation with self-compassion, embodiment, and general belongingness. A mediation model found that PDS only affects embodiment via IDS. These results suggest that IDS has harmful effects on wellbeing processes and should be studied further.*

Section: Students in Psychology / Étudiants en psychologie
Session ID: 71569 - Printed Poster

Investigating COVID-related Maternal Social Relationship Changes and Maternal and Child Distress

Main Presenting Author: Pastershank, B Chelsey

Additional Authors: Ross, M Kharah; McMorris, Carly; Dewey, Deborah M; Giesbrecht, Gerald; Letourneau, Nicole

Abstract: *COVID-19 social distancing has negatively affected close relationships and mental health. Within families, parental mental health may "spillover" to child mental health. PURPOSE: To test links between pandemic-related changes in maternal relationship quality and child depressive symptoms, as mediated by maternal anxiety. METHODS: A sample of 194 mother-child dyads were recruited from the Alberta Pregnancy Outcomes and Nutrition cohort. Mothers reported pandemic-related changes in relationship quality (partner, child, partner-child, friends/family) and anxiety three months after the pandemic start. Children (8-11 yr) reported depressive symptoms five weeks later. Covariates were sociodemographics, number of children in the home, time between assessments, and pandemic-related change in household income. Separate mediation models (SPSS PROCESS) were run for each relationship assessed. RESULTS: For each, changes in relationship quality were indirectly related to child depressive symptoms via maternal anxiety, _bootstrapped CI's_*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 70606 - Printed Poster

Measuring Communication Skills in Probation Officers Using the Response Style Questionnaire

Main Presenting Author: Mitchell, Damon

Additional Authors: Tafrate, Chip Raymond; Cox, Stephen M; Hogan, Tom P

Abstract: *Background: Probation officers (POs) are being routinely trained in communication skills (CS) but standard measures of PO CS are lacking. The Response Style Questionnaire (RSQ) is a PO self-report tool assessing 4 communication styles: _Confrontation_: a style that increases client resistance, _Eliciting_: seeking more information, _Sustain Talk_: reinforcing client inability to change, and _Change Talk_: enhancing motivation for change. The present study examined the RSQ's correlation with PO-client interactions. Methods: 35 POs completed the RSQ before a CS training program and submitted 3 recordings of probation sessions which were analyzed by independent coders and rated on: (1) Positive Relational Style, (2) Motivational Interviewing (MI) Skills, and (3) Session Focus (criminogenic needs vs. probation conditions). Results: Positive Relational Style, MI Skills, and a focus on criminogenic needs were positively correlated with productive styles (Eliciting/Change Talk), and negatively correlated with unproductive styles (Confrontation/Sustain Talk). Effect sizes were moderate to large. Conclusions: The RSQ is a potentially useful indicator of PO CS and can aid in measuring CS training initiative impact. Action: As POs are increasingly trained in evidence-based practices, new tools/metrics are needed to measure CJP learning and fidelity to trained practices.*

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 69054 - Printed Poster

Multilevel Factors Associated with Mothers' Unsupportive Emotion Socialization

Main Presenting Author: Cabecinha-Alati, Sarah

Additional Authors: Montreuil, Tina; Langevin, Rachel

Abstract: *A history of child maltreatment (CM) and emotion regulation difficulties have been linked to unsupportive emotion socialization (UES). CM is also associated with individual (e.g., psychopathology, teen motherhood), relational (e.g., insecure attachment, revictimization), and community level (e.g., disadvantage) factors that can have adverse effects on parenting. The relative influence of these variables on UES is unclear and protective factors (e.g., education and positive parent-child relationships) might buffer against UES. The present study examined the influence of multi-level risk and protective factors on mothers' UES. Mothers-young adult (age 18-25) dyads participated in an online study (_N_ =185). Mothers responded to questionnaires about risk and protective factors; young adults reported on maternal UES during adolescence. Hierarchical regressions revealed that mothers' adult interpersonal victimization and anxious attachment were positively associated with UES. On the individual level, maternal difficulties with impulse control and dissociation were positively associated with UES. Mothers' positive perceptions of the parent-child relationship were negatively associated with UES. As such, interventions focused on trauma processing, attachment, and bolstering emotion regulation appear promising for mothers who have experienced interpersonal trauma.*

Section: Traumatic Stress / Stress traumatique
Session ID: 70240 - Printed Poster

Parental Reactions and Family Stress Impacts on Young People in Out-of-home Care During Covid-19

Main Presenting Author: Cenerini, Abby

Additional Authors: Zak, Sarah; Romano , Elisa

Abstract: *BACKGROUND: Covid-19 has negatively impacted families' well-being. This study focuses on parents caring for young people in out-of-home care. We examine how Covid-related stress and resource parents' (foster/kinship) reactions to young people's emotions are linked with conduct and emotional outcomes. METHODS: A sample of 42 resource parents from Ontario caring for children and youth 4-17 years completed online questionnaire that measured different parenting reactions for coping with challenging child emotions, Covid-related family stress, and young people's emotional and conduct symptoms. RESULTS: Regression analyses showed that greater supportive parental reactions (B=-.038, p*

Section: Traumatic Stress / Stress traumatique
Session ID: 71288 - Printed Poster

Parent-Child Reported Strengths in Children with ADHD

Main Presenting Author: Miller, Courtney

Additional Author: Climie, Emma

Abstract: *A strengths-based approach to childhood attention-deficit/hyperactivity disorder (ADHD) research highlights children's positive attributes that can support their areas of difficulties (Climie et al., 2015). However, research on perceptions of a child's positive attributes is understudied. Specifically, there is little research that examines strength-based perceptions of children with ADHD, and only one known article that addresses parent perceptions of their children with ADHD (Mastoras et al., 2018). As such, this study analyzed parent-child reported strengths in children with ADHD. Parent-child reported strengths were measured using the Behavioral and Emotional Rating Scale – 2nd Edition, Parent Form and Child Form (BERS-2; Epstein, 2004). Results will highlight similarities and differences in parent/child identifications of perceived strengths and provide valuable information to better understand children with ADHD from a strengths-based perspective. Specific implications for parents of children with ADHD, as well as classroom teachers and school psychologists, will be provided. Positive parental perspectives of their children may promote positive parent-child interactions and serve as an overall protective factor for children with ADHD (Sabapathy et al., 2017).*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 70524 - Printed Poster

Perceptions of internet-delivered cognitive behaviour therapy for public safety personnel across Canada: National survey

Main Presenting Author: Landry, A Caeleigh

Additional Authors: McCall, C Hugh; Ogunade, Adeyemi; Carleton, R. Nicholas; Hadjistavropoulos, Heather D

Abstract: *BACKGROUND: Public safety personnel (PSP) have high rates of mental health concerns and face many barriers to care (e.g., confidentiality concerns). PSPNET overcomes many barriers using internet delivered cognitive behaviour therapy (ICBT) tailored for PSP in Saskatchewan and Quebec. PSPNET ICBT is effective for symptoms of mood and anxiety disorder symptoms as well as posttraumatic stress; however, little is known about the need for PSPNET across Canada. METHODS: PSPNET deployed a national survey assessing PSP perceptions of PSPNET. RESULTS: Participants include 222 PSP. Most participants (65%) had not heard of PSPNET, despite most (93%) indicating mental health problems are common in their occupation. Many participants perceived PSPNET as beneficial, such as availability at any time and location (94%), minimal wait times (95%), and being free (91%). PSP also liked the flexible therapist guidance (91%) and therapist assistance being offered for up to 16 weeks (92%). Most participants (89%) reported the PSPNET tailoring for PSP provided a moderate to major advantage. CONCLUSIONS: PSP across Canada perceive PSPNET ICBT as advantageous. IMPACT: Results suggest national demand for ICBT tailored to PSP, which highlights the need for increased sustained funding for broad availability.*

Section: Traumatic Stress / Stress traumatique
Session ID: 70972 - Printed Poster

Pivoting During COVID-19: Evaluating the Effectiveness of Online Expressive Writing Groups Offered by Writers Collective of Canada

Main Presenting Author: Torsein, S. Annabelle

Additional Authors: Christie, Danielle; McShane, Kelly; Canada, Writers Collective

Abstract: *BACKGROUND-Expressive writing (EW; Pennebaker and Beall, 1986) is associated with gains in clinical and non-clinical populations (Frisna et al., 2004). EW has been particularly effective with vulnerable populations that may lack access to services (Link and Phelan, 2006). The Writers Collective of Canada (WCC) offers EW workshops aimed at reducing social isolation for those in marginalized communities. COVID-19 required WCC to pivot in-person workshops online. Given the dearth of information regarding the effectiveness of synchronous online EW groups, a program evaluation was conducted of WCC virtual synchronous EW program. METHODS-This was a utilization-focused evaluation. Data collection occured from Oct 2020-Jun 2021. RESULTS-QUANTITATIVE DATA showed attendees of open groups (N=36) and closed group (N=21) endorsed statistically significant improvment acoross outcomes (e.g., CREATIVITY) and found the program to be acceptable, with statistically significant ratings of helpful ness, ease and satisfaction. QUALITATIVE DATA captured information regarding what worked well and suggested changes. CONCLUSIONS-Results for the virtual program workshops were similar to results of previous evaluations of WCC in-person workshops. The quantitative data paralleled earlier results, as amount of perceived was consistent. ACTION-WCC plans to grow their reach, offering workshops more broadly.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71840 - Printed Poster

Refuge and Life Overseas: Influences of Gender, Culture, and Migration on Parenting Practices of African Refugees in Canada

Main Presenting Author: Okungbowa, Eki

Additional Authors: Yohani, Sophie; Poth, Cheryl; Okeke-Ihejirika, Philomina

Abstract: *Parenting practices vary across and within communities yet most of what we know about parenting in the literature stems from Western worldviews on what ideal parenting constitutes. This study helps to diversify the literature by presenting the perspectives of 11 parents with traditional and postcolonial African worldviews who have migrated to Canada. This study drew upon existing interviews from a larger study focused on gender relations in African immigrant families. The current study used interpretative phenomenological analysis informed by three theoretical frameworks (transnationalism, postcolonial feminism, and intersectionality) to generate three themes and nine subthemes. Findings reveal old, new, and bifocal ways African refugees practice parenting in a post-migration context as well as the impacts of structural forces on their practices. Key among the complicating factors described involve a lack of culturally-informed social supports for adjusting to new gender relations in family life post-migration. Policy and practical implications for childcare, community, and workplace supports that could help African refugees successfully manage their higher risk of post-migration challenges are discussed. Studies on gender roles and relations in parenting practices for African refugee parents are rare and this study provides much needed insights that can be further explored.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71513 - Printed Poster

Responding to COVID-19: An Exploration of Low-Income Frontline Essential Workers' Experience of the COVID-19 Pandemic

Main Presenting Author: Fillion, Chantal

Additional Author: Mudry, Tanya

Abstract: *BACKGROUND: Research shows that those who are socially marginalized and/or from low-income households have been most impacted by COVID-19 (Kabeer et al., 2021). In this research I investigated how low-income frontline essential workers have been experiencing and responding to the challenges (i.e., social isolation, stress, fear, financial instability) imposed by the pandemic. Low-income frontline essential workers can provide a complex perspective and unique look into the intersections of social systems and individual vulnerability and resilience under the pressures of a pandemic. METHOD: Participants were recruited online using social media platforms, such as Reddit, and with flyers placed in public spaces in the city of Calgary and interviewed via zoom. Using Interpretive Phenomenological Analysis (IPA), semi-structed interview transcripts were analyzed. RESULTS: We share themes associated with resilience to stressors and challenges during the pandemic. IMPACT: Results will be valuable to counselling psychologists who are interested in developing a greater understanding psychological resilience.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71409 - Printed Poster

Seeking kinship and understanding: A qualitative study of the unmet needs of rural cancer survivors

Main Presenting Author: Rudy, Lauren

Additional Author: Hamilton, Ryan

Abstract: BACKGROUND:_ _Rural residence has been associated with a number of challenges for cancer survivors, including poorer mental health and barriers to accessing mental healthcare. The objective of the present study was to use qualitative methods to identify the specific unmet mental health needs and coping strategies of a sample of rural survivors living in Atlantic Canada. METHODS: Ten participants took part in semi-structured telephone interviews to discuss their survivorship experience. Transcripts were uploaded to NVivo for analysis. A descriptive phenomenological qualitative approach guided the development of categories and themes. RESULTS: Five categories, encompassing twelve discreet themes emerged via thematic analysis. Categories included: 1. Less access to quality healthcare; 2. Difficulty coping with thoughts about cancer; 3. Ambivalence towards mental health; 4. Small but close-knit support networks; and 5. Seeking connection with other survivors. CONCLUSIONS: The results of our study point to unique challenges faced by rural survivors, but also notable areas of resilience and strength. ACTION/IMPACT: Results of this study will guide the development of interventions tailored to this population. Recommendations for interventions include group-therapy, telehealth adaptations, and a focus on fear of cancer recurrence, coping, acceptance, and community involvement.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 70144 - Printed Poster

Service Quality, Resilience, and Social-Emotional Competence at Leave out Violence Nova Scotia

Main Presenting Author: McVarnock, M Alicia

Additional Authors: Closson, M Leanna; Ternes, Marguerite; Cole, Nichole

Abstract: _Service quality involves respectful engagement practices with youth that focus on careful relationship building and empowerment (Sanders et al., 2017). Service quality factors may help vulnerable youth attain more positive outcomes (Ungar et al., 2013); however, researchers have yet to investigate the association between service quality and social-emotional competence (SEC) in vulnerable youth. __The goal of this mixed-methods research was to explore links among service quality, resilience, and SEC among vulnerable youth in community-based programs. This research was conducted in partnership with Leave Out Violence Nova Scotia (LOVE NS). In Study 1, semi-structured interviews were conducted with 18 youth examining perceptions of adversity in their lives, along with service quality, social-emotional competence, and resilience related to their involvement with LOVE NS. Youth reported positive service experiences, and despite individual risk exposure, demonstrated resilience and SEC through LOVE NS. In Study 2, a focus group was first conducted to involve youth in developing a questionnaire assessing service quality, SEC, resilience, and individual risks, which was then administered to 30 youth. Service quality at LOVE NS was positively linked to SEC through increased resilience. Community-based programs may thus improve SEC in vulnerable youth by facilitating resilience._

Section: Developmental Psychology / Psychologie du développement
Session ID: 70025 - Printed Poster

Suicidality in rural Canada: A scoping literature review and stakeholder consultations

Main Presenting Author: Rauch, Kyrra

Additional Authors: Epp, Donna; Herron, Rachel; Waddell-Henowitch, Candice; Thomson, Andrea; Ryan, Kim; Mullins, Sharran; Ramsey, Doug; Lee, Stacey

Abstract: *Background: Approximately 11 people die by suicide per day in Canada. Rural suicide occurs at a greater frequency per capita compared to urban, therefore the aim of this project was to explore the continuum of suicidality in rural communities in Canada. Methods: Thirty-nine Canadian articles were included in a scoping review on rural suicidality. Forty-seven stakeholders from six provinces then participated in online focus groups based on the scoping review to gather perspectives on gaps in the research and knowledge mobilization strategies. Results: Risk and protective factors were the main focus of the scoping review; rural residence was identified as the largest risk factor. Most of the research focused on men or farming, with a lack of other populations and occupations, and the disparity of mental health services between urban and rural. Conclusions: There is an overall lack of research on rural suicidality, particularly qualitative research. Recommendations: Stakeholders recommended: 1) addressing the stigma related to suicide within rural culture, 2) acknowledging the lack of accessible services in rural areas, and 3) increasing rural research overall with special attention to those with lived experience of suicide. Stakeholders recommended non-academic avenues for knowledge mobilization such as social media, 'going where the people are', and using multiple venues.*

Section: Rural and Northern Psychology / Psychologie des communautés rurales et nordiques
Session ID: 71454 - Printed Poster

Teachers' perspectives on the student-teacher relationship quality in female students with autism spectrum disorder

Main Presenting Author: Lazo, Melissa

Additional Author: McKee, William

Abstract: *While the student-teacher relationship is highly associated to student and teacher success and development, students with ASD tend to have relationships characterized by higher levels of conflict and low closeness. Much of the research, however, has used primarily male samples, posing a risk to the generalizability of the findings as studies have found that females with ASD tend to present different symptoms. The current study utilizes a survey research design to examine Canadian elementary school teachers' perceptions of the student-teacher relationship quality with their female student with ASD and its possible associations to teacher and student characteristics. The data will be analyzed using descriptive statistics and correlational analyses. The study is currently in progress with an anticipated completion by March 2022. Understanding teachers' perspectives and experiences with their female students with ASD, especially in the elementary school years, is particularly important given that negative relationships and lack of support contribute to greater challenges in academic and social-emotional development for both teacher and student. Implications for schools*

and researchers will be discussed, including the lack of female representation in ASD research and the need to increase sensitivity, support, and training in the sex-related differences of ASD in schools.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 69040 - Printed Poster

The Chinese Immigrant Experience of Autism Diagnosis

Main Presenting Author: Ye-O'Neill, Cecilia Qian Qian

Additional Author: McCrimmon , Adam

Abstract: *Understanding the diagnostic experiences of autistic Canadian Chinese immigrants is imperative for clinical practice in our diverse landscape as they are underrepresented in research and are considered vulnerable to delayed care due to their socioeconomic background, immigration status, English proficiency, stigma, and marginalization. Individual experience of the diagnostic process from autistic Chinese immigrants can inform clinicians of how the diagnosis affects diverse individuals. The question of how autistic Chinese immigrants diagnosed in Canada make sense of their diagnosis was explored. Data from semi-structured interviews with three participants were analyzed via interpretive phenomenological analysis. Results suggest clinician way-of-being and knowledge about autism were important. All participants preferred a clinician who explained the diagnosis using simple English, rather than jargon, and a use of visual aids would have been considered helpful. All participants developed a better sense of themselves through the diagnosis but wished there was more awareness about autism and felt more supported when their families were included in the process. Incorporation of these considerations when providing an accessible diagnostic process is encouraged. The impact of these results could inform best diagnostic practice guidelines.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70958 - Printed Poster

The 'Good Muslim' and Beliefs About Mental Health: A Cultural Consensus Model

Main Presenting Author: Nachabe, Jude

Additional Authors: Nemati, Maryam; Ryder, Andrew G.

Abstract: *Arab-Canadian Muslims are a rapidly growing yet understudied cultural group in Canada. Research demonstrates that many Arab-Canadian Muslims are hesitant to utilize mental health services. The aim of this study is to (1) establish a cultural model of shared Muslim beliefs, (2) evaluate the degree of cultural consensus around this model, and (3) to investigate whether Arab Muslims' cultural consonance (degree of match between an individual's responses and the consensual cultural model) and explanatory models (EM) of mental health (cultural meaning of mental illness and its causes) predicts their attitudes regarding seeking professional help, using faith as a coping strategy, and their self-reported preference for western mental health professionals. Arab-Canadian Muslims in Montreal were interviewed to identify qualities consensually understood as central to being a "good Muslim;" highly salient items were used to develop the cultural consensus measure. Sixty-eight Arab Muslims in Montreal completed the survey. Cultural consonance and EM were associated with the use of faith to cope, $R^2 = .261$, $F_{(2,61)} = 12.69$, $p*

Section: Clinical Psychology / Psychologie clinique
Session ID: 70895 - Printed Poster

The Impact of Culture and Stigma on the Help-Seeking Attitudes of Punjabi Canadians

Main Presenting Author: Brar, K Satinder
Co-Presenting Author: Nitzarim, Rachel

Abstract: *The prevalence of mental health issues within the South Asian population in Canada is high; however, as with other minority groups, professional mental health services are overwhelmingly underused. Research on Punjabi Canadians (a sub-population of South Asians), with respect to culture, stigma, and mental health help-seeking, is considerably limited. The current study used a quantitative approach to explore Punjabi Canadians' perceptions of mental health stigma, their unique cultural values, and how these constructs impact their help-seeking attitudes. 161 participants completed an electronic survey consisting of measures in both English and Punjabi exploring culture, stigma, and help-seeking attitudes. Regression models were used to analyze the data and all hypotheses were empirically supported. Findings indicated that greater adherence to cultural values and higher perceptions of mental health stigma predict more negative help-seeking attitudes. Gender differences were also observed, such that Punjabi Canadian males held more negative help-seeking attitudes than females. Clinical implications include consideration of these findings during the therapeutic process with Punjabi Canadians and community outreach programs to normalize seeking mental health services. Future research should target Punjabi Canadian immigrants through translation of scales to increase access.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 70782 - Printed Poster

The Psychosocial Functions and the Related Cognitive Outcomes among Older Adults during the COVID-19 Pandemic

Main Presenting Author: Bolton, Kathryn

Additional Author: Yang, Lixia

Abstract: *Public safety precautions (i.e., social distancing and isolation, lockdowns) in place to mitigate the spread of COVID-19 may have a psychosocial impact on older adults such as increased depression, anxiety, and subjective loneliness. Impacted psychosocial functioning may have adverse effects on older adults' cognition, which may be mitigated by approach-based coping strategies. The current study aims to identify risk predictors for psychosocial functions of older adults during the COVID-19 pandemic and see how decreased psychosocial functions relates to their performance on cognitive tasks. Data has been collected using an online survey to record demographic information, changes in functional activities, and adherence to COVID-19 safety protocol. It will assess loneliness, depression/anxiety, coping strategies, and includes a cognitive task component assessing performance on executive functioning tasks. Hierarchical multiple regression models will be employed to test the prediction of demographic variables for psychosocial functions, and to test the prediction of psychosocial functions for cognitive performance. The results will elucidate the mental health of older adults in response to an acute pandemic crisis and will shed light on the development of follow-up prevention or intervention programs to maintain the abilities vulnerable to age-associated declines.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71644 - Printed Poster

The Role of Mentoring Relationship Quality and Engagement in Mentee Self-Reports of Mental Health and Self-Worth

Main Presenting Author: Brassard, J Leah

Additional Authors: Howard, Katie; Shukalek, Alyssa; Rinaldi, Christina; Church-Duplessis, Veronique

Abstract: *In Canada, youth mentoring plays an important role in promoting healthy psychological development. One major component of successful mentoring partnerships is mentoring relationship quality (MRQ). A quality mentoring relationship is one that is warm, trusting, and provides the mentee with support and resources. The components of MRQ have been categorized in the literature under two terms; relationship-oriented constructs and action-oriented constructs (DeWit et al., 2019). Relationship-oriented constructs focus on characteristics inherent to the relationship (e.g., closeness, trust), while action-oriented constructs look at tangible ways the mentor supports the mentee. The present study examined 1148 young adults in Canada (age 18-30) who retrospectively reported on meaningful mentorship experiences they had between the ages of 12-18. Data was collected between January and March of 2020 through the Social Research and Demonstration Corporation and MENTOR Canada. Participants reported on the relationship quality and support/engagement of their mentor, as well their self-reported mental health and global self-worth. We will examine if relationship- and action-oriented aspects of MRQ differentially predict mentee mental health and global self-worth. This research is a critical initial step towards understanding how each of these subcategories of MRQ impact mentee well-being.*

Section: Community Psychology / Psychologie communautaire
Session ID: 71873 - Printed Poster

Thematic Analysis of Health Psychology Research Expertise in Canada

Main Presenting Author: Hoggan, Ryan

Additional Authors: Presseau, Justin; Campbell, Tavis S; Gosselin Boucher, Vincent; Kim, Eric; Lavoie, Kim; Rash, Joshua A; Rouleau, Codie R; Stewart, Sherry H; Gordon, Jennifer L; Ross, Kharah M

Abstract: *Health psychology is a fast growing but under-characterized field in Canada. We conducted a thematic analysis of faculty profile research descriptions to characterize the expertise of Canadian university-affiliated researchers in health psychology. METHODS: University-affiliated health psychology researchers were identified through an environmental scan of faculty profiles in health- and psychology-related departments at Canadian universities. Inclusion criteria were: affiliation with a Canadian university, psychology-related background, and a research program involving the interplay of physical health with psychosocial factors. We extracted research descriptions from faculty profiles, then used thematic analysis to identify patterns of research expertise. RESULTS: A total of 285 faculty were identified. Pain, cancer, and sleep were the most common themes. Other themes were stress, well-being and mental health, disease and biomarkers, health behaviours, psychosocial interventions and healthcare, reproductive/sexual health and lifespan approaches. Topics related to certain public health concerns (e.g., rural healthcare, opioid crisis,*

immigrant/Indigenous health) were uncommon. CONCLUSION: Canadian health psychology research addresses critical topics with the potential to influence biopsychosocial determinants of health. Identified gaps present future research opportunities.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71099 - Printed Poster

Understanding Service Pathways in the Treatment of Childhood Anxiety while Identifying Key Component

Main Presenting Author: Masson, R Chelsey

Additional Author: King, Colin

Abstract: *Globally, anxiety disorders represent the most prevalent mental health disorders in children and youth (Polanczyk et al., 2015), with an increasing number of these children and youth perceiving the need for professional help (Georgiades et al., 2019). Additionally, previous literature suggests that when professional help is accessed for problematic anxiety, the treatment is often not evidence-based and the process has significant barriers for clients (Collins et al., 2004). To better understand barriers to care and support models for families seeking help for anxiety, the current project used two methods to investigate possible treatment support models. First, a questionnaire was used to identify patterns in parental help-seeking behaviours and outline perceived barriers to professional help. Second, a scoping review was completed to understand the key components of parent/caregiver treatment models for childhood anxiety. From the questionnaire, frequency of services accessed, service satisfaction ratings of families, and number of perceived barriers identified by parents/caregivers of children with anxiety will be presented. Key elements from the interventions in the scoping review will also be outlined and compared with key elements in step-care intervention models. These findings can guide clinicians aiming to increase parental involvement in anxiety treatment plans.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70061 - Printed Poster

Virtual group psychotherapy for chronic pain: A qualitative study of patients' experience

Main Presenting Author: Paré, Catherine

Additional Authors: Moore, Emily; Carde, Estelle; Pagé, Gabrielle

Abstract: *The COVID-19 pandemic required a rapid adaptation to virtual healthcare delivery, including group psychotherapy. The purpose of this study was to understand the experiences of patients participating in virtual group psychotherapy in the context of a multidisciplinary pain treatment program, including the barriers and facilitators of engaging in this form of treatment. We conducted semi-structured interviews with 20 adults living with chronic pain who were currently engaged in treatment at a tertiary care multidisciplinary pain clinic who participated in a course (5 sessions) of virtual group psychotherapy. Data were analyzed using thematic analysis through an inductive and constructionist lens. Preliminary investigations have led to the creation of the following*

themes: the connection between participants was modified by the absence of an in-person context (e.g., fewer logistical and physical difficulties) and the presence of a virtual context (e.g., perception of others and self through a screen, being at home while in group therapy). Overall, most participants reported benefitting from their connection with other people living with chronic pain. The results of the current study reflect a global transition and increased acceptability of virtual treatments in healthcare settings.

Section: *Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé*
Session ID: 71580 - Printed Poster

What can we learn from RCMP Arrestee data?

Main Presenting Author: Watt, C. Margo
Co-Presenting Author: MacPherson, Andrew C.

Additional Authors: McBeath, Warren ; Mann-Dixon, Blade

Abstract: *Police are first point of contact in criminal justice system (CJS). Officers decide if an alleged offender will be released without charge, diverted to other services (e.g., mental health care), or referred for prosecution. Police discretion is critical to operation of CJS, yet, little is known about police decision making in custody suite. While all police agencies report their statistics to Uniform Crime Reporting Survey (UCR), few have the luxury of analyzing detachment-level data. As part of a larger project examining 20 years of arrestee data from a small RCMP detachment in rural Nova Scotia, this study examined arrestee data collected between 2019 and 2022. To date, 602 deidentified cases have been coded. Preliminary analysis shows that most arrestees are male (79.9%); average age = 33.6 (SD = 14.2) years; over half (51%) under 30; one-third (33.8%) offences were alcohol-related. Changes over time in the prevalence of certain offences is of interest. During pandemic years, it is expected that offences like robbery will remain the same, while others (violation of health protocol, impaired driving, and sexual offences) will increase. It is also expected that rates of "emotionally disturbed persons" will increase, while cannabis-related offences will decrease. Results will be discussed in terms of implications for police practices and procedures.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 71754 - Printed Poster

Who am I? The Experience of Identity Change of Chinese Independent Migrants in Canada

Main Presenting Authors: Chan Kent, s Alysha; Robertson, Sharon E

Abstract: *Over the past two decades, a unique group of Asian international students who have left home to continue their education in the North American K-12 school systems has emerged. Migration trends reveal an increase in children moving to live and study abroad without their parents. Within the literature, these minors are sometimes termed "parachute kids". This experience of independent migration can have deep and long-lasting impacts, including psychological, relational, academic, and cross-cultural adjustment difficulties. Although studies have focused on the challenges these migrant youth face, little research has been conducted on the long-term impacts of this experience, particularly as it relates to identity development. The goal of this study was to understand how Chinese independent migrants as adults understand their changing identities in the context of migrating to*

Canada in childhood/adolescence. Data were analyzed using a qualitative approach, Interpretative Phenomenological Analysis, as it is well suited to exploring psycho-social transitions and identity change. Results provide insight into how former Chinese independent migrant youth understand the influence of their migration experiences on identity. Implications and recommendations for culture-infused counselling, social service, and educational practices related to supporting independent migrants are discussed.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71124 - Printed Poster

Telehealth Intervention Program for Older Adults (TIP-OA) for Stress and Mental Health Symptoms: Predictors of treatment response

Main Presenting Author: Rigas, Christina

Additional Authors: Sekhon, Harmehr; Rej, Soham

Abstract: *Prior to COVID-19, psychiatric disorders affected over 10–15% of older adults (>1,000,000 Canadians aged 60+). COVID increased social isolation and limited resources. We developed a volunteer-based Telehealth Intervention Program for Older Adults (TIP-OA), to improve mental health in older adults (has served 750+ older adults). Data is limited about volunteer-based phoning program's real-world effectiveness and predictors of response. Primary aim: identify if baseline risk level (green: low risk, orange: medium risk, red: high risk) is associated with improved mental health outcomes at 8-week follow-up for stress, depression, anxiety, and COVID fear. Secondary aim: identify if baseline demographic characteristics (age, gender, neighbourhood, etc.) are associated with improvement in mental health outcomes. We are analyzing the data, and anticipate results by Jan 2022. We anticipate that TIP-OA will be beneficial for improving stress, depression and anxiety symptoms, and fear of COVID over 8-weeks in higher baseline risk level participants. To 1) further refine the intervention and focus future related interventions to populations who can benefit most, 2) be a stepping stone for other telehealth and digital health interventions, and 3) translate findings to the application and further development of TIP-OA or related interventions on a larger scale.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71673 - Virtual Poster

Section Chair Address

The future of Rural and Northern Psychology section: Where have we come from and where are we going?

Main Presenting Author: Hutchings, Veronica

Abstract: *Psychologists working in rural and northern communities often have multiple roles within their communities. Given the competing priorities of these roles combined with unique pressures of working in smaller communities where dual relationships are more often the rule than the exception, practising in a rural or northern area can be a challenging experience, As I approach the end of my first year as chair of the Rural and Northern Psychology section, I am reflecting on what the section has done to help support our slightly more than 100 members. In this chairs address, I reflect on what*

this section has done and would like to lead an interactive conversation with our section members on what our section should do in the future to be of most benefit to our members.

Section: *Rural and Northern Psychology / Psychologie des communautés rurales et nordiques*
Session ID: 71855 - Section Chair Address

Snapshot

A Narrative Study of Trauma-Informed Programs in Early Education Settings

Main Presenting Author: Sweeney, C Natalie

Additional Author: Buchanan, Marla

Abstract: *Trauma has a life-long negative impact on the growth of many children. School-based trauma-informed interventions provide the opportunity to offer cost effective mental health support to children who may not otherwise access counselling. Despite this, many school counsellors feel inadequately prepared to support traumatized children and many have never received training in trauma-informed practices. There is a current lack of empirical Canadian research on the use of trauma-informed practices by school counsellors and particularly with young children. This study investigated the stories of school counsellors providing trauma-informed practices to young children (ages 4-8) through narrative inquiry. Narrative interviews were conducted with 4 school counsellors. Narrative thematic analysis was employed to construct themes and verification process included member checking procedures. Findings show that master's-level counsellors have concerns about their preparation in providing trauma-informed practice. This narrative research points to the need for formalized trauma training for school counsellors to assist them in identification of students at-risk and to prepare them for both prevention and intervention strategies in their schools. This research proposes the need for governmental regulation and funding that ensures children have equal access to trained counsellors.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71086 - Snapshot

A Scoping Review of Qualitative Studies on Perspectives and Experiences of Parents with ADHD

Main Presenting Author: Ee, Bethany

Additional Author: Ford, Laurie

Abstract: *While ADHD is most commonly diagnosed in childhood, the disorder and its related challenges persist throughout the lifespan. Understanding how adults cope with ADHD, especially in the parenting domain, is particularly important given that many difficulties commonly related to ADHD contribute to greater challenges in parenting. Quantitative studies have found associations between parental ADHD symptoms and less positive parenting behaviours. However, given the highly contextual nature of ADHD, there is a need for qualitative research to enhance our understanding and explore the personal experiences of parents with ADHD. The current study is a scoping review of qualitative studies exploring the experiences of parents with ADHD. Databases were systematically searched to identify articles that met the inclusion criteria. Preliminary analyses indicated that while*

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parents experience greater parenting stress, they were more understanding and empathetic towards their child with ADHD and were better able to explain ADHD symptoms to their child as well as help them cope with the challenges of daily tasks. Implications for practitioners and researchers will be discussed, including the need to validate parental strengths and the lack of qualitative research exploring experiences of parents with ADHD, in comparison to studies investigating parents' experiences of raising a child with ADHD.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70749 - Snapshot

Assessing Cannabis Use Among a Cohort of Individuals with First Episode Psychosis at an Outpatient Clinic in Ottawa, Ontario

Main Presenting Author: Beaulac, Julie

Additional Authors: LaTorre, Joseph; Wood, Minda; Krause, Amanda

Abstract: *CANNABIS IS FREQUENTLY USED AMONG PEOPLE EXPERIENCING MENTAL HEALTH PROBLEMS AND IS BELIEVED TO BE A SIGNIFICANT FACTOR CONTRIBUTING TO THE ONSET OF AND EXACERBATION OF EXPERIENCES OF PSYCHOSIS. THERE IS A PRESSING DEMAND TO BETTER UNDERSTAND THE NEEDS OF INDIVIDUALS EXPERIENCING FIRST EPISODE PSYCHOSIS (FEP) WITH RESPECT TO CANNABIS, ESPECIALLY IN LIGHT OF THE RECENT LEGALIZATION OF CANNABIS IN CANADA AND STRESSORS CAUSED BY THE COVID-19 PANDEMIC. A NEEDS ASSESSMENT IS CURRENTLY BEING CONDUCTED AT ON TRACK, AN OUTPATIENT CLINIC AFFILIATED WITH THE OTTAWA HOSPITAL SERVING INDIVIDUALS BETWEEN THE AGES OF 16 TO 35 YEARS EXPERIENCING FEP WITH THE OBJECTIVE OF DETERMINING THE ROLE THAT CANNABIS IS PLAYING IN CLIENTS' LIVES AND WHETHER THERE IS A NEED TO IMPLEMENT A PROGRAM ADDRESSING CLIENTS CANNABIS USE. THE EVALUATION INVOLVES A PARTICIPATORY MIXED METHODS MODEL, INCLUDING AN ONLINE SURVEY AND FOCUS GROUPS WITH CLIENTS AND FAMILY MEMBERS. FINDINGS WILL PROVIDE DIRECTION FOR HOW ON TRACK CAN IMPROVE THEIR PROGRAMMING TO BEST MEET THE NEEDS OF CLIENTS AND THEIR FAMILIES WITH RESPECT TO CANNABIS. RESULTS MAY ALSO OFFER GENERALIZABLE INFORMATION REGARDING THE EXPERIENCES OF CANNABIS USE AMONG INDIVIDUALS WITH PSYCHOSIS.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 71207 - Snapshot

Characterization of Methamphetamine-Related Psychiatric Emergency Department Use and COVID-19 Impact

Main Presenting Author: Rahimi, Alma

Additional Authors: Kozloff, Nicole; Wong, Albert ; Gicas , Kristina

Abstract: *BACKGROUND:Globally, methamphetamine (MA) related emergency department (ED) visits and admissions have increased. COVID-19 poses a particular risk to MA users. In this study, we describe the characteristics of persons with MA-related ED encounters and examined how COVID-19*

affected ED use in this group. METHOD: A retrospective review of ED medical records from the Centre for Addiction and Mental Health was conducted. Sample characteristics were derived using 2019 data and analyzed with logistic regressions. COVID-19 impacts were analyzed by pre, peak, and post-acute pandemic phases in 2020 with Mann-Whitney U tests. RESULTS: In 2019, there were 659 MA-related ED encounters (438 unique person visits; 76% single; 24% repeat; 36% admitted). Persons were on average 34 years old, mostly male, White, and homeless. 51% had a psychotic disorder. Non-White ethnicity, psychotic disorder diagnosis, and greater acuity (coded by Canadian Triage Acuity Score) predicted admission; youngerage and homelessness predicted repeat visits. Across pandemic phases, there were no significant differences in ED visits (pre = 82; peak = 77; post = 67) or admissions (pre = 37; peak = 48; post = 43). CONCLUSIONS: Persons with MA-related ED visits have numerous social vulnerabilities intersecting with their service use. A more thorough characterization of this group is necessary to optimize pathways to care.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 70734 - Snapshot

Gender Differences in Criminogenic Thinking of Justice-Involved Clients Reentering the Community

Main Presenting Author: Mitchell, Damon

Additional Authors: Jones, J Natalie ; Tafrate, Raymond C

Abstract: *Background: Criminogenic thinking (cognitions that facilitate antisocial behavior) is one of the "Central 8" predictors of reoffending (Bonta, 2017), making it a priority for forensic assessment/intervention. Recent studies show that criminogenic thinking is equally relevant for justice-involved men and women but gender differences exist in the specific thinking patterns related to reoffending (Jones et al., 2021). Methods: This pilot study examined gender differences in criminogenic thinking among 296 clients released from custody to transitional housing, who were assessed at intake on the Criminogenic Thinking Profile (CTP; Mitchell and Tafrate, 2012). Results: Men and women were similar on the CTP Total Score, but significant differences emerged at the subscale level. Demand for Excitement (impulsive thrill seeking) was significantly correlated with rearrest for men, whereas Inability to Cope (giving up in the face of adversity) was significant for women. Gender differences were also present in patterns related to employment and positive drug screens. Effect sizes were moderate. Conclusions: Findings are consistent with an emerging body of research suggesting gender-specific nuances in criminogenic thinking are related to important program outcomes. Action: Clinical effectiveness can be optimized by tailoring cognitive interventions to address potential gender-specificity.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 70624 - Snapshot

Going Virtual: A Qualitative Evaluation of the Likeability and Accessibility of a Tablet-based Peer Social Support Program for Older Adults Living in Residential Care

Main Presenting Author: Millett, E Geneva

Additional Author: Fiocco, J Alexandra

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Abstract: *BACKGROUND/RATIONALE: Social programming for older adults living in residential care ceased during the COVID-19 pandemic in order to abide by social distancing guidelines. As social engagement is a robust predictor of wellbeing within this population, the need for an accessible virtual peer-support platform during current and future outbreaks is imperative. Consequently, a tablet-based program called the Java Music Club-Digital (JMC-D) was developed. The JMC-D enables residents to engage with their peers through discussion and singing from the safety of their own room. This study investigated the likeability and accessibility of the JMC-D. METHODS: Semi-structured interviews were conducted with seven residents and three recreation coordinators. Interviews were transcribed verbatim and analyzed using thematic analysis. RESULTS: Four themes emerged: 1) impact of computer literacy and comfort, 2) the JMC-D addresses a current need, 3) the JMC-D is accessible, and 4) recommended changes. CONCLUSIONS: The JMC-D is a likeable and accessible tablet-based peer-support program and participants expressed interest in the possibility of program implementation within their residence. ACTION/IMPACT: Collecting this feedback is essential to assess whether the virtual program is able to meet the needs of users. Constructive feedback was incorporated into the final version of the platform.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71221 - Snapshot

Heterogeneity in Low-Income Children's Mental Health Prior to and During COVID-19 and the Influential Role of Parenting: A Latent Transition Analysis

Main Presenting Author: Jegatheeswaran, Calpanaa
Co-Presenting Authors: Burns, Samantha; Barron, Christie

Additional Author: Perlman, Michal

Abstract: *COVID-19 has impacted children's mental health (MH). Person-centered research on MH among at-risk children (based on a subset of risk and protective factors) is limited. Latent transition analysis was used to examine patterns of change in children's MH profiles from prior to after the onset of the pandemic. We also tested for factors that moderate the effects of COVID-19 on child MH profiles. The study sample (N=297 families) was drawn from a large longitudinal study. The following profiles were identified prior to the pandemic: _Low MH Problems_ (N=190), _Externalizing Problems _(N=66), or _Social and Behavioural Problems_ (N=30). Transition probabilities suggested stability in group membership among children in the _Low MH Problems_ group. Children in the _Externalizing Problems_ group had non-trivial transition probabilities to each of the other profiles. Similar proportions of children in the _Social and Behavioural Problems_ profile remained in this profile as those who moved to the _Low MH Problems_ profile. We will examine the moderating role parenting practices play in the transitions between profiles. These findings will provide us with a better understanding of the subtleties of childrens MH change in times of crisis and how parental factors predict transitions that change, allowing policymakers to tailor parenting programs to the childrens respective profiles.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 71272 - Snapshot

Literature Review: Blended Learning Models in Elementary Schools During Year One of the COVID-19 Pandemic

Main Presenting Author: Walsh , Kathleen
Co-Presenting Authors: Ross, Katherine E ; Ford, Laurie

Additional Authors: Perry, Nancy; Wong, Harris; Anderson, Eliah; Hall, Marissa

Abstract: *The COVID-19 pandemic required school districts to quickly shift to meet the evolving needs and new challenges that their communities were facing throughout these unprecedented times. As an emergency response, systems quickly shifted to blended learning models. Researchers partnered with school superintendents in the lower mainland in British Columbia to document how 13 districts adapted teaching and learning in response to COVID-19. These districts participated in questionnaires and interviews exploring the strenghts and challenges to district responses. The data were analyzed for important demographics, as well as emergent themes. Preliminary findings indicate that the districts were very adaptable and creative in their responses to learning during the pandemic. Literature reviewed throughout this project highlights the response in these 13 districts as a unique and relevant case studies to examine, because unlike other jurisdictions, schools in British Columbia remained open throughout the pandemic. It highlights the creative planning and equitable learning opportunities that were offered to help meet the diverse needs of the communities these districts served. The literature and data we have collected serves as a guide to help inform future systems responses and provide examples of creative innovations that support equitable learning for students.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71832 - Snapshot

Mitigating factors of COVID-19 Impacts on Mental Health Profiles: Latent Transition Analysis of Low-Income Mothers

Main Presenting Author: Burns, Samantha
Co-Presenting Authors: Jegatheeswaran, Calpanaa; Barron, Christie

Additional Author: Perlman, Michal

Abstract: *Research on the effects of COVID-19 on maternal mental health (MH) rarely employs an analytical approach that covers how subsets of risk and protective factors yield differential outcomes among at-risk mothers. Latent transition analysis was conducted using the MH data of 297 low-income mothers from a large longitudinal study to examine the emergent MH profiles of anxiety (A), depression (D), and stress (S) the transitional patterns between profiles from prior to during COVID-19, and the factors that moderate these effects. The pre-COVID-19 profiles revealed a four-class solution in which (1) _Slight ADS_ (19%), (2) _Trivial AS_ (60%), (3) _Clinical ADS_ (5%), and (4) _Moderate ADS_ (15%). The COVID-19 model also suggested a four-class solution, but with some profiles being qualitatively different (i.e., measurement non-invariance). Specifically, we found slightly raised MH scores in profiles 1, 3, and 4 during COVID-19 with the addition of a new profile of _Clinical AS_. Latent transition probabilities suggested that most mothers shifted to a lower MH status during COVID-19, with approximately 45 mothers shifting from a non-clinical to clinical cut-off MH profile. Comparatively, 48 mothers demonstrated improvements in MH functioning. These*

findings will provide a rich depiction of MH experiences and areas where policymakers and practitioners can tailor support to low-income mothers.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70942 - Snapshot

Prevalence and Factors Related to Substance Use among Black Individuals in Canada

Main Presenting Author: Dromer, Elisabeth

Additional Authors: Cenat, Mary Jude; Auguste, Emmanuelle; Darius, Wina Paul; Dalexis, Rose Darly; Kogan, Cary; Guerrier, Mireille

Abstract: *Despite evidence that Black individuals are confronted with many types of racial discrimination that put them at risk for substance use disorders, no study in Canada has assessed the prevalence and factors related to substance use in Black communities. The aim of this study was to fill this knowledge gap. Black individuals in Canada completed questionnaires assessing substance use, everyday racial discrimination, resilience, religious involvement, and sociodemographic information. Multivariable regression analyses were used to determine factors related to substance use. The findings showed that 12.3% of the participants met the criteria for a substance use disorder in the past 12 months. Men and participants aged 15 to 24 experienced higher prevalence of substance use disorders compared to women and participants aged 25 and older. High everyday racial discrimination and being born in Canada positively predicted substance use disorders, whereas religiosity, resilience, and being female were negative predictors. Racial discrimination is associated with substance use among Black individuals in Canada, and other risk and protective factors relate to substance use in this population. Taking potential risk and protective factors into account may help mental health professionals provide culturally appropriate and antiracist healthcare and substance use interventions to Black people.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 70667 - Snapshot

Psychological Adjustment Following Childhood Stroke

Main Presenting Author: Champigny, M Claire

Additional Authors: Feldman, J Samantha; Westmacott, Robyn; Dirks, Peter; Desrocher, Mary

Abstract: *Background: Pediatric stroke is an important cause of acquired brain injury in youth. Neurocognitive impairments commonly occur and can impede social, emotional, and behavioural development. This qualitative study is the first to interview youth with stroke regarding their lived experiences and beliefs about psychological adjustment after stroke. Methods: Fourteen youth ages 13 to 25 with a history of stroke in childhood participated in one-on-one semi-structured interviews at the Hospital for Sick Children in Toronto. Interviews were audio recorded, transcribed verbatim, and analysed by two independent coders following the principles of inductive thematic analysis. Results: Preliminary results suggest emerging themes, including confusion and fear during stroke onset, frustration due to motor and cognitive impairments, concerns future independence, importance of determination for recovery, importance of support system for recovery, and acceptance of stroke as part of self. Conclusion: The common themes across participants capture difficulties with adjusting to*

the negative outcomes of stroke and highlight resources and personal strengths that contribute to resilience. Impact: By hearing personal perspectives firsthand from youth with stroke, mental health workers can better support their patients to cope with the short- and long-term sequelae of stroke.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70733 - Snapshot

Psychosocial Behaviours are Important: The Verification of an Indigenous Mentorship Model

Main Presenting Author: Atay, J Elaine

Additional Authors: Sawyer, Olivia; Bednar, Michael-Alex; Murry, Adam T

Abstract: *BACKGROUND: Conceptual models of Indigenous mentorship (IM) exist, yet further verification is needed to establish the credibility of these models on Indigenous mentees. METHOD: Six mentees from mentorship networks within the Canadian Institute of Health Research's IM Network Program participated in 1-2 hour long semi-structured interviews inquiring about their resonance with an existing IM model and personal stories of their mentors engaging in behaviours outlined in the constructs of the model. Data was content analyzed using _a priori_ codes based on descriptions of the model constructs and their associated behaviours. RESULTS: Model constructs associated with particular mentor behaviours were discussed in the following order of frequency: _practicing relationalism_ (26%), _fostering Indigenous identity development _(23%)_, mentee-centered focus _(21%)_, imbuing criticality _(16%), _advocacy _(9%), and _abiding by Indigenous ethics _(5%). CONCLUSIONS: Overall, the model resonated with participants, and constructs pertaining to more psychosocial mentoring functions were highlighted the most. ACTION/IMPACT: This research provides valuable insight to the IM model and IM theory more generally, which can be applied to refine mentor selection and support, culturally appropriate mentorship practices, and evaluation of mentorship programs within post-secondary and organizational institutions.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70829 - Snapshot

Risk and Resilience Amongst Military-Connected Youths Living with Parental OSI

Main Presenting Author: Laut, Danae

Additional Author: Robertson, Sharon

Abstract: *Member of the Canadian Armed Forces (CAF) are at a high risk of developing occupational stress injuries (OSIs), such as PTSD. However, children in affected families tend to be overlooked. Research suggests that children living with a service member (SM) with PTSD have higher rates of mental health, behavioural, and academic problems. Despite these problems having been identified, few studies have examined the relationship between parental PTSD/OSI and adolescent well-being. Additionally, few studies have examined resilience within these youths. The goal of the current study was to gain an understanding of adolescents' experience of living with an SM parent with an OSI. Resilience among these youth was also explored. A qualitative methodology, Interpretative Phenomenological Analysis (IPA), was used in the study. Eleven, 14-18 year-old adolescents (six males; five females) were interviewed. All participants had a parent who had an OSI and who was a current or former member of the CAF. Interviews were analyzed and a set of themes*

was developed, including four overarching themes: *(a) Making Sense of Parental OSI, (b) Repercussions of Living with Parental OSI (c) Coping, and (d) Resiliency. These findings elucidate how adolescents are impacted by parental OSIs and how they are resilient. Insights for intervention and research will be discussed.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71021 - Snapshot

The Experiences of Women in Public Safety: A Scoping Review

Main Presenting Author: Redekop, C Michelle

Abstract: *Public safety personnel (PSP), including firefighters, police officers, and paramedics (Oliphant, 2016), are faced with a number of daily hazards that place them at unique risk for physical harm and poor mental health outcomes (Riciardelli et al., 2018). While the cross-section of PSP and mental health literature is growing, the experiences of PSP women have received less attention. In order to understand the experience of women PSP, a scoping literature review (Arksey and O'Malley, 2003) was conducted. The question guiding this review was: "What is the state of the literature on women's experiences of PSP professions?" This scoping review found 1276 potentially relevant results, which was then reduced to 21 relevant articles published in Canada and the United States. From this scoping review, several main themes were extracted, including a hostile work environment and negative gendered and racialized experiences; mental health concerns, including literature on suicide, depression, stress, and posttraumatic stress disorder; and physical risks, such as violence. Significant gaps were exposed from this scoping review related to paramedics and qualitative research, especially within a Canadian context. Overall, research is needed in this area to more broadly understand the experiences of PSP women and their recommendations for institutional level policy changes.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 70684 - Snapshot

The Integration of Inclusion in Enhancing Neurodevelopmental Disorders & Clinical Understanding

Main Presenting Author: Brass, Justin
Co-Presenting Author: Esteireiro, Katrina

Abstract: *The role of clinicians to support individuals with neurodevelopmental disorders (NDs) is complex, as where support should start and how to incorporate inclusive training in the support-making process is not fully recognized yet by the literature. Generally, much of the literature on how to support the health and education of individuals with NDs is rather sparse, as there is a large focus on the use of medicalized treatment plans to 'resolve' the dysfunction and/or difficulties of many different groups with disabilities. Hence, a person may ask if a medical treatment plan is no longer the only way to supporting people with NDs, then what is the emerging role of clinicians in this era? What is the role of the clinician in supporting the inclusion of individuals with NDs? Mainly, because individuals with NDs see themselves as neurodiverse, bias facing these groups must first be addressed before we can integrate inclusion principles into support for ND groups from a healthcare standpoint. We must work with these groups to address their own concerns, and to address the stigma that exists both internally and externally for these populations, as they often represent a population that is capable of functioning but is still in need of support. All findings will be completed in time for*

conference presentation and implications of work on informing clinical programming will be discussed.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 69080 - Snapshot

Understanding Undergraduate Resistance to On-Campus Mental Health Resources

Main Presenting Author: Marchetti, Sophia

Abstract: *The main response from post-secondary institutions to students struggling with their mental health is to increase the number of available mental health resources. There is a substantial body of work on the importance of addressing student mental health, however, even when institutions dedicate significant funds to these resources, students still struggle and resist accessing available support. The present study aims to better understand why students who have identified as struggling while at university do not access mental health resources. Through a series of semi-structured interviews, I seek to explore reasons for students' resistance to on-campus mental health supports. Previous literature suggests that reasons for resistance include conformity and lack of awareness. However, mental health stigmas and attitudes are constantly changing thanks to social media, globalization, and the ongoing pandemic. The results of this ongoing exploratory study will provide meaningful insights into student perspectives of post-secondary institutions' response to mental health. Students are directly affected by the institutions' decisions surrounding mental health support; yet, much of the research guiding these decisions fail to consider their perspectives. Understanding these views could reframe the ways institutions evaluate existing resources and fund new mental health support systems.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 70738 - Snapshot

Working with Individuals with Chronic Pain: Key Concepts for Return to Work and Counselling Psychology Practice

Main Presenting Author: Conway, Jillian

Abstract: *The chronic pain community in Canada includes approximately 20% of the population. The significant physical suffering of chronic pain is compacted by accompanying psychological concerns and occupational or financial stress for afflicted individuals. Specifically, chronic pain can create a wide variety of difficulties within the workforce for these individuals ranging from unemployment to presenteeism. However, employment has been shown to have many positive potential impacts including improved mental health, decreased financial stress and decreased risk of suicide, making it an invaluable tool in improving the quality of life of individuals with chronic pain. A review of current literature has revealed multiple factors that are amenable to change through counselling and can influence residual employability of individuals with chronic pain. These include fear-avoidant beliefs, pain catastrophizing, health and disability perceptions, fatigue and self-efficacy. By addressing these factors through cognitive-behavioural therapy and mindfulness techniques, psychologists can increase the return to work rate of individuals with chronic pain, and subsequently improve the quality of life of this community.*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 71925 - Snapshot

Standard Workshop

Applying to Graduate School in Psychology: An Interactive Workshop

Main Presenting Author: Boles, Joanna Nicole
Co-Presenting Authors: Botia , Alejandra ; de la Roche, Laura

Abstract: *In this workshop, we will present information about how to prepare for the process of applying to graduate school in psychology. Specific topics that will be discussed include typical admission requirements, how to choose a potential supervisor, the advantages, and disadvantages of being a graduate student, and what it takes to survive and thrive in graduate school. Students will be asked to critically evaluate their own portfolios individually or in groups. Further, students will edit and appraise templates of resumes and statements of intent taken from scenario vignettes. This type of activity would allow for active discussion which could result in many more people forming professional relationships that may continue outside of the conference and promote cross-institutional collaborations. Following this, a panel of psychology graduate students will share their experiences with applying to graduate school and a question-and-answer session will be held at the end of the workshop.*

Section: Students in Psychology / Étudiants en psychologie
Session ID: 71181 - Workshop

Symposium

Envisioning Change Through Conceptualizing the Past: Qualitative Research & Theory Addressing the COVID-19 Pandemic

Additional Authors: Patterson , Emily; Delodder, Angela

Moderator: Cresswell, James

Abstract: *The global pandemic has created massive disruption in life as usual, including amplifying the systemic injustices that impact people across many domains of life. The challenge faced by psychologists is how to assess, address, and redress the impact of COVID-19 in such a situation where we see an interface between broader sociocultural systems and human 'individual' psychology. Qualitative approaches that draw upon fewer participants are often well suited to address such a nexus phenomenon through theories and analytic techniques aimed at articulating the expression of broader sociocultural systematic phenomena in individual expression. The presenters in this symposium each draw on qualitative work that spells out ways to support collaborative strategies that engage citizens and institutions to solve complex community issues across Canada and beyond. The papers promote building a more equitable society by strengthening community capacity to engage citizens, lead collaboratively, deepen community, and reduce the impacts of COVID-19.*

Section: History and Philosophy of Psychology / Histoire et philosophie de la psychologie
Session ID: 68826, Presenting Papers: 71256, 71255, 71257 - Symposium

Canadians' Reflections on Transformational Change During COVID-1

Main Presenting Author: Delodder, Angela

Abstract: *The COVID-19 pandemic has disrupted the lives of people worldwide. Canadians have endured multiple lockdowns and safety measures, including vaccinations, social distancing, and mask-wearing to prevent the spread of the virus. Both the virus and safety measures have contributed to unpredictable changes in Canadians' lives. While new studies are coming out each day, much of the qualitative research focuses on the experiences of front-line workers in health care settings. This study aims to add new perspectives from a diversity of individuals and is part of a broader set of quantitative and qualitative studies on Canadians' perspectives and experiences with COVID-19. The purpose of this study is to investigate how the pandemic resulted in transformational change for individuals, relationships, and society. My analysis is based on interviews conducted by the Discourse, Science, Publics Research Group members at the University of Guelph. Approximately 40 Canadians were purposively selected to represent a diversity of identities. Unstructured interviews centred around participants' reflections of personal, relational, and societal change due to COVID-19. In this presentation, I will present the key findings of a narrative analysis of these interviews.*

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 71256 - Paper within a symposium (Symposium ID: 68826)

Navigating Multiple Roles as Parents During COVID-19: A Thematic Discourse Analysis

Main Presenting Author: Patterson , Emily

Abstract: *The patterns of daily life for many Ontario families were altered when children began attending classes online following COVID-19 school closures. To limit virus spread, individuals were asked to isolate from those outside their household. Many families were thus separated from people and resources that helped support their children. In their absence, many parents took on new roles that may have challenged their mental health and completion of paid work, to ensure their children's wellbeing. Existing research examining the pandemic experiences of families is primarily quantitative, with focus on the impacts of school closures on children, or parents' experiences of work-family conflict. Many parents experienced significant changes to their work and home roles, but an in-depth understanding of how they navigated these roles within the context of their lives is lacking. This study will explore how Ontario parents navigated the multiple, changing, and conflicting roles they took on during the pandemic. I will present a thematic discourse analysis of 41 semi-structured interviews with parents of elementary and high school students in Ontario about their experiences of school closures. Themes relating to how parents navigated their new roles necessitated by COVID-19 will be discussed.*

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 71255 - Paper within a symposium (Symposium ID: 68826)

Supporting the "Newly Vulnerable": Illustrating Sociocutural Theory in the Promotion of Changes to the Systems of Poverty Reduction

Main Presenting Author: Cresswell, James
Co-Presenting Author: Sullivan, Gavin

Abstract: *Our community partner, the Tamarack Institute, noted an unprecedented challenge of a new, unique population in need of their services that we refer to as the "newly vulnerable": those who were not in poverty but have been put at significant risk due to economic and social pressures linked to COVID-19. The disruption of the status quo emerging from the pandemic is an opportune time to assess and advocate for change in support systems that currently do not account for the newly vulnerable. Change to such systems requires understanding theory about how a community sustains practices through its collective psychological commitment to status quo functioning. As such, this paper discusses theory conceiving of psychological phenomena as sociocultural – as opposed to individualistic – phenomena. We show how such theory can be used to support systematic change through discussing a qualitative study involving interviews and focus groups with people working in the poverty reduction sector across Canada. These interviews involved the Future-Backwards Activity where participants imagine the best and worse case scenarios in terms of system change and discuss what kinds of system changes would lead to each scenario. As such, this paper shows how sociocultural theory enables an analytic lens that promotes change in practice in the prevention of poverty.*

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 71257 - Paper within a symposium (Symposium ID: 68826)

Optimizing Internet-Delivered Cognitive Behavioural Therapy for Canadian Public Safety Personnel

Moderator: Hadjistavropoulos, Heather D.

Abstract: *First responders and other public safety personnel (PSP) experience high rates of mental health concerns and many barriers to care. Internet-delivered cognitive behavioural therapy (ICBT) is an effective and accessible treatment. Nevertheless, there is limited information available on how to implement and optimize ICBT for PSP. Pertinent to the conference theme, we will highlight how psychological research can be translated into service delivery across jurisdictions, and how research can maximize benefits of ICBT and improve the lives of Canadian PSP. Hadjistavropoulos will provide an overview of ICBT for PSP, including service delivery outcomes in Saskatchewan and Quebec, as well as differences across jurisdictions in uptake and implementation. McCall will describe the results of a systematic review, meta-analysis, and meta-regression assessing the use and impact of persuasive design in unguided ICBT. He will also describe the implications for the use of ICBT with PSP, emphasizing the potential of online discussion forums. Beahm will describe qualitative research designed to understand the occupational stressors described by PSP who participate in ICBT and the ICBT strategies PSP perceive as providing the greatest benefits. Directions for improving ICBT for PSP will be presented. The discussant will be R. Nicholas Carleton.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71239, Presenting Papers: 71245, 71246, 71249 - Symposium

Internet-Delivered Cognitive Behavioural Therapy for Canadian Public Safety Personnel: Implementation and Benefits

Main Presenting Author: Hadjistavropoulos, D. Heather

Additional Authors: McCall, C. Hugh; Beahm, Janine D.; Landry, Caeleigh A.; Abrams, Ailesh; Carleton, R. Nicholas

Abstract: *Background: There is strong evidence supporting Internet-delivered cognitive behavioural therapy (ICBT). Furthermore, there is growing interest in ICBT as it overcomes barriers to care (e.g., rural and remote location, stigma). Nevertheless, demonstrations of how ICBT can benefit specific populations across jurisdictions are uncommon. Public safety personnel (PSP) need ICBT to help address high rates of mental disorders and numerous barriers to care. The current session is will present results from PSPNET, which delivers and evaluates ICBT tailored to Canadian PSP in Saskatchewan and Quebec. Methods: We employed a longitudinal two-group open-trial design with measures administered at screening and 8 weeks posttreatment. Data collection began in December 2019 and is ongoing (currently, _n_=238 in Saskatchewan and _n_=126 in Quebec). Results: Clients in Saskatchewan and Quebec reported large reductions in symptoms of depression and anxiety, and moderate reductions in symptoms of posttraumatic stress disorder. Results demonstrate high rates of completion and treatment satisfaction. Differences in uptake and implementation between provinces will be presented. Conclusions: Tailored ICBT improving PSP mental health. Impacts: ICBT tailored to PSP will be extended to Atlantic Canada. PSPNET exemplifies how digital mental health services can be organized and delivered across regions.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71245 - Paper within a symposium (Symposium ID: 71239)

Optimizing Internet-Delivered Therapy for Public Safety Personnel: Understanding and Addressing Occupational Stressors

Main Presenting Author: Beahm, D. Janine

Additional Authors: Landry, A. Caeleigh; Carleton, R. Nicholas; Hadjistavropoulos, Heather D.

Abstract: *Background: Internet-delivered cognitive behaviour therapy (ICBT) is effective when tailored to meet the needs of public safety personnel (PSP). Nevertheless, there is limited research on the nature of occupational stressors faced by PSP who seek ICBT and how PSP use ICBT to address occupational stressors. Methods: We provided tailored ICBT to 126 PSP and conducted qualitative content analysis on clinicians' intake notes and clients' emails and survey responses to understand occupational stressors faced by PSP and use of ICBT by PSP. Results: Clients described diverse occupational stressors, including operational (e.g., potentially psychologically traumatic events, sleep/shiftwork issues) and organizational stressors (e.g., issues with leadership, resources and workload). More clients shared occupational concerns at intake (96%) than during treatment (60%). Clients used diverse skills (e.g., controlled breathing, graduated exposure) to manage occupational stressors such as responding to calls, workplace conflict, and work-family conflict. Thought challenging was the most frequently reported strategy used to manage occupational stressors. Conclusions: PSP seek and use ICBT to assist with diverse occupational stressors. Action/Impact: The results provide insights into how to further tailor ICBT to PSP and better prepare clinicians providing mental health services for PSP.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71246 - Paper within a symposium (Symposium ID: 71239)

Using Persuasive Design to Enhance Internet-Delivered Cognitive Behavioural Therapy for Public Safety Personnel

Main Presenting Author: McCall, C. Hugh

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Additional Authors: Hadjistavropoulos, D. Heather; Gregory, Julia M. B.; Sundström, Christopher R. F.

Abstract: *BACKGROUND: Public Safety Personnel (PSP) have high rates of mental disorders and face barriers to care. Internet-delivered cognitive behavioural therapy (ICBT) is effective, accessible, and now being optimized to support PSP's mental health. Persuasive design makes systems more engaging for users. Online discussion forums facilitate social support principles of persuasive design. The presentation will highlight implications of persuasive design and online discussion forums for ICBT. METHODS: We conducted a systematic review, meta-analysis, and meta-regression of 46 studies to assess the use and impact of persuasive design in unguided ICBT (_N_ = 16,632). We are conducting a randomized trial to evaluate the impact of adding an online discussion forum to unguided ICBT for PSP. RESULTS: Meta-regression results showed that persuasive design predicts greater efficacy of unguided ICBT for depression. Formative research using data from ICBT discussion forums suggests multiple decision points warrant consideration (e.g., consent, number and nature of topics, level of moderation). CONCLUSIONS: Persuasive design may improve user engagement and outcomes in ICBT. Additional research is required to determine the utility of online discussion forums. IMPACT: Online discussion forums and other persuasive design principles are poised to enhance ICBT and improve outcomes for PSP and other groups.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71249 - Paper within a symposium (Symposium ID: 71239)

POTENTIAL AND PITFALLS: SETTLER SCHOLAR ENGAGEMENT IN INDIGENOUS RESEARCH IN THE STUDY OF INDIGENOUS HISTORICAL TRAUMA

Additional Authors: Buchanan, J. Marla; Hartwick, Lisa

Moderator: Panofsky, Sarah

Abstract: *_In this panel, we explore the potential and pitfalls of approaching the study of Indigenous historical trauma in Canada through an engagement with Indigenous research from the perspective of settler scholars. In the first presentation we consider Indigenous historical trauma and its intersections with Western psychological models and Western research paradigms. We then outline the potential for Indigenous research, decolonizing research, and Indigenous methodologies to contribute to Indigenous cultural sustainability and self-determination, as well as the complexities inherent in settler scholar engagement. The second and third presentations address trauma intervention research using Indigenous Focusing Oriented Therapy (IFOT, Turcotte and Schiffer, 2014) with the Wet'suwet'en Nation and the Tsawout First Nation. The first study followed an Indigenous methodologies approach and the second narrative inquiry. We rely on the R's of Indigenous research (Kirkness and Barnhardt, 1991) to consider our engagement in Indigenous research and the complexity inherent in these efforts. The field of counselling with Indigenous populations may learn from these studies to support approaches to healing historical trauma that are rooted in and aligned with local contexts. __Further, we offer lessons learned for settler scholar engagement in Indigenous research in the study of historical trauma._*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 70609, Presenting Papers: 72351, 72349, 72350 - Symposium

Equine Assisted Psychotherapy and Indigenous Focusing Oriented Therapy: A Narrative Study with the Tsawout Nation

Main Presenting Author: Hartwick, Lisa

Abstract: *Lisa Hartwick's given Tsilhqotin name is Sugwelhan, which means "she who putṣ things in the right place". She lives on the traditional and unceded homelands of the WSNEĆ and lək̓ʷəŋən (Lkwungen) people in the place currently known as Victoria. Her ancestry is white colonial settler Italian and Dutch. She lived and worked as the community psychotherapist for the Tsilhqotin communities of Tletinqox and TsiDeldel for 8 eight years. The Tsawout First Nation in collaboration with a farm on Vancouver Island specializing in Equine Assisted Services (EAS) participated in a combined program offering Equine Assisted Psychotherapy (EAP) with Indigenous Focusing Oriented Therapy (IFOT) to promote wellness and address intergenerational trauma. Four participants from Tsawout FN engaged in 6 sessions that were facilitated by a relational horsemanship expert and a Registered Clinical Counsellor trained in working with trauma, EAP and IFOT. In this presentation, we will share the findings of this narrative study and offer recommendations from the participants and facilitators regarding best practices in EAP to address intergenerational trauma. To our knowledge, this is the first study to integrate EAP and IFOT with an Indigenous population. This presentation works with the R's of Indigenous research (Respect, Relevance, Reciprocity, and Responsibility; Kirkness and Barnhardt, 1991) to consider engagement in Indigenous research and the complexity inherent in these efforts.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 72351 - Paper within a symposium (Symposium ID: 70609)

Historical Trauma and Indigenous Research

Main Presenting Author: Buchanan, J. Marla

Abstract: *Marla Buchanan is a white settler of Irish and Scottish heritage and lives on the traditional and unceded homelands of the WSNEĆ and lək̓ʷəŋən (Lkwungen) people. As a professor and researcher in Counselling Psychology at UBC in the field of traumatic stress studies, she has worked relationally and collaboratively with First Nations communities in BC including Skidegate First Nation, Gaw (Old Massett), Nuxalk Nation, Na̲mgis First Nation, Wetsuweten Nation, and the Tsawout Nation. This presentation will outline the potential and pitfalls of approaching the study of Indigenous historical trauma in Canada through an engagement with Indigenous research from the perspective of settler scholars. We consider Indigenous historical trauma and its intersections with Western psychological models and Western research paradigms. The construct of Indigenous historical trauma describes the collective, cumulative, and generational impacts of the colonial systematic destruction of Indigenous culture, spirituality, language, territory, social structures, ceremonial practices, governance, and economic stability that has carried into the present through colonial systems and logics (Brave Heart, 1998; Gone et al., 2019). Scholars argue that the impacts of historical trauma in Indigenous communities have been exacerbated by Western psychological models that have neglected Indigenous approaches to wellness (Adelson, 2005; Gone et al., 2019; McCormick, 2008), as well as research conducted on Indigenous peoples that has served to oppress them under imperialist and colonial projects (Kovach, 2021; Smith, 2013; Wilson, 2008). Indigenous research, decolonizing research, and Indigenous methodologies offer possibilities to support cultural sustainability and self-determination for Indigenous peoples, as well as innovation in the field of counselling psychology. Complexity emerges, however, in settler scholar engagement in these approaches.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 72349 - Paper within a symposium (Symposium ID: 70609)

The Wet'suwet'en Nation's Mobilization of Indigenous Focusing Oriented Therapy: An Exploratory Study

Main Presenting Author: Panofsky, Sarah

Abstract: *Sarah Panofsky is a cisgender woman and white settler with ancestry from Jewish Eastern Europe and Scotland and England and lives as an uninvited guest with responsibilities on the traditional, ancestral, and unceeded territory of the Squamish people. She is a graduate student in Counselling Psychology at UBC and first came to Indigenous research in 2010 in a collaboration with the Office of the Wet'suwet'en that has continued that relationship into the present. The Wet'suwet'en hereditary chiefs recognize the profound impacts of historical trauma among their people and are utilizing Indigenous Focusing Oriented Therapy (IFOT; Turcotte and Schiffer, 2014), a trauma model that is collective, land-based and intergenerational, as a part of their wellness framework. This collaborative research study explored the question: How is IFOT shaped by Wet'suwet'en ways of knowing and mobilized by individuals, families, house groups, and the Nation? Following from Indigenous methodologies and narrative inquiry, Wet'suwet'en IFOT practitioners participated in sharing circles for data collection and interpretation. The exploratory findings revealed that the strategic application of IFOT by Wet'suwet'en hereditary chiefs created a culturally relevant model for land-based healing wherein Wet'suwet'en people were able to experience greater connection with their own yintah (land) and c'idede' (stories from long ago). This presentation works with the R's of Indigenous research (Respect, Relevance, Reciprocity, and Responsibility; Kirkness and Barnhardt, 1991) to consider settler scholar engagement in Indigenous research and the complexity inherent in these efforts.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 72350 - Paper within a symposium (Symposium ID: 70609)

Predictive Accuracy of Sexual Violence Risk Assessment

Moderator: Jung, Sandy

Abstract: *The use of assessment tools to evaluate risk for reoffending among individuals who sexually offend has become common practice among professionals in criminal justice settings. Despite the abundance of studies that have examined the validity of these tools, there is still much to learn. In this symposium, three presentations will focus on the applicability of these tools for certain subgroups of individuals with differing offending motivations and for predicting violent and sexually violent outcomes, and on the structure of risk and psychometric properties of sexual violence risk. Mackenzie Thomas and Dr. Sandy Jung will present findings from their study examining different categories of individuals who sexually offend on whether they differ in their criminogenic needs and the predictive validity of an actuarial tool for each category of sexual offenders. In the second presentation, Simran Ahmed and Drs. L. Maaike Helmus and Julie Blais will present a comprehensive examination of 9 risk tools and their predictive accuracy for any recidivism and violent recidivism outcomes. Our final presentation by Farron Wielinga and Dr. Mark Olver will present the results of their study examining the factor structure and predictive validity of a tool that combines static and dynamic risk factors, the Violence Risk Scale – Sexual Offense version (VRS-SO).*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 70625, Presenting Papers: 71268, 71269, 71270 - Symposium

Differences in Criminogenic Needs and Risk Prediction Based on Sexual Assault Typology

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Main Presenting Author: Thomas, Mackenzie

Additional Author: Jung, Sandy

Abstract: *Typologies have the potential to help us better understand the motivations and behaviours of individuals who commit sexual offences. Using a well-established typology by Knight and Prentky (1990), we examined whether there were differences in criminogenic needs and predictive accuracy of an actuarial risk tool. Using a sample of 300 individuals who have been investigated for sexual assault, we categorized them into one of the five types of sexual offenders. Consistent with our expectations, our analyses revealed significant differences among the types on all six of the criminogenic needs examined. Our results suggest that individuals with different motivations and patterns of behaviour have unique criminogenic needs that contribute to their offending. Also, the accuracy of risk assessment tools was not consistently accurate across different types of offenders who vary in their motivations and sexual offending behaviours. The practical implications of this study will allow criminal justice professionals to better assess risk and address the criminogenic needs of individuals who have committed sexual offences based on typology.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 71268 - Paper within a symposium (Symposium ID: 70625)

Predicting Violent and Any Recidivism among Individuals with a Sexual Offence History: A Comparison of 9 Risk Assessment Scales

Main Presenting Author: Helmus, L. Maaike

Additional Authors: Ahmed, Simran; Blais, Julie

Abstract: *This study explored the accuracy of 9 risk assessment scales (Static-99R, Static-2002R, BARR-2002R, PCL-R, PCL-SV, SORAG, VRAG, VRAG-R, and SIR) for predicting violent and any criminal recidivism. Data were from 409 adult males convicted of contact sexual offences identified from all Canadian provincial correctional systems (except Prince Edward Island) and all regions of the Correctional Service of Canada (CSC). All 9 scales were moderately to highly successful in predicting violent and any recidivism at 5, 10, and 15 years of follow-up. BARR-2002R and VRAG-R tended to perform the best. Similar results were found for those with offences against adults versus children. Further, the findings in this study provided support for our hypothesis that the tools developed to predict violence (i.e. BARR-2002R and VRAG-R) will be most accurate at predicting violence rather than tools designed for sexual recidivism (i.e. Static-99R and Static-2002R), and tools developed to predict general recidivism (i.e. BARR-2002R) will be most accurate at predicting general recidivism. Our findings regarding the large effect sizes of BARR-2002R for violent and any recidivism provide additional support for the use of the tool on individuals convicted of sexual offending to predict violence and general criminal outcomes.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 71269 - Paper within a symposium (Symposium ID: 70625)

Predictive Properties and Factor Structure of the VRS-SO in a Sample of Community Supervised Men Convicted of Sexual Offenses

Main Presenting Author: Wielinga, Farron

Additional Author: Olver, Mark

Abstract: *Although validated on _several_ incarcerated samples, to date the validity of the Violence Risk Scale – Sexual Offense version (VRS-SO) has not been evaluated on a community sample. We examined the structural and predictive properties of the VRS-SO in a community-supervised Canadian sample of N = 200 men convicted of sexual offenses followed up for an average of 8.59 years in the community. Results of the confirmatory factor analyses of dynamic item scores supported a three-factor model (Sexual Deviance, Criminality, and Treatment Responsivity), consistent with previous research. VRS-SO static, dynamic, total, and factor scores showed differential properties of discrimination for sexual and violent recidivism. Specifically, dynamic total and Sexual Deviance factor scores had large effects in the prediction of sexual recidivism, Criminality had a moderate effect for violence, and the static factors had small to moderate effects for both outcomes. Calibration analyses demonstrated lower estimated rates of 5-year sexual reoffense associated with VRS-SO risk bands in the present sample compared to observed rates in the normative sample, although logistic regression generated estimates yielded closer correspondence. Implications for the psychometric properties and application of the VRS-SO in community settings are discussed.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 71270 - Paper within a symposium (Symposium ID: 70625)

Special Considerations for Service Provision with Vulnerable Populations

Moderator: Sinacore, Ada L.

Panelists: Tomaro, Jann; Dery, Michele ; Chilliak, Shayla ; Pedra, Julia ; Herron, Olivia ; Danto, David

Abstract: *The goal of this symposium is to present three papers. The first paper entitled;_ __Pandemic Service Provision with 2SLGBTQIA+ Clients,_ aims to gain insights from mental health professionals about service provision to 2SLGBTQIA+ clients in response to the pandemic. This study employed phenomenology as the method. Themes emerging from the analysis such as protective factors for clinicians and clients will be discussed. The second paper entitled; _LGBTQ+ Youth: Experiences of Services for Conduct Problems_, aims to understand how youth saw gender- and sexuality-based discrimination impacted experiences of school-based services for conduct problems. Employing thematic content analysis, this qualitative study, identified themes addressing the interaction of gender, sexuality, and the social and emotional climate for youth receiving school-based services. The third paper entitled; _Designing Futures: Engaging Young Adults in CBPAR_, examines the implementation of a step care program at a agency that services Jewish youth and young adults. This Community Based Participatory Action Research (CBPAR) is a mixed method study that employed intersectionality as its epistemological frame to explore how community members perceive and experience services and programs. All three papers will discuss the implications of the findings to service delivery.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70737, Presenting Papers: 71539, 71537, 71536 - Symposium

Designing Futures: Engaging Young Adults in CBPAR

Main Presenting Author: Herron, Olivia
Co-Presenting Author: Pedra, Julia

Additional Authors: Sinacore, L. Ada; Danto, David

Abstract: *Considering the egregious challenges Canadian youth and young adults face, it is imperative services are designed to facilitate the wellbeing of these populations. There are many community centers that exist for young adults, however, their needs continue to go unmet. Further, there is a paucity of research on program development and evaluation for young adult organizations and a need for more thorough research, such that programs are designed utilizing research to guide interventions and service provision (e.g. Bussières, et al., 2017). This Community Based Participatory Action Research (CBPAR) uses an intersectional lens to explore how community members perceive and experience service provision and programming. Young adult service users are active participants on the research team and assisted in the development of the research project, including interview protocols and on-line surveys. The research intends to develop strategies for implementation by engaging community knowledge to establish programming, resources, and services from intersectional, culturally informed and developmental perspectives, and ultimately, enhance the experiences of young adult service users. Presenters will discuss how to integrate young adult services users into developing research using CBPAR and preliminary outcomes of this research.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71539 - Paper within a symposium (Symposium ID: 70737)

LGBTQ+ Youth: Experiences of Services for Conduct Problems

Main Presenting Author: Chilliak, Shayla
Co-Presenting Author: Tempcheff, Caroline

Additional Authors: Dery, Michele ; Martin-Storey, Alexa

Abstract: *School-based services for youth with conduct disorder aim to divert long-term risk trajectories including incarceration and substance use. Research on school-based intervention has found that services often precede an increase in conduct problems. The extent to which gender and sexuality impact youth-perceived service use has not been specifically explored. Using qualitative interviews, this study aimed to understand how youth saw gender and sexuality based discrimination impacting experiences of school-based services. Thematic analysis revealed three themes. First, youth described stereotypes around masculinity and femininity as conditioning peer reactions to service use. Next, they described the interaction of sexuality and gender in peer-based discrimination towards sexual minority youth; boys were seen as more likely to be targets of peer discrimination than girls. Lastly, youth described stereotypes around masculinity and femininity as shaping quality of service provision. Participants perceived girls as being more fragile and emotional than boys, and described school staff as acting more gentle and attentive towards girls. Gender and sexuality were seen as interacting to influence the climate for youth receiving school-based services for conduct problems. Themes will be discussed in light of improving intervention and prevention services for conduct problems.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71537 - Paper within a symposium (Symposium ID: 70737)

Pandemic Service Provision with 2SLGBTQIA+ Clients

Main Presenting Author: Tomaro, Jann
Co-Presenting Author: Sinacore, Ada L.

Abstract: *The onset of the novel Coronavirus of 2019/2020 has fundamentally changed the way many Canadians live their lives (Brooks et al., 2020; n.a., 2020b). Research shows that select populations are at greater risk for psychological distress, including primary workers in health and mental health care (due to the conditions and stress of their work), as well as marginalized populations (due to the status quo psychological burden that comes from marginalization) (Brennan et al., 2020; Holmes et al., 2020; Logie and Turan, 2020). It is necessary to understand the factors unique to subpopulations that may influence the ways in which outbreaks are experienced, as well as distinct styles of coping and resilience (Brennan et al., 2020; Logie and Turan, 2020; Meyer, 2003). The aim of this qualitative study was to gain insight on how mental health care clinicians working with 2SLGBTQIA+ clients evolved their service provision in response to the Coronavirus, via focus groups and individual interviews. Interpretive phenomenological analysis was used to understand the data. Emerging themes explore protective factors for clinicians and clients, as well as the challenges faced during the pandemic. Research gains include insights on mental health risks for 2SLGBTQIA+ populations and mental health care workers, remote care service delivery, and resiliencies, which may inform future service provision.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71536 - Paper within a symposium (Symposium ID: 70737)

The nature and quality of relationships in different mentoring contexts

Moderators: Rinaldi , Christina ; Salami, Bukola

Abstract: *Mentoring is an important way to foster positive outcomes for youth via high quality relationships with caring adults. Hundreds of schools and community mentoring service providers across the country match mentors and mentees with the intent of supporting youth development and wellbeing through social connection. One of the key features of the success of these matches is the quality of the mentoring relationship. All three presentations relate to the nature of relationships in different mentoring contexts. The first presentation will provide a current summary of mentoring relationship quality definitions and apply these descriptions to existing mentoring organization practice examples. Using Community-Based Participatory Research to study youth-initiated mentoring, the second presentation will focus on the mentor-nomination process as well as the quality of relationships and outcomes for mentees. The third presentation examines youth-adult partnership models and promoting youth engagement and voice from survey data, with an emphasis on equity-deserving groups. The session will conclude with a discussion by a Canadian (Dr. Salami) expert on Black peoples' health and mentorship for Black populations. She is the founder of the Black Youth Mentorship and Leadership Program at the University of Alberta.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 70619, Presenting Papers: 71735, 71736, 71734 - Symposium

Advancing Knowledge about Youth-Initiated Mentoring through Community-Based Participatory Research

Main Presenting Author: Dantzer , Ben

Abstract: *Youth Initiated Mentoring (YIM) is an emerging mentoring model that invites youth to nominate their _own_ mentors from their _own _communities. Early research indicates that YIM offers benefits for youth and their families, mentors, and mentoring practitioners. Building upon this valuable research, calls have been made for a deeper understanding of the mentor-nomination*

process, nature and quality of YIM relationships, and their outcomes. Also, despite YIM's exploration into more participatory approaches to _practice_, the model has yet to embrace more participatory approaches to _research_. Using a descriptive multiple-case study design, this study adopted Community-Based Participatory Research (CBPR) to address these gaps. Co-researchers (N=16) included a mentoring coordinator, youth (n=5), parents (n=5), and mentors (n=5) recruited from a mentoring organization in Ontario, Canada. Data was co-constructed using self-report questionnaires, walking tours, and individual interviews. Data was analyzed using a combination of In Vivo, Descriptive, and Pattern Coding. Results deepen our understanding of the mentor-nomination process, nature and quality of YIM relationships, and outcomes. Results also provide a "roadmap" for how we might begin to evolve our scholarship of YIM by embracing more participatory approaches to research.

Section: *Community Psychology / Psychologie communautaire*
Session ID: 71735 - Paper within a symposium (Symposium ID: 70619)

Mentoring in Youth-Adult Partnerships: Do Youth from Equity-Deserving Groups Experience Them Differently?

Main Presenting Author: Ramey , Heather

Additional Authors: Michener, Kaitlyn ; Berardini, Yana ; Lawford, Heather

Abstract: *An important context of mentoring, youth-adult partnerships are an effective practice in which older allies engage with young people, to address an issue (Zeldin, Christens, and Powers, 2013). A substantial body of research has demonstrated the likely benefits of youth-adult partnerships, and specifically of the importance of how youth perceive their relationships with adults, and how much voice they have (e.g., Krauss et al., 2014). What is less clear, and more urgently in need of attention, is how youth from equity-deserving groups might differ in their perceptions of these relationships with adults.   We report on findings from survey data from over 3000 youth engaged in youth-adult partnerships. Youth reported perceptions of safe environment, voice in decision-making, and equity and mutuality in youth-adult relationships. In our preliminary analysis, we found differences across gender, LGBTQ status, ethnicity, and income levels. Our findings have implications for programs seeking to support youth-adult partnerships. In particular, findings might have implications for programs engaging in reverse mentoring, which involve younger partners supporting the learning of older partners (Mullen and Klimaitis, 2019).*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 71736 - Paper within a symposium (Symposium ID: 70619)

Mentorship Relationship Quality Definitions and Measurement: Research and Community Approaches

Main Presenting Author: Howard , E. Katie

Additional Authors: Brassard , J. Leah ; Shukalek , Alyssa ; Rinaldi, Christina M.; Sevigny , Phil

Abstract: *Youth mentorship has been found to positively influence mentee wellbeing by improving social relationships and emotional functioning, cognitive skills, and positive identity development. One critical component of relationships between mentors and mentees is mentorship relationship quality (MRQ). High-quality mentoring relationships foster a sense of belongingness and connection for youth mentees, and building mutual trust promotes self-acceptance and self-expression. Despite*

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recognition for the importance of MRQ, there is a general lack of consensus in the literature regarding its definition. This paper summarizes the current literature base pertaining to MRQ and aims to shed light on differences in understanding using documentation from select Canadian mentoring organizations. A literature search was conducted using PsychInfo, Google Scholar, and sources from MENTOR Canada using the search terms of "mentorship relationship quality" and "MRQ" for all articles published prior to November, 2021. This review demonstrated that MRQ is measured and conceptualized in vastly different ways. Discrepancies in how MRQ is defined and assessed will be explored using examples from two Canadian mentoring organizations. Consolidating MRQ measurement approaches will benefit future research in this area and promote congruent evidenced-based practices across Canadian mentoring programs.

Section: *Community Psychology / Psychologie communautaire*
Session ID: 71734 - Paper within a symposium (Symposium ID: 70619)

Understanding depression and substance use with a focus on promoting wellness among Indigenous people

Moderator: Reynolds, Ashley

Abstract: *The impact of colonization continues to affect Indigenous people, translating into disproportionate rates of depression and heavy drinking. We lack empirical-based understandings of these risk pathways; such research is central to development of culturally-relevant intervention and prevention programs. The goal of the symposium is two-fold. First, quantitative research will identify developmental and mechanistic pathways to depression and drinking. Second, qualitative research will provide preliminary steps in promoting wellness among Indigenous people. Ms. Reynolds will present developmental patterns of alcohol use and depression symptomatology. Her work will identify alcohol use as a prospective predictor of depression among Indigenous youth. Next, Ms. Radford will present the underlying mechanisms linking depression and substance use motives, and in doing this, highlight the role of trauma. Last, Ms. Kowatch will present an intervention mapping framework whereby interviews with key members of an Indigenous community highlight the need to include cultural knowledge and activities to promote wellness. Dr. Dennis Wendt (Assistant Professor; McGill University) will serve as the discussant. His research and clinical background centres on partnering with Indigenous communities in exploring, developing, and evaluating culturally relevant interventions pertaining to mental health.*

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 70034, Presenting Papers: 71079, 71074, 71225 – Symposium

ACEs, depressive symptoms, and substance use motives in an Indigenous treatment-seeking population

Main Presenting Author: Radford, Abbey

Additional Authors: Lund , Jessie ; Toombs, Elaine ; Drebit, Meagan; Bobinski, Tina; Mushquash, Christopher

Abstract: *The risk for depression and substance use difficulties are elevated among Indigenous peoples in Canada, though research is lacking that describes underlying mechanisms. Given that adverse childhood experiences (ACEs) are known to increase the risk for various physical and mental health difficulties across the lifespan, the intergenerational transmission of adversity may in part explain the increased risk for depression and substance use among Indigenous communities. In this*

study, we examined whether ACEs increased the severity of depressive symptoms and motivation to use substances to cope with depression among clients attending an Indigenous residential treatment program. Eighty participants completed self-report measures identifying past ACEs, depressive symptoms, and their motives for substance use. Linear regression analyses indicated that the more ACEs individuals experienced, the worse their depressive symptoms were and the more likely they were to endorse using substances to cope with their depressive symptoms. These findings provide insight into the link between ongoing adversity associated with historical trauma among Indigenous communities and elevated mental health and substance use difficulties. Further, the findings may inform treatment recommendations that suggest a need for targeting depressive symptoms to support clients with substance use difficulties.

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 71079 - Paper within a symposium (Symposium ID: 70034)

Developmental patterns of alcohol use and depressive symptomatology in Indigenous youth

Main Presenting Author: Reynolds, Ashley

Additional Authors: O'Connor, M Roisin; Burack, Jacob A; Paige, Kathleen J; Colder, Craig R; Wendt, Dennis C; Mushquash, Christopher

Abstract: *Background: Alcohol use and depressive symptoms among Indigenous youth remain a concern for many communities following colonization and subsequent intergenerational trauma. Our study examines alcohol and depression change and reciprocal associations in a longitudinal study of Indigenous adolescents. Method: Indigenous youth (_N_=110; 44% male; _Mage_=12.46-16.28; grades 6-10) from a community in Quebec were assessed across five waves. Alcohol use and depression were self-reported. A Latent Curve Model with Structured Residuals (LCM-SR) was used to distinguish between- and within-person associations of alcohol and depression symptoms. Results: Growth models did not support change in depression but drinking increased linearly. The full LCM-SR provided adequate fit ($\chi2(37)=46.29$, _p_=0.14, CFI=0.95, RMSEA=0.034, SRMR=0.122). At the between-person level, high levels of depression were associated with more frequent drinking. At the within-person level, drinking prospectively predicted increases in depression (_ßs_ range=0.17 – 0.32, _p_*

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 71074 - Paper within a symposium (Symposium ID: 70034)

Intervention mapping as a community-based research framework for First Nations' youth mental health

Main Presenting Author: Kowatch, Kristy

Additional Authors: Bobinski, Tina; Dixon, John; Stasiuk, Kristine; Mushquash, Christopher

Abstract: *RATIONALE: This presentation describes the use of an intervention mapping framework to develop a mental health treatment in collaboration with a First Nation community organization. Intervention mapping draws upon multiple sources of information to develop and implement interventions that are based on community needs, considerate of resources, and that harness existing strengths. METHOD: The iterative process of intervention mapping built upon an initial needs assessment by informing the completion of a systematic review, which was used to provide direction in*

conducting qualitative interviews with stakeholders, youth, and community members to identify needs and preferences for a mental health treatment. RESULTS: The results from these assessments were integrated to develop change objectives which include increasing cognitive flexibility, reducing avoidance behaviours, increasing wellness developing activities, engaging in land-based activities, and others. Community members and stakeholders identified the need to include cultural values and practices throughout the treatment. RECOMMENDATIONS AND IMPACT: The strategies used to achieve the desired changes will integrate cultural knowledge and activities with evidence-based treatments to increase mental wellness for a wide range of presenting concerns. Preliminary feedback from the community organization will be discussed.

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 71225 - Paper within a symposium (Symposium ID: 70034)

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

An Analysis of Traumatic Stress and Psychosocial Needs in Canadian Homeless Sector Frontline Workers: COVID-19 Pandemic Associated with an Increase in Primary Traumatic Stress Symptoms

Main Presenting Author: Campbell, Stephanie

Additional Authors: Schiff, Jeannette; Schiff, Rebecca; Weissman, Eric

Abstract: *This study built on previous research exploring rates of traumatic stress, compassion fatigue and burnout in Canadian frontline workers employed in the homelessness sector. The pandemic created a natural opportunity to compare baseline 2015 data with data collected in COVID-19. To explore psychosocial functioning and needs, we used a mixed methods design including a comprehensive survey for frontline staff (N=520). The survey included the PTSD Checklist for DSM-5 (PCL-C), Professional Quality of Life Scale (ProQOL), Adverse Childhood Experiences Checklist, Resiliency Questionnaire and items developed to assess coping and perceptions of organizational support, safety, and needs. Results indicate that there was a significant increase in the levels of primary traumatic stress symptoms, but levels of secondary traumatic stress did not change significantly from pre-pandemic levels. Baseline data from Calgary (N=210) found that 30-40% of staff reported PTSD symptoms indicative of a PTSD diagnosis. The current study (N=520 from 8 cities) found that 50% of the sample scored above the threshold consistent with PTSD. Through mediation and path analyses, risk and protective factors for traumatic stress were identified. This study has implications for legislation and policy from national (e.g., prevention of occupational injury) to organizational levels (e.g., training).*

Section: Traumatic Stress / Stress traumatique
Session ID: 71732 - 12-Minute Talk

Mental health and occupational traumatic exposure: A systematic review

Main Presenting Author: Wagner, Shannon

Additional Authors: Alden, Lynn; Buys, Nicholas; Carey, Mary; Corneil, Wayne; Fyfe, Trina; Matthews, Lynda; Randall, Christine; Regehr, Cheryl; White, Marc; White, Nicole; Fraess-Phillips, Alex; Krutop, Elyssa

Abstract: *This presentation will describe a project completed by an international team of researchers interested in impacts of occupationally related traumatic exposure. Specifically, the team completed a comprehensive systematic review process that considered the extant literature regarding prevalence of traumatic stress, depressive and anxious symptoms as they relate to workplace traumatic stress. The literature was searched from the time of inclusion for PTSD in the DSM (1980) and a total of 2767*

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original citations were reviewed by at least two reviewers for inclusion, quality and data extraction. Data was evaluated using a best-evidence synthesis and revealed that the literature provided strong evidence that traumatic stress, depressive and anxious symptom prevalence were elevated for firefighters, police, paramedics, and emergency room workers; in contrast, outcomes for corrections, transportation and other (mixed occupations) were variable. Conclusions from this work suggested that amount of relevant research linking mental health symptomatolody and workplace exposure differs across occupational groups, with some occupations having good evidence, and some in need of future research focus.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 71620 - 12-Minute Talk

Wellness Leadership: An Intervention to Prevent Physician Burnout Post COVID-19 Pandemic

Main Presenting Author: Etezad, Seyedehsan

Additional Authors: Gilin, Debra; Lee-Baggley, Dayna; Preston, Roberta; Cooper, Angela

Abstract: *Background – Before the outbreak of COVID-19 pandemic, the prevalence of burnout among physicians was about twice that of the general working population (Yates, 2020). COVID-19 pandemic has placed significant psychological strain on healthcare workers (Etezad et al., 2021). Methods – The waitlist-control quasi-experiment intervention study was conducted on 45 faculty physicians employed at Dalhousie Medical School (2 waves, 21-24 each). Participants went through 6-week virtual synchronous group training sessions (with videos for replacing missed sessions) in addition to weekly individual coaching sessions (Wave 1: Sep-Oct 2021; Wave 2: Nov-Dec 2021). Participants received evidence-based materials focused on enhancing their psychological flexibility and leadership style. Participants' burnout and physiological stress (using Fitbit) were collected pre (before the start of intervention) and post-intervention (after the end of each wave). Results – The psychological and physiological data will be analysed using 2 × 3 mixed design ANOVAs (Participants in wave 1 vs. wave 2 as a between-subjects factor and time at baseline, after wave 1, and after wave 2 as a within-subjects factor) to evaluate the effectiveness of this intervention on physician burnout. Impact – Implications of these findings for health care workers, health administrators, and policymakers will be discussed.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70642 - 12-Minute Talk

Impacts of COVID-19 during Deployment and the Role of Leadership

Main Presenting Author: Pearce, Keith
Co-Presenting Author: Michaud, Kathy

Abstract: *Background/rationale: Given the additional and unique stressors that deployed Canadian Armed Forces (CAF) members are likely to experience in the context of the pandemic, this study examined the impact of COVID-19-related stressors (e.g., physical distancing, risk of infection) on the well-being and performance of CAF personnel deployed in international operations during the Spring 2021, and whether trust in one's leader moderated these relationships. Methods: Regression analyses were conducted on the Human Dimensions of Operations (HDO) survey administered in theatre to 256 CAF personnel online. Results: COVID-19-related stressors negatively impacted well-being (e.g.,*

job stress, psychological distress, and morale) and were linked to perceived occupational impairment. Further, those reporting that COVID-19 exacerbated common deployment stressors (e.g., lack of privacy, deployment extension) exhibited poorer outcomes. While lower trust in leadership was also linked to poorer well-being and performance, it only moderated the impacts of COVID-19 related stressors on psychological distress. Conclusions: These findings highlight the negative impacts of COVID-19 during deployment and the potential protective role of leadership on personnel's psychological distress. Action/impact: A better understanding of the impacts of COVID-19 during deployment will help inform future deployments.

Section: *Psychology in the Military / Psychologie du milieu militaire*
Session ID: 70580 - Live Virtual 12-Minute Talk

Knowledge Translation in Action

Assistive Technology Application Towards a More Accessible Organizational Learning

Main Presenting Author: Selseleh, Minoo

Abstract: *Assistive technology is used to increase or maintain the capabilities of people with disabilities. It can be any device or software that supports learners with learning or physical disabilities towards equal opportunities in learning. With assistive technology, disabilities change into differences that require other ways for information presentation, engagement and participation. Assistive technology promotes independence, autonomy and decreases the need for individual accommodation. Adding variety changes learning into a more engaging and effective experience. Learners can choose tools that work best for them. Thus, assistive technology usage supports creating an inclusive learning environment based on universal design principles. There are three types of assistive technology: Low-Tech or simple and often traditional or mechanical technology such as pencil grip, adapted books, highlighters, magnifiers, color coding, picture communication, or picture schedule. Mid-Tech tools include word processors, text to speech, spell checkers, digital recorders, or adapted mouse. High-Tech or more advanced technology includes smart pens or magnification software. Assistive technology reduces barriers against learning and increases motivation to learn.*

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 71718 - Knowledge Translation in Action

Printed Poster

"I" or "We" When Delivering Bad News? The Effects of Self-Construal on Interactional Justice

Main Presenting Author: Tang, Muriel

Additional Authors: Bobocel, Ramona; Adair, Wendi

Abstract: *Managers often have to deliver bad news to employees, which can cause distress for workers. Research has shown these negative reactions can be somewhat mitigated when managers deliver news with sensitivity (interpersonal justice) and provide sufficient explanations for the decision (informational justice); but managers do not always do so. Since delivering bad news is a highly*

interpersonal process, we explore whether managers' perceptions of themselves in relation to others will differentially predict interpersonal and informational justice enactment. Specifically, we propose managers who view themselves as interconnected with others (relational self-construal) will focus on protecting the worker's image (concern for other-face), leading to greater interpersonal justice enactment. Conversely, managers who view themselves as independent from others (independent self-construal) will focus on protecting their own image (concern for self-face), leading to greater informational justice enactment. We tested these hypotheses in an online study by asking participants to communicate a hypothetical demotion to an employee. We also assessed participants' self-construal and concern for face through self-report measures. Preliminary analyses of the data supported our predictions. Implications for theory and practice will be discussed.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70314 - Printed Poster

"The Non-Human Aspect was Extremely Uncomfortable": Unpacking Asynchronous Video Interview Anxiety

Main Presenting Author: Lukacik, Eden-Raye
Co-Presenting Author: Springle, Madeline

Additional Author: Bourdage, Joshua

Abstract: *Applicant interview anxiety plays a critical role in employment interview processes and outcomes. However, our understanding of anxiety in virtual interviews is limited. The aim of this qualitative study is to examine anxiety in participants completing an asynchronous video interview (AVI), to establish how traditional interview anxiety frameworks apply to virtual interviews and determine unique AVI features that provoke anxiety. Open-ended reflection data were collected from 415 undergraduate mock applicants who completed a four-question AVI. Qualitative template analysis was conducted using McCarthy and Goffin's (2004) framework as a guide. All five dimensions (Communication, Appearance, Social, Performance, and Behavioral Anxiety) were represented in applicants' responses. Consistent with the technological nature of AVIs, an additional theme was identified: Technological Anxiety. Technological anxiety regarded concerns about tech functioning properly (webcams and microphones), video data privacy and security, and technological features (recording timers). Social, communication, and technological anxiety were predominant themes. Theoretically, this study proposes additional dimensions not included in current anxiety measures. Practically, selection modality should be kept consistent to ensure some applicants are not disadvantaged with the addition of technological anxiety.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 69153 - Printed Poster

A mixed-method study of gambling and work: Characteristics and experiences

Main Presenting Author: Hudson Breen, E Rebecca
Co-Presenting Author: O'Brien, Daniel

Additional Authors: Sanders, James ; Trafford, Lauren E

Abstract: *GIVEN THAT LITTLE IS CURRENTLY KNOWN ABOUT GAMBLING IN THE WORKPLACE, WE CONDUCTED A MIXED-METHODS STUDY TO DESCRIBE THE*

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CHARACTERISTICS AND EXPERIENCES OF PEOPLE WHO GAMBLE AT WORK. WE ADMINISTERED A CANADA-WIDE ONLINE SURVEY (N= 2000) OF ADULTS WHO 1) GAMBLE, 2) ARE CURRENTLY EMPLOYED FULL-TIME, AND 3) HAVE INTERNET ACCESS AT WORK. A DESCRIPTIVE ANALYSIS OF QUANTITATIVE SURVEY DATA SHOWED THAT INDIVIDUALS WHO GAMBLE AT WORK HAD LOWER JOB SATISFACTION AND HIGHER RATES OF GAMBLING DISORDER COMPARED TO THOSE WHO DO NOT. AMONG THOSE WHO GAMBLE AT WORK, WE QUANTITATIVELY DESCRIBED THE TYPES OF GAMBLING, THE CONSEQUENCES EXPERIENCED, AND GAMBLING MOTIVATIONS. MOTIVATIONS FOR WORKPLACE GAMBLING INCLUDED EXCITEMENT, SOCIAL CONNECTION, AVOIDANCE OF WORK, AND COPING WITH STRESS OR EMOTIONS. QUALITATIVE DATA WAS GENERATED USING INTERVIEWS WITH 18 INDIVIDUALS WHO MET CRITERIA FOR PROBLEM GAMBLING AND WHO GAMBLE AT WORK. QUALITATIVE AND QUANTITATIVE FINDINGS WERE INTEGRATED TO PROVIDE A MORE RICH DESCRIPTION OF THE EXPERIENCES OF THOSE WHO GAMBLE AT WORK, INCLUDING THEIR MOTIVATIONS AND THE ROLE OF WORK-LIFE SATISFACTION. THE RESULTS HIGHLIGHT THE IMPORTANCE FOR COUNSELLORS TO UNDERSTAND THE VARIED MOTIVATIONS OF CLIENTS WHO GAMBLE AT WORK. THIS STUDY ALSO OFFERS INSIGHTS FOR EMPLOYERS SEEKING TO UNDERSTAND WORKPLACE GAMBLING AND BETTER SUPPORT THEIR EMPLOYEES WITH PROBLEM GAMBLING.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71809 - Printed Poster

A SYSTEMATIC REVIEW OF ACT INTERVENTIONS FOR DEVELOPMENTAL SERVICE WORKERS AND TEACHERS TO ADDRESS WORK-RELATED CHALLENGES

Main Presenting Author: Axenova, Kristina

Additional Author: Malkin, Albert

Abstract: *The aim of this systematic review is to summarize the research on the application of ACT related interventions to work performance, psychological flexibility, and burnout in developmental service workers (DSWs) and teachers. We searched multiple databases to include peer-reviewed empirical research assessing acceptance-based interventions with at least two of the following criteria: measures of psychological flexibility, burnout-related constructs, and work performance in DSWs and teachers. Results of the systematic review found that a variety of modes and durations of ACT interventions demonstrated effectiveness. However, ACT-interventions involving DSWs and teachers make up a small proportion of the entirety of ACT research. We found conceptual and methodological issues that require further exploration, specifically related to the constructs of burnout, psychological flexibility, and relevant objective measures.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71719 - Printed Poster

An Experimental Study on Perfectionism, Self-Compassion, and Job Burnout

Main Presenting Author: Wang, Lanxi
Co-Presenting Author: Abdulrazaq, Shahad

Additional Authors: Hipel, Isaiah; Gilin, Debra

Abstract: *Perfectionism has been linked to various negative psychological outcomes, including stress and burnout (Hill and Curran, 2016). On the other hand, research suggests that self-compassion might serve a protective function against burnout (Kemper et al., 2019). Self-compassion has been found to correlate negatively with perfectionism (Ferrari et al., 2018); however, no study yet has explored these two opposing thought patterns using an experimental design. Thus, the current study aims to investigate whether experimentally activated perfectionism and self-compassion will cause opposite changes in burnout intensity. A sample of working adults (N = 90) will be recruited online via Prolific and randomly assigned to two conditions: State Perfectionism (SP) and Self-Compassion (SC). Participants in the SP group will be asked to pursue high standards at work and avoid making mistakes for a full workday, while those in the SC group will be asked to practice self-compassion and acceptance at work. It is expected that participants in the SP group will experience an increase in burnout intensity, whereas those in the SC group will experience the opposite. Findings from this study will have important implications for developing burnout interventions.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70758 - Printed Poster

Approaches to Attracting Complimentary Fit Seeking Workers to Homogeneous Industries

Main Presenting Author: Davie, A Christopher

Additional Author: Chapman, Derek

Abstract: *BACKGROUND: Person-Environment fit (PE-fit) and the Attraction-Selection-Attrition model (Schneider, 1987) are well-supported models that show how applicants are attracted to organizations that match their interests, values, and personality. However, individuals dissimilar to organizations can experience complimentary fit, in which they feel like a unique part of the group, resulting in high PE-fit (Piasentin and Chapman, 2007). The elaboration-likelihood model (ELM; Petty and Cacioppo, 1986) describes how depth of information processing affects the persuasiveness of message content and delivery. OBJECTIVES: 1) Will manipulating the message content and delivery of job advertisements affect the attraction of individuals varying fit? 2) What combination of strong and weak message content and delivery will attract individuals high in complimentary fit? METHODOLOGY: A between-subjects factorial design, with University of Calgary student participants will be employed. Multiple approaches manipulating message detail(content) and attraction(delivery), will be examined by participants across several job advertisements. CONTRIBUTIONS: This crucial research will fill a gap in the literature and advance recruitment of complimentary fit seeking individuals. This study's findings will be a stepping-stone for future research to increase recruitment of complementary fit seeking individuals.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71194 - Printed Poster

Cognitive Styles and Trustworthiness Expectations

Main Presenting Author: Kwantes, T Catherine

Additional Authors: McMurphy, Suzanne; Ekelund, Bjorn Z.; Soleimani, Mahshid

Abstract: *Cognitive styles are stable traits reflecting the way individuals think and remember process information and make decisions. Individual beliefs regarding another's trustworthiness form a key judgement in willingness to trust. This research examined the link between cognitive styles and characteristics associated with assessments of trustworthiness. Participants were 387 full-time employees in Europe. Cognitive styles were differentiated using the Red (_I show my feelings_), Blue (_I like to think logically_) and Green (_I find imaginative solutions_) categories from the Diversity Icebreaker questionnaire. Participants were also asked how important various characteristics of trustworthiness were in determining whether to trust someone. Significant correlations were found with "listening and acknowledging you," "sharing values" and "being open-minded" for all participants. "Benevolence" was correlated with trustworthiness only for those high in Red; "Ability" for Red and Blue alone and "Sharing goals" and "respecting freedom" for Red and Green. "Respecting rules and roles" and "predictability" were positively correlated with trustworthiness for Blues but negatively for Greens. Findings suggest relational aspects of trustworthiness, such as acknowledgement, shared values and a receptiveness to others' views or ideas should have a stronger representation in trustworthiness models.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 70952 - Printed Poster

Development and Validation of a Measure of Mental-Health-Supportive Supervision (MHSS)

Main Presenting Author: Quintal-Curcic, Daniel J.

Abstract: *RATIONALE: Employees experiences at work can contribute to their mental health. Supervisors (direct managers) can play a vital role in protecting and enhancing employees mental health by providing social support. However, no research to date has elucidated the type(s) of supervisor support that would help employees who are seriously struggling with their mental health (major depression, acute burnout). METHODS: Adhering to Hinkins (1998) approach, a deductive measure of mental-health-supportive supervision (MHSS) was developed based on Lapierre et al.s concept of MHSS and Houses (1981) dimensions of social support (emotional, instrumental, informational, appraisal). Six studies were conducted using seven separate samples (students and working professionals). RESULTS: Despite being in the preliminary stage, a four-dimension measure of MHSS with approximately 4-6 items per dimension is expected. CONCLUSION: MHSS can promote employees mental health as they include motivating behaviours that reduce symptoms of poor mental health, contributing to employees well-being. IMPACT: The MHSS measure may be used as a valid tool to assess supervisors behaviours and determine how these behaviours may impact employees mental health. The measure can evaluate the efficacy of supervisors behaviours and be used in performance-related decisions, such as hiring, promotion, and training.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 69746 - Printed Poster

Development of a Measure of Perceived Courageousness

Main Presenting Author: Li, Yanhong

Additional Authors: Lapierre, M Laurent; O'Reilly, Jane

Abstract: *Workplace courage is receiving increasing attention due to its organizational benefits. Despite the growing body of literature, existing measures of workplace courage are problematic. Although 95% of work on courage examines specific actions (Detert and Bruno, 2017), efforts on developing measures tend to capture individuals' general tendency to behave courageously. The purpose of this study was to develop a measure of observer perceived courageousness of specific actions. An act of courage is conceptualized as one that is willing, involves substantial danger, difficulty, or risk to the actor, and primarily motivated to bring about a noble good or morally worthy purpose (Rate, 2010). Exploratory factor analysis was conducted to determine the underlying structure of the scale. Data was collected from 561 full-time employees in the United States and Canada. Results provided evidence for reliability and a three-dimensional structure of perceived courageousness of specific acts, including perceived risk, worthy goal, and volition/free will. By capturing the core components of courageous acts individually, this measure allows courage scholars to examine the "perspective problem"– challenges associated with various individuals differentially evaluating the same act – in finer details (Detert and Bruno, 2017), and in turn, provides additional opportunities for future theory and research.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70195 - Printed Poster

Does providing questions before the job interview impact the use of impression management?

Main Presenting Author: Patel, Dipak Rahul

Additional Authors: Moore, Jordan; Hussey, Bailey; Powell, Deborah

Abstract: *Job applicants may benefit when interviewers provide questions prior to an employment interview. For example, knowing the questions gives applicants more time to determine what is assessed. However, having access to the questions may also allow applicants to engage in more impression management (IM) tactics. Applicants might draw honestly from relevant experiences (honest IM), but they might also embellish, or outright fake (deceptive IM), experiences to align with what they think is assessed in these provided questions. The present study examines whether providing questions before the selection interview affects the use of IM tactics. We recruited applicants (n = 133) following a real, high-stakes selection interview for a research assistant position. Applicants were randomly assigned to conditions where questions were either provided five minutes prior to the interview or not. Using independent groups t-tests, no significant differences between conditions were found for applicants' use of honest IM ($Mdiff$ = 0.09 , 95% CI[-0.25, 0.08] , Cohen's d = 0.18, 95% CI[-0.16, 0.52]), or deceptive IM ($Mdiff$ = 0.09 , 95% CI[-0.29, 0.11], Cohen's d = 0.15, 95% CI [-0.18, 0.50]). Based on the results, it appears that providing applicants with the questions for five minutes before the interview does not significantly impact how they honestly manage impressions or fake in the interview.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70539 - Printed Poster

Exploring the Underlying Structure of the Dark Tetrad at Work

Main Presenting Author: Wang, Lanxi

Additional Author: Kelloway, Kevin

Abstract: *The role of dark personality traits (e.g., the Dark Tetrad [DT], comprising narcissism, psychopathy, Machiavellianism, and everyday sadism) in workplace is gaining more research attention (Thibault and Kelloway, 2020). However, the latent structure of the DT personality remains unclear. Some researchers suggest that a general dispositional tendency (i.e., a dark core) gives rise to all DT traits (Moshagen et al., 2020), whereas others suggest the existence of distinct DT profiles (Chabrol et al., 2020). Further, Thibault and Kelloway (2020) developed a contextualized measure of the DT targeting at the workplace, the Dark Tetrad at Work (DTW) scale, which has demonstrated incremental validity in predicting organizational outcomes. The underlying structure of the DTW has not yet been investigated. Thus, the current study aims to employ the DTW scale to explore whether a taxonomic or a dimensional approach is more appropriate in interpreting the DT at workplace. Data will be collected from 500 participants who will complete the DTW and the Dark Core of Personality scale (Moshagen et al., 2019), in addition to measures of workplace deviant behaviours. Data will be analyzed using latent profile analysis and confirmatory factor analysis. Findings from this study will provide better understanding of the relationship between dark personality and workplace outcomes.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70628 - Printed Poster

Exploring the well-being of community pharmacists and its association with patient safety culture

Main Presenting Author: Etezad, Seyedehsan

Additional Authors: Fleming, Mark; Weigand, Heidi A. ; Hartt, Christopher M.; Dutton, Daniel J. ; Barker, James R.; Brunt, Keith R.

Abstract: *Background – COVID-19 pandemic and vaccination rollout has placed a lot of pressure on community pharmacists causing a higher level of distress and burnout compared to pre-pandemic (Johnston et al., 2021). This study aimed to identify the risk factors of pharmacists' well-being and patient safety in community pharmacies. Method – Participants have been asked to complete a survey asking about their demographics, pharmacy operation, individual characteristics (e.g. mental health, compassion satisfaction, compassion fatigue), job characteristics (i.e. team psychological safety, supervisor support, peer support, and moral distress), job outcomes (i.e. absenteeism, presenteeism, and turnover intention), safety behaviours (e.g. risk-taking behaviour), and patient safety culture components (e.g. communication openness, organizational learning, patient counselling). Currently, we are in the data collection phase. Results – At the time of submission, we had 200 participants. The data will be analysed in Winter 2022 to identify the antecedents and outcomes of pharmacists' well-being. Impact – The results of this study will help develop the policies and initiatives that protect the well-being of community pharmacists and enable them to provide quality care to their communities. Implications of these findings for pharmacy managers, health administrators, and policymakers will be discussed.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71437 - Printed Poster

Forgiveness outcomes in the workplace depend on why employees decide to forgive

Main Presenting Author: Barron, H Amy

Additional Authors: Mu, Frank; Bobocel, Ramona

Abstract: *Forgiveness is often viewed as a "cure all" for conflict, but it may not always be in the victim's best interest. Research suggests that employees experience greater stress when their forgiveness is motivated by _extrinsic_ rather than _intrinsic_ reasons (Cox et al., 2012). Although forgiveness motives thus appear to matter, the mechanism is unclear. We examined the mediating role of negative event rumination (Wade et al., 2008). Drawing on self-determination theory (Deci and Ryan, 2002), we predicted that forgiving for extrinsic (rather than intrinsic) reasons thwarts people's needs for autonomy and therefore elicits a maladaptive process in which individuals ruminate more (rather than less) about the event. In turn, increased rumination predicts lesser well-being and more negative work outcomes. In two time-lagged online studies, we recruited employees who had recently forgiven a co-worker for a transgression and measured the focal constructs. Results supported the hypothesized mediation model, with extrinsically motivated forgiveness leading to negative outcomes via increased cognitive rumination, whereas the opposite was true for intrinsically motivated forgiveness. Our research shows that deciding to forgive does not guarantee an adaptive process for the victim and contributes to emerging research examining the effects of forgiveness in the workplace.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70113 - Printed Poster

Gendered Perceptions of Unethical Leadership: The Role of Agency in Three Experimental Vignettes

Main Presenting Author: Ortynsky, Mikaila

Additional Authors: Hundseth, Amanda; Carleton, Erica; Walsh, Megan

Abstract: *This study investigates perceiver's anger towards women leaders' unethical behaviour. Drawing upon role congruity theory and social comparison theory, we hypothesized that women leaders' unethical behaviour will result in negative perceptions of the leader via agentic behaviour. Participants were randomly assigned one of two vignettes (man leader unethical behaviour or woman leader unethical behaviour) in the role of the perceiver. Using OLS, analyses examined gender as a moderator and showed that women perceivers were significantly angrier with women leaders' unethical behaviour than men leaders' unethical behaviour. This study demonstrates gendered perceptions of ethical leadership and the significant influence evaluators' perceptions have on leader success. Results in this study further strengthen the argument that followers perceptions of ethical leaders' behaviour are gender-biased. Therefore, women are more severely criticized than men for unethical faulters perpetuating the lack of women representation in leadership positions.   This study also provides a unique perspective for the possible underlying mechanisms producing these negative impressions formed by women about successful women. The amalgamation of role congruity theory and social comparison theory provides a holistic suggestion regarding the gender-biased evaluations of women.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 69992 - Printed Poster

How changes in prevalence impact perceptions of the severity of sexual harassment

Main Presenting Author: Kim, H Jessie

Additional Authors: Liang, Lindie; Brown, Douglas

Abstract: *Workplace sexual harassment (SH) persists despite increasing efforts to abate it. Perhaps it is difficult to address partly because perceptions of what constitutes SH varies across contexts. In two studies, we examined whether perceptions of SH are sensitive to changes in its prevalence. In line with concept creep, whereby people respond to decreases in the prevalence of a stimulus by expanding their concept of it, we expected perceptions of SH to increase (vs. decrease) as the prevalence of SH decreases (vs. increases). Study 1a (N= 125) and Study 1b (N=135) pilot tested study materials. We developed and categorized behavioural vignettes into no SH, ambiguous SH, or clear SH conditions. Participants rated the extent to which they perceived the vignettes to be sexually harassing on a 7-point Likert scale. We then created 4 conditions: increasing SH, decreasing SH, and two control groups. In Study 2 (N=203), participants in each condition rated the vignettes using the same scale from Study 1. Contrary to our hypotheses, participants in the control groups reported higher perceptions of SH than in the experimental groups. Clearly, participants were sensitive to our manipulation, but not in the expected direction. Thus, we intend to explore the data further to understand why this occurred. Overall, our research aims to shed light on how perceptions of SH can be impacted by context.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71729 - Printed Poster

I Don't Want to Move Up: Exploring Leadership Hesitancy in Junior Leaders

Main Presenting Author: Mantler, Janet

Additional Authors: Yaghini, Pasha; Parvizian, Sepinood

Abstract: *Women are increasingly taking on lower and middle-level leadership roles, yet there is still a significant deficit of female senior executives. This finding, coupled with the tendency of competent people to decide against leadership (Zhang et al., 2020), guided our exploratory research into the factors junior leaders evaluate when considering a more senior post. Three hundred lower to mid-level leaders were recruited through Prolific and asked three open-ended questions examining their ambition for senior leadership, how its changed during their career, and whether they would accept a senior role if one was offered. These data were then analyzed using quantitative content analysis (Schreier, 2013). Participants uninterested in ascending the corporate ladder (47) overwhelmingly cited stress and familial commitments as the key deterrents. Women leaders were more ambitious and likely to pursue senior leadership roles (148) than were the men (105), attributing a wage hike as their main impetus. However, these women were also less optimistic about landing senior positions, ascribing this cynicism to subtle workplace sexism. These findings shed light on how the interaction of gender and job stress yields a leadership vacuum whereby qualified employees are deterred from reaching their full potential.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71907 - Printed Poster

Individual Outcomes of Task Conflict

Main Presenting Author: Hancock, Samantha

Additional Author: Zhan, Jessie

Abstract: *Task conflict is defined as disagreements among group members pertaining to the task being performed (e.g., differences in ideas and opinions). The current research investigates how task conflict perceptions impact individual career outcomes for men and women. Existing research examining the effect of task conflict largely proposes and finds positive effects for team outcomes. That is, engaging in task conflict leads to more creative and innovative solutions to team problems. However, we know little about how task conflict may impact perceptions of the person who initiates the disagreements. Drawing on the universal dimensions of communality and agency, we propose that task conflict will be positively related to perceptions of agency and negatively related to perceptions of communality. We further hypothesize that stereotypes associated with expectations for how men and women should behave will impact perceptions of communality such that women, who are expected to exhibit high levels of care and concern for others will be perceived more negatively on outcomes such as positive affect and likeability because of lower perceptions of communality. We tested our hypotheses in an experiment with a sample of undergraduate business students (N=346). Results generally supported our hypotheses. Implications for theory and practice and directions for future research will be discussed.*

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 71665 - Printed Poster

Job satisfaction: Exploring unique factors of work among Canadian police officers to aid in future measure development

Main Presenting Author: Hendry, P Brittany

Additional Author: Hellsten, M Laurie-Ann

Abstract: *Job satisfaction (JS) is typically studied in a general nature. Thus, a lack of research exists that explores all potential factors that shape JS in unique occupations, such as policing. The purpose of this research was to assess all potential intrinsic and extrinsic factors of work that impact police officers and to inform future measure development. Using Herzbergs (1959) M-H Theory as a theoretical framework, 15 semi-structured in-depth interviews were carried out with Canadian patrol officers and data was thematically analyzed. General facets of JS were identified (e.g., recognition), as well as patrol-specific motivators (e.g., peer camaraderie). General components of job dissatisfaction was also found (e.g., administrative practices) as well as patrol-specific dissatisfiers (e.g., media and public relations). Canadian police officers have specific motivating and dissatisfying elements of their job that extend beyond general JS research to date. Thus, future surveys of JS disseminated among police forces need to include these factors to accurately measure the levels of JS among their officers and better understand their dissatisfactions with work. This research illuminates unique factors that contribute to the construct of JS for police, specifically. These results also provide the foundation to create a psychometrically sound measure of JS for police officers in Canada.*

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 71350 - Printed Poster

Leader Behaviours and Leader Self-Reactions: How Perceptions of Success and Failure of Coaching Behaviours Impact Leaders

Main Presenting Author: Isola, Carlo

Additional Author: Brown, Douglas

Abstract: *Despite its centrality to leadership and popularity in media, little research exists on managerial coaching. With organizations increasingly using managerial coaching as an employee development tool, a deeper understanding of its underlying processes and efficacy is needed. To address this gap, we explore how leaders react to coaching events. Specifically, we examine how perceptions of success in coaching events influence a leader's feelings of authenticity, how leader identity (LI) and affective motivation to lead moderate the relationship, and how it all indirectly impacts affect. To do this, we randomly assigned a sample of 186 managers to recall either a regular interaction, a successful, or an unsuccessful coaching episode. We found that managers authenticity and affect were dependent on the strength of their LI and their recall condition, such that managers who recalled an unsuccessful coaching episode felt less authentic and had more negative affect than those who recalled a successful coaching episode, but only for managers who had a strong LI. These results suggest that more attention should be paid to managerial coaching behaviors as unsuccessful attempts can yield negative outcomes for the manager. Additionally, our results indicate the importance of assessing failure outcomes in leadership research, as the majority of managerial literature assumes success.*

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 71088 - Printed Poster

Male Allyship: The Consequences of Communality Perceptions for Men's Career Outcomes

Main Presenting Author: Lam, Y Janice

Additional Authors: Hideg, Ivona; Bosak, Janine; Heilman, Madeline E

Abstract: *Male allies are crucial for achieving gender equality as their actions are perceived as highly credible since they appear unmotivated by self-interest. Yet, men may hesitate to openly support gender equality due to fear of negative consequences. Drawing on the literature on gender stereotypes and expectation violation theory, we suggest that male allies, compared to non-allies, may be perceived as more communal, a trait stereotypically not associated with men, which may lead to _positive_ career outcomes. We conducted two studies where participants were shown a female or male applicant for an internal promotion, along with information showing the applicant as an advocate for gender equality or no information. The female conditions were controls. Participants rated the applicant on measures of communality, promotability, leadership effectiveness, and recommendations for career rewards (e.g. salary increases) and penalties (e.g. being fired). Across studies, male allies (vs. non-allies) were perceived as more communal, which in turn was related with higher promotability and leadership effectiveness ratings, more reward recommendations, and less penalties. A third study will examine a possible additional mechanism, with data collection planned for January. This research will hopefully encourage male allies and aid organizations in leveraging male allyship to achieve gender equality.*

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Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70376 - Printed Poster

Manufacturing Workplaces Exclude Women: What Can Organizations Do?

Main Presenting Author: Kwan, T. Eva

Additional Author: Weststar, Johanna

Abstract: *Women form 29% of Ontario's manufacturing workforce. Though many manufacturers proclaim initiatives to increase their gender diversity, most do not fully understand the problem they are meant to solve. This research isolates the problem of women's underrepresentation in manufacturing through the experiences of women in the sector. 11 semi-structured interviews were conducted in 2020. Women were asked about their motivations to enter the sector, retention or advancement barriers they encountered, and factors behind their turnover intentions. Six broad themes emerged from the data: organizations lack the flexibility to accommodate women workers' needs; management signals about who is valued as insiders exclude women; organizations lack proactive action to deal with felt inequities; organizations rely on individual citizenship behaviours of other workers to help women rather than formal structures; women workers experience pressures to give up. The final theme stands in contrast as it captures women's positive outlook on the sector – their desire to be included. Women endorsed the sector as a path to financial stability, a place to apply hands-on skills, and noted the presence of allies 'on the inside.' With a greater understanding of the problems, organizations can answer these challenges with changes to internal practices and more formal organizational support to women workers.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71063 - Printed Poster

Mental Health Disclosure Climate at Work: Conceptualization, Scale Development, and Validation

Main Presenting Author: Davis, Joshua

Additional Authors: Lyubykh, Zhanna; Turner, Nick; Dumaisnil, Aidan; Weinhardt, Justin

Abstract: *Mental health problems among working individuals are prevalent and beget significant social and economic costs. Organizations play a crucial role in supporting employee mental health by enabling a climate for disclosing mental health. The goal of this paper is to conceptualize and develop a psychometrically robust measure of _mental health disclosure climate_. Using a deductive approach, we generated scale items that cover three scale dimensions: anticipated discrimination regarding disclosure; perceived organizational support of mental health; and organizational discussion of mental health. We performed exploratory factor analysis on a sample of working undergraduate students (N = 463). After item refinement and reduction, we confirmed the three-factor structure using a sample of working adults (N = 716). Finally, we established convergent and discriminant validity of the proposed scale using two-wave data collected from employees (N = 505). The proposed scale demonstrated acceptable psychometric properties (high reliability, and convergent and discriminant validities). The results supported the hypothesized factor structure. The Mental Health Disclosure Climate scale has implications for guiding future research, organizational assessments, and evaluation of intervention effectiveness aimed at facilitating mental health disclosure.*

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Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 71806 - Printed Poster

Mental health stigma in the workplace: An evaluation of the virtual delivery of The Working Mind

Main Presenting Author: Dobson, S Keith
Co-Presenting Author: Mineva, Elena

Additional Author: Szeto, Andrew

Abstract: *Mental health challenges that occur in the workplace can have a significant negative effect on a career, and yet many Canadians experience mental health problems annually. Employers have increasing become aware of the importance to promote mental health, and to also recognize difficulties early, to provide appropriate and timely services. It is also recognized that stigma related to mental health problems in the workplace can limit the engagement and development of employees; sometimes even more than the problems themselves. The Mental Health Commission of Canada has developed The Working Mind program as a tool to help employers and employees recognize stigma, assess mental health along a continuum, and to optimize coping behaviors. This program has been subjected to both open trials and a randomized trial, and demonstrably reduces stigma and increases self- reported coping among attendees. With the onset of the global pandemic, the program has been modified into a virtual delivery form, and it has received ongoing evaluation. This study presents the results from two open trials of The Working Mind, which show that the effect sizes are somewhat attentuated, but still positive. The presentation discusses some of the challenges with implenting and evaluating virtual programs in the workplace, and concludes with recommendations for future research.*

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 71631 - Printed Poster

Now we're talking: Examining correlates and outcomes of disability disclosure strategies at work

Main Presenting Author: Merkand, Roxy

Additional Author: Michela, John

Abstract: *BACKGROUND/RATIONALE: Workers with invisible disabilities – conditions that have no visible manifestation or have visible features not clearly connected to a disability – face a choice at work: disclose or conceal? If workers choose disclosure, there is a limited amount of research outlining evidence-based strategies for effective disclosure. To address this, we explore correlates of 6 distinct disability disclosure strategies found in our previous research. METHODS: Through longitudinal surveys with independent samples, workers with disabilities completed validated measures of disability disclosure strategies, identity management strategies, and personal/workplace outcomes. RESULTS: The six disclosure strategies showed distinct patterns of relationships with workplace outcomes and use of identity management strategies. CONCLUSIONS: Disclosing a disability in an employment context can have both positive and negative implications and can signal the use of broader identity management strategies at work. ACTION/IMPACT: Our time-lagged findings provide preliminary guidance on disclosure decisions at work for people with disabilities.*

Future research will look to establish causal effects of these disclosure strategies by employing experimental designs, as the goal of this work is to develop tailored advice for those considering disclosing a disability at their organization.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70757 - Printed Poster

Personal Trauma History and Experience of Secondary Traumatic Stress, Vicarious Trauma, and Burnout

Main Presenting Author: Leung, Tiffany

Additional Authors: Schmidt, Fred; Mushquash, Christopher

Abstract: *BACKGROUND: It is theorized that a professional's own history of trauma increases the occurrence of secondary traumatic stress (STS), vicarious trauma (VT), and burnout (BO) through re-traumatization during client interactions and overinvolvement with a client's progress. Given the ubiquity of trauma histories amongst mental health workers, a systematic review was conducted to examine the association of personal trauma and the three related, but separate, work outcomes. METHOD: A systematic search was employed across four databases (Cochrane, JSTOR, PsycInfo, PubMed). In accordance with PRISMA guidelines, a four-phase selection process was employed, resulting in 44 studies meeting the inclusion criteria. RESULTS: A clear (positive) association between trauma history and STS was identified; mostly null findings were observed in regard to BO; and inconsistent findings were noted in regard to VT. CONCLUSION: In addition to a lack of diversity in study design (e.g., overuse of questionnaires amongst Western samples), there were conceptual limitations to the research conducted (e.g., treating victims as a unitary group, neglecting the inclusion of mechanisms). ACTION: To assist in moving the field forward, six research recommendations were outlined with the goal of creating greater clarity in the work-outcomes literature and increased nuance in how personal trauma is understood.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 70966 - Printed Poster

Positive Organizational Outcomes Through Intercultural Interaction

Main Presenting Author: Snell, A Steven

Abstract: *For many organizations, the cultural demographics of the workforce reflect the growing diversity of the global workforce. Effective intercultural interactions require individuals to have several personal psychological resources, including cross-cultural psychological capital (PsyCap). Without such resources, employees may not have the ability to effectively work with individuals from other cultures, making working in these environments stressful. These stressful situations may negatively impact employee commitment levels, potentially increasing turnover rates. The purpose of this study was to explore the influence that employees' cross-cultural PsyCap has on their organizational commitment (OC) as indicated by the three-component model of OC. To date, researchers have not explored the influential relationship between cross-cultural PsyCap and OC; this study aimed to fill that gap using health care employees. This quantitative study collected data from 382 participants through online surveys and used partial least squares, structured equation modeling (PLS-SEM) to analyze the cross-cultural PsyCap and OC relationships. After measurement and structural model evaluation, findings indicated statistically significant positive relationships between*

cross-cultural PsyCap and affective and normative commitment. Additionally, findings showed no significant difference in the relationship based on the employees' type of employment. The results of this study may provide insights to organizations concerning the positive organizational outcomes (i.e., OC) that organizations can achieve through increasing cross-cultural PsyCap through training and development sessions.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70675 - Printed Poster

Stories of Professional Identity Construction in Asian Canadian Lawyers

Main Presenting Author: Tangsoc, Esther

Abstract: *Professional identity is a key aspect of our overall sense of identity; however, there has been limited research on professional identity construction for minoritized groups. As a result of the recent political climate, many work organizations have set mandates, focusing on equity, diversity, and inclusion. Accordingly, it is increasingly important that we understand the experiences of minoritized groups at work. This study sought to understand the process of professional identity construction in Asian Canadian lawyers, an underrepresented population within the Canadian legal profession. Using a narrative method, seven participants shared their stories of becoming and working as lawyers. Several themes arose from hearing and analyzing these stories, such as: the search for belonging, the importance of mentorship, family influence in career decision-making, differences in cultural values, pressure to fit in with the dominant culture, and hindrances to professional advancement. The findings from this study shed light on the unique concerns Asian Canadian lawyers face in navigating their professional identity and development, as well as the mental health burdens Asian Canadian lawyers carry in addition to typical work-related stressors. From these findings, we may gain a better understanding of how to support minoritized clients who are negotiating their professional identity.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71720 - Printed Poster

Team Process Efficacy: Emergence and Impact

Main Presenting Author: McLarnon, J. W. Matthew

Additional Author: Woodley, J.R. Hayden

Abstract: *Emergent states are dynamic team constructs that are crucial to team effectiveness. Collective efficacy, a team's shared belief in their ability to perform, is a key emergent state that consistently demonstrates strong relations with team effectiveness. However, past collective efficacy research has typically used static methods that do not adequately consider its inherently temporal nature. To address this, we focus on process efficacy–a team's shared belief in their ability to work together over the team's lifespan–and examine its emergence in terms of change in level and consensus over time, as well as its impact on effectiveness. Data from 519 engineering students, working in 135 teams was collected 3 times during a year-long course (Time 1: first day of class after team assignment; Time 2: 4 months later after completing two small projects; Time 3: before submitting a large, final project). Final project grades reflect our team effectiveness measure. Process efficacy demonstrated decreasing levels, and dissensus over time. That is, teams demonstrated lower process efficacy, and also less agreement over time. Nevertheless, smaller decreases in level and*

dissensus were positively related to team effectiveness, therefore teams with _less_ dissensus and _higher_ levels of process efficacy over time performed better. Further theoretical and practical implications will be discussed.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70695 - Printed Poster

Testing a general factor in employees' need satisfaction

Main Presenting Author: Law, Denise

Additional Authors: Brown, J Douglas; Liang, Lindie

Abstract: *Self-determination theory argues that the need for relatedness, autonomy, and competence must be satisfied for employees' psychological growth and well-being. Previous research argues that these needs are distinct as each need can exhibit unique relationships with different criteria. As such, the literature has ruled out the utility of using an overall measure of need satisfaction. However, a formal test of the appropriateness of an overall need satisfaction measure has yet to be conducted. To this end, we analyzed five sets of archival data using a bifactor approach, which simultaneously tests the presence of a general factor and specific facets. Each sample consisted of employees from Canada or China who completed one of two measures of basic psychological needs. We found that across scales and national cultures, a bifactor model fit the data better than a 3-factor model. These findings suggest that employees' need satisfaction can be best represented as one general construct (overall needs) or three specific constructs (need for autonomy, relatedness, and competence).*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70836 - Printed Poster

The Association between Personality Keyword Utilization and the Accuracy of Referee Personality Ratings

Main Presenting Author: Hsueh, Ting

Additional Authors: Mccurrach, Cullen; Goffin , Richard

Abstract: *References are ubiquitous preemployment assessments that provide useful personality information about job applicants. However, references have been shown to be one of the least accurate preemployment assessments, which is perplexing since external observers might otherwise be capable of providing particularly accurate personality ratings (e.g., Connelly and Ones, 2011). The current study draws on Funder's (1995) Realistic Accuracy Model, which posits that personality judgement accuracy is in-part due to raters' utilization of relevant and available personality information. The studys goal was to examine how referees used the trait-related information provided to them in a structured reference form to formulate their personality ratings and how this utilization is related to their overall accuracy. Participants (_N_ = 120) in this study were supervisors and managers who assumed the role of referees for four prototypical call center employees (targets) shown in a series of work-sample videos. After watching each video, participants completed a structured reference for each target in which they were required to provide written justifications for their personality ratings. Data analysis is ongoing. The results of this study will be used to inform the design of contemporary reference formats to potentially improve their utility. Study limitations and future directions will be discussed.*

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 71652 - Printed Poster

The Impact of COVID19 Policies on Employee Attitudes, Commitment and Turnover Intentions

Main Presenting Author: Chapman, Derek

Additional Author: Rafeeq, Jasmin

Abstract: *The COVID19 pandemic has had a profound impact on the work lives of Canadians. The Unfolding Model of Turnover (Lee and Mitchel, 1994) describes multiple pathways, several of which begin with a shock or significant event that causes employees to re-evaluate their employment relationship. The pandemic and specifically the manner with which employers implemented safety policies have the potential to create a shock to influence employee attitudes and intentions. We surveyed 146 employed workers- 110 females and 36 males, age (_M_ = 30.02, _SD_ = 12.88) predominantly Canadian and 52.7% white, from a combination of online (66%) and employed student sources. We examined how 18 safety policies identified by the U.S. CDC influenced employee attitudes towards their employers including Procedural Justice, Outcome Favourability, Organizational Commitment, Job Satisfaction, CWB, OCB and Turnover Intentions. Results indicated overall COVID19 policy strictness predicted Procedural Justice (r= .38) Turnover Intentions (r = -.20) and OCB (r=.23). Results for the 18 individual policies will be presented as well as the influence of Right Wing Authoritarianism on employee perceptions of these policies. Our conclusions are that most employees viewed strict safety policy adherence postively except for those high in RWA . COVID19 policy implementation affected turnover Intentions.*

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 70519 - Printed Poster

The Theory of Planned Behaviour & Hiring People with Diversabilities

Main Presenting Author: Ladouceur, E Natasha

Abstract: *It is no secret that people with diversabilities (developmental disabilities), face unequal employment opportunities and are considered an "untapped pool of skilled workers" (Haafkens et al., 2011). The theory of planned behaviour (TPB) has been applied extensively to many research domains and may be fruitful in advancing knowledge of the predictive factors that are associated with hiring intentions and behaviours (Fraser et al., 2009; Ang et al., 2015; Araten-Bergman, 2016; McDonnall et al., 2020). For example, the TPB successfully predicted 67% of the variance in employers' intentions to engage in outreach related to hiring qualified workers with disabilities (Fraser et al., 2011). Nonetheless, research on its applicability toward people with diversabilities is non-existent. For the present study, it was hypothesized that TPB scores among hiring personnel will differ based on hiring intentions and behaviours. Following the Theory of Planned Behavior Questionnaire (Ajzen, 2013), attitudes, subjective norms, and perceived behavioural control will be quantified. Phase one participants (_N_ = 250) will be recruited from across British Columbia until April 2022. Two binary logistic regressions will predict hiring intentions and behaviours toward people with diversabilities. The associated implications for businesses in British Columbia will be discussed.*

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 71547 - Printed Poster

Understanding and Mitigating Variability in Leaders' Procedural Fairness

Main Presenting Author: Barron, Heather Amy

Additional Authors: Carroll, A Taylor; Bobocel, Ramona

Abstract: *Leaders are encouraged to be fair to promote their employees' well-being and productivity. However, research suggests that inconsistency in fairness ("fairness variability") amplifies employee stress and adverse outcomes. Whereas much is known about fairness variability from employees' perspective, little is known about why variability occurs from the leader's perspective. We propose that engaging in certain fairness behaviours can deplete leaders of their self-control and subsequently limit their capacity for fairness. In particular, procedural fairness is likely to deplete leaders because it involves conforming decision making to a strict set of rules. Affirming core values, namely, self-affirmation, holds great promise as an intervention that can restore leaders' self-control. Thus, we expect the relationship between procedural fairness and depletion to be weaker among leaders who have self-affirmed, which in turn will attenuate fairness variability. We test these predictions using a daily diary study of managers and a between-participants self-affirmation manipulation. Preliminary analyses show that leaders who self-affirmed experienced less depletion. However, this reduction did not affect leaders' procedural fairness the following day. A complete analysis of the data will be presented at the conference. Implications for theory and practice will also be discussed.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71358 - Printed Poster

Understanding the decision to sign up for massive open online courses

Main Presenting Author: Towers, Sarah

Additional Authors: Beck, James; Phan , Vincent

Abstract: *Possession of job skills is vital for avoiding a host of negative outcomes (e.g., precarious employment). Massive open online courses (MOOCs) offer an affordable, self-paced alternative to traditional education (e.g., university) which may be out of reach for many under-skilled individuals. Thus, it is important to understand factors determining the decision to enrol in a MOOC. Previous research has identified demographic characteristics of MOOC participants, yet psychological processes underlying enrolment decisions remain overlooked. The current research bridges this gap. Drawing on expectancy × valence theory, we predicted that the decision to sign up for a MOOC is a product of the MOOC's perceived _value_, as well as the perceived _likelihood_ of being able to complete it. Furthermore, we expected value perceptions to be a function of goal orientation, and likelihood perceptions to be a function of self-efficacy. We tested our hypotheses using a multi-wave survey (N=184). As predicted, individuals were most likely to enrol in a MOOC when both perceived value and expectations of success were high. Likewise, perceived value and likelihood of success were driven by individual differences in goal orientation and self-efficacy, respectively. Thus, the current research indicates that individuals are sensitive to both the benefits _and_ feasibility associated with completing a MOOC.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70510 - Printed Poster

What hurts the most-not being so close? Meta-analytic comparison of why ostracism lowers OCB at work

Main Presenting Author: Law, Denise

Additional Authors: Merkand, Rukhsana (Roxy); Shen, Winny; Brown, Douglas J

Abstract: *One might expect that victims of workplace ostracism (WO) perform more organizational citizenship behaviours (OCB) in order to counteract their exclusion. Yet prior meta-analyses found the opposite; WO is negatively related to OCB. To explain these findings, three equally popular but competing theoretical accounts have been offered: WO harms sense of belonging, well-being, or violates exchange principles, respectively, which then reduce OCB. Although individual studies offer some support for each mechanism when assessed in isolation, what remains less certain is whether each mechanism provides a unique explanation of the relationship. Using meta-analytic structural equation modeling and data generated from 160 samples, we simultaneously assess the relative importance of the three proposed mechanisms. Overall, our results support each of the three theoretical accounts, but the mechanisms differ in their relative importance. In addition, our results indicate that the relative importance of the three mechanisms do not appear to be completely generalizable across alternative antecedents (i.e., WO vs. other mistreatment constructs) or outcomes (i.e., OCB vs. CWB). Based on these findings, we conclude that each of the theorized mechanisms offer valuable explanations of the WO-OCB relationship but they do not necessarily explain the link between related constructs to the same extent.*

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 71354 - Printed Poster

Worth the effort? The effects of manager arrogance and task-centrality on effort allocation during feedback-seeking episodes

Main Presenting Author: Westlake, Kennedy

Additional Author: Beck, W James

Abstract: *Feedback is a developmental tool that can improve work performance, and as such, employees seek feedback from managers to reduce work-related ambiguity. Importantly, providing high-quality feedback requires _effort_. However, managers typically have other competing demands on their time, and may not allocate sufficient effort to providing feedback. We predict managerial _arrogance_ is negatively related to effort allocated to delivering feedback. We argue highly arrogant managers are less likely to perceive providing feedback to be a _central_ aspect of being a manager, relative to their less arrogant counterparts. In turn, task centrality perceptions are expected to be positively related to effort allocation. Thus, we predict a significant negative indirect effect of arrogance on effort, via task centrality perceptions. We tested our prediction using a multi-wave, correlational study. Managers (N=187) reflected on a recent feedback episode, and completed self-report measures of arrogance, task centrality, and effort. As predicted, there was a significant negative indirect effect of arrogance on effort via task centrality. Thus, highly arrogant managers may not exert effort necessary for giving high-quality feedback. We contribute to the literature by examining manager characteristics during feedback episodes, and identifying factors that influence the effective delivery of feedback.*

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 71342 - Printed Poster

Investigating the "we" in me: Within-person fluctuations in organizational identification

Main Presenting Author: Coulombe, Claudie

Additional Author: Spence, R Jeffrey

Abstract: *Workplaces are becoming more flexible, virtual, and dynamic. Concerns that these changes may affect levels of organizational attachment have provoked interest in better understanding what shapes the formation and maintenance of these bonds. Increased attention has been paid to organizational identification (OID), reflecting the degree to which employees view their organizational membership as self-defining. To date, research has examined between-person predictors and outcomes of OID, but we still know little about how it unfolds within-person as employees experience various situations and changes at work. To better understand these dynamics, an experience-sampling study examining within-person predictors and outcomes of OID will be conducted. This study will test if fluctuations occur in daily OID and, if so, whether these fluctuations result from daily changes in the satisfaction of OID motives and influence daily job performance and turnover intentions. Around 150 employees will complete three daily surveys for two consecutive workweeks. Measures will be separated in time, and multilevel analyses will be conducted to account for the nested data structure. Overall, this study will constitute a promising first step towards better understanding the stability or changeability of OID in everyday organizational life and the factors that may affect employees' attachment over time.*

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 70600 - Virtual Poster

Managerial coaching: a chore or a treat? A look at managers' prosocial motivation

Main Presenting Author: Cournoyer, Annabelle

Additional Author: Grenier, Simon

Abstract: *Managerial coaching is suggested to have negative consequences on managers themselves, as it can be draining to them (She et al., 2019). However, we propose that depending on managers' prosocial motivation, the degree to which they want to have a positive impact on their employees (Grant, 2008), coaching could alleviate their negative experiences rather than exacerbating them. Specifically, we hypothesized that prosocial motivation moderates the relationship between coaching and negative affect experienced by managers at work. An online correlational study was conducted. Managers (n = 300) completed questionnaires including self-report measures of their prosocial motivation, their negative affect at work and their coaching behaviors. Regression analyses showed a significant interaction between prosocial motivation and coaching on negative affect (p < 0.01, change in R2 = 2%). When prosocial motivation is low, coaching is not significantly related to negative affect (p =0.33). When prosocial motivation is high, coaching is negatively related to negative affect (b = -0.68, p < 0.001). The result from this study suggests that managers who are prosocially motivated can benefit from engaging in coaching behaviors. It is important for*

organizations to give managers who are prosocially motivated opportunities to engage in coaching, as it can act as a positive resource for them at work.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71885 - Virtual Poster

The Impact of Trust and Feedback Orientation on Employee Reactions to Constructive Feedback

Main Presenting Author: Power, R Julia

Additional Authors: Gill, Harjinder ; Zani, Megan

Abstract: *Constructive feedback is a key mechanism for helping employees improve performance. Research has established that interpersonal dynamics with supervisors and individual differences among subordinates can play an important role in feedback perceptions. Examining employee perceptions of feedback is critical due to the impact that perceptions have on how employees react or use constructive feedback. To understand this process, our study examines how feedback orientation, an individual difference in receptivity to feedback, effects perceptions of feedback constructiveness and quality after receiving constructive feedback. Additionally, this study examines trust as a moderator in this process. In the context of supervisors giving informal feedback to employees, trust is predicted to strengthen the relationship between one's feedback orientation and their perceptions of feedback quality and constructiveness. Using SEM, we will examine the moderated mediation model in an undergraduate student sample. Incorporating a trust perspective into feedback processes can help inform organizational practices and performance improvement strategies, with both the supervisor and the subordinate as facilitators in these processes. Our study may encourage future research to explore other feedback perceptions and reactions that may be fostered through experiences with trust.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70313 - Virtual Poster

Section Featured Speaker

Bystander Intervention in Workplace Harassment: Insights from Research

Main Presenting Author: Hershcovis, Sandy

Abstract: *Over the last few years, institutions have introduced training programs to encourage bystanders to intervene in response to various forms of workplace harassment (e.g., bullying, incivility, sexual harassment, abusive supervision). The assumption behind these programs is that bystander intervention is a helpful tool for reducing workplace harassment. Yet, perhaps surprisingly, we know little about bystander intervention. In this talk, I will present a series of findings from my research with colleagues on bystander intervention that consider such questions as who intervenes, when, and why? I will also discuss some key barriers to bystander intervention and present data that show that sometimes bystanders can be part of the problem. Bystander intervention may be an important tool for addressing workplace harassment, but more research is needed to understand how to best intervene, and the conditions under which these interventions are most likely to be effective.*

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 71784 - Section Featured Speaker Address

Snapshot

Examining the Implications of Uncovered Topics in Online Employee Reviews, on Prospective Applicants' Perceptions of Organizations.

Main Presenting Author: Morgan, A Jenelle
Co-Presenting Author: Chapman, Derek S

Abstract: _The current recruiting climate sees employee voice as critical currency in determining the value of an organization to prospective applicants. With the dominance of employee review platforms, where incumbents share their experiences to millions of users, organizations lose control over their intended image. Little research addresses the potential implications for companies, so it remains unclear how specific review dimensions are evaluated across prospective applicants. Thus, this study proposes an evaluation of review content and its influence on shifting values across _industries. We previously examined how 25,000 employee accounts influence information adoption. An automated text analysis of these reviews revealed nine topics, including Company Culture and Benefits, which differentially affected applicants' information adoption. However, it was difficult to make causal claims with field data, especially with industries not accounted for. Thus, we aim to recruit 200 jobseekers for an experimental-survey study where the effects of participants' industries will be examined. We will also evaluate how helpfulness votes for online reviews, align with other recruiting outcomes. This research is important for addressing the critical issues employees raise in online platforms. And it will therefore be useful in developing guidelines to navigate this expanding area of modern recruiting.*

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 71576 - Snapshot

From Incivility to Modern Discrimination: An Investigation on Employees' Psychological Health

Main Presenting Author: Labelle-Deraspe, Rémi

Additional Author: Mathieu, Cynthia

Abstract: *Interpersonal mistreatments within workplaces are now complex challenges (Hershcovis et al., 2020). One concerning form is incivility: everyday acts of disrespect and disregard that exclude and diminish employee performance and involvement (Andersson and Pearson, 1999) and erode health and well-being (Cortina et al., 2017). Past research demonstrated that incivility is experienced at higher rates by marginalized employees (Cortina et al., 2013), suggesting that incivility takes on an insidious form of discrimination (termed "selective incivility," Cortina, 2008). Unfortunately, the current state of knowledge on selective incivility in the Canadian workforce is still limited. A total of 6,500 employees from a public organization completed a survey including questions about socio-demographic data and measures of incivility and psychological health. According to parallel mediation models, target race and disability status affected vulnerability to uncivil conduct, which predicted a lower level of psychological health. This paper makes significant contributions to the literature on selective incivility in investigating the incidence and nature of the uncivil experiences of*

marginalized employees in Canada. This paper concludes with practical implications for leaders to promote respect, minimizing the pervasive effects of prejudices and stereotypes on employees' mental health.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70891 - Snapshot

Longitudinal Study of Canadian Correctional Workers' Well-being: Baseline Mental Health

Main Presenting Author: Easterbrook, Bethany

Additional Authors: Sanger, Brahm; Ricciardelli, Rosemary ; Carleton, R. Nicholas; McKinnon, Margaret

Abstract: *BACKGROUND: Corrections Officers (COs) are recognized as Canadian Public Safety Personnel; however, there is limited research regarding their longitudinal mental health. The current study was designed to assess the mental health of Correctional Service of Canada (CSC) Corrections Officer Recruits (CORs) relative to published data of serving COs. METHODS: The study uses a longitudinal design with self-report surveys administered virtually prior to the Correctional Training Program at a CSC. The survey assessed demographic information and mental health symptoms, as well as potential risk and resilience factors. RESULTS: Participants were CORs (n=265; 38% women; age = 32.6, SD = 9.1) who started training between August 2018 and July 2021. CORs were much less likely to screen positive for one or more mental health disorders (i.e., 4.9%) than published rates for serving COs (i.e., 54.6%), including posttraumatic stress disorder (i.e., 2.4% vs. 29.1%) and depression (i.e., 1.9% vs. 31.1%). CONCLUSION/IMPACT: Prevalence of positive screens for mental health disorders in CORs appears consistent with the general population. The implication is that correctional work may be causally associated with detrimental mental health among COs. Leaders may want to consider several ongoing multimodal activities to protect, improve, and maintain CO mental health as a function of occupational supports.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 70815 - Snapshot

Negative Behaviors and Bullying in the Workplace: A Latent Class Analysis Approach

Main Presenting Author: Labelle-Deraspe, Rémi

Additional Author: Trépanier, Sarah-Geneviève

Abstract: *Psychological health issues are a growing concern for Canadian organizations (MHCC, 2021). Bullying is considered one of the most damaging stressors at work (Hauge et al., 2010), associated with significant consequences for employees general health and well-being (Nielsen and Einarsen, 2018). Extensive research has been conducted on workplace bullying (Einarsen et al., 2020). Nevertheless, there is much debate in the workplace literature regarding how to measure employees experience of negative behaviors (Nielsen et al. 2020). The lack of consensus, as well as the pitfalls of the most common ways of measuring bullying (self-labelling and behavioral experience methods), may undermine the validity of research findings (Notelaers et al., 2019) and hinder the*

advancement of knowledge on workplace bullying, as well as its antecedents and outcomes. However, Latent Class Analysis (LCA) (i.e., a statistical method for identifying distinct groups of employees based on the nature and frequency of their exposure to negative acts) has been recently suggested as a particularly relevant method to help overcome various shortcomings of current methods (Notelaers et al., 2006) and is gaining popularity. In the light of a recent systematic review we conducted, our presentation will discuss how LCA can offer a more precise understanding of employees experience of negative acts at work.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70811 - Snapshot

'Pivoted' Faculty Work Engagement Post-COVID-19

Main Presenting Author: Doering, Claudia Irina

Abstract: *COVID-19 has impacted the globe over, in how individuals work and study. Tradition faculty, like many other professional groups, have experienced significant work upheaval given the required shift or 'pivot' from on-campus instruction to work-from-home. Most recently, these faculty have 're-pivoted' back to their workplace, on campus. The purpose of this study was to determine, now that faculty are back to work, which factors predicted their cognitive, emotional, and physical engagement. From the conservation of resources framework, and through multiple regression analysis of 69 online survey responses, this quantitative study found that years of service negatively predicted both cognitive and emotional engagement within the sample of faculty from a Canadian northwestern community college. Further results also indicated that employee status and psychological safety positively predicted individual resources. The former result calls for further investigation into what influence the pandemic has had on faculty's ability to engage at work. The latter outcome supports previous research. Further result exploration, implications, and recommendations for future study are offered. Keywords: college faculty, faculty, work engagement, conservation of resources, psychological safety*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71803 - Snapshot

Psychological Safety, Conflict & Team Performance

Main Presenting Author: Kwantes, T Catherine
Co-Presenting Author: Rauti, Carolyn T

Additional Authors: Bang, Henning; Ekelund, Bjorn Z.

Abstract: *Psychological Safety (PS) in the workplace has recently received increasing attention. PS may be defined as a climate where employees feel able to express themselves without fear of negative consequences to self-image, status, or career. Much of the theoretical work in PS has focused on a culture or climate of PS at a team level and the subsequent role of PS on team performance. However, team conflict levels have also been linked to performance. Based on recent work distinguishing between task conflict and relationship conflict, the current study examined how these two types of team conflict relate to PS, which in turn relates to team performance. Archival data from two samples consisting of 28 and 15 top management teams from the Norwegian governmental sector were assessed twice at 9-month intervals. Relationships between conflict, PS, and performance as well as the stability of those relationships were assessed. The findings were consistent across both samples.*

Linear regression analyses showed that absence of relationship conflict positively predicted PS in both samples at Time 1 and Time 2 while task conflict did not predict PS in either sample at either time. Further, PS positively predicted team performance in both samples at Time 1 and Time 2. These preliminary findings suggest that PS is influenced by interpersonal conflict but not task conflict.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 70956 - Snapshot

The Relationship between Stress and Well-Being in Canadian Doctoral Students

Main Presenting Author: Feizi, Samira

Additional Author: Elgar, Frank

Abstract: *Stress is a common negative emotional experience that hinders students' academic performance and wellbeing. Doctoral students experience intense workloads, financial stress, difficulties in establishing a healthy work-life balance, and uncertain career prospects. These factors contribute to student dissatisfaction with the program and, thus, their intention to quit. This study aimed to identify if the relationship between perceived stress and intention to quit and program satisfaction is mediated by wellbeing. Doctoral students (N = 2,059) from research-intensive universities in Canada completed an online questionnaire containing self-report measures of stress and emotional, social, and psychological wellbeing. Path analyses were used to examine the relationship between stress, intention to quit, and program satisfaction with wellbeing as mediators. The results showed that perceived stress negatively predicted emotional, social, and psychological wellbeing and, as a result, increased intention to quit. Also, emotional, social, and psychological wellbeing positively predicted program satisfaction and negatively predicted intention to quit. The findings suggest that universities should create specific workshops and other supports for doctoral students to provide them with the resources needed to manage complex stressors, especially during the early phases of doctoral programs.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71379 - Snapshot

Work-life Wellness for Teleworking Couples: Emerging Themes and Practice Recommendations

Main Presenting Author: Como, Rebecca

Abstract: *Prior to COVID-19, teleworking was growing in Canada. Moreover, most new teleworkers are hoping to work partially from home after the pandemic, with equal preferences between men and women. A systematic review of existing empirical and conceptual/theoretical publications was conducted to explore the existing state of knowledge about work-life wellness in teleworking couples. In light of the impact of COVID-19 on both teleworking and peoples experience of wellness, results were organized into (a) research conducted prior to the pandemic and (b) research conducted since the onset of COVID-19. Results reveal a range of positive and detrimental aspects of telework, with a specific emphasis on gender inequalities and quality of life. Several specific practice recommendations for counselling psychologists and other professionals providing counselling services for teleworking couples were also identified. One question that remains unaddressed: how do couples negotiate work-life wellness when one or both teleworks? Further research is needed to understand*

work-life wellness in teleworking couples to develop appropriate policies and suggestions for providing psychological services to this population.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 69934 - Snapshot

Section Invited Symposium

CSIOP Student Symposium: The Future of IO Research

Moderator: Jones-Chick, Rachael

Abstract: *The 2022 CSIOP (Canadian Society for Industrial and Organizational Psychology) student symposium includes research from four students covering a diverse range of topics that are expected to continue to appear as trends in future industrial organizational psychology research. This year's topics include impression management, feedback theory, wellbeing in virtual work, and job automation. The first paper focuses on impression management (IM) profiles in job interviews with the purpose of exploring profiles of IM tactics among job applicants, and how they relate to applicant personality, interview structure, and interview outcomes. The second paper covers the role of feedback in abusive supervision with the goal of understanding the impact of feedback on abusive supervisors' self-awareness and behavior change. The third paper explores gender and the experience of wellbeing in virtual work to examine gender differences in "Zoom fatigue" and experiences of migraine/digital eye strain. The fourth paper explores skill-gaps and automation-related job insecurity by testing whether a perceived skills-gap improves the accuracy of automation-related job insecurity, and whether job insecurity influences attempts to prepare for disruptions. Please join us at the CSIOP student symposium to learn more about this up-and-coming research from current industrial organizational psychology students!*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71769, Presenting Papers: 71782, 71778, 71980, 71780 - Section Invited Symposium

Gender & Experience of Well-being in Virtual Work

Main Presenting Author: Brass, Justin

Additional Authors: Sharma, Tarun; Esteireiro, Katrina; Farias, Carissa

Abstract: *Scholarship has established that cisgender women are socialized to manage both their non-verbal communication and physical appearance. Research has found that cisgender women experience greater rates of "zoom fatigue" (i.e., tiredness, burnout, etc. associated with the overuse of virtual modes of communication) when compared to cisgender men; a gender difference perhaps attributable to cisgender women's socialization to monitor their physical body. While this research offers important insight into an important gendered aspect of our digital world, little is known about how virtual work may impact other gender minorities, such as transgender and nonbinary people (TGNB). Zoom fatigue has linked cis women's experiences to their socialization to "self-monitor" their physical appearance, as TGNB may also be experiencing discomfort related to virtual work. TGNB may feel hyperaware of their physical appearance, which may lead to experiences of gender dysphoria and body image dissatisfaction. In addition, little is known about how these gender differences play out in terms of experiences of migraine/digital eye strain. This study uses mixed methodology to sample participants across countries. We anticipate that the results will illuminate an*

additional gendered phenomenon. These results may support institutional and interpersonal recommendations that foster more supportive approaches.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71782 - Paper within a symposium (Symposium ID: 71769)

Impression Management Profiles in Job Interviews

Main Presenting Author: Moon, Benjamin

Additional Authors: Daljeet, Kabir; Bourdage, Joshua; Roulin, Nicolas

Abstract: *Prior research on job interviews has demonstrated that applicants use various honest or deceptive impression management (IM) tactics (e.g., ingratiation, self-promotion). In isolation these IM have important relations to antecedents and interview outcomes. However, despite the fact that applicants typically use several types of IM, research has not investigated how applicants use IM tactics in combination. Therefore, the purpose of the study is to explore profiles of IM tactics among job applicants, and how they relate to applicant personality, interview structure, and interview outcomes. We used two samples in the study, where the first sample comprised of undergraduate students in mock-interviews (_N = _516), and the second sample comprised of community participants recalling a real interview during the last six months (_N = _1042). We found that a five-profile solution best fit the data in both samples. Furthermore, there was some evidence indicating profile replicability. These profiles meaningfully predicted applicant personality, interview structure, and interview outcomes. Organizations should be aware of how certain types of interview structure tend to elicit certain IM profiles, particularly those linked to undesirable traits and that lead to interview success.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71778 - Paper within a symposium (Symposium ID: 71769)

Skill-Gaps and Automation-Related Job Insecurity

Main Presenting Author: Gödöllei, Anna

Additional Author: Beck, James

Abstract: *Background: Ideally, employees with the most automatable jobs would be the employees most afraid of job loss, and the most likely to prepare for upcoming disruptions. Yet, people are not accurate judges of their risks. We test whether a perceived skills-gap improves the accuracy of automation-related job insecurity, and whether job insecurity influences attempts to prepare for disruptions. Methods: We surveyed 198 employees across three consecutive workdays. At T1, participants reported their SOC code (based on which we obtained their automatability) and their automation-related job insecurity. At T2, participants reported their perceived skills-gap. At T3, they reported their developmental activities and career exploration. Results: The relationship between automatability and automation-related job insecurity was stronger when perceived skills-gap was large. Downstream, automation-related job insecurity was positively related to career exploration but was unrelated to developmental activities. Conclusions: Employees form more accurate perceptions of their automation-redundancy when they recognize that their skills are lacking. Consequently, employees who fear job loss attempt to find alternate career opportunities. Organizations seeking to*

retain and retrain their workforce should improve their employees' skills awareness and offer support for developmental initiatives.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71980 - Paper within a symposium (Symposium ID: 71769)

The Role of Feedback in Abusive Supervision

Main Presenting Author: Kizilenis Ulusman, Guler

Additional Author: Gulseren, Duygu

Abstract: *The study examines the role of feedback in changing abusive supervision behaviours. Drawing on the Feedback Intervention Theory, we aim to understand the impact of feedback on abusive supervisors' self-awareness and behavior change. We plan to conduct an experiment by collecting data from 800 supervisors. We will randomly assign supervisors who reported abusive behaviours towards their subordinates into one of the experimental conditions (i.e., objective vs subjective). Then, we will give feedback, measure supervisors' self-awareness, and their reactions to feedback, and follow up on their abusive behaviors. We expect to find that supervisors in the objective feedback condition will report higher levels of self-awareness than the participants in the subjective one. We also expect a decline in abusive supervision as a result of increased self awareness due to feedback. These findings suggest feedback can be a valuable tool for abusive supervisors who intend not to harm others by making them aware that their behaviors might negatively impact others. This study contributes to the scarce literature on the perpetrator perception of abusive supervision by integrating feedback intervention theory. Feedback may help create self-awareness on abusive supervision and eliminate abusive behaviors, which leads to an increase in the well-being of the organizations and thus the societies.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71780 - Paper within a symposium (Symposium ID: 71769)

Symposium

Advances in the Relational and Emotional Dimensions of Career Development

Moderator: Domene, Jose F

Abstract: *This symposium consists of three innovative research studies addressing several social, relational and emotional dimensions of career development in adults. Historically, career development theory and research has focused more on cognitive or skill/aptitude aspects of individuals. The 21st century world of work has required the field to broaden its focus to encompass a more holistic perspective on career and the person. The three studies in this symposium are located within this current wave of career research. The first presentation describes the process of developing the Workplace Social Mentalities Questionnaire – Perceptions of Self, a novel application of the social mentality theory to the workplace. Focusing on relational aspects of career development, the second presentation describes an action-project method exploration of how emerging adult couples work together to pursue careers in science, technology, engineering, and mathematics. The final presentation explores emotional dimensions of career development through an Interpretative Phenomenological Analysis study of the lived experience of compassion satisfaction in psychologists who work with justice-involved youth. In addition to describing their contributions to knowledge in the*

field of career development, each presenter discusses implications for counselling psychology practice that emerge from their research.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71242, Presenting Papers: 71248, 71254, 71251 – Symposium

Assessing Social Mentalities in Relation to Work: Development of an Innovative Measure

Main Presenting Author: Van Vliet, Jessica

Additional Authors: Domene, José; Warner, Lindsay; Haldane, Chayse

Abstract: *Emotion regulation, though crucial across life domains, has only recently garnered attention in the career development literature. Much is yet to be learned about how people's patterns of regulating emotions influence career development and workplace well-being. In this presentation, we describe a self-report instrument that we developed to measure individuals' patterns of emotion regulation in the context of work and career. The Workplace Social Mentalities Questionnaire – Perceptions of Self (WSMQ-POS), is based on the social mentality theory of Gilbert (1992). According to Gilbert, people's patterns of regulating emotions crystallize into core social mentalities, which are affect-laden motivational systems that influence how people relate to others. Instrument development proceeded in three phases: (a) item pool development, (b) exploratory factor analysis, and (c) confirmatory factor analysis. The process yielded four main scales that tap into an individual's dominant social mentalities in the domain of work/career. The WSMQ-POS may contribute to a fuller understanding of emotional and social factors that influence career development, career decision making, and mental health.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71248 - Paper within a symposium (Symposium ID: 71242)

Exploration of Compassion Satisfaction with Psychologists who Work with Justice-involved Youth

Main Presenting Author: Haldane, Chayse

Additional Author: Van Vliet, Jessica

Abstract: *Compassion satisfaction (CS) is a protective factor against harmful reactions, such as compassion fatigue and burnout, that may impair helpers' abilities to meaningfully connect with their clients (Hunt et al., 2019). Simply stated, CS is the pleasure gained from helping others in the course of one's work (Stamm, 2002). Although evidence of the positive effects of CS is growing, most research on CS is quantitative in nature and does not adequately represent helpers across all areas of helping. There are currently no qualitative studies exploring CS from the perspective of psychologists who work with justice-involved youth (JIY). Psychologists who work with this population represent a unique perspective within the helping professions, given the specific challenges of work in this area. Thus, the purpose of this Interpretative Phenomenological Analysis study was to build an understanding of CS from the perspectives of psychologists who work with JIY. Semi-structured interviews were conducted in which psychologists working with JIY described their experiences of compassion satisfaction in their work. Data were coded and grouped into themes across participants. These themes will be presented, along with a discussion of how the findings may inform strategies for promoting CS among psychologists who work within the complex and challenging system of youth justice.*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 71254 - Paper within a symposium (Symposium ID: 71242)

STEM Couples: Intersections between Romantic Relationships and Career Development for Women in STEM Education

Main Presenting Author: Warner, Lindsay

Additional Authors: Domene, José; Waldmann , Kristina

Abstract: *Pursuing careers in Science, Technology, Engineering, and Mathematics (STEM), women are met with ongoing gender inequalities and barriers to their persistence (Dasgupta and Stout, 2014; Wall, 2019). Research with emerging adults suggests important potential overlaps between romantic relationships and career development (Domene et al., 2012; Domene and Johnson, 2021). Unfortunately, very little is known about how these life domains intersect for young women in STEM. To address these limitations, we interviewed 6 emerging adult couples, where there was a woman pursuing STEM post-secondary. Using contextual action theory and the action project method (Young et al., 2005, 2021), we examined how couples jointly planned for, discussed, and pursued the womans STEM career plans and goals. Qualitative data analysis followed a consensus-based, inductive and deductive strategy, identifying themes and patterns both within and across cases. Emerging themes included navigating multiple, simultaneously occurring life goals (e.g., education/career and relationship/family) and the provision of different kinds of support (e.g., emotional, informational, instrumental). Study findings shed light on the nature of career and relationship processes for emerging adult women pursuing STEM careers, with implications for counselling psychology practice.*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 71251 - Paper within a symposium (Symposium ID: 71242)

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

Barriers to staff implementing new criteria for plasma donation by men who have sex with men

Main Presenting Author: Butler-Foster, Terrie

Additional Authors: Castillo, Gisell; Vesnaver, Elisabeth ; Gibson, Emily ; Goldman, Mindy ; Hill, Nolan E; Rosser, Andrew; Lapierre, Don; MacDonagh, Richard; Miguel, Glenndl; Palumbo, Amelia; MacPherson, Paul; Randall, Taylor; Osbourne-Sorrell, William; O'Brien, Sheila; Rubini, Kyle A; Local Advisory Group, William Osbourne-Sorrell; Otis, Joanne; Greaves, Mark; Al-Bakri, Taim B; Reid, Marco; Labrecque, Maximilian ; Germain, Marc; Orvis, Shane; Clapperton, Andrew T.; Devine, Dana; Presseau, Justin

Abstract: *Background: New plasma eligibility criteria allows some sexually active gay, bisexual and other men who have sex with men (gbMSM) to donate. Few studies have sought to understand staff perspectives on criteria changes. We aimed to identify possible barriers and enablers to implementing the new criteria from the perspective of donor centre staff. Methods: We conducted 28 Theoretical Domains Framework (TDF)-informed interviews. Results: We generated three themes representing seven TDF domains. _Valuing inclusive criteria_: staff support inclusive criteria; some were concerned the new criteria remained discriminatory. _Investing in donor experiences_: staff value positive donor experiences. Many worried that gbMSM donors may express anger and disappointment over the new criteria, staff may experience unease over using stigmatizing criteria and may convey nonverbal cues of discomfort, and existing donors may behave inappropriately. _Enabling education, training, and transparency_: staff believed providing in-person training and informing all donors of the new criteria would improve implementation. Conclusion: We identified key barriers and enablers to staff implementing new criteria. Action/Impact: Findings directly inform which staff supports are likely to improve the implementation of new criteria and may facilitate implementation internationally as blood policies continue to evolve.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 70637 - 12-Minute Talk

Contrasting Intended and Actual Social Support to Disclosures of Racial Discrimination

Main Presenting Author: Jansen, J Erik

Additional Authors: Kwok, Sherman (Shiu Man); Ashcroft, Kathryn; Marigold, Denise C; Bergsieker, Hilary B

Abstract: *How do White people react to disclosures of discrimination from people of colour (POC), and how well do their support intentions align with actual support provision? Drawing on close relationships research, four studies (N = 608) examined Whites' intent to respond with positive reframing (e.g., minimizing, downplaying negatives) and negative validation (e.g., empathy, acknowledging difficulty). In Studies 1-3, Whites wrote responses to Facebook posts sharing experiences of racial discrimination verus generic negativity, while in Study 4 Whites interacted with a Black confederate during a live video call. When POC disclosed discrimination (vs. generic negativity), Whites intended to provide less positive reframing (all studies) and more negative validation (Studies 1-3). These intentions, however, may not align with the perceived reality reported by condition-blind coders and confederates in live interactions. Specifically, in Study 4, Black confederates reported receiving marginally less negative validation for discrimination than negativity disclosures, and Whites' non-verbal behaviour in reactions to discrimination was colder. This research demonstrates that Whites' good intentions may not effectively translate into positive intergroup experiences. Implications for bridging the gap between support intentions and reality are discussed.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 69970 - 12-Minute Talk

Cultural norms about child maltreatment and child maltreatment experiences in Canada and Japan: A comparative study

Main Presenting Author: Langevin, Rachel

Additional Authors: Cheng, Polly; Bartoli, Eleonora; Wadji, Dany Laure; Pfaltz, Monique; Oe, Misari

Abstract: *Social norms about CM vary across cultures and societies. In countries where behaviours considered CM conform with social norms, children may be more exposed to violence. On the other hand, child maltreatment experiences could influence individuals' perception of the acceptability of CM behaviours. This study aims to explore, using an online survey, the bidirectional associations between CM experiences (sexual, physical, emotional abuse, exposure to domestic violence, neglect) and cultural norms in adults from Canada (n =132) and Japan (n =106). Regression models with CM experiences as outcomes were only significant for sexual abuse. Greater acceptance of neglect was linked to more sexual abuse reports and greater acceptance of emotional abuse was associated with less sexual abuse reports, but only for Canadians. With CM norms as outcomes, models for sexual, physical, and emotional abuse were significant and country x CM experiences interactions emerged. For example, neglect was positively associated with acceptance of sexual, physical, and emotional abuse, but only for Japanese. Our cross-sectional findings indicate that experiences of CM seem to better predict reports of cultural norms in adults than the reverse. Cross-cultural differences are detected and should be further examined. Cultural norms about CM should be considered in prevention efforts.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 71173 - 12-Minute Talk

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Examining How Young Women with Acne Experience Social Media's Portrayal of Women's Beauty

Main Presenting Author: Samson-Sammet, Kia

Abstract: *Few studies examine how young women with acne experience social media's portrayal of women's beauty. Research exploring the relationship between idealized feminine images and women's experience of themselves focuses on body size. However, another aspect of this idealized beauty is perfect skin. Therefore, it is important to examine how young women with acne experience social media's portrayal of beauty. Feminist scholars have found that women's appearance is subject to much scrutiny regarding beauty standards. Guided by feminist objectives, this study aims to give voice to women's marginalized perspectives. The purpose of this study is to explore how women with acne in their first year at the University of Guelph, experience social media's portrayal of women's beauty. Semi-structured interviews will be conducted with ~15 participants exploring: experiences of acne and feelings about societal beauty standards promoted on social media. An experiential thematic analysis will identify key features of women's experience of themselves in relation to beauty standards seen on social media. The goal is to understand how young women with acne experience beauty standards promoted on social media and to provide insight into the psychological impact of social media. The findings also have potential to inform an acne-positive campaign that promotes inclusive beauty.*

Section: History and Philosophy of Psychology / Histoire et philosophie de la psychologie
Session ID: 71363 - 12-Minute Talk

Heterogeneity in interethnic parenting: Interparental perceptions, cultural affiliation, and mixed-ethnicity children's outcomes

Main Presenting Author: Kil, Hali

Additional Author: Mageau, Genevieve

Abstract: *We present three studies on heterogeneity in interethnic parenting, following recent calls for acknowledging diversity in interethnic parenting experiences. In the first study, we use multilevel modeling to demonstrate that coparenting trajectories in interethnic unions (_n_=574) over 8 years are significantly more negative and decreasing in quality compared to gender- and ethnicity-matched single-ethnicity unions (_n_=574) for mothers of all ethnicities and fathers of most ethnicities except White fathers. In the second study, we use growth mixture modeling to show that most (75.5%) interethnic parents from the first study report stable and high coparenting quality, with approximately a quarter of interethnic parents reporting difficulties. Extending on these findings, in the third study (_n_=660) we use latent class analysis to show that interethnic unions marked by more balanced levels of maternal and paternal cultural affiliation (over 50% of sample) tend to report more discrepant perceptions of one another's parenting compared to other unions, while mixed-ethnicity children's emotional and behavioral difficulties tend to be lowest in the profiles marked by higher maternal attachment to ethnocultural identity. Findings are discussed with reference to changing the narrative on pathologizing multiethnic families and framing interethnic parenting experiences with diversity in mind.*

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 70806 - 12-Minute Talk

Intellectual Humility for Existential Concerns: Cross-Cultural and Experimental Evidence

Main Presenting Author: Van Tongeren, R Daryl

Additional Authors: McLaughlin, Aaron; Davis, Don E.; Hook, Joshua N.; DeWall, C. Nathan

Abstract: *In the wake of existential threats, who fights, who flees, and who flourishes? Existential concerns usually prompt defensive reactions. Intellectual humility (IH) may be a helpful solution to reducing defensiveness. We hypothesized IH helps reduce defensiveness and cultivate growth in the wake of existential threats. Six studies (_N_ = 4113) tested this question. In Studies 1-3, we collected nationally-representative cross-cultural samples from the United States, Hong Kong, and the Netherlands, and conducted latent profile analyses (LPA) to identify different ways of holding belief with conviction and humility. In Studies 4-6, we experimentally examined how IH might attenuate defensive responses to existential threats of groundlessness, freedom, and isolation. Studies 1-3 revealed that IH ameliorated the negative relationships between commitment and defensiveness, and was positively associated with growth and flourishing. The experimental results of Studies 4-6 revealed that IH moderated the effects of the experimental primes on relevant indices of defensiveness, including following existential threats. Data from six studies, including cross-cultural and experimental designs, suggest that although both commitment and IH serve valuable psychological functions in the wake of existential threats, IH can help people hold beliefs without the deleterious effects of closedmindedness.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 70735 - 12-Minute Talk

Longitudinal Assessment of the Impact of Democratic Outcomes on Individuals: An Application to the LGBTIQ+ Context

Main Presenting Author: Eisner, Léïla

Additional Authors: Louis, Winnifred; Thomas, Emma; Lizzio-Wilson, Morgana; Hässler, Tabea

Abstract: *In many Western countries, LGBTIQ+ individuals have gained greater legal equality through democratic processes. While these processes are a reaction to populations' increasing acceptance of LGBTIQ+ people, they are not unanimous. Some people fully support these rights, while others fight against them. All people, however, should be affected by the outcomes of democratic processes, which not only extend rights but also serve as a strong signal of public support, therefore, shifting perceptions of societal norms. The main goal of this research is to investigate how outcomes of democratic processes impact supporters' and opponents' lives. To do so, we rely on three longitudinal studies in Australia (Study 1, N's = 207 supporters, 199 opponents) and Switzerland (Study 2, N = 408 LGBTIQ+ people; Study 3, N = 1,500 LGBTIQ+ and cis-heterosexual people). Initial results show that referenda in favor of LGBTIQ+ rights (i.e., on marriage equality and protection from discrimination) shifted perceptions of societal norms, which predicted positive changes in well-being among LGBTIQ+ individuals. This research sheds light on the impact of reducing intergroup inequalities on individuals.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 71567 - 12-Minute Talk

Psychology and Interdisciplinary Studies: A new course - Foundation or frill?

Main Presenting Author: Cohen, J. Annabel

Abstract: *Psychology, the study of mind and behavior, relates to most domains of human life, sharing this space with other disciplines, from anthropology to zoology. Large real-world problems (e.g., adolescent mental health, workplace efficacy, pandemics, social justice, educational policy, climate change) require information of several fields for solution. Theoretical issues (e.g., does behavior develop continuously or in stages) also benefit from information or techniques of multiple disciplines. Multidisciplinary teams are increasingly called on to solve problems, sparked by many factors (e.g., escalating electronic access to knowledge, to experts, and sophisticated data analysis). Now in its second year, a new senior undergraduate course at UPEI considers the place of psychology in multidisciplinary and interdisciplinary contexts. The curriculum balances topics on interdisciplinary studies (text by Repko et al., 2021) with interdisciplinary team research in which psychology plays a role, using articles from _American Psychology_, 2019, _74_ (3). The course provides a broad context for psychology, complements knowledge acquired in discipline-based courses (e.g., student's minor), and includes hands on interdisciplinary teamwork. The talk will describe the course, report outcomes and student feedback, and highlight psychology's conceptual and practical value to interdisciplinary studies.*

Section: Teaching of Psychology / Enseignement de la psychologie
Session ID: 71730 - 12-Minute Talk

Stereotyping at the intersection of gender and race: Examining associations between Asian women and mathematics.

Main Presenting Author: Steele, Jennifer
Co-Presenting Authors: Sebastien, Julia; Si, Joey

Abstract: *Women continue to be negatively stereotyped in STEM and both theory and research suggests this contributes to women's ongoing underrepresentation in scientific fields. However, Asian women may also encounter positive stereotypes associated with their racial identity that might serve to counteract negative gender stereotypes. Using an Ambiguous-Categorization Implicit Association Test (AC-IAT; Steele et al., 2018), across two pre-registered studies, we examined people's associations with Asian women and math. In STUDY 1, 410 participants were randomly assigned to a 2 (Female Target Race: Asian or White) x 2 (Male Target Race: Asian or White) between-subjects design. In each condition, participants were faster to pair male targets with math and female targets with arts, relative to the reverse pairing, suggesting that targets were primarily being spontaneously categorized by gender, regardless of their race. In STUDY 2, 329 participants were assigned to a 2 (Asian Target Gender: Male or Female) x 2 (White Target Gender: Male or Female) between-subjects design. Participants showed racial stereotyping in each condition, except when Asian women were paired with White men. Taken together, the results suggest that, at least for spontaneously activated stereotypes, Asian women face limited benefit from their positively stereotyped racial identity in male-dominated contexts.*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 71332 - 12-Minute Talk

Understanding the "Passing White" Biracial Experience

Main Presenting Author: Rudder, Deanna

Abstract: *The term "passing White" has historically been used in the United States to describe a person of Black and White heritage, whose physical features present more White, and they can therefore "pass" as a White individual. The premise of someone being able to "pass" as White is about how other people perceive them, and for "passing White" individuals, their "race" is often perceived differently by different people. Various theories of identity emphasize the importance of other people's perceptions of us when it comes to forming our identities, and therefore, receiving mixed messages about one's racial identity can be challenging_._ However, current research tends to neglect this aspect of racial identity when it comes to "passing White" individuals. Therefore, it is not well understood how the current context of race and ideas about identity have shaped the experiences of people who "pass" as White. Thus, the purpose of this study is to explore how "passing White" biracial individuals of Black and White descent make sense of their racial identity. To answer this, semi-structured interviews will be conducted with individuals who see themselves as "passing White" to explore their everyday experiences and interactions with others. Findings will be discussed in relation to current debates about race and racism in the social psychological literature, and the politics of biracialism.*

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 71621 - 12-Minute Talk

Conversation Session

Examining Acculturation in the Domain of Education Using the Theory of Sociocultural Models

Main Presenting Author: SUKKHU, C SASHA
Co-Presenting Author: Chirkov, Valery

Abstract: *According to the theory of sociocultural models (TSCM, Chirkov, 2020), acculturation and the dynamics of intercultural relations of acculturating individuals are driven by discrepancies between two sets of sociocultural models (SCM) (Chirkov, under review). One set is inherited from the newcomers home countries, and the second represents the SCM of the host community. Newcomers must navigate between and negotiate amongst these two groups of models using their reflective autonomous selves. in this presentation the authors will report the results of the empirical studies of such negotiations executed by Indian children during their adjustment to Canadian schools. This project utilizes a multi-methods design. At the first stage of this project, Canadian and Indian SCM of education were identified. Thus, identifying two poles of the acculturation field of forces. One was represented by the Canadian public-school environment and the second by the immigrant families interactions with education. These investigations provide insight into the projects final phase, examining the educational demands placed on the children in these newcomer families by the school and their families. The results inform how immigrant children balance these demands in harmonious ways allowing researchers to identify primary phases in childrens adjustment to the educational domain and their acculturation.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 70544 - Conversation Session

From Apartheid to Ubuntu- Lessons/Implications for modern day social justice/ transformation movements: The perspective of an anti- Apartheid activist and Apartheid survivor

Main Presenting Author: Dada, Zuraida

Abstract: *Background/rationale: I am a firm believer that if you do not learn from history, you are doomed to repeat it. I have learnt several lessons in my experiences as a social justice/anti-apartheid activisit as well as a survivor of Apartheid and as a member of the first wave of black intelligentsia to transform the country to a democracy, which I believe will be valuable to share with the audience especially in the light of social justice movements such as the Blacks Lives Matter movement. Methods: My presentation will be both psychoeducational and interactive in nature. I will do a short 15 minute presentation followed by engaging the audience through asking provocative questions and soliciting audience members perspectives Results: Increased understanding of: the concepts of Apartheid/Ubuntu; the transition from Apartheid to Democracy; the lessons learned from the anti-Apartheid movement and parallels with the modern day social justice movements Conclusions: Increased understanding/awareness knowledge of the concepts of Apartheid, the transition of Apartheid to a democracy and the lessons learned from that experience Action/Impact: Providing a psychologically safe space to discuss contentious issues.Increased understanding/awareness knowledge of the concepts of Apartheid, the transition of Apartheid to a democracy and the lessons learned from that experience*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 71064 - Conversation Session

Is Covid 19 a form of Neo-Apartheid or a False Equivalency? A personal and professional perspective from a survivor of both.

Main Presenting Author: Dada, Zuraida

Abstract: *Background/Rationale: Covid 19 and the associated public health restrictions have become politicised and as a result have spurred claims of social injustice and human rights violations. As a survivor of Apartheid, an anti-apartheid activist and part of the first wave of black intelligentsia in democratic South Africa tasked with transforming South Africa to a post apartheid democracy, I have an intimate knowledge/experience of the inner workings of apartheid and am thus in a position to evaluate and assess whether Covid19 is a form of neo-apartheid or a false equivalency. Methods:My presentation will be psychoeducational in nature drawing on both my professional psychological knowledge of and my personal experiences under, Apartheid and Covid. I will also be addressing the similarities/differences and busting myths. I would like provide the audience with a perspective and engage the audience regarding their perspectives on this topic Results: A heightened awareness and knowledge of what Apartheid was and of the similarities and differences between Apartheid and Covid, busting myths, reducing misinformation, creating a safe place for dialogue Conclusions: Sharing of perspectives resulting greater understanding Action/impact: Heightened awaress/knowledge/understanding, reduction in misinformation/myth busting, providing a psychologically safe space to discuss contentious issues*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 71052 - Conversation Session

Stigma reduction initiatives for suicide thoughts and behaviours: Where do we begin? What do we include? Who do we involve?

Main Presenting Author: Lindsay , L Brittany
Co-Presenting Author: Bernier, Emily

Additional Author: Szeto , C.H. Andrew

Abstract: *WHAT WE WILL EXPLORE: In this _conversation session_, we will explore the idea of suicide stigma reduction initiatives. For example, should the initiatives be in-person, virtual, or social-media based? What content should be included (e.g., myth-busting, teaching skills)? Should suicide survivors be involved, and in what capacity? Who should the target audience(s) be? WHY IT IS OF CURRENT INTEREST?: Suicide is often a leading cause of death for different Canadian populations (e.g., early adults). Given the mental health impacts of COVID-19 over the past two years, we could expect suicide rates to be maintained, or even increased, in upcoming years. Suicide awareness and prevention have been more prevalent recently, including Zero Suicide practices (https://zerosuicide.edc.org/ [1]), but suicide stigma in society has yet to be addressed at a comparable level to mental illness stigma. PARTICIPANT ENGAGEMENT: To mindfully facilitate this conversation about a sensitive topic, we will aim to create a safe space where everyone feels comfortable to contribute (or just listen) to the discussion. We will be mindful of equity, diversity, and inclusion, and be sure to facilitate the audience in such a way that allows diverse voices to be heard. We will include guiding questions and the use of a collaborative JamBoard (or alternative) to generate and share ideas among participants. Links:------[1] https://zerosuicide.edc.org/*

Section: Students in Psychology / Étudiants en psychologie
Session ID: 71192 - Conversation Session

Printed Poster

"Being Attached to You was like Driving a Stolen Maserati Down a Dead-End Street":Exploring the Association between Attachment and Criminal Thinking

Main Presenting Author: Curran, A Scottie Jean

Additional Authors: Scharfe, Elaine; Cahill, Hannah; Lindon, Emmilie

Abstract: *Background: Researchers who study both attachment and criminal thinking propose that perceptions of self and others explain why individuals engage in illegal behaviour (e.g., Bowlby, 1944; Mitchell and Tafrate, 2012). The purpose of this study was to combine these areas of research and examine how attachment views of self and others are associated with self and other models of criminal thinking patterns. Method: The first study included 582 undergraduate students and the findings were replicated in a second sample of adults recruited through social media (n=172). Participants completed measures of attachment, criminal thinking patterns, and engagement in illegal behaviours. Results: We used structural equation modelling to test associations between models of self and other and interestingly the findings were somewhat stronger for participants who reported engaging in deviant behaviour. For participants who reported any instances of deviant behaviour, the self model of attachment predicted the self model of criminal thinking while the other model of attachment predicted both self and other model of criminal thinking. Impact: To date, this study is the first to study the connection between attachment representations and criminal thinking highlighting how our views of*

the self and others within relationships impact the complex way of thinking associated with criminal behaviour.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71432 - Printed Poster

#TalkingaboutTikTok: An Exploratory Study into theAssociation Between Tiktok Use, Quality of Life andPsychological Health in a North American Sample

Main Presenting Author: Vassanji, Aiyman

Additional Author: Hodgins, David

Abstract: *The social media platform TikTok (TT) has amassed over 2 billion downloads and 800 million monthly users globally since 2017. Previous research on TT has focussed on Asian contexts and separated user behaviours into active use (e.g. sharing content) and passive use (e.g. only scrolling through videos), produced contradictory psychological health (PH) and quality of life (QOL) outcomes related to TT use, and identified several user motivations (e.g. escapism). Although a considerable portion of TT users are North American, little is known about user behaviours, motivations, and QOL or PH outcomes associated with TT use in this context. In the current study, the association between PH, QOL, and TT user frequency, duration, and behaviours will be examined in a North American sample. Motivations for NA TT users will be compared to findings from previous studies conducted in an Asian context. Data are being collected from NA TT users using an online survey embedded in a TT advertisement (target N=550, current n=260). It is predicted that there will be a positive association between TT frequency, duration, active use and both PH and QOL for NA TT users. It is hypothesized that NA TT user motivations will mirror findings from research conducted in Asian contexts. Recommendations for beneficial TT frequency, duration, and behaviours, as well as areas for future research, are discussed.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 71166 - Printed Poster

Abandoned to care: The psycho-socio-economic impacts of caring for elders amongst Francophone New Brunswickers

Main Presenting Author: Poulin, Sandrine

Additional Authors: Gouliquer, Lynne; Poulin, Carmen; Moore, Alissa; Lafrance, Michelle

Abstract: *This study examines the experiences of Francophone informal caregivers of older adults ageing-in-place in New Brunswick and informs the literature on the underrepresented reality of Francophone caregivers. Using the interdisciplinary Psycho-Social Ethnography of the Commonplace (P-SEC) methodology, we conducted qualitative interviews with caregivers. Results of our P-SEC analysis highlight the hidden costs of informal care and the complications they bring into the lives of caregivers, such as out-of-pocket expenses, employment-related costs, and challenges in the face of the absence or limited availability of institutional support. To make sense of these complications, participants used the schemata associated with _culture of care_, _fraud_, and _scarcity of formal care workers_. They also engaged in cognitive (i.e., positive thinking, acceptance, denial) and behavioural (i.e., self-advocacy, keeping records) coping strategies to manage complications*

encountered. The hidden costs of informal care benefit the institution of the healthcare system while posing psycho-socio-economic challenges in the lives of New Brunswick Francophone caregivers. Recommendations include fostering collaboration between stakeholders and caregivers through the creation of a task force, and the adjustment of governmental programs and support to better address caregivers' unique needs and situations.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 70770 - Printed Poster

All The News That's Fit To Print: The Effect of Interviewer Age on Adolescent Self-Disclosure

Main Presenting Author: Parsons, C Savannah

Additional Author: Rocha, Liz

Abstract: *Youth news consumption is critical to developing an informed population that is empowered to improve their world. However, youth readership is declining, creating a crisis for journalism and informed citizenship. Could this crisis be fixed by adding youth voices to mainstream news? Developmental psychological research reveals that youth prefer to disclose to unfamiliar peers over unfamiliar adults, and self-disclosure is inherent to journalism. Thus, this study - still in progress - examines whether youth (15-18) prefer to self-disclose to aspiring peer journalists versus adult journalists. In round-robin conversations over Zoom, youth will meet 3 ages of interviewers: peer (15-18), young adult (21-25) and adult (35-57). In a forced-choice self-disclosure task, youth will choose whether to keep a true/false answer to a statement private or share it with one of the 3 interviewers. Choices are associated with rewards, to assess if youth will forfeit rewards to share with a peer. We expect that an rmANOVA will reveal that youth value sharing information with peer interviewers over adult interviewers. If so, then having youth journalists would increase self-disclosure rates of young interviewees, resulting in stories of unprecedented depth. This study may uncover a fundamental valuation of peer-to-peer disclosure that can also inform approaches in therapy, parenting and education.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 71165 - Printed Poster

An investigation of battle metaphors on perceptions of veterans with PTSD

Main Presenting Author: Civiero, A Clara
Co-Presenting Authors: Antoun , Jillian P; Hauser, David

Abstract: *The metaphor framing effect suggests that the use of metaphors often affects judgement on text-based dilemmas (Robins and Mayer, 2000). This research explores how different metaphors that are commonly used in everyday language and media may affect perceptions of veterans suffering with post-traumatic stress disorder (PTSD). Two studies will explore whether describing PTSD as a "journey" or "battle" can impact both an observers perceptions of stigma and beliefs about guilt experienced by hypothetical military veterans. In Study 1, participants will read vignettes about a veteran diagnosed with PTSD. Each vignette will describe either a "journey" or "battle" with PTSD. Participants will then rate their perceptions of guilt, blame, and stigma, directed toward the veteran. In Study 2, participants will read similar vignettes to Study 1 that frame PTSD as a "battle" or "journey," with the added dimension of veteran gender. If a "battle" metaphoric frame creates*

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negative perceptions of the disorder, then participants reading the "battle" vignette should show greater stigma and attribute more blame to the actor. Further, if women are more likely to be blamed for their condition, then these metaphor-based differences are predicted to be significant. Results will be discussed in relation to social perception and discourse surrounding mental illness.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71595 - Printed Poster

ATTITUDES, VIEWS, AND CAUSAL ATTRIBUTIONS IN THE WAKE OF FOUR MASS SHOOTINGS

Main Presenting Author: Fitzgerald, L Erin

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

Abstract: *In the wake of a mass shooting, people often want to know the cause. In attempts to explain such events, the public makes internal and external attributions, such as mental illness or lack of gun control. The current study explored the attributions that individuals make after a mass shooting and the association between attributions and attitudes on related issues. Using data collected after four mass shootings (Pulse Nightclub, Tree of Life Synagogue, Muslim Community in Christchurch, NZ, and Nova Scotia) the study explores open-ended responses describing how the shooting impacted participants' views on related issues of safety, politics, civil rights, and gun control. Participants also indicated the one single cause that they felt was most responsible for the shooting. These causes were categorized into internal and external attributions. Our qualitative analysis focuses on how participants responded to the open-ended question and how these answers vary or remain similar across each of the four shootings. Further, it focuses on how responses vary by participant's distance from the shooting and whether they had a shared identity with the primary victim group. Finally, we explore whether and how frequencies of identified themes vary as a function of whether the participant attributed the shooting to factors that were either internal or external to the shooter.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71431 - Printed Poster

Canadian's Social Connections During the COVID-19 Pandemic: A Thematic Analysis

Main Presenting Author: Lowe, Catherine

Additional Authors: Rafiq, Maliha; MacKay, Lyndsay J; Letourneau, Nicole; Ng, Cheuk F; Keown-Gerrard, Janine; Gilbert, Trevor; Ross, Kharah M

Abstract: *The COVID-19 pandemic response disrupted Canadian social connections in complex ways. This study assessed experiences of pandemic-related social connection over time by thematically analyzing open-ended question responses from a longitudinal study. A sample of 343 Canadians completed open-ended questions about the impact of the pandemic on and changes to social connections at study entry, three, and six months later. Responses were divided into epochs by date (Apr-Jun 2020; Jul-Aug 2020; Sept 2020-Jan 2021). Qualitative thematic analysis was used to code themes across epochs. Negative impact of the pandemic (37-45%) and loss of social connections (32-36%) were prominent themes. Social connection loss increased in the summer months.*

Restrictions to face-to-face interactions were largest at study entry (9%) and were complemented by an increase in alternative ways to connect (32%), particularly communication technology use (28%). However, evidence of technology exhaustion to maintain social connections was detected as the pandemic progressed, pointing to the need for available alternative social connection means while social distancing. Social connection disruptions have been widely negative. As pandemic responses continue, the ways in which social connection disruption is experienced needs to be a research priority to better provide mitigations to buffer detrimental effects.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 70286 - Printed Poster

Comparing Facets of Self-Compassion in the Context of Social Judgement: Insights from a Student and MTurk Sample

Main Presenting Author: Popovic, Mila

Additional Author: Kocovski, L Nancy

Abstract: *Inducing self-compassion has been shown to be helpful in the context of social judgement, in terms of reducing distress and rumination. Typical self-compassion exercises guide individuals through mindfulness, self-kindness, and common humanity prompts. The purpose of the present study was to compare each facet of self-compassion to determine the relative benefit of each component, as compared to the full induction. In this study, 502 participants (MTurk and student samples) were asked to recall a time during the pandemic where they felt judged by others and were then randomized into 5 groups. Three of the groups completed an induction focusing on one respective facet of self-compassion, one group completed a typical self-compassionate induction, focusing on all three facets, and the final group served as a control group. The results revealed that the self-kindness induction was more effective in increasing state self-compassion and creating a more positive outlook on a future similar situation, than the control group and the common humanity induction. This study suggests that the self-kindness facet of self-compassion may be the most important facet to target when trying to raise self-compassion within the context of social anxiety.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71682 - Printed Poster

Criminogenic and Non-Criminogenic Needs of High Risk Offenders and Reintegration Success

Main Presenting Author: Robles, P Chella Mae
Co-Presenting Authors: Thomas, Mackenzie; Jung, Sandy

Abstract: *There is limited research about individuals placed on judicial restraint orders, such as Section 810 peace bonds, and their community supervision by police services. The current study examines high-risk individuals' basic needs, criminogenic needs (CN), and responsivity issues and how these predict their reintegration success once released. Specifically, it assesses whether these factors contribute to missing an appointment, violating conditions, and reoffending. The files of 45 individuals were coded for the first year of post-release supervision to explore supervision challenges and performance while under supervision. The area under the curve statistic was calculated to*

evaluate the predictive accuracy of each total for basic needs items, CN factors, and responsivity issues, and three community outcomes for each 4-month time period (TP). The findings indicated that CN consistently predicted violations of conditions and reoffending across TPs. However, basic needs and responsivity were not predictive of missed appointments and reoffending for all TPs. These findings suggest that supervision and monitoring may focus on basic needs, CN, and responsivity to stabilize and effectively reintegrate these individuals in the community. However, if the goal is to reduce criminal behaviour, such as violating supervision conditions and reoffending, emphasis should be placed on CN.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 70597 - Printed Poster

Dehumanizing "Others" during the COVID-19 Pandemic: A Systematic Review

Main Presenting Author: Eloulabi, Rama
Co-Presenting Author: Sadika, Bidushy

Additional Author: Esses, Victoria

Abstract: *Dehumanization involves perceiving others as "less human" by depriving them of positive human qualities. People dehumanize others to cope with the ongoing COVID-19 pandemic. The present study collated literature on dehumanization during this pandemic to contribute to our understanding of this phenomenon. A systematic review was conducted on 11 databases using a search syntax of the keywords, "dehumanization," "COVID-19," "coronavirus," and "SARS-CoV-2." Only studies that met our inclusion criteria were selected (i.e., academic; written in English; conducted from 2020 to present; and discussed dehumanization of individuals or groups in the COVID-19 pandemic). Preliminary results indicated that people were dehumanized during the COVID-19 pandemic based on: 1) their race and ethnicity (e.g., Asians), immigration status (e.g., migrants), and role in healthcare (e.g., medical staff); and 2) the perception of deaths as numbers and of the deaths of certain groups (e.g., seniors) as "less tragic." Overall, dehumanization of "others" in the COVID-19 pandemic occurred based on individuals' social minority identities, and life and death narratives in healthcare. This study helps to develop necessary interventions and aid strategies for minority populations, who have been disproportionately affected in the COVID-19 pandemic, and to better understand the process of dehumanization in general.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71279 - Printed Poster

Division of labor and parents' wellbeing during COVID-19: The role of gender and COVID-19 mandated homeschooling

Main Presenting Author: Elgendi, Mariam

Additional Authors: Stewart, H Sherry; Rodriguez, Lindsey; Sherry, Simon B; Meier, Sandra; Abbass, Allan; Nogueira-Arjona, Raquel; Wilson, Eva Adriana; Corkum, Penny; Blais, Julie; Khoury, Jennifer; Deacon, S. Hélène

Abstract: *While COVID-19 has significantly impacted parents' division of labor, it is not yet clear how these new arrangements affect their emotional and relationship well-being. Pre-pandemic research offers two hypotheses of how division of labor impacts well-being: _economic theory_ argues*

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that partners should specialize in different tasks, and _psychological theory_argues for more equitable division of labor. Further, due to COVID-19 school closures, couples have the additional burden of homeschooling their children. However, whether specialisation or equity confer more benefits for mandated homeschoolers, relative to non-homeschoolers or those homeschooling voluntarily, is yet to be explored. In March-May 2021, 962 couples were surveyed and retrospectively reported on January 15-February 15. Linear mixed modelling revealed that specialisation, relative to equity, promoted increased emotional and relationship well-being in parents. Gender-based analysis showed mothers and fathers both benefitted from specialization; equity was only beneficial for mothers. These relationships were also moderated by schooling status: voluntary homeschoolers benefitted from specialisation, mandated homeschoolers benefitted from equity, and non-homeschoolers benefitted from both strategies. This is critical information as division of labor can serve as a potential therapeutic target for couples in therapy.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71564 - Printed Poster

Does Children's Illusory Control Influence Their Help Seeking Behaviour Towards a Knowledgeable Informant?

Main Presenting Author: Cossette, Isabelle

Additional Authors: Lachance, Maxime; Bolton, Victoria; Brosseau-Liard, Patricia

Abstract: *In this technological era, children are exposed to a vast amount of information and are at risk of being mislead by inaccurate information. Although it has been shown that children use various strategies to choose from whom to learn, not much is known about factors that may influence whether children would choose to seek information from a knowledgeable source or to rely on their own knowledge. This study investigates children's illusory control, or overconfidence in their abilities, and its influence on their decision to seek help. Five-year-old children experienced success or failure at a game of chance to manipulate their illusion of control. Subsequently, children chose to answer novel questions by themselves or with the help of a technological informant. Preliminary results (_N_ =31) revealed no significant effect of levels of success on children's help seeking behaviour. Children asked for more help on questions involving novel labels than about individuals' preferences (_p_ =.016). Children who experienced failure in the game of chance tended to have lower levels of confidence and expect lower levels of success subsequently than children who experienced success.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 71556 - Printed Poster

Does Mental Illness Stigma Differ Across Disorders? An Investigation of Public Stigma and Attribution Theory

Main Presenting Author: Dabas, Grishma

Additional Author: Maranzan, Amanda

Abstract: *People experiencing mental illnesses face many negative social, economic, and personal outcomes, partly due to public stigma. Attribution theory posits that stigma occurs when stereotypes of people with mental illnesses elicit negative affect, leading to discriminatory behaviours; however, the*

stigma associated with common mental disorders is not well understood in the context of this theory. Undergraduate students (n = 302) completed an online survey about their views of the public's stigmatizing attitudes, emotions, and behaviors towards an individual depicted with social anxiety disorder (SAD), depression (DEP) or schizophrenia (SCH). Differences across specific stigma elements emerged: SAD and DEP had higher Weak-not-Sick (WNS) ratings and help intentions; DEP had the highest blame ratings; SCH had the highest pity ratings; SAD had the lowest avoidance ratings and SCH had the highest. Based on hierarchical multiple regressions, WNS and blame attitudes uniquely predicted negative affect in SAD and DEP respectively, and dangerousness was a predictor in all disorders. Fear and anger predicted discrimination in SAD and DEP, while fear and pity were predictors in SCH. Thus, mental illness stigma is best understood by studying individual disorders. Findings can inform development of effective anti-stigma strategies to improve outcomes for those living with mental illnesses.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70060 - Printed Poster

Effects of Context on Perceptions of Suicide Referents

Main Presenting Author: Tomaras, Christina

Additional Authors: Cruikshank, C Emily; Howell, Andrew J

Abstract: *SUICIDE IS PERCEIVED AS IMMORAL AND IS HIGHLY STIGMATIZED, POSSIBLY REFLECTING LANGUAGE USE SURROUNDING INSTANCES OF SUICIDE. THE CURRENT STUDY EXTENDS RECENT RESEARCH SHOWING THAT A SUICIDE DEPICTED AS IMMORAL IS ASSOCIATED WITH AN INCREASED PREFERENCE FOR THE PHRASE "COMMITTED SUICIDE" OVER "DIED BY SUICIDE" RELATIVE TO A SUICIDE DEPICTED NEUTRALLY. UNDERGRADUATE PARTICIPANTS (N = 204) WERE RANDOMLY ASSIGNED TO READ ABOUT A SUICIDE DEPICTED AS VENGEFUL OR ALTRUISTIC. THEY THEN JUDGED HOW ACCEPTABLE THE FAMILY WOULD FIND STATEMENTS EMPLOYING "COMMITTED SUICIDE" AND ALTERNATIVE STATEMENTS EMPLOYING "ENDED HIS[HER] LIFE", "TOOK HIS[HER] OWN LIFE," AND "DIED BY SUICIDE". BETWEEN-GROUP DIFFERENCES WERE EXAMINED WITH ANALYSIS OF VARIANCE. RESULTS SHOWED THAT THE ALTERNATIVE PHRASES WERE DEEMED TO BE MORE ACCEPTABLE FOR THE ALTRUISTIC SUICIDE THAN FOR THE VENGEFUL SUICIDE. WE CONSIDER IMPLICATIONS FOR STIGMA SURROUNDING SUICIDE AND ITS REDUCTION.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 69167 - Printed Poster

Establishing Rapport with Punjabi-English Bilinguals: L1 vs. Dominance

Main Presenting Author: Dhanoa, K Avnit

Additional Author: Nicoladis, Elena

Abstract: *This study tested whether Punjabi-English bilinguals feel a stronger rapport with another bilingual stranger when communicating in L1 Punjabi or their dominant L2 English. Some previous studies have shown greater emotional reactions to a dominant language. We predicted that participants would feel more comfortable speaking their dominant language. Participants completed*

an origami task via Zoom with a confederate while communicating in English and Punjabi trials. The task was done in both languages and the order of languages was randomly assigned. In order to test for differences in rapport by language, we ran a 2 × 2 [Language x Gender] ANOVA, with Language as a repeated measure, on both rapport measures (i.e. comfort and awkwardness). Surprisingly, participants rated the Punjabi interactions more comfortable than the English interactions. Rapport was not correlated with prociency in either language. This study showed that when meeting another Punjabi-English bilingual for the first time, Punjabi-English bilinguals felt more comfortable and tended to feel less awkward when communicating in their weaker L1 than in their dominant L2. Using L1 Punjabi strengthened rapport by signalling similarity between the two interlocutors and/or by eliciting feelings of belongingness to a community. Future studies can test whether these results generalise to real-life interactions.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71600 - Printed Poster

Examen qualitatif des raisons pour avoir pardonné une blessure d'attachement survenue au sein du couple.

Main Presenting Author: Gignac, Alexia

Additional Authors: Clement, Leah; Lonergan, Michelle; Lafontaine, Marie-France

Abstract: *Une blessure d'attachement réfère à une situation dans laquelle un partenaire amoureux est absent lorsque l'autre partenaire a besoin de soutien affectif. Dans un tel moment, il y a un bris de confiance, ce qui peut avoir un effet délétère sur la relation de couple surtout si le pardon n'est pas accordé. Cette étude comporte un devis de recherche qualitatif afin d'examiner les raisons _(le pourquoi) _rapportées par un partenaire blessé pour avoir pardonné une blessure d'attachement survenue dans la relation de couple. Soixante et seize partenaires blessés qui ont pardonné leurs partenaires pour une blessure d'attachement ont énuméré les raisons de leur pardon via la plateforme sécurisée _Qualtrics._ Une analyse thématique menée selon la procédure de Braun et Clarke (2006) à l'aide de _NVivo 12 Plus_ a identifié trois grands thèmes de pardon : (a) raisons intrapersonnelles (pardonner pour le bien-être de soi), (b) raisons interpersonnelles (pardonner parce que le partenaire sest excusé/e) et (c) raisons externes (pardonner parce que le partenaire blessé/e a des enfants avec le partenaire blessant). Les résultats ajoutent à notre compréhension du processus de pardon et des cibles potentielles pour la recherche clinique qui vise à mieux comprendre le fonctionnement du couple.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71223 - Printed Poster

Examining the Impact of Gender Based Microaggressions and Institutional Betrayal on Women

Main Presenting Author: Anstey, Hannah

Additional Author: Klest, Bridget

Abstract: *This study examines the immediate effect of sexist microaggressions (brief, often indirect, discriminatory behaviours) perpetrated against women. Gender based microaggressions have*

deleterious long-term impacts on mental health. Institutional betrayal, or failure of an institution to prevent or respond appropriately to harm, can exacerbate this negative impact. The present study examines the impact of a single gender based microaggression, with institutional betrayal or support immediately after. University women (N =25) completed the study through the University of Regina's participant pool. Participants were placed in one of two conditions: institutional betrayal or institutional support. All participants experienced a gender based microaggression perpetrated by a confederate. In the institutional betrayal condition the experimenter agrees with the confederate, whereas in the institutional support condition the experimenter denounces the microaggression and the confederate is removed from the study. Participants are then asked about their experience of the microaggression, prior to being fully debriefed. Thematic analysis was conducted on all data. Preliminary results suggest that experimenter response (institutional betrayal or support) influences how women perceive and respond to a microaggression. Results have implications for individuals and institutions.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 70945 - Printed Poster

Exploring how positive caregiver support is conceptualized by youth who were formerly in-care in Canada.

Main Presenting Author: Kitchenham, V Ashlee

Abstract: *The 2016 Canadian census estimated that 83,000 youth under the age of 15 were living in out-of-home care settings such as foster care, kinship care, and community-based care (Statistics Canada, 2017). Once a young person enters care, a professional caregiver such as a foster parent, kinship parent, or group home worker becomes their primary source of emotional and practical support, in lieu of a natural parent (Canadian Child Welfare Research Portal, 2011). This qualitative study explored how youth who were formerly in out-of-home care in Canada conceptualized positive experiences of caregiver support. Data were collected using media text excerpts from blog postings published by youth who were formerly in-care in Canada and identified experiencing positive caregiver support. Data were analyzed using Braun and Clarke's (2006) thematic analysis. Four primary themes (i.e., belonging, trust, stability, and normalcy) and six subthemes embodying participants' conceptualizations of positive caregiver support were identified. These findings have practical implications for the policies and practices of key stakeholders in the lives of youth involved in care including caregivers, social workers, and counsellors.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 70995 - Printed Poster

Expressive suppression and well-being in two cultural groups: Exploring the mediating effects of attention to emotions

Main Presenting Author: Chang, Jie

Additional Authors: Han, Xuerui; Yu, Yinan; Dere, Jessica; Ryder, Andrew

Abstract: *Culture shapes many aspects of our emotional experiences. The tendency to suppress one's emotional expression (_expressive suppression_) has been associated with poorer well-being in cultural contexts that are emotionally expressive (e.g., Euro-American cultures) but is unrelated to*

well-being in cultural contexts valuing emotional restraint (e.g., East-Asian cultures). However, the cultural mechanisms underlying the divergent impact of expressive suppression on well-being is not well-understood. One such mechanism may be that cultures differ in their preference for experiencing and attending to emotions, which could shape how individuals engage with and expressing feelings in their socio-cultural environment. In the present study, we examine whether attention to emotions mediates the relationship between expressive suppression and well-being in two cultural contexts. We tested this model in Canadian university students with Euro-Canadian (_n_ = 45) and Chinese (_n_ = 84) cultural backgrounds. We found that attention to emotions significantly mediated the relationship between expressive suppression and well-being in the Chinese group but not in the Euro-Canadian group. These preliminary findings suggest that culturally shaped emotional norms may influence how useful certain emotional regulation strategies are. On-going data collection will be used to further confirm this finding.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71451 - Printed Poster

Feasibility and Acceptability of Love Together, Parent Together (L2P2): An Online Intervention for Couples with Young Children

Main Presenting Author: Markwell, Alexandra

Additional Author: Prime, Heather

Abstract: *Pandemic-related stress has put couples with children at risk of relationship deterioration, with potential consequences for all family members. The Love Together Parent Together (L2P2) program is an online writing intervention intended to promote positive conflict dynamics for interparental couples with young children. The current study assessed the feasibility and acceptability of the L2P2. Primary objectives were to recruit a diverse sample of couples and to examine whether the intervention was acceptable to participants of various socio-demographic backgrounds. Participants included 17 couples who completed pre-and post-test surveys and three brief writing sessions over five weeks. Results indicated that a diverse sample was recruited in terms of race (59.3% racialized) and immigration history (46.4% born outside of Canada). There was some diversity in sexual orientation (12.9%) and gender identity (6.5%). Levels of education and income were high. Acceptability ratings were high for items assessing attitude towards the intervention, ethicality, comprehension of the program, and cost of participating, and were moderate for effort, effectiveness, and self-efficacy. Acceptability did not vary as a function of demographic group, demonstrating its potential utility across socio-demographic groups. Findings will help to adapt the L2P2 in preparation for a subsequent pilot RCT.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 71918 - Printed Poster

Felt Understanding Moderates the Link between Expected Mindreading and Romantic Relationship Quality

Main Presenting Author: MacLean Legge, Justine

Additional Author: Cameron, J. Jessica

Abstract: *Expected mindreading is the belief that romantic partners should know one's needs and feelings without overt communication. Individuals who endorse this belief report poorer communication, greater conflict, and lower relationship satisfaction. Despite these important associations, no prior research has examined the dyadic effects of expected mindreading by considering both partners. The present correlational study examined one way partners may impact the link between expected mindreading and relationship quality by investigating the moderating effects of felt understanding. Participants were 142 couples (i.e., couple sample) and 222 unpaired individuals in a relationship (i.e., unpaired sample) who completed measures of expected mindreading, felt understanding, and relationship quality. In the couple sample, hierarchical regression analyses revealed that felt understanding moderated the link between expected mindreading and relationship quality, such that feeling understood somewhat protected those higher in expected mindreading from their beliefs. This effect was not replicated in the unpaired sample. Sample differences suggest that felt understanding may only moderate the association between expected mindreading and relationship quality in longer and higher quality relationships. Findings highlight crucial considerations for treatment of distressed couples in therapy.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71559 - Printed Poster

Financial Speculation and Problem Gambling: Are Female Players at Risk?

Main Presenting Author: Leslie, Diandra

Additional Authors: McGrath, S Daniel; Williams, Jennifer N; Shaw, Carrie A

Abstract: *Previous research has shown that participation in speculative financial market activities (SFMAs) such as day trading is related to increased rates of problem gambling (PG). Study of this relationship is a new and growing area of research. A current knowledge gap is the assessment of gender differences among gamblers who engage in SFMAs (i.e., speculative gamblers; SGs). In a sample of _N_ = 1,206 SGs, _n_ = 811 male and _n_ = 395 female players' ages, gambling behaviors and beliefs, SFMA and substance use involvement, mental health, and experiences with behavioral addictions were compared. Although the sample was predominantly male (67.2%), results showed that female SGs were significantly younger, more likely to endorse gambling fallacies, play chance-based gambling games (compared to skill-based games), report symptoms of depression and anxiety, and endorse a problem with overeating and shopping. No gender differences were found for PG severity, the number of gambling activities engaged in, the frequency of SFMA involvement, or substance use frequency. Although there were no gender differences in PG severity, the increased likelihood of female SGs to exhibit behaviors that are known to be comorbid with PG suggests gender may play a role in the risk of experiencing gambling-related harm. Harm reduction strategies that target female SGs may be warranted.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 70419 - Printed Poster

Finding Strength in the Uncertain: Youth Resilience During the COVID-19 Pandemic

Main Presenting Author: Baudin, R Cara

Additional Authors: Elgharbawy , Heba ; Craig , Stephanie G; Ames, Megan E

Abstract: *BACKGROUND. While many studies on youth during the COVID-19 pandemic are gathering data on risk factors for mental health problems, few studies are identifying the strengths of youth during this difficult time. The present study will aim to fill gaps on strengths-based research during the pandemic. Further, a new framework, the Resiliency Potential Model, will address gaps in the socio-ecological theory of resilience. RESEARCH QUESTIONS. a) What does resilience look like during the COVID-19 pandemic? b) what are the predictors of resilience? and c) does resilience moderate the association between COVID-19-related stress and mental health? METHOD. In partnership with BBBSC, the Teens@Home Study [1] is a Canada-wide, longitudinal study investigating how the COVID-19 pandemic impacts youth (aged 12-18) mental health from Nov 2020-Dec 2021. Resilience is measured by the CYRM (Jefferies et al., 2018). In addition to a survey, interviews with youth will reveal their unique perspectives during this unprecedented time. Qualitative data will undergo thematic analysis to reveal the influences of the family, social support, school, community, culture, and government on youth. IMPACT. This research will directly benefit our community partner, as findings will guide service delivery efforts. Additionally, findings will inform future strategies for supporting youth during a public health crisis.Links:------[1] https://www.teensathomeduringcovid.com/).*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71361 - Printed Poster

Forgiveness between same-sex friends: Empathy (but not vengefulness or rejection sensitivity) moderates the indirect effect of commitment on forgiveness through perceived remorse

Main Presenting Author: Boon, D Susan

Additional Authors: Hojjatt, Mahzad; Stackhouse, Madelynn R. D.

Abstract: *Friendships fulfill needs for intimacy, belonging, and support yet have rarely been the focus of forgiveness research. We investigated the association between commitment and forgiveness in same-sex friendships, exploring the mediating role of perceived remorse and whether individual differences (rejection sensitivity, empathy, and vengefulness) might moderate the indirect effect of commitment on forgiveness.   Undergraduates (N = 272) completed individual difference measures, recalled a transgression occurring in a same-sex friendship, responded to Rusbult et al.'s (1998) Investment Model scale (adapted for relationships between friends), and completed measures assessing the extent to which they (a) believed their offending friend had expressed remorse and made efforts to repair the friendship and (b) had forgiven the friend (i.e., the TRIM, McCullough et al., 1998).   Moderated mediation analyses supported our hypothesis that perceived remorse would mediate the association between commitment and forgiveness and that the association between commitment and perceived remorse would be stronger among those higher (vs. lower) in empathy. In contrast, expectations that vengefulness and rejection sensitivity would moderate the association between perceived remorse and forgiveness received little or no support. Implications for understanding forgiveness between friends will be discussed.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71699 - Printed Poster

Gestion du stress et stratégies d'adaptation : Un examen interculturel des différences entre les individus de cultures collectivistes et individualistes dans la communauté francophone de l'Alberta

Main Presenting Author: Boutros, Gabriel
Co-Presenting Author: Marchak, Kristan Allison

Abstract: *On parle plus que jamais de santé mentale et de stratégies dadaptation. La culture est un facteur majeur qui influence la façon dont les gens perçoivent et gèrent le stress (Kuo, 2011). Des études antérieures montrent que les personnes issues de cultures collectives utilisent lévitement ou ladaptation axée sur les émotions tandis que celles de cultures individualistes utilisent ladaptation axée sur la résolution de problèmes (Chun et al., 2006). Notre étude examine les stratégies dadaptation et la gestion du stress chez les individus d'une communauté culturellement diversifiée – les francophones en Alberta. Nous avons mené un sondage en ligne dans lequel 338 francophones ont répondu à une série de questions démographiques, léchelle dindividualisme-collectivisme (Triandis et al., 1998), léchelle de stress perçu (Lazarus and Folkman, 1984), et le bref inventaire des stratégies d'adaptation (Muller et al., 2003). Nos analyses préliminaires montrent que le contexte à l'origine du stress a influencé les stratégies utilisées. Quelle que soit la culture de la personne, les stratégies sont similaires : Pour le stress lié aux problèmes familiaux et aux milieux sociaux les personnes appliquent des stratégies d'évitement axée sur les émotions, mais pour le stress lié aux problèmes médicaux, à léducation et au travail, ils appliquent surtout des stratégies axées sur les problèmes.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 71633 - Printed Poster

Guidelines for a Sustainable Knowledge Mobilization Using Social Media Strategy

Main Presenting Author: Drouin, Stéphanie

Additional Authors: Gakima, Léa; Crookall, Sarah; Shaughnessy, Krystelle

Abstract: *For over 300 years, researchers have published exclusively in academic journals, which are largely ineffective in mobilizing knowledge to the public. Knowledge mobilization (KMb) refers to the collaborative development, dissemination, uptake, and implementation of evidence in a way that has an impact on people. Social media is a research dissemination tool best suited to improve the reach and impact of evidence on people. Yet, many researchers face barriers related to their ability and available resources to share evidence with people through social media. Currently, there is no model for researchers using social media for KMb purposes. Based on experiential work and a literature review, we proposed guidelines that researchers can use for research dissemination through social media in their KMb strategy. Our guidelines include (a) defining goals for social media, (b) identifying a target audience on social media, and (c) identifying a social media coordinator to build the target audience, create and publish content, and measure the effectiveness of content using social media metrics. We designed the KMb using social media guidelines to be attainable and sustainable, without or with funding. Scholars can use these guidelines to increase their confidence and expertise in sharing evidence through social media for KMb. Future research will help validate the proposed guidelines.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 70772 - Printed Poster

Honesty/Beneficence in Children's Trust Inferences

Main Presenting Author: Shao, Shuai

Additional Authors: Yee, Shawn; Gerhardt, Elizabeth; Cameron, Catherine Ann

Abstract: *Selectively choosing whom to trust is a crucial social skill that persists as a challenge over evolution and development. Recent developmental research has suggested that young children take several cues into consideration when inferring another person's trustworthiness, such as niceness, familiarity, and competence. Grounded in Speech Act Theory, the current study investigates two components that can promote our understanding of trust inferences – honesty and beneficence. Specifically, we presented 88 monolingual English-speaking Canadian children ranging from 4- to 12-years with four scenarios describing protagonists (Beneficence: Mean/Kind, Honesty: Lie-/Truth-Teller) and asked them to rate protagonists' trustworthiness in three domains (i.e., Secret-Keeping, Promise-Keeping, and Information-Seeking). Overall, children trusted the kind truth-teller most and the mean lie-teller least. Participant ratings of kind lie-tellers were increasingly positive as age increased. We also found nuanced differences regarding the three trust domains. These results suggest that when children decide whom to trust, and in what contexts, both the speaker's honesty and beneficence play their parts. Data from an online replication will also be reported. In sum, the current study reveals the complexity of selective trust, and more broadly, has significant implications for moral development.*

Section: Developmental Psychology / Psychologie du développement
Session ID: 70211 - Printed Poster

How do friends transition to romance? It involves building friendship-based intimacy, emerging passion-based intimacy, a transition phase, and a change in relationship identity.

Main Presenting Author: Lowey, E S Erin

Additional Author: Stinson, A Danu

Abstract: *Relationship scientists have focused extensively on how strangers experience attraction, date, and form romantic bonds, called _dating initiation_ (Stinson et al., 2021). However, friends transitioning to romance, called _friends-first initiation_, have been virtually overlooked by researchers, despite over 68% of people saying that their romantic relationship began as friends. In the current research, participants (_n_ = 60) provided detailed narrative accounts of how their most recent romantic relationship began, starting from initial meeting until becoming an official couple. We conducted a thematic analysis on the narrative accounts of the relationships that began as friends (_n_ = 23). The resulting themes showed a general trajectory of building friendship-based intimacy, emerging passion-based intimacy (i.e., romantic/sexual feelings), a transition phase (e.g., turning points, uncertainty), and finally, a change in relationship identity from friends to couplehood. Next, we will conduct a thematic analysis on the narrative accounts of dating initiation_ _relationships, that began as acquaintances (_n_ = 14) or strangers (_n_ = 12), and compare the order, timing, and nature of the themes with the friends-first couples. These findings suggest that in friends-first initiation, romance and passion eventually emerge after a period of increasing intimacy.*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 70699 - Printed Poster

Ignorance is bliss or is it? The widespread false beliefs about the dreadful state of the World.

Main Presenting Author: Uttl, Bob

Additional Author: Violo, Victoria

Abstract: *In a series of studies, Hans Rosling and his colleagues demonstrated that people -- Swedes, Americans, TED attendees, journalists – know very little about the World. In fact, people believed in opposite facts and were beaten by chimps (who presumably responded at random as they do not watch the evening news nor study popular or scientific literature). We administered the Hans Roslings GapMinder Test as well as several other factual questions about the World (e.g., a number of people in the US who died of COVID-19 within the first year of the pandemic, a number of Black people killed by US police each year) to a large sample of 800+ undergraduate students. Our results replicate and extend Hans Rosling's findings. The results show that undergraduate students (a) falsely believe that the World is a dreadful place with a large gender gap in educational attainment, rampant poverty, marked illiteracy, etc., and (b) falsely believe that many more people died of COVID-19 than they did, that police killed many more Black people in the US than they did, etc.. Our results also suggest that undergraduate students' negative perceptions of the World are at least in part driven by the students' unquestioning acceptance of the messaging in the news and social media, lack of relevant general knowledge about the World, and ignorance of base rates.*

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 71811 - Printed Poster

Infertility diagnosis, failed treatment, and under-commitment in couples coping with infertility

Main Presenting Author: Beauvilliers, Laurie

Additional Authors: Trépanier Freire, Ariel; Rosen, Natalie O; Brassard, Audrey; Bergeron, Sophie; Péloquin, Katherine

Abstract: *Medically assisted reproductive (MAR) treatments often have relational repercussions for couples dealing with infertility. Whether the characteristics of infertility and treatment are associated with partners' commitment levels, however, has received little empirical attention. Previous studies have shown that attributing the responsibility of infertility to either partner and unsuccessful treatment are associated with relationship distress, but no study has explored the role of these factors in commitment. The present study investigated these associations in both partners of 166 mixed-gender (men/women) North American couples coping with infertility who completed a medical history questionnaire and the Multimodal Couple Commitment Scale. Path analyses revealed that a greater number of failed treatment cycles was associated with lower commitment in both men (β = .202, _p_ = .001) and women (β = .185, _p_ = .001). When themselves (β = .342, _p_ < .001) or their partner alone (β = .147, _p_ = .004) had the fertility problem, men reported lower commitment. When their partner only had the fertility problem, women reported lower commitment (β = .145, _p_ = .004). These results suggest that infertility diagnosis and MAR treatment failures are linked to*

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partners' commitment, thus providing a deeper understanding of how infertility experiences relate to relationship disturbance.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 70016 - Printed Poster

Investigating the Impact of Perpetrator Relationship on Posttraumatic Stress and Posttraumatic Growth in TFSV

Main Presenting Author: Kavanagh, Shannon

Additional Authors: Shinbine, L Danielle; O'Neill, Melanie

Abstract: *Technology-Facilitated Sexual Violence (TFSV) is a growing area of research that presents various psychological repercussions (Snaychuk and O'Neill, 2020). Betrayal trauma (BT) theory posits that trauma inflicted by a trusted party has a greater psychological impact (Mackelprang et al., 2014). Current research supports this finding in general, but BT remains relatively unexamined in TFSV. The present study examined the victim-perpetrator relationship (VPR) and predicted that victimization by a known perpetrator would have a more significant impact on posttraumatic stress (PTS) symptoms from unknown perpetrators. A sample of 271 participants completed a selection of measures assessing their experiences with TFSV, including the PCL-C (Blanchard et al., 1996) and the PTGI (Tadeschi and Calhoun, 1996). T-test results indicated no significant difference in PTS scores between TSFV committed by known (M = 45.39, SD = 18.60) versus unknown (M = 41.55, SD = 20.50) perpetrators, $t_{(122)}$ = -1.084, p = .14. A significant difference was found in PTGI scores tested the same way: known; (M = 52.11, SD = 26.93), unknown; (M = 39.87, SD = 25.98), $t_{(124)}$ = -2.54, p = .012. These results indicate that the perpetrator relationship impacts posttraumatic stress differently in TFSV than in-person violence and that VPR may be a moderator of posttraumatic growth following TFSV.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71833 - Printed Poster

Language Style Matching: A facilitator of the therapeutic bond

Main Presenting Author: Colton, Tayler
Co-Presenting Author: Cox , Daniel

Abstract: *Client-therapist synchrony is critical to the therapeutic relationship as a therapist's active mirroring (e.g., vocal pitch, posture) can signal understanding. Language style matching (e.g., similarity of function words; LSM; Neiderhoffer and Pennebaker, 2002), reflects implicit aspects of relational quality, yet scant research exists in a therapeutic context. Preliminary findings posit that LSM may represent an unobtrusive and objective indication measure of the therapeutic relationship. We proposed an alternate explanation that LSM facilitates relationship development. The aim of the present study was to examine if LSM is an indication of the therapeutic bond itself or a facilitator of the bond. A random sample (N=350) from the Vancouver Crisis Centre considered participants experiencing suicidality were coded at 4 equal time points for therapeutic bond (SWAI-O; Berk et al., 2013) and language synchrony. To examine the best fit for the data, cross-lagged panel modelling was used to directly compare the two models. Results indicated the facilitation model provides a significantly better fit than the indication model. These findings provide support for LSM as a facilitator of therapeutic bond in single session text-based crisis chats. This research informs*

theoretical frameworks linking LSM and therapeutic bond. Clinical implications into helper training will be discussed. _ _

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71625 - Printed Poster

Language use in attachment injury narratives and well-being in persons hurt by a romantic partner

Main Presenting Author: Clement, Leah

Additional Authors: Lonergan, Michelle; Boulanger, Kaitlyn; Parent, Julie; Lafontaine, Marie-France

Abstract: *An attachment injury (i.e., relational trauma that occurs when one partner feels betrayed or abandoned during a critical moment of need for support) can lead to event-related symptoms (i.e., intrusions, avoidance) in the injured partner. The linguistic content of written emotional narratives reveals distinct psychological processes that are related to well-being, including the severity of event-related stress. This association has yet to be investigated within the context an attachment injury. In this cross-sectional study, 112 participants who experienced an attachment injury in their romantic relationship provided a written narrative and completed a measure of event-related stress symptoms. For those who perceived the severity of the injury as serious (n = 44), the use of personal pronouns was positively associated with intrusive (r = .40, p = .007) and avoidance (r = .36, p = .016) symptoms, and the use of anger words was positively associated with intrusions (r = .36, p = .017). For those who perceived the severity of the injury as moderate (n = 31), the use of negative emotion words was negatively correlated with intrusions (r = -.42, p = .020). No significant associations were found for those who perceived the severity of the injury as a slight problem. Findings are discussed in light of the theoretical and clinical implications of language use and emotional adjustment.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 70776 - Printed Poster

Legal Attitudes and Decision-Making: The Role of Education, Racial Group, and Deliberations

Main Presenting Author: Le, Marina

Additional Author: Davies, Paul

Abstract: *_Background: _It is a fundamental principle of the Canadian criminal justice system that a person must be able to understand whether his or her actions were wrong in order to be found guilty of an offence. Despite these legal principles, the majority of the general public continue to have negative perceptions about the Not Criminally Responsible on account of Mental Disorder (NCRMD) defence. The current study examined how educating people about the NCRMD defence influences attitudes towards this defence, the influence of perpetrator race and opinions from a mock jury deliberation on people's attitudes towards the NCRMD defence and verdict decisions. _Method: _The study was a 2 (Control education / NCRMD education) x 2 (Ingroup / Outgroup perpetrator) x 3 (mixed opinion video / pro-NCRMD video / anti-NCRMD video) between-subjects design.*

_Results: _Education about the NCRMD defence influenced participants' decision to provide a guilty verdict. Participants who watched the anti-NCRMD deliberation video held significantly more negative attitudes towards the NCRMD defence than participants who viewed the other two videos. When participants were forced to provide a final verdict decision after watching the mock deliberation videos, the odds of providing a NCRMD verdict to a perpetrator of an outgroup was more than four times as high as than that of an ingroup perpetrator.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 71303 - Printed Poster

Mandatory COVID-19 Isolation and Media Consumption in Relation to Mental Health

Main Presenting Author: Craig, G James

Additional Authors: Shinbine, L Danielle; O'Neill, Melanie L

Abstract: *The uncertainty and restrictions associated with the COVID-19 pandemic have resulted in a negative influence on mental health (Ornell et al., 2020). Although research is in its infancy, emotions may play a critical role in the psychological repercussions of a pandemic, as impact extends beyond the event (Ornell et al., 2020). This on-going study explores the relationship between health authority mandated isolation, daily media consumption and mental health. Mental health variables assessed included the Depression and Stress subscales of the Depression Anxiety Stress Scales (DASS; Lovibond and Lovibond, 1993) and the State Trait Anxiety Inventory (STAI; Zsido et al., 2020). A correlational analysis comparing media consumption to DASS and STAI scores revealed significant results for Total STAI, r (123) = .206, p < .05, and State STAI, r (125) = .236, p < .01. Depressive symptoms were not correlated with media consumption. An independent samples t-test comparing isolation requirement to DASS and STAI scores revealed insignificance. These findings suggest that although isolation requirement may not influence mental health, COVID-19 media consumption may influence anxiety. Future research could extend literature on COVID-19 and mental health, specifically how media consumption and isolation measures can exacerbate anxiety, stress, and depression.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 71482 - Printed Poster

Maternal Depression Predicting Coparenting Quality in ASD and ADHD Populations

Main Presenting Author: Gaulke, Taryn

Additional Authors: Romaniuk, Alyssa ; Bartel, Hannah; Theule, Jennifer

Abstract: *Mothers of children with autism spectrum disorder (ASD) and/or attention-deficit/hyperactivity disorder (ADHD) experience additional stressors related to their child's diagnosis. These mothers often report feeling isolated and unsupported, which puts them at increased risk for developing depression. Previous research has examined the relationship between parental depression and coparenting quality in parents of typically developing (TD) children. These studies have found a negative relationship, such that when parents exhibit higher levels of depressive*

symptoms, they experience lower coparenting quality. However, this relationship has not been studied in mothers of children with ASD, ADHD, and/or comorbid ASD and ADHD (ASD+ADHD). Thus, an online cross-sectional survey will be conducted to examine maternal depression as a predictor of coparenting quality in families of children with ASD, ADHD, and ASD+ADHD, as well as examine child diagnosis as a moderator variable. Data collection for this study is anticipated to be completed by February 2022. Following data collection, simple linear regressions and a moderation analysis will be conducted. This research will provide insight into the impact that maternal depression has on coparenting quality in families of children with ASD, ADHD, and ASD+ADHD and inform services or programs targeting parent-level factors.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 70669 - Printed Poster

One Thing After Another: Coping With a Mass Shooting During the COVID-19 Pandemic

Main Presenting Author: Chandra, Kavya

Additional Authors: Koziol, Claudia ; Hoskin, Rhea A; Blair, Karen L

Abstract: *On April 18th, 2020, a lone gunman went on a shooting rampage that began in Portapique, Nova Scotia and eventually claimed 22 lives, making it Canada's largest mass shooting. A tragedy unto itself, the event occured amidst the COVID-19 pandemic, while Nova Scotia was under strict 'stay at home' orders. Incidentally, we captured written daily experiences of individuals in Nova Scotia and across the country in the days prior to and following the shooting as part of a larger pandemic study. Participants (n=740) wrote about their daily experiences of coping with the pandemic. Through qualitative analyses, our main research question focused on exploring changes in coping with the pandemic from the days immediately prior to the shooting to those immediately after. Participants' journals from before the shooting demonstrate considerable concern and stress related to the pandemic, which continued in the post-shooting diaries, but were accompanied with expressions of complicated grief and coping without the ability to connect with friends, family and community. Many participants grappled with following pandemic-related restrictions while also meeting their own emotional needs and those of others. The study offers valuable insight into how individuals cope with highly traumatic events during a prolonged, highly stressful situation where expectations change every day.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 70706 - Printed Poster

Parent-Child Relations and COVID-19 Stress: Parental Adverse Childhood Experiences as a Moderator

Main Presenting Author: McGuire, Katherine

Additional Authors: Shoychet, Gillian ; Browne, Dillon ; Prime, Heather

Abstract: *BACKGROUND. Parental sensitivity may protect children against the risks of the pandemic. Pandemic stress, however, may undermine parental sensitivity. The stress sensitization model posits that parental history of adverse childhood experiences (ACEs) reduces one's threshold to*

cope with major life stressors. The current study examined whether ACEs moderate the relationship between COVID-19 stress and parent-child relations. METHODS. Participants included 526 caregivers of 5-18-year-old children recruited in May 2020 as part of the CRAMPED study. Caregivers completed self-report measures on parent-child relations, COVID-19 stress and their history of ACEs. RESULTS. Regression analyses revealed: a) higher pandemic-related stress was significantly associated with less positive parent-child relations (significant main effect); b) ACEs did not significantly predict the quality of parent-child relations (non-significant main effect); and c) COVID-19 stress and parent-child relations were more strongly associated in caregivers with low ACEs (

Section: Family Psychology / Psychologie de la famille
Session ID: 71410 - Printed Poster

Partner empathy as a buffer against relationship stress during the transition to parenthood

Main Presenting Author: Spargo, L. Emily

Additional Author: Woodin, M Erica

Abstract: *The increased stress that often accompanies the transition to parenthood can lead to declines in couples relationship satisfaction. Partner responsiveness, particularly in the form of expressions of empathy, may buffer this impact. The current study examines whether partner empathy moderates the link between individuals stress and relationship satisfaction during the transition to parenthood. Participants were 98 Canadian cross-sex couples (Mage=31, SD=5.50) expecting their first child. Partners completed questionnaires and a laboratory conflict interaction in the third trimester of pregnancy and then completed follow-up surveys 1, 2, and 4 years postpartum. Partner empathy was coded using the Couples Affect Intensity Rating System (Woodin and Gallagher, 2012). Longitudinal multilevel actor-partner interdependence modeling will be used to examine changes in actor and partner stress as time-varying predictors of changes in relationship satisfaction over the transition to parenthood. We will also explore expressions of partner empathy during pregnancy as a moderator of these associations. We predict that partner empathy will buffer the link between perceived stress and declines in relationship satisfaction across the transition to parenthood. The findings from this study will shed light on the role of partner empathy as a buffer to relationship distress in times of high stress.*

Section: Family Psychology / Psychologie de la famille
Session ID: 70147 - Printed Poster

Partner Support Strengthens the Association between Spouses' Attachment Anxiety and Distress

Main Presenting Author: Korlacka, A. Michelle

Additional Author: Cobb, Jane Rebecca

Abstract: *Attachment insecurity predicts negative relationship outcomes. However, partner support that matches spouses' attachment insecurities (i.e., emotional support for anxious individuals; instrumental support for avoidance individuals) may buffer the negative effects of insecurities.*

Newlywed couples (_N_ = 142) discussed a non-marital stressor (coded for emotional and instrumental support) and rated distress after the support discussion. Multiple regression analyses indicated that wives' anxiety marginally predicted their distress (β = .163, _p_ = .062); there were no main effects of avoidance or support. Contrary to expectations, partner emotional support (e.g., reassurance, validation) marginally potentiated the effect of attachment anxiety on husbands' distress (β = .138, _p_ = .099) and significantly potentiated the effects of wives' attachment anxiety on their distress (β = .165, _p_ = .047). Simple slopes indicated no association between anxiety and distress when emotional support was low, but a significant positive association when support was high. Thus, emotional support may be detrimental for anxious individuals because they fail to use emotional support effectively to regulate emotion, or because emotional support amplifies their negative emotions. Although emotional support may not help in the moment, there may be longer term relational and personal benefits.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 69999 - Printed Poster

Perceived Parental Alienation as a Risk Factor for Suicidal Ideation Among Self-Injuring Youth

Main Presenting Author: Kristen, Anna

Additional Authors: Guérin Marion, Camille; Bureau, Jean-François

Abstract: *RATIONALE: Suicidal ideation (SI) is a risk factor for suicide, especially among youth who engage in non-suicidal self-injury (NSSI). Negative parent-child relationships are a known risk factor for SI, yet little research has explored links among parent-specific experiences and SI in youth with concurrent NSSI. This study examined links between perceived experiences with mothers/fathers and SI in a sample of young adults who engage in NSSI. METHODS: 483 university students (_M_=18.77; _SD_=1.42; 83.8% female) who endorsed past-year NSSI completed validated measures assessing perceived mother/father antipathy, neglect, psychological control, pressure, alienation, and unresolved attachment. Participants reported on the presence/absence of past-year SI. Research questions were explored using two logistic regression models (one for each parent). RESULTS: 72.9% of participants endorsed past-year SI. Only perceived alienation from mothers (_OR_=1.47, _SE_=0.18, _p_=0.035) and fathers (_OR_= 1.74, _SE_=0.19, _p_=0.004) was associated with increased odds of SI, after controlling for age, gender, living situation, and anxiety/depression. CONCLUSION: Among young adults who self-injure, those who feel most alienated from their parents (e.g., unable to approach them with emotional needs) may be at high risk of SI. IMPACT: Clarifying risk factors for SI among self-injuring youth can inform interventions.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 69928 - Printed Poster

Perfectionism and Language Use in Marital Conflict

Main Presenting Author: Ying, Fei

Additional Authors: Chen, Chang; Hewitt, Paul L; Ge, Sabrina; Yuen, Abigail; Reid, Shannon; Habke, Marie A; Flett, Gordon L

Abstract: *Previous research has identified perfectionism as a risk factor for marital conflicts, yet few studies have investigated why perfectionism may play a role in relationship problems. The present study aimed to explore the linguistic patterns (e.g., pronoun use, adverbs, positive and negative emotion words) associated with perfectionistic traits in the context of marital conflicts. A total of 90 married or cohabiting heterosexual couples (age range = 18-55 years_, M _= 27.50 years, _SD _= 7.13 years,) completed the Multidimensional Perfectionism Scale and engaged in a 10-minute videotaped discussion about an area of relationship conflict. Using linguistic inquiry and word count (LIWC2015) and actor-partner interdependence model (APIM), we plan to examine the relationships between partners' perfectionism (i.e., self-oriented perfectionism, partner-prescribed perfectionism, and partner-oriented perfectionism) and their language use during the conflict discussion. Specifically, we hypothesize that both partner-prescribed perfectionism and partner-oriented perfectionism will be positively associated with language use (i.e., increased "you"-talks, decreased "I"- and "we"-talks, increased negative emotion words, and decreased positive emotion words) that characterizes problematic communication and relationship dissatisfaction. Clinical implications and future directions will be addressed.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71014 - Printed Poster

Personality and Adherence to COVID-19 Guidelines: Mediating Roles of Problem Drinking and Distress

Main Presenting Author: Baptist-Mohseni, M Natasha

Additional Authors: DeGrace, Sarah; Vedelago, Lana; Stewart, Sherry; Wardell, Jeffrey; Kempe, Tyler; Keough, Matthew

Abstract: *Emerging research links specific personality traits with variable adherence to COVID-19 public health mandates. However, very few studies have considered explanatory mechanisms underlying personality-adherence associations. The goal of the current multi-wave longitudinal study was to examine the unique mediating roles of problem drinking and COVID-related distress in personality pathways to non-adherence to public health guidelines. Participants (_N_=400; Mage=32.05 years; 55.1% male) were recruited from across Canada on Prolific and completed four online surveys spaced 3-months apart – beginning in April 2020 (about one month after the state of emergency). Preliminary exploratory factor analysis supported two adherence factors: social distancing and personal hygiene guidelines. Next, path models were conducted testing personality-adherence associations _via_ problem drinking (model 1), and COVID-related distress (model 2) as mediators. Results showed that impulsivity predicted poor adherence to both guidelines and these effects were explained by higher problem drinking and low levels of COVID-related distress. Anxiety sensitivity predicted greater adherence to guidelines due to higher levels of COVID-related distress. Understanding why certain traits lead to different levels of adherence can help in informing strategies to reduce viral spread as well as COVID-related distress.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 71148 - Printed Poster

Personality Traits of Conspiracy Theorists: Big Five and QAnon followers

Main Presenting Author: Lorentz, Brittany

Additional Authors: McKimm, Lachlan; Fitzgerald, Carey

Abstract: *Conspiracy theories are prevalent within online communities, stemming the fringe but potentially dangerous QAnon conspiracy belief (QACB). Two self-report studies were conducted to investigate multiple potential predictors of QACB. Study 1 (_N_=78; recruited from QAnon groups on Reddit.com) examined the correlations between Boredom, Right-Wing Authoritarianism (RWA), Collective Narcissism in relation to QACB, and scepticism regarding the efficacy of the COVID-19 vaccine. Responses on the QAnon-adapted Collective Narcissism scale were significantly positively correlated with boredom, RWA, and scepticism regarding the efficacy of the COVID-19 vaccine. The importance of these findings is that those more prone to boredom are more susceptible to far right conspiracies, specifically QAnon. Study 2 examined the potential link between the Big Five personality traits, general conspiracy mentality, proneness to boredom, loneliness, internet addiction, collective narcissism, RWA and strength of QACB. Participants (_N_=400 from Australia, Canada, and United States) were recruited and data collection is ongoing with hypotheses of significant positive correlations between strength of QAnon beliefs and Openness to Experience, proneness to boredom, loneliness, internet addiction, and general conspiracy mentality, and a negative correlation between strength of QAnon beliefs and Agreeableness.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71041 - Printed Poster

Predicting Severity Ratings of Ambiguous and Solitary Infidelity Behaviours

Main Presenting Author: Salavati, sara

Additional Author: Boon, D. Susan

Abstract: *_Researchers have recently identified categories of infidelity beyond sexual and emotional behaviours, such as ambiguous (e.g., going to another person for support) and solitary infidelity (e.g., masturbating to sexual fantasies). To gain a deeper understanding of these newly identified categories of infidelity, we examined the individual differences that predict severity ratings of ambiguous and solitary extradyadic acts. Knowing why people perceive them as severe can provide insight into people's reactions (e.g., distress level) to such extradyadic behaviours._ _We asked 452 participants to rate the severity of ambiguous and solitary behaviours and indicate if they engaged in these acts while in a romantic relationship. Through multiple regressions, it was shown that previous involvement in solitary and ambiguous acts was negatively associated with severity ratings of these behaviours, and suspicious jealousy was positively associated with them. Sociosexual orientation and reactive jealousy were only associated with solitary acts (negative and positive associations respectively). Attachment insecurity and gender did not predict any of the severity ratings. Based on these results, predictors of severity ratings for infidelity behaviours might differ across categories, which may have implications for interventions addressing the victims distress following each type of infidelity._*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 70420 - Printed Poster

Protective Factors and Youth Gangs

Main Presenting Author: yargeau, Alissa

Abstract: *Involvement in youth gangs across Canada has increased exponentially in recent years. These gangs have been shown to have several associated harms such as high rates of delinquency, allegiance to antisocial peers, and an increased tolerance of deviance. It is evident across the literature that youth gangs cultivate cycles of violence and have a detrimental impact on vulnerable communities. At this time, research in this area has primarily focused on the risk factors, while studies specifically looking into the protective factors have been less frequent. In order to compare findings and strengthen overall knowledge in this area, an integrative literature review was done looking at protective factors and youth gang involvement. Findings across the literature are discussed and assessed. Gaps in the literature are recognized, implications and suggestions for further research are also discussed. Findings from this study enhance the knowledge on factors surrounding involvement in youth gangs which can aid in providing guidance for communities on how to structure and implement effective prevention programs.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 71340 - Printed Poster

Reactions to TA feedback: The interaction of gender and racial implicit bias among students.

Main Presenting Author: Mengist, Abigail

Additional Authors: Mantler, Janet; Tadesse, Mariamawit; Tulk, Christine

Abstract: *Teachers assistants play an essential role in helping students succeed; however, students may harshly respond to TA feedback. The present research aims to assess whether implicit bias is at the root of discriminatory responses to TAs by exploring whether students implicit gender and race bias interact to change their perception of feedback from TAs, particularly for students in traditionally gendered faculties. Data will be collected in January 2022 from Carleton university undergraduate students. Participants will be randomly assigned to a scenario that varies TA gender and race (2 x 3; man/woman; black/white/Asian). They will read a scenario in which the TA provides feedback and rate the fairness of the feedback_._ The effect of participants implicit attitudes will be examined using the Neosexism scale (Tougas et al., 1995) and the White Fragility Scale (Langrehr et al., 2021). It is expected that white men will be labelled as the fairest graders, whereas black women will be labelled as the least fair. It is anticipated that these effects will be stronger for students in Engineering relative to students in Arts and Social Sciences. This study will contribute to the understanding that implicit bias is disadvantaging women and racial minorities, which is crucial as universities strive to become more diverse.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71824 - Printed Poster

Relationship Between COVID-19 Contagion Threat and Posttraumatic Growth, Values, and Prosocial Behaviour

Main Presenting Author: Marjanovic, Zdravko
Co-Presenting Author: Comeau, Thea

Abstract: *Most traumas have the potential to elicit positive psychological outcomes (PPOs) for survivors, such as posttraumatic growth and prosocial behaviour (Cann et al., 2010). It is still unclear*

whether this relationship is observable in the COVID-19 pandemic. Thus, this study conceptualized the COVID-19 pandemic as a collective trauma and explored whether disparate samples increasingly endorsed PPOs while living through the COVID-19 pandemic. Utilizing a longitudinal design, university and community samples were collected in October 2020 and March 2021. We proposed three hypotheses: 1. People's experience of _contagion threat_ (i.e., vulnerability to infection) decreases over time as individuals habituate to the experience. 2. There would be a robust positive correlation between the contagion threat and PPOs. 3. The positive relationship between contagion threat and PPOs would be mediated by core belief disruption. With one exception in which contagion threat did not lead to greater prosocial behaviour, results provided support for all three hypotheses. Implications for research and practice are discussed.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 71628 - Printed Poster

Re-traumatization of Childhood Sexual Abuse During Pregnancy and Childbirth: An Integrative Review

Main Presenting Author: Frederickson, Alesha

Additional Authors: Langevin, Rachel; Kern, Audrey

Abstract: *About 2.4 million Canadians report a history of child sexual abuse (CSA) before the age of 15. One important context where re-traumatization of sexual abuse victims can occur is during pregnancy and childbirth. Previous research has highlighted potential triggers, but a comprehensive review has yet to be executed. An integrative review, which synthesized both quantitative and qualitative literature on CSA and re-traumatization during pregnancy and birth was conducted. Whittemore and Knafl's framework was followed, which included problem identification, literature review, data evaluation, and data analysis. Four databases were searched (PsychINFO, MEDLINE, Scopus, ProQuest) using Toronto and Remington's methods. After deduplication and screening, 16 articles were retained. Three themes describing how individuals with CSA were re-traumatized during pregnancy and birth were identified: 1) medical procedures (e.g., vaginal swabs, cervical examinations), 2) bodily sensations and experiences (e.g., breastfeeding, fetal movement), and 3) psychological experiences (e.g., dissociation, intrusions). Studies limitations (e.g., focus on medical care) will be presented to orient future research. Results from this review will inform the design of trauma-informed interventions to reduce re-traumatization during pregnancy and childbirth for CSA victims and its intergenerational consequences.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 70576 - Printed Poster

Shame Goes Unspoken: A Qualitative Exploration of Language Used by Young Women With and Without Elevated Borderline Personality Symptoms When Recounting Past Sexual Experiences

Main Presenting Author: Cormier, A. Lauren

Additional Author: Doyle, N. Jessie

Abstract: *Shame, prevalent in those with Borderline Personality Disorder (BPD) is linked to destructive and protective domains of sexuality, i.e., sexual risk-taking (SRT) and sexual self-esteem (SSE) (Heinrichs et al., 2009; Overstreet, 2012). Most studies look at sexuality in BPD samples quantitatively. We add to extant literature by qualitatively examining sexual experiences of women with varying degrees of BPD symptom severity. 167 young women completed measures of BPD symptom severity, shame-proneness, SSE, SRT, and open-ended questions about prior risky and esteem-building sexual events. The sample was split into those with (n = 36) and without (n = 131) high BPD symptoms. Independent samples t-tests showed the groups differed in reported shame (p < .05) and SSE (p*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 71526 - Printed Poster

Social network in times of COVID-19: A descriptive study in families receiving community social pediatrics services

Main Presenting Author: Corriveau, Hélène

Additional Authors: Plourde, Vickie; Doucet, Danielle

Abstract: *BACKGROUND/RATIONALE: Families having children with disabilities have been facing additional challenges since the beginning of the pandemic. The objective of the study was to document social network in families receiving Community Social Pediatrics (CSP) services in Southwestern New Brunswick. METHODS: Parents were recruited and invited to fill on the phone the "Grille d'évaluation du réseau social, parent-version" between August 2020 and 2021. Parents were asked to indicate which people they would turn to in different social situations. RESULTS: Mothers (N=17) were more likely to turn to their partner (59%), parents (65%) or health professionals (doctors: 47%; therapist: 29%) when they needed help for their children (average number of supportive people = 2.76; SD=1.44) whereas they were more likely to turn to their partner (47%), parents (41%) or friends (41%) when they needed to talk to someone (M=1.94; SD=1.03). They mostly turned to their parents (47%) for money, to their partner (47%) or children (41%) for household chores, and to their partner (47%) or friends (53%) for leisure. CONCLUSIONS: Participants had a limited social network and extrafamilial resources to support them when needed. ACTION/IMPACT: Future research is required to evaluate if services can help families to improve their social network and its potential impact on parents' physical and mental health.*

Section: Community Psychology / Psychologie communautaire
Session ID: 70478 - Printed Poster

Social norms and child maltreatment experiences and their association with mental health outcomes in Canada and Japan

Main Presenting Author: Cheng, Polly

Additional Authors: Langevin, Rachel; Bartoli, Eleonora; Wadji, Dany Laure; Pfaltz, Monique; Oe, Misari

Abstract: *Past research suggests that normative beliefs about violence is protective against distress and normative beliefs vary across cultures. The current study aims to explore how normative beliefs*

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about child maltreatment and self-reported child maltreatment exposure are associated with positive (resilience, posttraumatic growth) and negative (trauma symptoms, psychological distress) mental health outcomes in adulthood. An online survey was completed by Canadian (n=132) and Japanese (n=106) adult participants. Cultural differences emerged in regression analyses for negative, but not positive, outcomes. Specifically, emotional maltreatment and greater acceptance of sexual abuse behaviours were associated with more trauma symptoms, but only for Canadians. In contrast, greater acceptance of emotional maltreatment was associated with less psychological distress while exposure to neglect was associated with more psychological distress, but only for Japanese. Our results did not support any cultural difference in these associations with resilience and posttraumatic growth. Normative beliefs about child maltreatment may have positive and negative impacts on psychopathology depending on the culture. This should be considered in interventions with diverse populations. Further research is needed to examine under which conditions normative beliefs may be protective.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 70846 - Printed Poster

State Mindfulness Increases Utilitarian Decision Making but Not at the Expense of Inclusive Fitness

Main Presenting Author: Lorentz, Brittany

Additional Authors: Fitzgerald, Carey; Thompson, Jody

Abstract: *The present study examined whether the induction of a mindful state would influence ethical decision making in a Trolley Problem that was modified to contain variables relevant to one's inclusive fitness. N = 312 participants – half of which were presented with a guided mindfulness meditation – were presented with a modified Trolley Problem in which they were presented a choice: Let five strangers die, or divert the trolley toward a single target who will be killed by the trolley instead of the five strangers. This single target was manipulated to be one of the following five individuals: a stranger, the participant's friend, cousin, sibling, or romantic partner. Participants in a mindful state were more likely to divert the trolley away from the five strangers when the individual target was a stranger, friend, or cousin. However, individuals in a mindful state were no more likely than controls to divert the trolley when the single target was a sibling or romantic partner. These results indicate that mindfulness may increase utilitarian decision making when the sacrificial target is not the participant's close kin member or romantic partner.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 70011 - Printed Poster

Technology-Facilitated Sexual Violence in LGBTQ+ Adults and Mental Health Outcomes

Main Presenting Author: Shinbine, L Danielle

Additional Authors: Kavanagh, Shannon; Altenholf, Stephanie; Pearce , Jenna; Farley, Kristen; O'Neill, Melanie

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Abstract: *Technology-Facilitated Sexual Violence (TFSV) is an emerging type of harassment that is affiliated with higher rates of depressive and posttraumatic symptomology (Snaychuk and ONeill, 2020). Sexual assault is more prevalent in LGBTQ+ populations, mirrored by higher rates of psychological distress (Kassing et al., 2020). However, the translation of this relationship to digital forms of sexual violence remains unexplored. The current study examined psychological outcomes in LGBTQ+ and non-LGBTQ+ adults who have experienced TFSV. Bivariate correlations established strong positive relationships between TFSV scores and both depressive and posttraumatic stress symptoms. A T-test comparing depressive symptomology in LGBTQ+ (_M_ = 25.08, _SD_ = 13.6) and non-LGBTQ+ (_M_ = 16.47, _SD_ = 11.28) individuals yielded significant differences between the two groups,_ t_(94) = -3.87, _p_ < .001. Further T-test analysis comparing posttraumatic stress symptoms in LGBTQ+ (_M_ = 49.63, _SD_ = 22.35) and non-LGBTQ+ (_M_ = 37.19, _SD_ = 17.11) individuals identified significant differences between groups, _t_(112) = -3.86,_ p_ < .001. Future research should examine how TFSV behaviours affect the LGBTQ+ individual to better understand their psychological impact, thus enabling the development of specific psychological interventions for this population.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 71487 - Printed Poster

Technology-Facilitated Sexual Violence: Prevalence and Attitudes in an Adult Population

Main Presenting Author: Shinbine, L. Danielle

Additional Authors: O'Neill, L Melanie; Snaychuk, Lindsey

Abstract: *Technology-Facilitated Sexual Violence (TFSV) is an emerging field of sexual harassment that has detrimental psychological health implications (Snaychuk and ONeill, 2020). Despite these findings, literature examining prevalence rates and attitudes towards TFSV behaviours is limited. The current study investigated prevalence and attitudes towards TFSV-related behaviours in Canadian adults (_N_ = 206). Seventy-two percent of participants experienced at least one form of TFSV behaviour and participants reported experiencing an average of 7.8 (_SD_ = 5.13) TFSV behaviours. The most common TFSV behaviour was receiving sexually-explicit text messages and/or photos and videos (73.3%, _n_ = 151). Regarding attitudes, participants rated being shown nude/semi-nude videos or images of others without their consent (_M_ = 4.21, _SD_ = 1.09) as the most serious behaviour. These results demonstrate the prevalent nature of TFSV and suggest that the average number TFSV-related behaviours experienced may be on the rise. Future research should aim to identify the cause of increasing rates of behaviours experienced, and identify how attitudes towards TFSV vary across gender and sexualities. Understanding prevalence and attitudes related to TFSV will facilitate a more comprehensive understanding of its pervasiveness and reinforce the need for clinical interventions specific to TFSV.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70302 - Printed Poster

The crux of creepiness: The role of facial behaviours in perceptions of creepiness

Main Presenting Author: Lévesque, P Elle

Additional Author: Watt, C Margo

Abstract: *Creepiness is poorly defined and under-researched. Extant research has identified physical features (e.g., sunken-in eyes; Watt et al., 2017) but to date, no study has examined creepy behaviours in context. To extend this line of research, the present study attempted to elucidate the role of behaviours, specifically facial movement, in perceptions of creepiness. In part one, 377 community members and 125 undergraduates (76.5% women; 78.3% female; Mage = 23.95 years; range = 18-80 years) completed an author-constructed questionnaire to identify physical and behavioural traits that participants associate with creepiness or creepy encounters and a measure of Big Five Personality Traits. In part two, all participants viewed 18 faces (a mix of creepy, untrustworthy, and neutral faces) in one of two possible presentation modes (static vs. dynamic where dynamic faces were animated using Python3). Participants rated faces on a Likert-type scale for "attractiveness," "trustworthiness," and "creepiness". Preliminary findings point to the role played by the ambiguity of threat and non-normative behaviours in perceptions of creepiness and concur with Watt et al. (2017). Results are discussed in terms of risk assessments in everyday encounters and in the virtual world and implications for stigmatized populations (e.g., mentally ill) who may face prejudice for being labeled as "creepy".*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70174 - Printed Poster

The Effect of Perfectionism on the Experience of Anxiety During the COVID-19 Pandemic

Main Presenting Author: Chima, Glory

Additional Authors: Moore, Emily; Holding, Anne; Koestner, Richard

Abstract: *BACKGROUND: The rise of negative emotions during the COVID-19 pandemic denotes the importance of assessing risk factors for worsened mental health during these times. Research demonstrating an association between perfectionism and negative outcomes suggests that this trait may negatively influence one's experience during these times. Thus, the current study assessed the role of perfectionism in the experience of anxiety during the pandemic. METHODS: Across two three-wave longitudinal studies conducted in the 2018-2019 (N = 379) and 2019-2020 (N= 295) academic years, we examined the trajectory of anxiety in participants over an academic year, measuring perfectionism at baseline. RESULTS: The trajectory of anxiety in the pre-pandemic (2018-2019) year was not significantly different from that of the pandemic (2019-2020) year. Self-critical perfectionism was associated with increased anxiety over the year in both samples. CONCLUSIONS: Our findings suggest that the effects of perfectionism on anxiety are not specific to the context of the pandemic, indicating that this trait is not a predictor of decreased mental health during these times. IMPACT: The present study assesses a potential risk factor for worsened mental wellbeing as a result of the COVID-19 pandemic. This area of research is crucial given recent findings indicating the severe negative impact of the pandemic on wellbeing.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 69962 - Printed Poster

The Relationship Between Dog Problem Behaviour and Human Mental Health: An Exploratory Study

Main Presenting Author: Demecillo, IP Maron

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Additional Authors: Dobko, L Denae; Legge, Eric L.G

Abstract: *Past research has found that dog ownership is associated with reduced owner stress and positive mental health (MH). It is less clear whether owner MH is associated with pet dog behaviour. Our study is an exploratory investigation into whether there is an association between owner-MH and dog problem behaviour (DPB), and vice versa. Participants who currently owned at least one dog were recruited (_N_ = 458) and responded to surveys that assessed their MH, the typical behaviour of their dog, and related demographic factors. Regressions were conducted to test whether DPB was predictive of owner MH and vice versa. Results indicated that many DPBs were not predictive of owner MH. However, there were some notable exceptions, such as a dog's level of non-social fear being a predictor of owner depression, trauma, and stress. In contrast, some owner MH measures, such as stress, well-being, and trauma were predictive of DPBs such as non-social fear and touch sensitivity. There were also some interactions between owner MH, DPB, and demographic factors. For example, smaller dogs were significantly more likely to display serious DPB than larger dogs. These findings provide limited support for the existence of a complex relationship between owner MH and DPB. Our study expands our knowledge on the human-dog dyad and provides exploratory evidence of the association between dog owner MH and DPB.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70631 - Printed Poster

The Relationship between TFSV Behaviours, Trauma and Depressive Symptoms

Main Presenting Author: Farley, A Kristen

Additional Authors: Shinbine, L Danielle; O'Neill, Melanie L

Abstract: *Technology-Facilitated Sexual Violence (TFSV) victimization is commonplace (Powell and Henry, 2016) and can be connected to psychological distress, including higher levels of depressive symptoms (Snaychuk and O'Neill, 2020). The current study examined the impact of the different TFSV classifications, including digital sexual harassment, image-based sexual harassment, sexual aggression and coercion, and gender and sexuality-based hate speech on psychological distress, including trauma (PCL-S; Weathers et al., 1993) and depressive symptoms (BDI-II; Beck et al., 1996). The current sample (N = 206) included community members and university students from across Canada. Pearson correlation coefficients suggested a significant positive relationship between all four TFSV classifications and trauma and depressive symptoms. Results indicated positive relationships between each TFSV behaviour category and trauma symptoms, with the strongest correlation being sexual aggression and coercion, _r_(108) = .476, _p_ = < .001. Correlational analysis between TFSV behaviours and depressive symptoms yielded similar positive results, with the strongest correlation being sexual aggression and coercion once again, _r_(95) = .394, _p_ = < .001. Future research should further examine the individual effect of different TFSV classifications on psychological distress.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71827 - Printed Poster

The Role of One's Own and Family Members' English Confidence in Cross-Cultural Adaptation among Chinese Immigrants

Main Presenting Author: Zhang, Jingyi

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Additional Author: Noels, Kimberly

Abstract: *MUCH RESEARCH ON IMMIGRATION FOCUSES ON INDIVIDUALS' EXPERIENCE WITHOUT CONSIDERATION OF HOW IT MIGHT RELATE TO FAMILY MEMBERS' ADAPTATION. TO ADDRESS THIS GAP, WE EXAMINED WHETHER CHINESE IMMIGRANTS' SOCIOCULTURAL ADAPTATION AND SATISFACTION WITH LIFE IN CANADA IS PREDICTED NOT ONLY BY THEIR OWN CONFIDENCE IN USING ENGLISH, BUT ALSO BY THEIR PERCEPTIONS OF THEIR FAMILY MEMBERS' COMPETENCE IN ENGLISH. MORE SPECIFICALLY, WE ALSO TESTED WHETHER IMMIGRANTS' ADJUSTMENT WAS ASSOCIATED WITH THEIR PERCEPTIONS OF THEIR SPOUSE'S AND CHILD'S LIFE SATISFACTION, AND WHETHER THEIR FAMILY MEMBERS' LIFE SATISFACTION WAS PERCEIVED TO BE INFLUENCED BY THEIR LINGUISTIC COMPETENCE. 196 CHINESE ADULT IMMIGRANTS (134 FEMALE; _M_AGE = 46.19; SD = 10.81) COMPLETED ASSESSMENTS OF THEIR ENGLISH CONFIDENCE, SOCIOCULTURAL DIFFICULTIES, AND LIFE SATISFACTION, AS WELL AS THEIR PERCEPTIONS OF THEIR SPOUSE'S AND CHILD'S LIFE SATISFACTION AND ENGLISH COMPETENCE. PATH ANALYSES INDICATED THAT ENGLISH CONFIDENCE WAS POSITIVELY LINKED WITH SOCIOCULTURAL ADAPTATION, BUT NOT LIFE SATISFACTION. THE PERCEIVED ENGLISH COMPETENCE OF CHILDREN, BUT NOT SPOUSES, WAS ASSOCIATED WITH THEIR OWN LIFE SATISFACTION. THE ASSOCIATIONS VARIED BY GENDER, SUCH THAT PERCEIVED FAMILY MEMBERS' LIFE SATISFACTION WAS MORE STRONGLY LINKED WITH BOTH SOCIOCULTURAL ADAPTATION AND LIFE SATISFACTION AMONG WOMEN THAN MEN.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 71370 - Printed Poster

Threat but not awe modulates prosocial behaviour by boosting giving but not reducing taking

Main Presenting Authors: Bell, R Katarina; Wiebe, Michelle J; Thompson, Regan S I

Additional Authors: Geniole, N Shawn; Reddicopp, Kimberly ; Witzel, Alayna

Abstract: *Awe-inducing scenes—landscapes, mountain ranges, waterfalls—move people emotionally and behaviourally (e.g., boosting prosocial behaviours such as donating time and money). Nevertheless, more threatening displays of nature (e.g., tornados, volcanos, storms, landslides) can also induce awe and are becoming more common, publicized, and viewed as the current anthropogenic climate crisis unfolds. Little is known about the impact of exposure to such scenes on social behaviour. Here, for the first time, we experimentally disentangle the causal effects of nature-based threat and awe on various forms of prosocial behaviour in a 2 (videos depicting threat vs non-threat) by 2 (videos depicting awe vs non-awe) between-subjects (n = 216) experimental design. Exposure to threat, but not awe, boosted giving to (but did not affect taking from) other participants in a series of ballot tasks involving a cash-prize lottery. These results suggest that threatening natural scenes may boost prosocial behaviour by increasing generosity. Considering the current climate crisis, these findings are relevant and underscore the importance of distinguishing between more threatening versus positive awe experiences; such experiences differentially impact social behaviour and may ultimately inform models of behavioural responses to natural disasters (e.g., volunteer work; acquisitive panic/stealing, etc).*

Section: *Environmental Psychology / Psychologie de l'environnement*
Session ID: 71212 - Printed Poster

Trust in Authorities and Ethical Community Values Predict Perceptions of Vaccine Safety

Main Presenting Author: Boyd, M Brayden
Co-Presenting Author: Ladouceur, Natasha E

Abstract: *Research has shown a positive relationship between COVID-19 risk perception and preventive behaviour during the pandemic (Wang et al., 2021). Further, risk perceptions may be influenced by trust in government during a public health crisis (Vaughan and Tinker, 2009). Finally, shared ethical values are shown to be positively correlated with preventing community harm (Amin et al., 2021). Thus, the present study hypothesized that COVID-19 vaccine safety perceptions (VSP) may be influenced by Ethical Values of Community (EVC) and trust in authority with managing the pandemic (TA). Canadian participants (_N_ = 165) completed the Ethical Values Assessment Community Subscale (Padilla-Walker and Jensen, 2016) as well as questions about their level of trust in authorities and their vaccine safety perceptions. Bivariate correlations indicated significant relationships between VSP and TA (_r_ = .368, _p_ < .001) as well as between VSP and EVC (_r_ = .289, _p_ < .001). Multiple regression analysis revealed that EVC and TA were both significant predictors of vaccine safety perceptions, accounting for 16.3% of the variance (_R_2adj = .163, F(2,163) = 16.92 _p_ < .001). These preliminary results suggest that ethical community values and levels of trust in authorities may be important factors to consider in the context of preventive measures against viral transmission during a pandemic.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71593 - Printed Poster

Understanding Substance Use: Motives and Impact

Main Presenting Author: Dhanoa, Tarleen

Abstract: *Through an integrative literature review, this review aims to understand the motives around substance use. In Canada and across the world, there is a rising epidemic regarding substance misuse, specifically opioids. The purpose of this review is to explore why individuals use substances, the positive impact the substances have, and how motives influence drugs of choice. After intensive literature research, the authors chose 21 articles using two databases: 'PsycINFO' and 'SCOPUS.' After reviewing the articles, five main themes were addressed regarding motives of substance use: managing mental health concerns, physical pain, isolation and social connection, experimentation, and pleasure. A person's motive showed to influence the drug they gravitated towards, and substance use showed to play a positive role in protecting individuals from suffering. The results of this review can be applied to further research and clinical work to understand how to effectively and efficaciously approach substance misuse treatment and provide accurate resources.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 70040 - Printed Poster

Understanding the relationship between parental acceptance of gender expansive identity and child's age of coming out

Main Presenting Author: Showers, Emma

Additional Authors: Garrett-Walker, J; Pinkofsky, Temma

Abstract: *BACKGROUND: Emerging adults are more likely to identify as gender expansive compared to previous generations (Cover, 2019; Garrett-Walker and Montagno, 2021; Watson et al., 2020). Parental rejection can cause major distress in children. A recent literature review suggested tips for parents such as normalizing LG identity and rejecting stereotypes and providing unconditional love. The current research study adds to existing research on parental acceptance of gender diverse emerging adults. METHODS: We are currently conducting an online survey examining gender identity, age of coming out, and parental acceptance. Participants will be approximately 300 racialized 2SLGBTQ+ emerging adults who are gender diverse (e.g., nonbinary). RESULTS: While data collection is ongoing, we expect to find that participants who have parents who are not accepting of their gender expansive identity, will report a delay in coming out. We also expect to find that participants with parents who display their gender outside of the gender binary will not have a delay in identity development. CONCLUSIONS: These findings can support parents in their efforts to provide their children with a safe environment to explore and solidify their gender. This research would also allow professionals to create countermeasures that would aim to increase societal and parental acceptance of gender expansiveness.*

Section: Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle
Session ID: 70719 - Printed Poster

Users' Characteristics Relate to Comments Online

Main Presenting Author: Bowman-Smith, Celina

Additional Authors: Villacis, Enrique; Nilsen, Elizabeth

Abstract: *RATIONALE: Online interactions can have a significant impact on the well-being of users. A paucity of work examines the influence of users' characteristics and manipulations of context within trending social media platforms. METHOD: Undergraduate students (_N_ = 177) completed anagram tasks in a low or high frustration condition prior to responding to initial comments within a Reddit-like platform. Participants' responses within the thread were coded based on prosociality. Participants also completed self-report questionnaires assessing social media use and social cognition. RESULTS: The frustration manipulation had no impact on undergraduates' social media communication. However, greater social media use was associated with prosocial responses on the social media task. For initial comments that were positively valenced, higher expressive suppression (worse emotional regulation) was associated with less prosociality, while users higher in cognitive reappraisal (better emotion regulation) generated more prosocial content. CONCLUSIONS: The results suggest that users' online experience is shaped by their individual characteristics of emotion regulation and social media use within a Reddit platform. IMPACT: Greater understanding of the characteristics and contexts that impact users' online experience allows for more targeted interventions to mitigate potential risks to well-being.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 70940 - Printed Poster

Valence and regulatory focus in Canadian and Korean nursing home websites: A content analysis

Main Presenting Author: Nah, Kyoungsil

Additional Author: Perunovic, W. Q. Elaine

Abstract: *Cross-cultural research suggests that culture plays a vital role in shaping peoples emotional nature, such as its positivity or negativity (i.e., valence) and motivational root, such as the approach of pleasure or avoidance of pain (i.e., regulatory focus). Western cultures promote maximizing positive and minimizing negative emotions, whereas Eastern cultures encourage balancing emotions (Sims et al., 2015). Also, Westerners tend to focus on promoting gains, whereas Easterners tend to focus on preventing losses (Heine, 2010). We examined the valence and regulatory focus of messages in Canadian and Korean nursing home websites. We content analyzed 102 nursing home websites from each country and found that Korean websites contained ten times more negative valenced messages and five times more prevention-focused messages than Canadian websites. We also observed that Canadian websites contained eight times more promotion than prevention-focused messages, whereas Korean websites had similar numbers of promotion and prevention-focused messages. Findings from this study elucidate how websites are cultural products that serve as tangible representations of culture (Morling, 2016). The emotional and motivational messages that each cultures nursing home websites used were congruent with the cultural tendencies reflecting each cultures norms and values.*

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 70243 - Printed Poster

Validation of the COVID-19 Family Disruption Model: A Systematic Search & Narrative Synthesis

Main Presenting Author: Shoychet, Gillian

Additional Authors: Honest, Olivia; Colaco, Caren; Shavandi, Negar; Prime, Heather

Abstract: *BACKGROUND. The COVID-19 Family Disruption Model (FDM) was developed to conceptualize the potential cascading effects of social disruptions due to COVID-19 to family and child well-being (Prime et al., 2020). The FDM has been widely cited, warranting further investigation of the utility of the model for understanding family processes during the pandemic. The objective of the current study is to assess the empirical validity of the FDM using studies published during the pandemic. METHODS. Using PRISMA guidelines, we will 1) execute a systematic search to identify all potentially relevant empirical studies; 2) assess full-texts for relevance to the FDM; 3) appraise the quality of the empirical literature; and 4) conduct a narrative synthesis, discussing the validity and recommended adaptations of the model. RESULTS. A systematic search of PsycINFO and MEDLINE has been completed, with double screening of 643 records yielding 216 relevant abstracts (Aim 1). Full-text assessments are underway (Aim 2). Data extraction and quality assessments (Aim 3), and the narrative synthesis and model adaptation (Aim 4) will be completed by March 2022. Conclusions will shed light on whether the FDM is a valid conceptual framework to understand the*

impacts of COVID-19 on families. Findings will inform policy and practice aiming to foster positive outcomes during and after this stressful time.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 70732 - Printed Poster

Whites commit more paraphilic sexual offences than ethnic minorities

Main Presenting Author: Thompson, Nora

Additional Author: Hanson, Karl R.

Abstract: *Although racial/ethnic minorities are generally over-represented in the criminal justice system, certain crimes, such as serial killing, are predominately committed by White males. Previous research has also suggested that White males are often the perpetrators of paraphilic sexual offences, such as child molestation and voyeurism. The current meta-analysis compared the racial/ethnic distribution of perpetrators of paraphilic and non-paraphilic (e.g., rape) sexual crimes in four countries: Canada, the United States, Australia, and New Zealand (_k_ > 20; _N_ > 20,000). We found that Whites were more likely than racial/ethnic minorities (Indigenous, Black, Latino) to commit paraphilic compared to nonparaphilic sexual offences. Whites with a history of sexual offending were also more likely to have been victims of a sexual offence during childhood. Although the reasons for this disparity are not fully known, they may reflect how risk-relevant propensities interact with differences of power and privilege. Paraphilic sexual offenses may be committed by people who feel entitled to act out their deviant sexual interests, whereas sexual assault–related offences may be perceived as a way of gaining power over others. Social conditioning in people with privilege may also heighten development of certain paraphilic interests in those already predisposed.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 70293 - Printed Poster

Who Develops Pandemic Fatigue? Findings from a Population-Representative Sample of North American Adults

Main Presenting Author: Asmundson, J. G. Gordon

Additional Authors: Rachor, Geoffrey; Taylor, Steven

Abstract: *According to the WHO, pandemic fatigue poses a serious threat for managing COVID-19. Its cardinal feature is a progressive decline in adherence to social distancing (SDIS) guidelines along with pandemic-related emotional burnout. Little is known about pandemic fatigue. We evaluated this issue using data from 5812 adults recruited during the 2nd year of the COVID-19 pandemic. Past-year decline in SDIS adherence had a categorical latent structure comprising an SDIS adherent (Class 1: 92% of sample) and progressively declining SDIS adherence (i.e., pandemic fatigue; Class 2: 8% of sample) group. Class 2, compared to Class 1, was associated with (1) greater pandemic-related burnout, pessimism, and apathy, (2) younger age, more affluence, narcissism, entitlement, gregariousness, and SARSCOV2 infection, (3) higher levels of pandemic stress, and (4) active efforts at coping with SDIS restrictions that they perceived as unnecessary and stressful. People in Class 1 reported that they engaged in SDIS for the benefit of themselves and their community; but, 35% also feared they would be publicly shamed if they did not comply with SDIS guidelines. The findings*

suggest that pandemic fatigue affects a substantial minority of people and even many SDIS-adherent people experience emotionally adverse effects (i.e., fear of being shamed). Implications for the future of SDIS will be discussed.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71766 - Printed Poster

Why Did You Let Go? Experiences of Avoiding Public Affection Sharing Among Individuals in Same-Sex, Gender-Diverse and Mixed-Sex Relationships

Main Presenting Author: Watkins, D Hella

Additional Authors: Blair, L Karen; Holmberg, Diane

Abstract: *WHILE PUBLIC DISPLAYS OF AFFECTION (PDA) ARE A COMMONPLACE FOR THOSE IN MIXED-SEX RELATIONSHIPS, PDA BETWEEN INDIVIDUALS IN MARGINALIZED RELATIONSHIPS CAN DRAW NEGATIVE AND DISAPPROVAL. SUCH NEGATIVE EXPERIENCES CAN INCREASE VIGILANCE WHEN ENGAGING IN OR CONSIDERING PDA. CONSEQUENTLY, INDIVIDUALS IN SAME-SEX AND GENDER-DIVERSE RELATIONSHIPS ENGAGE IN PDA LESS FREQUENTLY THAN THOSE IN MIXED-SEX RELATIONSHIPS, DESPITE EQUAL DESIRE FOR AFFFECTION. THE CURRENT STUDY EXPLORES QUALITATIVE REASONS FOR REFRAINING FROM AND CEASING PDA IN A SAMPLE OF (1600+) INDIVIDUALS IN SAME-SEX, GENDER-DIVERSE AND MIXED-SEX RELATIONSHIPS, AS WELL AS QUANTATIVE ANALYSES OF THE ASSOCIATION BETWEEN FREQUENCY OF REFRAINING FROM PDA AND RELATIONSHIP WELL-BEING. WE HYPOTHESIZED THAT THE ASSOCIATION WOULD BE MODERATED BY BOTH PDA-RELATED VIGILANCE AND RELATIONSHIP TYPE. OVERALL, INDIVIDUALS IN SAME-SEX RELATIONSHIPS REPORTED THE GREATEST FREQUENCY OF BOTH REFRAINING AND CEASING PDA AND WERE MORE LIKELY TO REPORT EXTERNAL REASONS FOR DOING SO, SUCH AS SAFETY CONCERNS. FINALLY, A QUALITATIVE ANALYSIS WILL EXPLORE PARTICIPANTS' DESCRIPTIONS OF AN EXPERIENCE OF REFRAINING FROM PDA AND AN EXPERIENCE OF CEASING PDA. RESULTS WILL BE DISCUSSED WITHIN THE CONTEXT OF IMPROVING PDA EXPERIENCES FOR THOSE IN MARGINALIZED RELATIONSHIPS.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 71430 - Printed Poster

Examining gender and racial stereotyping of Asian women in math using a Stereotype Misattribution Procedure

Main Presenting Author: Jarosz, Patrycia
Co-Presenting Author: Sebastien, Julia

Additional Author: Steele, Jennifer

Abstract: *Women continue to be underrepresented in Science, Technology, Engineering, and Mathematics (STEM), and research suggests that negative gender stereotypes are a contributing factor. However, people belong to multiple social groups, that might have competing stereotypes associated with them. For example, negative gender stereotypes about women in math might be less*

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readily activated by Asian women due to positive racial stereotypes in this domain. The goal of this preregistered research was to test whether negative gender stereotypes would emerge in a novel Stereotype Misattribution Procedure (SMP), constructed based on Payne et al.'s (2005) implicit bias measure, the Affect Misattribution Procedure. In Studies 1 (n=56) and 2 (n=143), we found no evidence of gender stereotyping on this measure when images of Asian women, neutral squares, and either Asian men (Study 1) or White men (Study 2) were used as primes. In Study 3 (n=177), participants were presented with male and female primes that were both Asian and White. In this study, evidence of racial (but not gender) stereotyping emerged. The findings suggest that Asian women's race might help to neutralize negative gender stereotypes, at least on this implicit measure. Given the novelty of this measure, future research will be needed, however, to ensure its validity as an implicit measure.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71550 - Virtual Poster

Review Session

Learning and Teaching Psychology Without Exams: Towards Alternative Assessment Methods to Assess Students' Learning Outcome and Indigenize Teaching of Psychology

Main Presenting Author: Grouzet, Frederick

Abstract: *In psychology, the dominant method to assess students' learning outcome is the use of exams. A variety of questions are used, from multiple-choice questions to essay questions, and several psychometric techniques exist to assess reliability and validity of exams. However, exams do not always assess what they aim to and actually assess unrelated elements, such as abilities to cope with test anxiety, to manage time pressure, to maintain attention, to select the appropriate studying strategy, and to memorize. Additional biases are introduced by ignoring the cultural background of students, especially Indigenous students. The aim of this presentation is show alternative methods of assessments, such as creative artworks/art performance (e.g., painting, drawing, song/poem, dance, comic book, fictional short film), reflective journals, movie/tv series analyses, board/video games, documentaries, infographics, interventions. All these methods have been used over 10 years in multiple psychology courses, with various class sizes (from 20 to 150). Specific assessment criteria and scoring rubrics have been developed to reach an enhanced validity in assessing students' learning outcome. Most importantly, the presentation will demonstrate how these alternative methods contribute to the Indigenization of teaching psychology and the effort of reconciliation.*

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 71902 - Review Session

The Psychology of Pandemics: The Emergence of a Distinct Psychological Research Field and Applied Science

Main Presenting Author: Asmundson, J. G. Gordon

Abstract: *Despite having a central role in the mitigation of viral spread, the role of psychological factors in pandemics have been generally neglected by researchers and health authorities. Given that pandemics are largely psychological phenomenon, with behavioral choices and personal beliefs*

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having large effects on infection rates as well as distress and social disruption (e.g., panic buying, anti-mask attitudes), this has been a significant oversight. Spurred by a timely compendium of past pandemics published just months prior to declaration of the COVID-19 pandemic —Taylor's 2019 _The Psychology of Pandemics—_ as well as a wealth of new knowledge gathered by our Psychology of Pandemics Network and other research groups over the past several years, the psychology of pandemics has emerged as a distinct research field and applied science. The amount of new psychological research published since the onset of the COVID-19 pandemic is overwhelming, not all is methodologically sound, and there are few, if any, unifying theories. The purpose of this Review Session is to provide an overview of this developing area of psychological investigation, introduce the multifaceted COVID stress model (e.g., Asmundson and Taylor, 2021) as one approach for integrating emerging knowledge, and highlight current and future benefits of this line of research for public health challenges posed by pandemics.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71773 - Review Session

Section Chair Address

Re-conceptualizing Extremism: An Information-Processing Perspective

Main Presenting Author: Nussbaum, David

Abstract: *Definitions of extremism focus on either the atypicality of the ideology, or their negative, destructive consequences. Neither approach captures the core meaning or essence of the problematic nature of the extremism. Both ignore psychological features of the term, provide no insight into specific information processing characteristics involved, and are deaf to the resonance between extremist ideologies and extremist minds. To redress this state, I re-conceptualize extremism from an information processing perspective. Significant entities consist of a complex system of many independent, interacting nodes within a large array. Examples include the human body, a cell phone, the brain, economies, or national histories. Interactions between all of the system's elements determine its ultimate outcome. Extremist ideologies focus only on a single or very small number of the full set of system elements. Failing to consider the impacts of the unconsidered elements precludes extremist ideologies from providing successful real world solutions to identified problems. The "extremist mind" mirrors the call for oversimplification of complexity at the cost of reality. Examples are provided.*

Section: *Extremism and Terrorism / Extrémisme et terrorisme*
Session ID: 68825 - Section Chair Address

Section Featured Speaker Address

Action control as a reflex? The role of habit and identity in the translation of physical activity intention into behaviour

Main Presenting Author: Rhodes , E. Ryan

Abstract: *Engaging in regular physical activity has considerable benefit to health and well-being, yet participation rates are low. Promotion efforts have been complicated by evidence that shows most inactive people know the benefits of physical activity, and even have the intention to be active, but fail to enact the intention. In response, considerable research has now examined the role of volitional self-*

regulation tactics (e.g., planning, self-monitoring) in helping to translate physical activity intention into behavior. This keynote will overview the evidence for how the development of reflexive constructs (i.e., constructs that trigger behavioural engagement through particular circumstances and stimuli) may also assist in translating intentions into behaviour. While reflexive constructs are sometimes viewed as oppositional to intentional behavior, the evidence and theoretical basis for their positive interaction in behavioral performance is considered. Evidence for instigation habit and role-identity in translating intention into various types of physical activity behaviors across different populations (clinical, family, etc.) is presented. Differences for how, and under what circumstances, habit and identity may affect physical activity action control is highlighted, with examples during the COVID-19 pandemic restrictions. The need for a multi-process (motivational/reflective, volitional/regulatory, reflexive) approach to physical activity promotion is emphasized in interventions within complex systems.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 71893 - Section Featured Speaker Address

The element of place: On the causes and consequences of regional personality differences

Main Presenting Author: Götz, M. Friedrich

Abstract: *Our personalities have a major impact on our actions, thoughts, and feelings, or put simply: how we spend our lives. In this talk, I show that this is true not only for our own personalities, but also for the personalities of the places in which we live. My research program is organised around three broad questions: 1) how do areas differ in personality? 2) why do areas differ in personality? 3) what do these differences mean for individuals and the regions, cities and neighborhoods in which they live? To address these questions, I combine large-scale geo-tagged personality datasets with diverse real-world behavioral outcomes and ecological indicators (e.g., housing prices, personal financial records, physical topography from satellite images) across multiple countries (e.g., Japan, USA) and spatial levels (e.g., states, cities). I apply a variety of analytic methods including conditional random forests, spatial regressions, multilevel modelling and panel vector autoregressions. Among other results, this work 1) demonstrates systematic regional variation in Big Five traits, courage, loneliness, and the Dark Triad, 2) identifies various ecological (e.g., mountainousness, walkability), sociocultural (e.g., frontier spirit), and economic factors that may contribute to geographical personality differences, and 3) shows how regional personality traits may contribute to outcomes as diverse as suicide rates and individual spending. Together, these findings highlight the methodological versatility of geo-psychological approaches and their practical and theoretical utility for understanding personal and societal outcomes. I conclude with an outlook on how regional personality differences could be studied in–and enrich our understanding of–Canada.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71993 - Section Featured Speaker Address

Snapshot

(Un)forgiveness of an Attachment Injury Understood through Compassion for a Romantic Partner

Main Presenting Author: Clement, M.C. Leah

Additional Authors: Lafontaine, Marie-France; Lonergan, Michelle; Péloquin, Katherine; Godbout, Natacha; Bureau, Jean-François; Brassard, Audrey

Abstract: *Attachment injuries (AIs) occur when one partner violates the expectation that they will offer support to their romantic partner in a time of need. Research suggests that compassion for the transgressor is among the strongest predictors of forgiveness of relationship transgressions. Yet, the association between compassion for a romantic partner and the motivational processes underlying forgiveness, as well as the aspects of unforgiveness (cognitive, emotional, offender reconstrual) of an AI have yet to be examined. One hundred and fifteen injured partners completed a version of the Compassion Scale adapted to measure compassion for the injuring partner, the TRIM-18, and the Unforgiveness Measure through Qualtrics. Higher compassion was associated with higher benevolence motivations (r = .52, p < .001), lower revenge motivations (r = -.42, p < .001) and lower avoidance motivations (r = -.37, p < .001) toward the injuring partner. Moreover, higher compassion was associated with lower cognitive aspects of unforgiveness (e.g., viewing the AI as immoral; r = -.41, p < .001), but unrelated to both emotional aspects of unforgiveness (e.g., finding it hard to let go) and changes in how the injuring partner is viewed. Findings shed light on the processes of forgiveness and unforgiveness injured partners undergo as they try to make sense of the AI and the injuring partner's intentions.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71009 - Snapshot

A Narrative Review of Intergenerational Relationships in Immigrant and Other Newcomer Families

Main Presenting Author: Ghani, S. Aisha

Abstract: *Parent (or caregiver) and child relationships have been an ongoing focus of research with immigrants and newcomers. Much of the research has been quantitative. While informative, quantitative data can be limiting in its ability to capture complex phenomena. Further, quantitative researchers may unknowingly impose their own perceptions of their variables onto their participants through choice of measures used and variables included. This can lead to limited, conflicting, and narrow results with research often supporting the negative appraisal of cultural gaps and related conflict in immigrant families. In contrast qualitative research has found nuanced, multidimensional cultural gaps that do not always create disruptive conflict. A recent increase in qualitative literature allows for the ability to capture the depth and complexities of this phenomenon. The purpose of this study is to conduct a narrative review of the literature on caregiver-child relationships in immigrant and newcomer families. Narrative review was chosen as it can connect heterogeneous studies and include broad perspectives. A focus of the review is to synthetize qualitative research findings to allow for a holistic representation and capture many related factors. While results are pending, recommendations for future research and policy development, as well as applications for clinical work will be emphasized.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 71191 - Snapshot

Challenge, Threat, and Stigma: Psychophysiological Responses to Sexual Violence Survivors

Main Presenting Author: Maryn, Alyssa

Additional Author: Dover, Tessa

Abstract: *Background: When disclosing their experiences, sexual violence survivors face stigma that creates barriers to help-seeking. Interactions with a stigmatized person can produce threat states in the perceiver. Cardiovascular measures can index a persons state of challenge (approach) or threat (avoidance). H1: Participants will show more threat and less warmth towards a sexual violence survivor after learning about their survivor status (vs baseline). H2: Participants low (vs high) in support for sexual consent will show these effects more strongly. Method: Participants completed the consent attitudes measure online, then met a confederate and experimenter at a lab. After being attached to measurement equipment, participants read a paragraph ostensibly written by the confederate disclosing their survivor status. Participants engaged in two tasks with the confederate before debriefing. Confederates rated participant warmth before and after the participant read the paragraph. Results: We will test a multi-level model with a cross-level interaction. Conclusion: Our results will provide important insights into survivors experiences of stigmatization when disclosing their victimization. Impact: We will discuss implications for understanding survivor stigma, promoting more positive responses to disclosures of sexual victimization, and supporting survivors who face barriers to help-seeking.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71294 - Snapshot

Communication Within Same-Sex Friendships During the COVID-19 Pandemic

Main Presenting Author: Fazal, Pariza

Abstract: *The COVID-19 pandemic has forced friendships to transition from face-to-face to virtual interactions. Resulting in changing communication patterns, new talk strategies and maintenance behaviours. This study examined the effect of the pandemic on communication within same-sex friendships, looking at changes in conversational style (CS), verbal (VC) and non-verbal communication (NVC). 200 university students completed surveys measuring communication aspects in friendships, during the pandemic. Data was analyzed using independent T-tests and correlation analyses. 14 people completed semi-structured interviews, which were analyzed using thematic analysis. Friendships that changed mediums had changes in their aspects of NVC and CS. NVC was missed, but not needed to retain intimacy in close friendships. Close friendships had higher self-disclosure and satisfaction, because of the unsaid boundaries and maintenance behaviours they had in place. These include mental health check-ins, humor, frequent communication and balanced engagement in the dyad. Friendships are vital for emotional well-being. Friendships that survived the first waves of the pandemic, engaged in healthy communication strategies and maintenance behaviours which buffered their friendships while switching mediums. Strengthening communication skills amongst youth may counteract social isolation and sustain mental health*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 71277 - Snapshot

Female Sexual Offenders: A Review

Main Presenting Author: Mayzes-Kotulla, Emily

Abstract: *A large proportion of the population maintains the belief that sexual offenders are exclusively men. This belief is perpetuated by biases and gender roles, with women stereotyped as caring, non-aggressive, and non-sexual. This review examined the current knowledge of female sexual offenders, highlighting similarities and differences between female and male sexual offenders. Literature was collected from PsycINFO and Law Journal Library databases. We investigated prevalence of female offending, factors contributing to underreporting, as well as offender characteristics. We concluded that while there are some similarities, there are also notable differences between female and male sex offenders. Women were more likely to report a history of abuse, to target minors or those biologically related to them, and to have lower rates of sexual recidivism compared to men. The prevalence of sexual crimes committed by women ranged from as low as 0.6% based on official documents, to greater than 20% based on victimization surveys - highlighting the underreporting of female-perpetrated sexual crimes. This review should aid in the development of risk assessment tools and treatment interventions specifically for women. It is also hoped that through more open discussion, victims will be better able to recognize their victimization and be more open in reporting incidents.*

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 70784 - Snapshot

Feminism, Prestige, Dominance, and their Links to Relationship Quality in Heterosexual Couples

Main Presenting Author: Konermann, Sophia

Abstract: *Past research in personality and feminist psychology has suggested that dominance, prestige, and feminism are linked to relationship quality amongst heterosexual couples. An online survey was completed by 46 couples from Germany and Canada assessing 1) traits associated with dominance and prestige; 2) dominance- and prestige-orientation in relationships (which are linked to different relationship maintenance strategies); 3) personal and partner's attitude towards feminism; and 4) relationship quality. Bivariate correlations yielded significant results between prestige-orientation in the relationship and two measures of relationship quality for women but only one for men. Neither the correlation between dominance with relationship quality, nor with similarity in prestige reached significance. Surprisingly, feminism and similarity in feminist attitudes between partners were not linked to relationship quality. Possible limitations include a lack of diversity within the sample. Interestingly, the Canadian and German samples differed significantly in their endorsement of feminist attitudes, which mirrors international census data. Future research on cultural differences and factors pertaining to relationship quality will be discussed.*

Section: Women and Psychology / Femmes et psychologie
Session ID: 70056 - Snapshot

Impact of Casual Sexual Relationships and Experiences on Sexual and Emotional Well-being

Main Presenting Author: Coish, O Mallory

Abstract: *The growing popularity and occurrence of _hooking up_ in young adults has led to the development of the term casual sexual relationships and experiences (CSREs), which is broadly defined as sexual involvement without the expectation of a future romantic relationship, involving a number of specific types of relationships, such as friends with benefits (FWB), one-night stand (ONS), fuck buddy (FB), and booty call (BC). Current research has shown that CSREs have many negative outcomes; however, well-being in relation to CSREs may depend on situational, contextual, and individual-level factors. It is expected that sexual satisfaction will be predictive of an individual's overall subjective well-being. It is also expected that the type of CSRE an individual is engaging in will be dependent on individual-level factors (e.g., sociosexual orientation and motivation). Specifically, it is expected that type of CSRE will be more predictive of an individual's subjective well-being, and that type of CSRE will predict how an individual will rate their sexual satisfaction. Understanding how participants' psychological and physical well-being is benefited or harmed by CSREs is crucial for promoting healthy sexuality and decision-making, which can ultimately promote the development of satisfying personal relationships.*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 71667 - Snapshot

Social Dominance Orientation and Identity Salience Predict Rule-bending During the COVID Pandemic

Main Presenting Author: Jain, Shreya

Additional Authors: Simpson, Bonnie; Mesler, Rhiannon

Abstract: *Considering the recent COVID-19 pandemic, individuals have demonstrated a wide range of behaviours, ranging from strictly following government implemented rules to openly flouting those practices. This data was collected during the beginning of the pandemic, April 2020, when there was substantial grey area regarding acceptable behaviour. In this research, we assessed rule-bending behaviour (rather than rule-breaking behaviour) to understand how individuals responded to public health measures and guidelines. We examine how social dominance orientation, a personality variable that measures an individuals support for group-based hierarchy and the domination of certain groups over others, and the salience of different levels of an individual's identity might predict COVID-19 rule-bending behaviours.   1200 Canadians were randomly assigned to view one of three identity appeals focused on either the individual self, community, or superordinate national identity, that encouraged adherence to COVID-related public health measures, and then asked about their intentions to engage in 9 rule-bending behaviours. We find that SDO is positively related to COVID-19 rule-bending behaviours. Specifically, SDO is a significant predictor of rule-bending intentions when the self or in-group identity is made salient; however, the effect is attenuated when a superordinate identity is activated.*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 69802 - Snapshot

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Social media self-presentation among women: A body image perspective

Main Presenting Author: Firasta, Lamia

Additional Authors: Lucibello, M Kristen ; Malouka , Sabrina; Vani, Madison ; Sabiston, Catherine M

Abstract: *ACTIVE SOCIAL MEDIA USE IS ASSOCIATED WITH NEGATIVE BODY IMAGE OUTCOMES DESPITE SOCIAL MEDIA ENABLING INDIVIDUALS TO OPTIMIZE THEIR SELF-PRESENTATION. CORRELATES OF SOCIAL MEDIA SELF-PRESENTATION ARE UNKNOWN. USING AN INTEGRATION OF THEORIES OF SELF-CONSCIOUS EMOTIONS, SELF-PRESENTATION, AND SOCIAL MEDIA, THIS STUDY EXAMINES NEGATIVE BODY IMAGE EMOTIONS AS CORRELATES OF SOCIAL MEDIA SELF-PRESENTATION (E.G., APPEARANCE COMPARISONS, ONLINE SELF-PRESENTATION, APPEARANCE-RELATED ACTIVITY ON SOCIAL MEDIA), AND PUBLIC SELF-CONSCIOUSNESS AS A MODERATOR. PARTICIPANTS (_N_=282; 68% WOMEN, _M_AGE± _SD_= 23.55±3.55) RECRUITED FROM _PROLIFIC_ COMPLETED A SELF-REPORT SURVEY. DESCRIPTIVE STATISTICS AND LINEAR REGRESSION WERE USED TO ANALYZE DATA. CONTROLLING FOR GENDER, HIGHER NEGATIVE BODY IMAGE EMOTIONS AND HIGHER PUBLIC SELF-CONSCIOUSNESS PREDICTED HIGHER ONLINE SELF-PRESENTATION (R2=.32, _F_(3,281)=27.16, _P_*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71618 - Snapshot

Social Representations and COVID-19 Behaviours

Main Presenting Author: Kwantes, T Catherine

Additional Authors: McMurphy, Suzanne; Rauti, Carolyn

Abstract: *Social representations impact individual behavioural choices as they reflect how cultural groups describe, explain, and make sense of events. Participants from Canada and the USA, nations with similar but distinct cultures, responded to questions related to culture, trusted information sources and social representations of the COVID-19 pandemic. Social representations of recommended but not regulated behaviours were examined: social distancing and handwashing. Cultural variables explained more behavioural variance in the American sample than the Canadian sample for both behaviours, but social representations added significant explanatory ability in both samples. Trust in family and trust in federal government guidelines positively related to social distancing and hand washing representations in the Canadian sample. In the American sample, trust in government guidelines, trust in family, and trust in TV reporting were positively, and institutional confidence negatively related to social representations of distancing. For social representations of hand washing, trust in family and federal government guidelines were positively, and general trust in people and institutional confidence negatively related. The importance of going beyond the extent to which cultural variables are endorsed but also examining social representations as collective sensemaking is discussed.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71081 - Snapshot

The mental health impacts of COVID-related stressors on Canadian animal rescue workers

Main Presenting Author: Belland, C Stephanie
Co-Presenting Author: Legge, Eric L. G.

Abstract: *The ramifications of COVID-19 have been felt on a global scale; however the associated stressors vary between specific social groups. Using anonymous survey data from 300 animal rescue workers (ARWs) across Canada, we explore how common consequences of the COVID-19 pandemic have specifically impacted the services they provide, as well as the complex relationship between these consequences and ARW mental health. Previous research has suggested that animal rescue work is rife with challenges. Among other factors, exposure to the suffering and death of animals has been linked to negative mental health outcomes. COVID-19 added novel stressors to already demanding work. While data collection and analysis is still ongoing, preliminary results suggest that at the beginning of the pandemic, rescue organizations were overwhelmed with an increased demand for "pandemic pets", which was positively correlated with compassion satisfaction among ARWs. However, staffing shortages due to work-from-home orders and a decrease in fundraising capacity were associated with negative mental health outcomes. Research on ARWs in general is severely limited, and new issues posed by COVID-19 only intensify the need for more research in this field. Understanding the obstacles ARWs face and the resulting psychological effects is the first step toward supporting them in the vital work they perform.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71831 - Snapshot

The Role of Passion in Self-Oriented Versus Team-Oriented Decision-Making in Team Sports

Main Presenting Author: St-Cyr, Jany

Additional Authors: Chénard-Poirier, Alexis Léandre; Vallerand, Robert J.; Dufresne, Alexe

Abstract: *What are some of the motivational factors that lead athletes engaged in team sports to make decisions in a selfish or altruistic way? To answer this question, this study investigated the role of passion and achievement goals in making self-oriented and team-oriented decisions. Based on the Dualistic Model of Passion (Vallerand, 2015), it was hypothesized that in the context of collective sports, harmonious passion should lead to the adoption of mastery goals, which in turn should lead to a more team-oriented decision-making. Conversely, obsessive passion should be related to the adoption of performance-approach and performance-avoidance goals, which in turn should lead to a more self-oriented decision process. A total of 253 basketball players completed measures of passion and achievement goals in sport. They then were exposed to basketball scenarios and indicated their likelihood to act in a self-oriented or team-oriented manner. Results from structural equation modeling supported the hypotheses. Through different relationships with achievement goals, harmonious passion and obsessive passion lead athletes to respectively adopt a team versus individualistic decisions. Thus, athletes with obsessive passion appear to be more likely to make decisions oriented toward personal rather than team benefits, and harmonious passion appears to be a suitable way to promote team cohesion.*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 71753 - Snapshot

When and Why Pornography Facilitates Men's Likelihood (and Women's Acceptance) of Sexual Harassment

Main Presenting Author: Prusaczyk, Elvira

Additional Author: Hodson, Gordon

Abstract: *Studies addressing whether pornography fosters men's sexual harassment against women have produced mixed results. We tested whether several prejudice-relevant variables could shed new light and further examined the role of sexual arousal. Men (n = 500) and women (n = 298) completed measures of social dominance orientation (SDO), conservatism, hostile and benevolent sexism, and prior pornography consumption. Participants were then randomly assigned to view aggressive pornography images, romantic pornography images, or control images. Participants reported their sexual arousal, then sexual harassment likelihood/acceptance. Controlling for past pornography consumption, viewing pornography (vs. control) images significantly increased sexual arousal, which, in turn, increased (a) men's sexual harassment likelihood; and (b) women's acceptance of sexual harassment. Critically, the effects of sexual arousal on sexual harassment outcomes were stronger (vs. weaker) for those higher (vs. lower) on the prejudice-relevant variables. Thus, for both men and women, even a single exposure to pornography can promote sexism. However, pornography consumption does not uniformly produce harm, with individual differences key to understanding when sexual arousal reinforces the gender-based status quo. We outline recommendations based on what and whom to target in pornography literacy campaigns.*

Section: Women and Psychology / Femmes et psychologie
Session ID: 70745 - Snapshot

Online Sex Work and Self-Esteem: Assessing Reported Self-Esteem of Online Pornographic Content Creators

Main Presenting Author: Vernaleken, Lauren

Abstract: *Participation in sex work has been widely associated with low self-esteem. Previous literature often focused on street-based sex workers, who only make up approximately 15-30% of the total sex worker population. With the increased prevalence of online sex work, it is possible that the self-esteem of online sex workers may differ from those working as street-based sex workers. This may be due to the heightened sense of safety and control in online work. A previous study highlighted the complex nature of self-esteem from offline sex workers using three dimensions: self-liking, self-efficacy, and authenticity. The current study will apply these measures of self-esteem to online sex workers. By being online, workers can create their own boundaries and guide their experience in a way that aligns with their preferences. We hypothesize that online sex workers will have higher self-esteem ratings on all three dimensions compared to offline sex workers due to the increased independence, safety, and control involved in online sex work. We believe that online workers will have the same or slightly higher self-esteem ratings than the general population. Understanding the implications of online sex work will allow for a re-evaluation and questioning of public attitudes towards sexuality and sexual expression both online and offline.*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 71801 - Virtual Snapshot

The Lived Experiences of Resisting Self-Stigma of Depression and Anxiety: An Interpretive Phenomenological Analysis

Main Presenting Author: Goetz, J Christiana

Additional Author: Maranzan, K. Amanda

Abstract: *BACKGROUND/RATIONALE: Self-stigma has a destructive impact, including negative interpersonal, intrapersonal, and help-seeking outcomes. While previous research has focused on self-stigma, there is less known about the inverse process: stigma resistance. To understand how stigma is resisted, we examined undergraduate students' lived experiences. METHODS: Five participants with experiences of resisting stigma of depression and anxiety were recruited for a semi-structured interview per the ideographic, case-study approach of Interpretive Phenomenological Analysis (IPA). RESULTS: The data was analyzed with NVivo using an IPA framework. Six superordinate and 15 subordinate themes were identified that related to participants' experiences resisting stigma. The main themes were: accepting one's mental health experiences, transparency about mental health experiences, ignoring public stigma, taking actions to better oneself, receiving social support, and extending stigma resistance to others. CONCLUSIONS: Experiences of stigma resistance paralleled previous and ongoing experiences of societal invalidation and internalizing stigma. The journey of stigma resistance is not linear yet is strengthened by external and internal compassion and support. ACTION/IMPACT: A better understanding of stigma resistance can inform anti-stigma work and reinforces the importance of acceptance and empowerment.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71615 - Virtual Snapshot

Symposium

Critical Perspectives on Disability, Acceptance, and Care

Moderator: White, Lily

Abstract: *People with disabilities are often subjected to cultural assumptions of "normalcy" shaping how disability should be understood, treated, and accepted. Therefore, critical engagement is warranted to ensure that our knowledge production adequately considers perspectives of people with disabilities rather than being based on the notion of "normality" reproduced by social institutions. The symposium will feature three presentations that engage with disability from a critical perspective. The first presentation will highlight how online information on Autism Spectrum Disorder (ASD) shapes understandings of the condition. It will include an analysis of underlying assumptions of ASD representations and their social implications. The second presentation will focus on knowledge production in the area of ASD interventions and therapies. The presenter will discuss how autistic voices and autistic embodied experiences can be brought to the front of our understanding of well-being and care. The third presentation will focus on challenging ableist assumptions that underlie how acceptance of a prosthetic device is understood in rehabilitative research. The discussion will look to focus on the meanings of prosthesis "acceptance" as defined by those who have experienced an amputation themselves.*

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Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 71814, Presenting Papers: 71819, 71817, 71816 - Symposium

Autism Intervention Research: The Meaning of Care and Acceptance

Main Presenting Author: Bolgova, Anastasia

Additional Author: Yen, Jeffery

Abstract: *Since the emergence of autism spectrum disorder (ASD) as a clinical diagnosis in the twentieth century, there has been a proliferation of research on evidence-based therapies from the medical model perspective. While such interventions have an empirical basis, they also contain inherent assumptions about "normal" development and personhood that have been criticized by autistic scholars and autistic self-advocates. The emerging neurodiversity paradigm provides new positive interpretations of autism and argues for creating interventions that improve quality of life rather than targeting particular autistic behaviours. Consequently, some scholars have called for research to gain deeper insights into individual experiences, giving voice to autistic individuals, and developing novel approaches to ASD therapies. In this paper, I present a critical review of the ASD treatment literature with a focus specifically on articulating the assumptions about "normality", personhood, and wellbeing embedded in it. I will discuss the outlines of a framework for a future study that would engage autistic participants as experts and meaning-making agents as opposed to passive subjects inherent to the medical model of autism, and facilitate knowledge production on therapies grounded in the embodied experiences of autistic individuals.*

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 71819 - Paper within a symposium (Symposium ID: 71814)

Representations of ASD Online: A Critical Discourse Analysis

Main Presenting Author: Husein, Zahra

Additional Author: Fabricius, Alexis

Abstract: *Autism Spectrum Disorder (ASD) is a neurodevelopmental disability estimated to affect 2% of Canadians, with most people identified in childhood. When first confronted with the possibility of being Autistic, parents, caregivers, educators, and Autistics themselves are often motivated to learn more about the disability, typically accessing online informational resources developed for publics. These online platforms can act as an entry point into ASD, shaping people's first understandings of the condition, meaning that the language used to portray ASD and Autistic people warrants scrutiny. In this presentation, I critically examine how ASD is represented in six online informational resources developed by Autism organizations throughout Canada. I use discourse analysis to identify the most common portrayals. As part of my analysis, I highlight how information is situated within dynamics of power thereby producing specific representations of Autism. Implications for social change are then discussed.*

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 71817 - Paper within a symposium (Symposium ID: 71814)

The Meanings of Prosthesis Acceptance: A Qualitative Study

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Main Presenting Author: White, Lily

Additional Author: Yen, Jeffery

Abstract: *Experiencing a limb amputation can present many physical, social, and psychological challenges, and requires significant re-learning and adjustment for amputees. Prosthetic devices (also known as artificial limbs) are made with the purpose of facilitating rehabilitation for those who have lost a limb. In literature examining the experiences of amputees with their prosthesis, the use of their device is usually understood one-dimensionally as being one of "acceptance" or "rejection". However, this binary categorization has begun to be critiqued by researchers as being too narrow of an interpretation. What amputees personally view as "acceptance" has been overlooked in rehabilitative research, and rather "acceptance" has been defined with ableist assumptions of what prosthesis acceptance should look like or mean. This presentation will critically examine the meanings of "acceptance" as defined by amputees themselves. Ten participants were interviewed about their relationship with their prosthesis, as well as their subjective experiences with their device. An experiential thematic analysis is used to develop themes within participants' experiences. Implications of the research are then identified based on how amputees believe prosthetic design and rehabilitative supports could be improved.*

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 71816 - Paper within a symposium (Symposium ID: 71814)

Examining Medicalization in Counselling: Cases of Grief and College Mental Health

Moderator: Wada, Kaori

Abstract: *Medicalizing discourse has become increasingly dominant in the mental health field and counselling practices. Medicalization transforms human experience that was previously understood outside of medical language into treatable psychiatric disorders. Although medicalizing discourse is at odds with the counselling profession's history and identity, the effect of its dominance is permeating into counsellors' everyday practice, including how to understand and have conversations about the clients' concerns, manage administrative tasks such as paperwork and cost containment, and defend the profession's legitimacy. Thus, we will examine the influence of medicalizing discourse in two areas that have traditionally been discussed more in humanistic, cultural, developmental terms: grief and college mental health. These are timely topics in the context that (a) Prolonged Grief Disorder officially enters the DSM-5-TR, (b) the language of evidenced-based practice permeates grief counselling practice, and (c) access to mental health care on campus is becoming increasingly political. By critically examining the literature and developments in the field, we aim to offer clarity into some of the controversies that surround the profession today. With that clarity, we will be better able to position ourselves and navigate the landscape of mental health, which in turn helps to serve the public.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 70991, Presenting Papers: 71575, 71573, 71574 - Symposium

Antidepressant Use on College Campus: How the Culture of Medicalization Affects Students' Understanding of Depression

Main Presenting Author: Qiao, Thomas

Abstract: *Mental illness has become a conspicuous problem amongst post-secondary students in recent years. Reports suggest that more than 50% of Canadian college students struggle with depression (ACHA, 2019), and an unprecedented number of students have chosen antidepressant treatment (Robinson, 2014). Despite the popularity of psychopharmacotherapy, there is a persistent concern about its merits. Existing research suggests that antidepressant medications are only marginally efficacious (Cipriani et al., 2018). We should also remain cautious about the adverse effects and harms associated with antidepressant use (Jakobsen et al., 2017). Some argue that increased antidepressant use can be attributed to the phenomenon of medicalization, where aberrant mental health experiences are pathologized and addressed through pharmacological intervention (Maturo, 2012). In a medicalized culture, the distinction between normal sadness and Major Depressive Disorder is increasingly being eroded (Horwitz, 2015). In this presentation, I will explore how medicalizing discourses influence college students' conceptualizations of depression and antidepressant use, and how such understandings can help inform student mental health services. I will further discuss how we negotiate narratives surrounding normal sadness and Major Depressive Disorder in students' experiences.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71575 - Paper within a symposium (Symposium ID: 70991)

Medicalization of Grief: What Is Meant by 'Normal' Grief?

Main Presenting Author: Furlani, Noah

Abstract: *Following the dropping of the bereavement exclusion in the DSM-5, the forthcoming DSM-5-TR will for the first time include the diagnosis of Prolonged Grief Disorder. This is a significant departure from previous convention, which held that grief, while sharing some features of a mood disorder, does not qualify as one (Shear et al., 2011). These changes to the DSM have elicited a familiar cycle of reactions: while proponents of this new diagnosis have defended its utility in isolating a population with specific clinical needs, critics have accused psychiatry of overreaching, and pathologizing normal aspects of emotional and psychological life. Notably, neither proponents nor critics have provided an adequate definition of 'normal' grief, which is often left implicit. It is this question that this presentation aims to address: what is 'normal' grief, whose grief is deemed normal, and who gets to decide? As Ian Hacking has argued, psychiatric diagnoses do not merely describe what is; they exhibit 'looping effects,' meaning that they change the experiences they set out to merely describe or categorize (Hacking, 1999). By examining the grief literature from a critical lens, the paper will discuss what thinking of grief as either normal or abnormal does for us, and how this impacts the experience of grief in an increasingly technocratic society.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71573 - Paper within a symposium (Symposium ID: 70991)

Sensory Experiences of the Deceased: Exploring Tensions and Incompatibilities

Main Presenting Author: West, Alyssa

Abstract: *Sensory experiences of the deceased (SED) have been a sporadic yet persistent topic of interest within grief studies. These experiences include a range of perceived encounters with the deceased; from sensing their presence, to seeing or hearing them, or even feeling their touch. Approximately half of bereaved individuals report having an SED, and these encounters have consistently been identified as helpful or healing, particularly when they can be integrated into their meaning-making frameworks (Elsaesser et al., 2021),. However, these grievers also personify an*

epistemic dilemma: they have experienced a phenomenon that does not conform to Western notions of rationality or health and increasingly locates human experiences within biomedical discourses (Brinkmann, 2014). Mental health professionals have thus struggled to support these clients and help them make sense of these encounters (Roxburgh and Evenden, 2016). Consequently, individuals are hesitant to disclose these events for fear of ridicule. The aim of this paper is to explore how these competing ontological claims come to bear on bereaved individuals, and what it might mean for psychologists who seek to address these events in their practice against a backdrop of expanding medicalization and evidence-based practice discourses.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 71574 - Paper within a symposium (Symposium ID: 70991)

How Heterosexual Norms Regulate and Constrain Girls and Women in Hookups, Dating, and Long-Term Relationships

Moderator: Barata, Paula C.

Abstract: *Feminist scholars have long noted that girls and young women experience regulation, double standards, and inequity in relationships and sex with boys and men. Amid socio-political and sexual landscape changes, exploring girls' and young women's navigation of modern heterosexual sex in various contexts is needed. With three empirical studies, we show that girls' and women's sexual behaviour remains constrained and regulated in ways that advantage men in various types of dating relationships, even in short-term hookups. Crann and Senn's study demonstrates the continued inequity between boys and girls in dating and sex, with there being clear expectations about (a lack of) communication of desires, boundaries, and consent. In Samardzic and colleagues study, young women were positioned as paradoxically constrained and regulated in sex, like not being able to be openly sexual while needing to be sexual in the right way. Cahill and colleagues study highlights how womens sexual agency and liberation in hookups are undermined by multiple socio-political realities (e.g., gendered scripts). Embedded through all three papers was the ever-present threat of male-perpetrated sexual violence. Together, these studies have important implications for high school and university sexuality education about topics like sexual agency and consent as well as dating violence prevention interventions.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 71311, Presenting Papers: 71319, 71320, 71316 - Symposium

"They want a porn star that has never watched porn": Young women's talk of heterosexual sex in intimate relationships

Main Presenting Author: Samardzic, Tanja

Additional Authors: Barclay, Olivia; Barata, Paula C.

Abstract: *Young women must navigate the precarity of heterosexual sex. Sex is regulated, expected/permitted in monogamous contexts, and prioritizes mens pleasure. Amid social-political movements and dating and sexual landscape changes, investigating the discourses governing young womens navigation of (hetero)sex in relationships was warranted. Twenty-eight young women of diverse racial and relationship backgrounds aged 18-24 participated in 1 of 5 online focus groups. We conducted a feminist post-structuralism-informed discourse analysis, which framed the analysis of discourses that shape young womens gendered subjectivities and orientation toward (hetero)sex.*

Young women's talk cohered around the expectation of compliance with compulsory (hetero)sexual practices, including one-sided sexual acts, faking orgasms, and sex ceasing when a man finishes. Young women were positioned as paradoxically constrained and regulated in their sexual lives, like not being able to be openly sexual, while also needing to be sexual in the right way. Through these discussions, women talked about complying with unwanted sex as a compulsory practice, largely stemming from fear that he would become angry and/or leave. Not complying posed additional risks, including assault. These findings may inform sex education programs for young women by supporting their safety and equity in sexual contexts.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 71319 - Paper within a symposium (Symposium ID: 71311)

It's Still a Man's Hookup World: The Role of Gendered Social Pressures in Consensual Unwanted Sex

Main Presenting Author: Cahill, Sarah

Additional Authors: Barata, C. Paula; Yule, Carolyn; Morton, Mavis

Abstract: *Research on sexual coercion has tended to focus on physical, verbal, and interpersonal pressure from male partners whereas social pressures or social coercion have received comparatively little attention. Drawing upon the voices of heterosexual university women, this exploratory qualitative study examines the role of social coercion in one type of sexual encounter, unwanted consensual hookups. In the absence of direct male partner pressure, unwanted consensual hookups expose the implicit social pressures that motivate heterosexual women to consent to a range of unwanted sexual acts with someone with whom they are not in a committed relationship. Findings from the thematic analysis make visible the often-invisible social pressures heterosexual women experience during unwanted consensual hookups. The themes point to ways in which women's sexual liberation and agency is undermined by multiple social and political realities, including gendered sexual scripts (e.g., the coital imperative), the ever-present threat of male violence, minimization of women's sexual desire, and "nice" male sexual partners. Implications for sexual education, consent, sexual agency, and the social context of unwanted consensual hookups are discussed.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 71320 - Paper within a symposium (Symposium ID: 71311)

Relationship matters: Adolescent girls' perspectives on the social and sexual expectations in different types of dating and sexual relationships with boys

Main Presenting Author: Crann, Sara

Additional Author: Senn, Y. Charlene

Abstract: *Young women are at the greatest risk of sexual assault (SA) victimization during adolescence (Muldoon et al., 2019). Violence prevention programs for teens have focused on physical and emotional dating violence with limited attention to or impact on SA. This presentation draws on qualitative focus group data with 34 adolescent girls across Ontario collected as part of a project to adapt and evaluate an evidence-based SA resistance intervention originally developed for university women for adolescent girls. This study examined girls' perspectives on relationship norms, social and sexual expectations within adolescent relationships, and how girls make sense of and navigate boundaries and consent within these relationships. Data were analyzed using reflexive thematic*

analysis. While adolescent girls understood dating and sexual relationships with boys to be largely inequitable, they reported that the social and sexual expectations, particularly around when and how girls were expected to communicate (or not) their own desires, needs, and boundaries, as well as how sexual consent was negotiated, varied across relationship type. Regardless of relationship type, girls reported that boys' needs were prioritized in relationships. Implications for high school sexuality education and adolescent sexual assault and dating violence prevention interventions will be discussed.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 71316 - Paper within a symposium (Symposium ID: 71311)

Identities in Cross-Cultural Transition: Navigating Place, Position, and Potential

Moderators: Arthur, Nancy M ; Yohani, Sophie

Abstract: *The term newcomer is a category intended to represent the diversity of populations who embark on cross-cultural transitions to other countries. It is important to balance understanding of newcomers' common transition influences with exploration of their unique circumstances, resources, and capacity for managing life in a new country and cultural context. There are complex motives associated with leaving ones that are influential for the ways that newcomers navigate new customs, practices, and social interactions in the destination countries. Although previous research has identified many barriers, an overemphasis on individual responsibility for integration ignores critical social processes in community, school, and work settings that influence how newcomers view themselves, their potential, and their place in society. In this symposium, the presenters will highlight research in three papers that focuses on the experiences of newcomers for navigating their experiences of living, learning, and transitioning to work in a Canadian context, including b) adolescent newcomers in high schools, and c) international students in a university setting. The presenters will emphasize key relationships and social processes involved in (re)defining a sense of identity during cross-cultural transitions.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 70685, Presenting Papers: 71417, 70793, 70794 - Symposium

International Students and Career Identities: Critical Incidents of Building Connection and Human Capital

Main Presenting Author: Arthur, M Nancy
Co-Presenting Author: Woodend, Jon

Abstract: *One of the main reasons that students pursue international education is to improve their longer term employment prospects. For many students, preparation for employment is also linked to their goals of gaining additional qualifications for pursuing permanent immigration. Although recent research has explored the transition from university to post-graduation employment, this study focused on the ways that international students sought to build career capabilities and strengthen their career identities while studying. Through interviews developed using the Enhanced Critical Incidents Technique, international students identified what they perceived to be working well for them, perceived barriers, and the support that they wished they had to advance their career goals. From the perspective of human capital theory, the results demonstrated the importance of establishing new social connections and networks, while also navigating social influences from their home countries.*

Implications are discussed in terms of supporting international students to identify and build key connections for pursuing their educational and career goals.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 71417 - Paper within a symposium (Symposium ID: 70685)

Learning about school integration alongside newcomer youth: An arts-based engagement ethnography

Main Presenting Author: Kassan, Anusha

Abstract: *There is a growing need to understand the experiences of newcomer students so that schools can be better positioned to support their social, emotional, and academic development. Two questions framed this participatory project: a) How do newcomer youth experience school? and b) How do these experiences influence their positive integration into the school system? A social justice framework and an arts-based engagement ethnography (ABEE) framed our research on 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. This presentation will center on the experiences of high school and university students who shared their multi-faceted experiences throughout the process of migration. Results of this study informed a model of school integration, including factors related to the individual, family, school, and community.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 70793 - Paper within a symposium (Symposium ID: 70685)

Two Different Psychosocial Orientations among Young Newcomers: A Grounded Theory Study

Main Presenting Author: Zhao, Xu
Co-Presenting Author: Arthur, Nancy M

Abstract: *How young newcomers to Canadian schools adapt to their new social environment and why some of them adapt better than others are important questions facing psychologists, educators, parents and young people themselves. Existing research has often attributed different levels of adaptation to newcomer youth's proficiency levels in English, personality (e.g. shyness), family SES recourses and the level of support in their new school. In our grounded theory (Charmaz, 2014) study of how young newcomers (N=38) to Alberta schools perceive their experiences of peer relationships with local students, we identified another psychosocial construct that powerfully influences young newcomers' intercultural experience and their adaptation process. We proposed that young newcomers' attitudes toward social interactions with local peers are undergirded by two different psychosocial orientations that have been developed in the cultural and educational environment of their home country: individual merit versus shared humanity. In this paper, we present data and our analysis to demonstrate how these orientations differ, how they influence newcomers' intercultural adaption and mental health, and what cultural factors in their home country contribute to the two orientations. The discussion will focus on supporting young newcomers and local students to strengthen their intercultural interactions.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 70794 - Paper within a symposium (Symposium ID: 70685)

Psychological Aspects of Extremism and Terrorism

Moderator: Nussbaum, David

Abstract: *Extremism and its behavioural manifestation Terrorism have contributed to global chaos, large-scale atrocities and countless individual tragedies over the course of human history, up to the present. Yet psychological theories and empirical studies are relatively underdeveloped and few compared to other psychology content domains. This Symposium is part of the CPA Section for the Study of Extremism and Terrorism Program for the 2022 CPA Convention in Calgary. Professor Adarsh Kohli will present a paper describing interactions between sociopolitical conditions and psychological theories that affect extremism and terrorism. Paul Erickson will speak about the notions of truth, goals and motivation underlying extremism. Professor Peter Suedfeld, Bradley Morrison and Lyndsy Grunert will examine the lack of complexity endemic to extremist "thinking." Professor Ron Schleifer will identify three basic strategies and subsidiary tactics that extremists use to persuade target populations to replace their own culture, values and identity while adopting those of the extremists.*

Section: *Extremism and Terrorism / Extrémisme et terrorisme*
Session ID: 71972, Presenting Papers: 72341, 71974, 71973, 71976 - Symposium

A Conversation with an Extremist Ideologue: Truth, Goals and Motivations

Main Presenting Author: Erickson, W. Paul

Abstract: *Using a conversational vehicle, this talk will explore common cognitive, emotional and motivational underpinnings of extremist ideologies emanating from diverse positions on the political spectrum. First, the talk will examine the notion of what "Truth" is and who owns the monopoly on "Truth" for different extremist variants. Next, the talk will identify shared political goals across extremist ideologies. Last, the motivations common to the extremist mindset will be described, furnishing illustrative historical example.*

Section: *Extremism and Terrorism / Extrémisme et terrorisme*
Session ID: 72341 - Paper within a symposium (Symposium ID: 71972)

Basic Psychology behind Successful Extremist Political Messaging

Main Presenting Author: Schliefer, Ron
Co-Presenting Author: Nussbaum, David

Abstract: *Twenty-first century extremists, building on earlier intuitive approaches to disinformation, exhibit increasingly sophisticated communication skills to persuade target audiences of their legitimacy, justification and necessity. The ultimate goals of these disinformation efforts are to induce targets to reject their pre-existing positive identity with their traditional value systems, culture and nation, instill the extremist perspective within the target population, and induce the target populations' behaviour to align with the extremist ideology and political purposes (e.g., Clarke, 2020.) This talk will describe three major strategies (Redefining Truth, Shifting Discussion from the Rational to the Emotional, and Divide and Conquer) and subsidiary tactics falling within each*

strategy (e.g., Maintaining a "Kernel of Truth", Silencing Opposing Perspectives, Corruption of Language, Demonization, Gaslighting, Inducing Racism and Identity Politics.) We provide illustrative historical examples.

Section: *Extremism and Terrorism / Extrémisme et terrorisme*
Session ID: 71974 - Paper within a symposium (Symposium ID: 71972)

Integrative Complexity: Opposing Extremism and Supporting Democracy

Main Presenting Author: Suedfeld, Peter

Additional Authors: Morrison, Brad; Grunert, Lindsy

Abstract: *The personality constellations that may underlie commitment to extremist values and terrorist actions are matters of obvious psychological importance. Theoretical, empirical, and applied questions have been examined in the attempt to identify relevant factors. Among those have been variables related to the structural complexity (rather than the specific content) of the cognitive processes of information processing and decision-making. The current presentation provides a brief look at three aspects of these topics: 1. Differences in the complexity of thought associated with group attitudes toward extremism and terrorist violence; 2. The relationship of cognitive complexity to support for democracy; and 3. Complexity-enhancing interventions as strategies to counter extremist ideologies.*

Section: *Extremism and Terrorism / Extrémisme et terrorisme*
Session ID: 71973 - Paper within a symposium (Symposium ID: 71972)

Psychological Approaches to the Terrorist Mind: A Critical Analysis

Main Presenting Author: Kohli, Adarsh

Abstract: *Human nature has remained the same and have the human characteristics. Three factors altering interactions between social and psychological determinants of behaviour include 1) technological advances that have facilitated the operations of like-minded people, 2) religious fundamentalism in contrast to the market's financial growth trends of modern life, and 3) the unprecedented availability and access to powerful and destructive weapons that facilitate acts of violence including political violence known as terrorism. Yet, absent ideologically congruent perceptions, cognitions, emotions and motivation, the weapons would remain unused. This talk will review and critically analyze these psychosocial factors through the lenses of existing psychological theories of terrorism. These include 1) Psychopathology Theory, 2) Rational Choice Theory, 3) Psychoanalytic and Non-Psychoanalytic Theories, and 4) Social Theories. The paper provides critical analyses of the listed psychological theories and an examination of the background and historical factors available during the development of the different theories.*

Section: *Extremism and Terrorism / Extrémisme et terrorisme*
Session ID: 71976 - Paper within a symposium (Symposium ID: 71972)

The Asian COVID-19 Experience Across Generations, Ethnic Groups, Contexts, and Nations

Moderator: Lo, Ronda F

Abstract: *Although Asian experiences are often aggregated together, Asians are a heterogeneous group, and discrimination experiences may be shaped by person-level and context-level factors. In this symposium, we unpack the diverse Asian experiences that occurred during COVID-19, different types of discrimination and its psychological outcomes, and moderators of this association. Our three speakers will present cross-sectional data from over 2000 participants across a range of ethnicities, from Chinese, to broadly East and Southeast Asian, across Canada and the United States. Although all three speakers talk about discrimination, they focus on different forms of discrimination, existing and emerging stereotypes (e.g., lay perceptions of Asians as "health hazards"), and different psychological outcomes (e.g., mental health, identity). Importantly, our three speakers investigate these associations by specific ethnic groups, and generational status, with great attention towards the sociocultural context, such as co-ethnic concentration and national context. Across these person-level and context-level factors, there are both unique and shared discrimination experiences that shape Asians' psychological outcomes. We also discuss how to use such findings to inform future research on Asian Americans and Canadians, and future intervention research to reduce discrimination and inequality.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 69185, Presenting Papers: 70530, 70515, 70529 - Symposium

How Asians Experience Anti-Asian Racism Differently

Main Presenting Author: Wu, Cary

Abstract: *BACKGROUND: How people feel about unfair treatment is associated with not only mental and physical health status, but also with self-esteem and identity. The massive spike in anti-Asian hate crimes during the COVID-19 pandemic has become a collective trauma felt by Asians worldwide. I consider how nativity and co-ethnic concentration as well as how they interact to shape Asians' experience of anti-Asian racism. METHODS: I analyzed data from a Canadian nationally representative survey (2 waves in April and December 2020) that includes 464 Asians (native-born=178; foreign-born=286) and data from the University of Southern California's Center for Economic and Social Research Understanding Coronavirus in America survey. RESULTS: At the individual level, Asian immigrants perceive a significantly lower level of discrimination than the native-born Asian Canadians. At the contextual level, Asians perceive the highest level of discrimination if they come from areas with a medium concentration of Asians. Their perceived discrimination is lower when they live in areas where the percentage of Asians is low or high. CONCLUSION: The findings suggest the importance to recognize that not all Asians experience the rise of anti-Asian racism in the same way. IMPACT: Underlying Asians' differential experiences are the unequal psychological consequences they bear.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 70530 - Paper within a symposium (Symposium ID: 69185)

Re-emergence of Yellow Peril: Beliefs in the Asian Health Hazard Stereotype Predict Lower Well-Being

Main Presenting Author: Lo, Ronda

Additional Authors: Padgett, K Jessica; Cila, Jorida; Sasaki, Joni Y; Lalonde, Richard N

Abstract: *BACKGROUND: The anti-Asian sentiment in Canada and the United States during the COVID-19 pandemic centers around perceptions of East and Southeast Asians as "health hazards" because of their perceived uncleanliness, animal-eating habits, and tendency to spread diseases.*

METHOD: In a pre-registered study, we recruited East and Southeast Asians from Canada (n = 352) and the United States (n = 351). We employed structural equation modeling to test associations between beliefs that society endorses the Asian health hazard stereotype and well-being. RESULTS: Those who believed that society endorses the Asian health hazard stereotype reported lower well-being. No differences were observed between Americans and Canadians, as well as Chinese and non-Chinese participants. We also demonstrated that Asian health hazard and perpetual foreigner stereotypes were psychometrically distinct. CONCLUSION: Overall, our findings highlight how perceptions of negative societal views, particularly those reminiscent of the Yellow Peril narrative, are uniquely associated with psychological well-being among East/Southeast Asian Americans and Canadians. IMPACT: Awareness of this emerging stereotype should be considered when investigating interventions to improve East and Southeast Asians' psychological health and reduce anti-Asian discrimination.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 70515 - Paper within a symposium (Symposium ID: 69185)

The Dual Pandemics of COVID-19 and Racism: Implications for Chinese Canadians' Identity and Emotion

Main Presenting Author: Lou, M Nigel

Additional Authors: Noels, Kimberely; Kurl, Shachi; Zhang, Doris; Young-Leslie, Heather

Abstract: BACKGROUND: Many Chinese Canadians (CCs) have experienced increased racism during COVID-19. This study focused on how the rise of anti-Chinese discrimination, in addition to the threats posed by the pandemic, affects CCs' well-being and identities. METHODS: We surveyed 874 CC adults from across Canada (47.7% females; 628 first-generation [G1] and 246 Canadian-born [G2]). RESULTS: (1) more than 50% CCs reported being treated with less respect because of their ethnicity, and over 1/3 reported being personally threatened/intimidated. (2) G1 CCs perceived more COVID-related threats, but G2 CCs reported more discrimination. (3) For both groups, personal discrimination was negatively associated with Canadian identity, whereas group discrimination was positively associated with Chinese identity. (4) Only about 10% of CCs who experienced harassment reported their encounters; perpetual foreigner objectifications undermined CCs' reporting of harassment. CONCLUSION: The reported rates of discriminatory experiences were alarming and discrimination during the pandemic contributes to CCs' identity and emotional experiences. The type of discrimination (personal- vs. group-based) had different implications for heritage and mainstream cultural identities. IMPACT: The findings provide implications for acculturation, identity, anti-racism strategies, and empowerment in reporting harassment.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 70529 - Paper within a symposium (Symposium ID: 69185)

The Canadian Reconciliation Barometer: Development, Psychometric Validation, and National Results

Moderator: Starzyk, Katherine B

Panelist: Neufeld, Katelin H. S.

Abstract: *For centuries, governments and others in Canada have harmed Indigenous Peoples. Alongside other change, reconciliation can help Indigenous and non-Indigenous peoples in Canada write a better history than the past we all reckon with today. In 2015, the Truth and Reconciliation Commission of Canada issued 94 Calls to Action, built upon decades of Residential School Survivors' advocacy. In response, a small group of like-minded researchers and practitioners met through the partnership and staff support of the National Centre for Truth and Reconciliation to discuss whether and how to measure reconciliation. Through this interdisciplinary collaboration, the seeds for the Canadian Reconciliation Barometer were planted. We will describe how the team came to understand what reconciliation means in Canada as well as the challenges of this work. We will then present the psychometric properties of the barometer. Finally, we will highlight some findings from the 2021 report, focusing on the 13 indicators of reconciliation at the national level. We will also discuss how to translate such research into action so that those who come after us enjoy good and just relations between Indigenous and non-Indigenous peoples. To close, we will ask audience members to participate in a dialogue on reconciliation.*

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 71185, Presenting Papers: 71853, 71850, 71862 - Symposium

Psychometric Validation of the Canadian Reconciliation Barometer

Main Presenting Author: Neufeld, H. S. Katelin

Additional Authors: Starzyk, B Katherine; Efimoff, Iloradanon H.; Fontaine, Aleah S. M.; Sekwan Fontaine, Lorena; Moran, Ry; Welch, Mary Agnes

Abstract: *The Canadian Reconciliation Barometer has excellent psychometric properties. To test its factor structure and psychometric properties, we conducted two national studies, each sampling approximately 600 Indigenous and 1,000 non-Indigenous participants living in Canada. In Study 1, participants completed the initial item pool of 89 items. Exploratory factor analyses showed that the hypothesized 13-factor model fit the data exceptionally well and better than other factor models. We individually assessed the psychometric performance of these 89 items and retained an appropriate number of items, according to best practices. These 65 retained items form the current version of the Canadian Reconciliation Barometer, which Study 2 participants completed. A confirmatory factor analysis evidenced excellent model fit and further tests demonstrated that the factor structure held up for Indigenous and non-Indigenous participants and across the two polls. We also found evidence of convergent and discriminant construct validity with several established measures. Together, these two studies demonstrate the Canadian Reconciliation Barometer was created rigorously and is both a valid and reliable measure of reconciliation in Canada.*

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 71853 - Paper within a symposium (Symposium ID: 71185)

Realizing Reconciliation: Origins, Process, and Challenges of the Canadian Reconciliation Barometer

Main Presenting Author: Efimoff, H. Iloradanon
Co-Presenting Author: Fontaine, Aleah S. M.

Additional Authors: Starzyk, B. Katherine; Neufeld, Katelin H. S.; Moran, Ry; Sekwan Fontaine, Lorena; Welch, Mary Agnes

Abstract: *We discuss the origin of the Canadian Reconciliation Barometer, a set of self-report questions to gauge Indigenous and non-Indigenous people's perceptions of reconciliation, our approach to item development, and the rewards and challenges of this process. We will first discuss the origins of the project, a goal of which is to measure reconciliation in a way that is acceptable to Indigenous and non-Indigenous peoples. Next, we will outline our mixed-methods approach to item development: we reviewed 100 sacred testimonies of Indian Residential School Survivors housed at the National Centre for Truth and Reconciliation, held focus groups and interviews with reconciliation leaders across the country, and reviewed other reconciliation barometers from within Canada and around the world. We will then focus on the difficult questions and tensions that arose throughout the item-creation process, including how to balance important political and social factors with psychometric requirements. For example, how can we take a strength-based, rather than deficit approach? How do we create items that will remain relevant and stand the test of time? Eventually, and informed by psychometric best practices, we wrote 89 items to represent 13 hypothesized factors of reconciliation. Throughout, we aimed to honor Indigenous and Western knowledges to ensure we measured reconciliation in a good way.*

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 71850 - Paper within a symposium (Symposium ID: 71185)

The Canadian Reconciliation Barometer 2021 National Results

Main Presenting Author: White, E.-L. Erin

Additional Authors: Starzyk, B Katherine; Fontaine, Aleah S. M.; Efimoff, Iloradanon H.; Welch, Mary Agnes; Moran, Ry; Gunn, Brenda L.; Neufeld, Katelin H. S.

Abstract: *We will outline the topline results of our two national polls. We collected data between late December 2020 and early June 2021. The resulting sample consisted of 3,225 participants (2,106 non-Indigenous and 1,112 Indigenous). Our sample was nationally representative on age, gender, and region. We also used quotas to achieve reasonable representation for several other demographic characteristics. The results indicate that Canada is doing better on some indicators of reconciliation and less well on others. Participants most agreed that they have a good understanding of the past and present and least agreed that personal equality exists across between Indigenous and non-Indigenous peoples. In general, the findings suggest that we have a long way to go before we address the inequalities at both the personal and systemic levels. We will also speak to comparisons across ethnic groups. Across all indicators, Indigenous participants were less likely to agree that reconciliation is happening. Finally, we will discuss how our findings may influence policy and public efforts toward a reconciled future.*

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 71862 - Paper within a symposium (Symposium ID: 71185)

THEME: UNDERSTANDING THE MIND AND THE BRAIN

Understanding what contributes to how the mind and brain works - or doesn't work

12-Minute Talk

A Review of the Effects of Positive Intervention on Brain Structure in Adults with Alcohol Dependency

Main Presenting Author: Embree, Eva

Abstract: *B: Existing literature indicates adult brains that have been exposed to long-term alcohol dependency may have the capabilities for self-repair after adult-onset dependency. The extent of these capabilities is undetermined. P: To gain insight into the degree of regenerative potential in adult brains that have experienced trauma or degeneration as a result of alcohol dependency. M: A literature review of academic articles involving examination of the effects of intervention on brain structure regeneration in uncomplicated alcohol-dependent adults will be conducted. Inclusion criteria are: published within 2001 - 2016, and peer-reviewed. Measures include fMRI, MRI, and Diffusion Tensor Imaging (DTI). A psycINFO search of the terms "alcohol OR alcohol dependence AND brain AND recovery" resulted in 82,890 results. The first 65 titles and abstracts were reviewed for inclusion. 21 articles met inclusion criteria and will be included in the literature review. R: Comparison of volumetric brain loss between alcohol-dependent and healthy participants indicate that intervention was associated with volumetric recovery in certain areas of the brain in alcohol-dependent individuals. D: Intervention showed increased brain regeneration, with no changes in results upon age group manipulation, indicating damage sustained to brain structure is not fixed, and improvement can begin at any time.*

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 71252 - 12-Minute Talk

An instance-based memory model of expert intuition in clinical diagnosis

Main Presenting Author: Jamieson, K Randall

Additional Authors: Cook, T Matthew; Titone, Debra; Aujla, Harinder; Morgan, Charity M; Levy, Deborah L

Abstract: *An important question in psychiatry is the expert diagnosis of underlying mental disorders from verbal behaviour (e.g., thought disorder associated with schizophrenia). Whereas clinical diagnosis is based in part on the application of formal rule-based analysis of language use, clinicians also rely on their expert intuitions based on resemblance and remindings from prior cases. To address this issue, we implemented a computational model of human memory to articulate the cognitive basis of expert clinical intuition in the context of psychiatric classification. We then applied that model to a large record of verbal data from transcripts of structured clinical interviews. The model accomplished diagnostic accuracy of schizophrenia as reflected in language at a rate consistent with expert diagnosis. Performance was best when the model had memory of many structured interviews but winnowed its decisions to memory of the interviews most reminiscent of the case in question. Taken*

together, our analysis demonstrates that computational models of human memory developed in the field of cognitive psychology can help to articulate the basis of expert clinical intuition. It also demonstrates how expert clinical intuition can be represented and incorporated in applied computer diagnostic systems.

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 71438 - 12-Minute Talk

Contrast Negation Impairs Sorting Unfamiliar Faces by Identity

Main Presenting Author: Sandford, Adam

Additional Authors: Pec, Dominica; Hatfield, Angelisa

Abstract: *Recognition of unfamiliar faces is difficult in part due to variations in expressions, angles, and image quality. Studies suggest shape and surface properties play varied roles in face learning, and identification of unfamiliar faces uses diagnostic pigmentation/surface reflectance relative to shape information. Here, participants sorted photo-cards of unfamiliar faces by identity, which were shown in their _original_, _stretched_, and _contrast-negated_ forms, to examine the utility of diagnostic shape and surface properties in sorting unfamiliar faces by identity. In four experiments, we varied the presentation order of conditions (_contrast-negated_ first or _original_ first with _stretched_ second across experiments) and whether the same or different photo-cards were seen across conditions. Stretching the images did not impair performance in any measures relative to other conditions. Contrast negation generally exacerbated poor sorting by identity compared with the other conditions. However, seeing the _contrast-negated_ photo-cards last mitigated some of the effects of contrast negation. Together, results suggest an important role for surface properties such as pigmentation and reflectance for sorting by identity and add to literatures on informational content and appearance variability in discrimination of facial identity.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 70063 - 12-Minute Talk

Drawing Compared to Writing in a Diary Enhances Recall of Autobiographical Memories

Main Presenting Author: Tran, H. N. Sophia

Additional Authors: Beech, Isaac; Fernandes, Myra A

Abstract: *Drawing at encoding is known to improve later recall of to-be-remembered words, pictures, and academic terms, when compared to writing out the target. Here we examine whether drawing in a diary, compared to writing in it, differentially improves memorability of personal autobiographical events, and whether aging influences the magnitude of this effect. Both younger and older adults were given a take-home diary instructing them to reminisce daily about an event of their choosing over two weeks. They recorded the event in one of two ways, counterbalanced within-subject: by writing about or drawing a picture of the event. Participants generated a keyword for each event, and were randomly cued using their keywords to recall each autobiographical memory. Accuracy was measured by calculating the proportion of memories that participants correctly recalled. We also compared the word count, level of detail, visual imagery, and point of view of the recalled memories. Across age groups, accurate recall of past events was significantly higher for those drawn rather than written*

during the reminiscing phase. Self-reports of the level of detail of recalled memory were better maintained for events drawn during the reminiscing stage, as well as in older adults. Our findings suggest the use of drawing while reminiscing within a diary format enhances accuracy and quality of later recollections.

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 71369 - 12-Minute Talk

I don't give a f*#$, dude: Amotivation and disinhibition in neurosarcoidosis

Main Presenting Author: Gale, Reagan

Abstract: *This 12-minute presentation will review the incidence, presentation, and treatment of neurosarcoidosis, a rare and serious cerebral presentation of sarcoidosis. The author will then present a de-identified case study of a client referred for assessment in a community-based neuropsychological assessment clinic three years post-diagnosis. Neuroimaging showed widespread cortical and subcortical lesions. The neurocognitive profile was significant for intra-individual variability, including superior general intellectual functioning and prominent amotivation, apathy, and abulia. The client's behavioural presentation and performance across performance and symptom validity tests will be discussed in the context of amotivation.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 70954 - 12-Minute Talk

Identifying premorbid neural markers of risk for mood and anxiety disorder psychopathology in high-risk youth with a family history of depressive disorders

Main Presenting Author: Kopala-Sibley, C. Daniel

Additional Authors: Pawlak, McKinley; Kemp, Jennifer; Bray, Signe L

Abstract: *Background: Clinical neuroscience research has identified aspects of brain structure or function that differentiate individuals with versus without mood or anxiety disorders. However, it is unclear whether these markers are antecedent or outcome of these disorders. Methods: Participants were 200 adolescents aged 12-17 years with a parent with a history of depressive or anxiety disorders, but with no clinically significant history of these disorders themselves. At baseline, participants underwent 3T Magnetic Resonance Imaging (MRI). Parents and youth completed diagnostic interviews for DSM-V mental illnesses as well as dimensional measures of depressive and anxiety symptoms at baseline and eighteen months later. Results: Increased severity of parental depressive symptoms was associated increased thickness in offspring cortical regions. Multiple linear regression analyses also showed that individual differences in functional connectivity between and within intrinsic resting state networks predicted increases in depressive and anxiety symptoms from baseline to the 18-month follow-up. Subsequent analyses will examine whether brain structure and function predict onsets of depressive and anxiety disorders at follow-up. Conclusions: Results will aid in the early identification of youth at particularly high risk for depression and anxiety as well as interventions with these youth.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 71538 - 12-Minute Talk

Stress, Affect, Sleep Quality, and Physical Activity Predict Young Adults' Executive Functioning

Main Presenting Author: Leckey, Jenn

Additional Authors: Munroe, Cory; Higgins, Erin; Nugent, Maddy; Eskes, Gail; Jacques, Sophie; Johnson, Shannon

Abstract: *Young adults face unique stressors (Othman et al., 2019) and executive functions (EF) are positively related to their ability to cope with stress (Shields et al., 2017). Physical activity (PA; Verburgh et al., 2014), stress, affect, and sleep quality (Diamond et al., 2013) predict EF in children and older adults, but little is known about their associations in young adults (Reynolds et al., 2019). Undergraduates (ages 18–30, n = 85) completed a questionnaire assessing PA, self-reported EF, current mental states, and other variables that predict EF (e.g., bilingualism). Participants also completed nine performance-based EF tasks (e.g., Stroop). Self-reported EF correlated positively with recent PA (last month; r = .27, p < .05), positive affect (r = .25, p < .01), and sleep quality (r = .28, p < .05), but negatively with negative affect (r = -.34, p < .01) and stress (r = -.36, p < .01). Hierarchical regression analyses revealed that current mental states accounted for 15% of the variance in EF after controlling for other variables. PA accounted for an additional 5%. Performance-based EF data will be analyzed next and presented. In short, positive mental states and recent PA are associated with better EF in young adults. Understanding relations between mental states, PA and EF in young adults will help inform health promotion and intervention strategies that maximize EF.*

Section: *Sport and Exercise Psychology / Psychologie du sport et de l'exercice*
Session ID: 70767 - 12-Minute Talk

Printed Poster

A conceptual framework for intercultural entrepreneurship research

Main Presenting Author: Naimi, Azadeh

Additional Author: Chirkov, Valery

Abstract: *The purpose of our research is to develop a conceptual framework of culture for intercultural studies related to immigrant entrepreneurs' socio-cultural challenges. The conceptualization of culture in entrepreneurship research continues to be defined in a myriad of ways. The dominant understanding follows the positivist ontology where culture is seen as a universal, objective, measurable and relatively static phenomenon (Schaffer and Riordan, 2003, Brannen and Doz, 2010). From this point of view, culture is mainly treated as a construct at the national level, although culture is dynamically created by individuals who evolve in a particular social context. By reviewing the literature of the last 10 years, we will highlight different approaches based on the idea of cultural models of entrepreneurship. We will theorize the potential of the theory of socio-cultural models (TSCM; Chirkov, 2020) to provide a better understanding of the role that culture plays, in its different manifestations, in the regulation of entrepreneurial activities. In conclusion, we propose a socio-cultural model of entrepreneurship that encompasses and links different approaches for exploring psychological aspects and dynamics of adaptation of immigrant entrepreneurs.*

A Pilot Study: Differences in Flow State and Flow Disposition in Jazz vs. Classical Music Practice

Main Presenting Author: Lee-Shi, Joy

Additional Author: Ley, G Robert

Abstract: *Flow is an optimal experience where one's focus is completely absorbed in the task at hand, and actions come naturally and automatically without effort or conscious, wilful intention (Csíkszentmihályi, 2008). This can be conceptualized as a state and a trait. Athletes and artists have often reported flow experiences. Despite decades of research on the flow experience, literature is sparse on the state-trait concept, as well as flow in contexts such as musical activities. This study aims to examine the following: (a) is there a difference between state and trait flow? and (b) is state or trait flow affected by jazz/classical music practice? Participants will be recruited from local universities. The Dispositional Flow Scale 2 and Flow State Scale 2 will be administered (Jackson et al., 2010). A within-subjects design will compare state and trait scores for musicians in each music genre. A between-subjects design will compare state flow scores between jazz and classical musicians; this will be repeated for dispositional flow. It is predicted that there is a difference between state and dispositional flow, and that scores will be similar between jazz and classical musicians. Given that flow is often an enjoyable and performance-enhancing experience, a greater understanding of the relationship between flow and musicianship may contribute to improved performance and practice.*

Adult attachment anxiety and attachment avoidance predict perfectionistic cognitions

Main Presenting Author: Fu, Claudia

Additional Authors: Ge, Sabrina; Hewitt, Paul; Flett, Gordon

Abstract: *Perfectionism is a multidimensional personality style consisting of trait, interpersonal and cognitive components (Hewitt, 2020). The Perfectionism Social Disconnection Model posits that perfectionism arises from insecure attachment, due to childhood unmet needs (Hewitt et al., 2017). Previous studies have found that both trait and interpersonal perfectionism predict insecure attachment styles (Chen et al., 2015). Yet, no study thus far has investigated the relationship between attachment and perfectionistic cognitions, which is problematic as attachment can shape one's internal model of self. Thus, this study aims to address this gap. Participants (_N_=1373) completed questionnaires to assess their perfectionistic cognitions and attachment style using the Perfectionistic Cognitions Inventory (PCI; Flett et al., 1998) and Experiences in Close Relationships-Revised scale (2 dimensional: anxiety and avoidance) (Fraley et al., 2000). Bivariate correlations showed that attachment anxiety correlated moderately with PCI (_r_ = .34, _p_ < .01), while attachment avoidance was mildly correlated with PCI (_r_ = .17, _p_ < .01). Participants with a higher level of perfectionistic cognition report a higher level of attachment anxiety, and to a lesser degree, also a*

higher level of attachment avoidance. This study is the first to examine the link between perfectionistic cognition and attachment style.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70491 - Printed Poster

An Examination of the HEXACO Model of Personality in Cryptocurrency Users and Non-users

Main Presenting Author: Sohail, Roshni

Additional Authors: Andruchow, L Daniel; Morrison, Dennis L; Tuico, Kyle A; McGrath, Daniel S

Abstract: _Background/Rationale: Cryptocurrency is one of the fastest growing financial products today. There has been a shift towards viewing cryptocurrency as a speculative asset, associated with numerous types of financial risk. These risks make speculative cryptocurrency trading similar to gambling. The tendency to engage in these financially risky activities can, in part, be explained by personality. For instance, the HEXACO model of personality has utility when applied to individuals who engage in gambling. Yet, our understanding of which personality characteristics drive people to engage in cryptocurrency is limited. Methods: This study compared HEXACO personality dimensions between cryptocurrency users and non-users in a sample of young adults. Results: Scores on each of the six HEXACO dimensions in cryptocurrency and non-cryptocurrency users are compared. Furthermore, cryptocurrency involvement and intensity of engagement is analyzed as potential moderators of this relationship. Conclusions/Impact: The implications of these findings in terms of identifying potential underlying mechanisms for engaging in financially-risky activities will be discussed._

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 70522 - Printed Poster

Are ADHD or SCT symptoms associated to mind wandering in university students?

Main Presenting Author: Arseneau, Jolyève

Additional Author: Plourde, Vickie

Abstract: *BACKGROUND/RATIONALE: Debate remains as to whether sluggish cognitive tempo (SCT) or ADHD symptoms are unique predictors of mind-wandering (MW). The objective of the study was to document the associations between SCT, ADHD, and MW, controlling for age, sex, mood, mindfulness, and sleep. METHODS: Participants were 60 university students (39 females; 21 males) between 17 and 32 years old (M=21.67; SD=3.08). MW was measured using the 5-item Mind Wandering Questionnaire, as well as thought sampling (spontaneous or deliberate MW assessed at random intervals) during a reading task. The Adult ADHD Self-Report Scale (ASRS-v1.1), the Adult Concentration Inventory (ACI), the Scale of Positive and Negative Experience (SPANE), the Mindful Attention Awareness Scale (MAAS), and the Insomnia Severity Inventory (ISI) were self-administered via Qualtrics. RESULTS: Multiple regression analyses were conducted showing that being older and having more inattention were significant predictors of higher scores on the MWQ, whereas sex, SCT, hyperactivity/impulsivity, mood, mindfulness, and sleep were not. In contrast, no variables were*

significant predictors of spontaneous and deliberate MW. CONCLUSIONS: Inattention rather than SCT is associated to trait-level MW. ACTION/IMPACT: Interdisciplinary research using multimethods are needed to better understand the associations between MW, SCT, and ADHD.

Section: Clinical Psychology / Psychologie clinique
Session ID: 70476 - Printed Poster

Associations Among Changes in the Cortisol Response, Hippocampal Volume, and Depressive Symptomology Across Time

Main Presenting Author: Rowe, R. Jessica

Additional Authors: Poppenk, Jordan; Nogovitsyn, Nikita; Milev, Roumen; Wynne-Edwards, Katherine E.; Kennedy, Sidney H.; Harkness, Kate L.

Abstract: *Although it has been established that blunted stress reactivity/recovery as well as lower hippocampal volume is associated with depression, especially in those with a history of childhood maltreatment (CM), analyses thus far have primarily been cross-sectional. Thus, our understanding of the changing nature of these variables is limited. The aim of the current study was to examine if changes in stress reactivity/recovery and hippocampal volume are associated with concurrent changes in depressive symptomology, and if these associations are moderated by a history of CM. The current study included 168 adults, 64 of whom returned for a 6-month longitudinal follow-up. At baseline, participants underwent a contextual interview to assess CM. At baseline and follow-up participants underwent a laboratory social-stress paradigm, structured depressive symptom assessment and neuroimaging in an MRI scanner. Consistent with hypotheses, right hippocampal volume was significantly associated with depression symptom severity across time, and was significantly stronger at higher severity of CM. Similar effects are expected for stress reactivity/recovery. These findings will provide a foundation for identifying neurobiological factors that are dynamically associated with depressive symptomology and thus integral to understanding the maintenance, worsening, and remission of depressive symptoms.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71439 - Printed Poster

Cannabis Consumption: Effects on Autonomic Arousal and Post-Concussion Symptoms

Main Presenting Author: Amodio, Francesco

Additional Authors: Vajda, Tayler; Corriveau, Gabby; Robb, Sean; Good, Dawn

Abstract: *With the recent legalization and increasing consumption of cannabis in Canada, there is growing concern regarding the effects cannabis may have on functional competence, and this is particularly the case for those who have a history of mild head injury (MHI). Persons with MHI have been shown to be autonomically underaroused (AU) and report turning to cannabis use as a means of alleviating both their post-concussion symptoms (PCS; e.g., fatigue, noise sensitivity), and the dampened cognition, but evidence for these benefits are conflicting at best. The aim of this research is to understand what effects cannabis may have on physiological indices post-MHI, as well as whether cannabis alleviates or worsens PCS. 72 participants completed measures of electrodermal activity and*

self-report measures for PCS and MHI status (e.g., Everyday Living Questionnaire). Those with a history of MHI displayed greater AU and PCS, and those who consumed cannabis regularly were found to have the greatest AU and exacerbated PCS. Further, reported fatigue was found to mediate the relationship between MHI status and regular cannabis consumption. Overall, this data provides preliminary evidence that cannabis consumption following MHI accompanies further dampening of AU as well as exacerbation of PCS, and that increased PCS symptoms may contribute to further cannabis consumption.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 71158 - Printed Poster

Cognitive Outcomes in Pediatric Mild Traumatic Brain Injuries: Family Matters

Main Presenting Author: Schmidtler, E Hayley

Additional Authors: Yeates, O Keith; Beauchamp, Miriam; Craig, William; Doan, Quynh; Zemek, Roger

Abstract: *Little is known about whether the family environment moderates the outcomes of mild traumatic brain injury (TBI) in children. The present study draws on data from a larger longitudinal, prospective cohort study, Advancing Concussion Assessment in Pediatrics (A-CAP), to examine whether parent and family functioning moderates post-acute cognitive outcomes in children who have experienced a mild TBI versus a comparison group of children with orthopedic injuries (OI). A sample of 633 children with mTBI and 334 with OI between the ages of 8 – 16.99 were recruited from 5 Canadian emergency departments. At ~10 days post-injury, children's cognitive outcomes were assessed using three subtests from the CNS Vital Signs computerized battery to provide summary measures of reaction time, cognitive flexibility, and visual memory. Parents completed the K6, which measures parent psychological distress, and the General Functioning Scale of the McMaster Family Assessment Device, which measures family functioning. Analyses of covariance, controlling for age, sex, race, and socioeconomic status, will be conducted to determine whether parent and family functioning moderate group differences in post-acute cognitive outcomes. The results will help to clarify whether the family environment is a potential target for intervention to improve outcomes of pediatric mTBI.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 71267 - Printed Poster

Cognitive Profiles of Children with Specific Learning Disorders

Main Presenting Author: Robinson, M Nicolas

Additional Author: Drefs, Michelle

Abstract: *There is evidence to support that specific learning disorders (SLDs) are associated with a pattern of cognitive processing strengths and weaknesses which is distinct from that of typically developing children. The WISC is a standardized measure of cognitive ability that is widely used in the assessment of SLD, and updates from the WISC-IV to WISC-V may enable improved measurement of processing strengths and weaknesses in this population. The purpose of this study is to investigate the pattern of cognitive performance unique to each SLD subtype on the WISC-V. Archival data of the WISC-V scores of children who underwent a psychoeducational assessment in a university and*

community-based clinic between 2015 and 2021 will be examined in Winter 2022. The WISC-V performance of children diagnosed with an SLD will be compared across subtypes and relative to a non-SLD control at the composite, index, and subtest level. A MANOVA will be conducted to compare cognitive processing scores between groups. It is expected that distinct cognitive profiles will emerge for children with SLDs in math, written expression, and reading. This study holds the potential to contribute to practitioners understanding of the cognitive processes that lead to impairments in specific academic domains. It is anticipated that these patterns will hold relevance for both assessment and intervention.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70692 - Printed Poster

Cognitive, Behavioural, and Physiological Indicators of Self Regulation in Adolescents with FASD

Main Presenting Authors: Rorem, Devyn; Joly, Vannesa

Additional Authors: Rasmussen, Carmen; Flannigan, Katherine; Kapasi, Aamena; McLachlan, Kaitlyn; Oberlander, Tim; Weinberg, Joanne; Pei, Jacqueline

Abstract: *Fetal Alcohol Spectrum Disorder (FASD) describes a range of neurodevelopmental impacts that can occur due to prenatal alcohol exposure. Individuals with FASD often experience difficulties in self-regulation (SR), which involves controlling one's own emotions, thoughts, and behaviour. Difficulties with SR may be associated with elevated levels of cortisol and risky decision-making (RDM). Cortisol is a biomarker of stress that is highest shortly after waking and decreases throughout the day. Difficulties with dysregulation have been independently identified as areas of challenge for those with FASD. However, the relationship between these factors has not been explored for this population. The purpose of this preliminary analysis was to assess how cortisol and RDM contribute to SR in adolescents (11-17 years) with FASD. These indicators of SR were operationalized through average evening cortisol levels, the Adolescent Self-Regulation Inventory (ASRI), and the Iowa Gambling Task (IGT). Hierarchical multiple regression analyses showed that evening cortisol and IGT scores accounted for 68.3% of the variance in short-term ASRI. These findings demonstrate the association between cortisol, RDM, and SR among adolescents with FASD and highlight potential targets for intervention. Further implications of these findings within intervention and policy development will be discussed.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70121 - Printed Poster

Electroencephalographic Markers of Mind-Wandering in Healthy Individuals: A Systematic Review

Main Presenting Author: Rahnuma, Tarannum
Co-Presenting Author: Park, YeEun

Additional Authors: Hart, M. Chelsie; Kam, Julia W. Y.

Abstract: *The dynamic nature of attention is exemplified by mind-wandering (MW), an experience characterized by moments when attention shifts away from one's current tasks. Recent years have*

witnessed a growing interest in exploring the neural basis of MW using electroencephalography (EEG) measures. However, inconsistent findings and heterogeneity in the metrics used in existing literature warrants clarification of the EEG markers of MW. Here, we conducted a systematic review that synthesizes evidence from EEG studies examining the electrophysiological measures of MW in healthy adults. MW literature employing scalp EEG measures—such as event-related potentials (ERPs) and spectral power—were identified through a search of online databases. For the 42 studies that meet our inclusion criteria, we extracted information on their MW and EEG measures. Key patterns emerged in ERP findings, with MW associated with reduced P1, N1 and P3 ERPs. Spectral power markers of MW were less robust, suggesting that these markers may be context dependent. The identification of reliable EEG correlates of MW improves our ability to predict attentional states. One major application for these results is the improvement of real-time tracking of MW. These findings can also be applied to identifying EEG biomarkers of disorders characterized by altered MW patterns, such as those seen in depression and ADHD.

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 71144 - Printed Poster

Examining the Relationship Between Attention and Mental Well-Being in Undergraduate Students During the COVID-19 Pandemic

Main Presenting Author: Thiemann, F Raela

Additional Author: Kam, W.Y. Julia

Abstract: *During the COVID-19 pandemic, prevalence rates of mental health adversities have reached as high as 50% in Canada. The nature of our ongoing thoughts also appears to be impacted by the lockdown due to the pandemic. These thoughts may characterize where our minds go when they wander, which occupies up to 50% of our awake hours. Earlier research has reported an association between mind wandering and reduced well-being compared to on task thoughts, but it is unclear whether a recurring concern such as the pandemic alters this relationship. Accordingly, we examined the relationship between mind wandering and mental well-being during the pandemic in undergraduate students. In Part 1, participants completed several questionnaires assessing their mind wandering tendencies and mental well-being. In Part 2, Ecological Momentary Assessment (EMA) surveys were used to capture participants' momentary experience. Participants received five surveys every day for seven days that asked questions about their thoughts and mood in the moment. Preliminary analyses suggest a bidirectional relationship between mind wandering and well-being, and that thought content is a moderator. The outcome of this study will lead to a better understanding of factors affecting the relationship between mind wandering and well-being, and will inform university policies on fostering mental well-being in students.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 70889 - Printed Poster

Familiarity trajectories for popular music across six decades in undergraduates: Influences of age and North American lived experience

Main Presenting Author: Cohen, J. Annabel

Additional Authors: Simon, Amy; Mbonu, Chinemerem F.; Gallant, Kristen B.

Abstract: *Rationale: To explore adolescence as a sensitive period for acquisition of musical knowledge, we are studying adolescent's knowledge of popular music. Trajectories of familiarity as a function of date of popularity can indicate degrees of ease of absorbing musical information. Method: Introductory psychology students above the age of 19 years listened online to excerpts of 36 songs popular between 1962 and 2021, with 3 songs for each of 12 half-decades. They rated their familiarity and several other aspects of knowledge of each song. Results and conclusions: Preliminary results from 60 participants, revealed an expected generally increasing familiarity with increasing decade, and increasing deviation between North American and non-North American students for increasingly older songs. For youngest (19 years) versus older North American students, the peak was significantly more recent for youngest students. That peak familiarity was for the penultimate, rather than the most recent half-decade suggests the decline of the sensitive period for acquisition of musical information by the age of 19 years. Action/impact: Differences as a function of North American life experience adds understanding of barriers faced by international students. The study is a foundation for future work with younger adolescents and has implications for music education and brain plasticity theory.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 71959 - Printed Poster

Individual Differences in Cognition that Predict Gambling Fallacy Endorsement and Resistance

Main Presenting Author: Violo, Victoria

Additional Authors: Shaw, A. Carrie; Demetrovics, Zsolt; Williams, Robert J

Abstract: *Gambling fallacies (GF) are erroneous beliefs about gambling and how gambling works. GF, while common in the public, increase as a function of gambling severity. Accordingly, a large body of research has focused on reducing GF to treat problem gambling. Less research, however, has investigated what contributes to GF susceptibility in the first place. Moreover, the research has, typically examined only single cognitive constructs (i.e., intelligence) in relation to erroneous gambling-specific beliefs. Further, there is limited research investigating the relationship between several cognitive constructs and the relative contribution of these factors on GF endorsement. Therefore, the current study assessed several cognitive factors and their relative predictive potential for GF in an Australian undergraduate sample (n = 90). Participants completed an assessment of GF and a cognitive battery examining cognitive style (CS), probabilistic reasoning (PR), math ability (MA), intuitive suppression ability (ISA), and general intelligence (GI). Univariate results indicate that GF endorsement was associated with lower PR, ISA, and GI. Multivariate analyses indicated that endorsement of GF was predicted by lower PR, IRA, and resistance to rational CS. Thus, developing educational interventions targeting these abilities could substantially reduce GF endorsement.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 71042 - Printed Poster

Interpreting cognitive performance in adults with bipolar disorder: What should the benchmark be?

Main Presenting Author: Cunningham, R Daniel

Additional Authors: Andruchow, L Daniel; Ismail, Zahinoor; Callahan, Brandy

Abstract: *BACKGROUND: Mild cognitive impairment (MCI) prevalence and its association with dementia are impacted by the number of cognitive tests and cut-points used to operationalize a 'deficit,' and by the source of normative data. We investigate if these methodological differences impact MCI diagnosis in adults with bipolar disorder (BD), a group with pre-existing cognitive deficits.   METHODS: Longitudinal data from 148 adults with BD and 13,610 healthy controls (HC) were drawn from the National Alzheimer's Coordinating Center. Cognitive scores were standardized once against published norms, and once using norms generated from only HCs within the same catchment area as BD patients. Each method was repeated, varying the number of within-domain tests considered to establish deficit (1 vs. 2) and the cut-points used to define 'deficit' (-1 vs. -1.5 SD). RESULTS: Internal norms gave more sensitive estimates of incident dementia (88.6%–94.3%) than published norms (74.3%–88.6%), but only when using a 'single test' definition of deficit. This definition also resulted in a 2.5-fold increase in relative risk of dementia (4.19–4.20) vs. published norms (1.71–1.89).   CONCLUSIONS: Trait-like cognitive deficits in BD may be incorrectly diagnosed as MCI using published norms.   IMPACT: To optimise sensitivity, neuropsychologists may consider recruiting local healthy comparison samples where possible.*

Section: Adult Development and Aging / Développement adulte et vieillissement
Session ID: 71308 - Printed Poster

Investigation of Self-Reported Sleep Disturbances and Life Stressors in Individuals with Mild Head Injury

Main Presenting Author: Patel, Smit
Co-Presenting Author: Good, Dawn

Additional Authors: Campanella, Cassandra; Hicks, Hayley; Sood, Utkarsh

Abstract: *Sleep disturbances are commonly reported in those that have suffered a traumatic brain injury (TBI) (e.g., Montgomery et al., 2021). Individuals with TBI, and with milder head injuries (MHI), also report greater perceived stress and worse fatigue-related quality of life than non-injured individuals (Bay and de-Leon, 2011; Zhou and Greenwald, 2018),which can contribute to the persistence of insomnia post-injury (Lu et al., 2016). This quasi-experimental study investigated the relationships between self-reported sleep quality and degree of life stressors in 84 university students (39% MHI). On sleep subscale measures of the Personality Assessment Inventory (PAI), individuals with MHI reported significantly greater difficulty sleeping [$F_{(1, 82)} = 14.46$, $p < 0.001$], getting back to sleep after waking early [$F_{(1, 82)} = 7.32$, $p < 0.01$], and having more nightmares about the past [$F_{(1,81)} = 7.46$, $p < 0.01$]. Reporting more life stressors was also associated with greater disrupted sleep in the past six months [$F_{(1,82)} = 18.66$ $p < 0.001$], including difficulty with sleep onset [$F_{(1, 82)} = 4.87$, $p < 0.05$], and sleep persistence [$F_{(1, 81)} = 4.44$, $p < 0.05$]. Overall, these findings indicate prominent sleep disturbances even in those with mild injuries, and these disruptions persist well beyond the acute phase.*

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 70507 - Printed Poster

Is Linguistic Experience Related to Dispositional Mindfulness in University Students?

Main Presenting Author: Cho, Sohyun

Additional Authors: Petrovic, Julia; Bastien, Laurianne; Fournier, Sandra; Böke, Naz B; Mettler, Jessica; Sadowski, Isabel; Heath, Nancy L

Abstract: *Research has shown that bilingual and multilingual adults tend to report higher levels of executive functioning relative to monolingual adults. Further, dispositional mindfulness (i.e., the capacity for enhanced awareness and attention to the present moment) is linked to specific aspects of executive functioning, such as inhibition and cognitive flexibility, and preliminary research has suggested that there may be a link between dispositional mindfulness and linguistic experience (i.e., being monolingual, bilingual, or multilingual). Therefore, the current study sought to further investigate group differences in facets of dispositional mindfulness among a sample of university students with differing linguistic experience. Monolingual (_n_ =38; _M_age=20.68 years; _SD_ =1.91; 86.8% female), bilingual (_n_ =66; _M_age=20.94 years; _SD_ =2.19; 86.4% female), and multilingual (_n_ =40; _M_age=21.15 years; _SD_ =3.18; 72.5% female) students completed the Five Facets of Mindfulness Questionnaire. Surprisingly, a one-way MANOVA failed to find differences on all five facets of dispositional mindfulness across all three groups (_p's_ >.05). These results reveal that, unlike other aspects of executive function, levels of dispositional mindfulness do not appear to differ as a function of linguistic experience. Findings extend mindfulness research to include considerations of diversity in linguistic experience.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 70649 - Printed Poster

Medial Temporal Atrophy Scores Do Not Predict Neuropsychological Performance One Year After TIA

Main Presenting Author: Schaeffer, J Morgan

Additional Authors: Reaume, Noaah; Wang, Meng; Aftab, Arooj; Pan, Alex; Tariq, Sana; Reid, Meaghan; Smith, Eric E; d'Esterre, Christopher; Barber, Philip A

Abstract: *Regional brain atrophy measurements may predict future cognitive decline and dementia after a transient ischemic attack (TIA), but sophisticated volumetric analysis is not widely accessible in clinical settings. Thus, we sought to determine if medial temporal atrophy (MTA) scores, a simple structural imaging modality, can predict cognitive change one year after TIA. Baseline demographic, clinical, structural imaging and neuropsychological test scores were compared between 103 TIA patients and 103 age-matched controls from the Predementia Neuroimaging of Transient Ischemic Attack (PREVENT) Study. MTA was assessed using the Schelton scale. A multivariate regression model was used to evaluate cognitive change between baseline and one year follow-up adjusted for covariates. Preliminary findings revealed that TIA patients had larger left MTA scores compared to controls. At baseline, controls performed significantly better on tests of global cognition, verbal and episodic memory, and executive function compared to TIA patients. MTA scores were not a significant predictor of change in cognition after controlling for covariates. MTA scores are not a valuable predictor of change in cognition after one year following a TIA. Future studies with longer follow-up period are needed to evaluate the utility of MTA scores in predicting cognitive decline post TIA.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 70994 - Printed Poster

Mindfulness for OCD: Cultivating Acceptance of the Past and Future in the Present Moment

Main Presenting Author: Hawley, Lance
Co-Presenting Author: Rector, Neil

Abstract: *BACKGROUND: In this study, we re-examined data from a previous RCT investigating "Technology Supported Mindfulness" - an eight week treatment intervention for individuals experiencing OCD (Hawley et al., 2020). METHODS: Participants experiencing OCD (N =71) were randomly assigned to eight weeks of: 1) technology supported mindfulness (TSM) or 2) waitlist control. We examined how past-oriented rumination (using the Ruminative Responses Scale (RRS)) , and future-oriented worry (using the Penn State Worry Questionnaire (PSWQ)) relate to OCD symptom changes during treatment. Results: Generalized Linear Model (GLM) results indicated a significant Time (week 1 vs. week 8) by Condition interaction involving decreased rumination in the TSM condition: F (1, 61) =13.37, _p _=.001; partial η2 =0.18, observed power =.94. A second GLM demonstrated decreased worry in the TSM condition: F (1, 69) =37.34, _p _=.001; partial η2 =0.35, observed power =.83. Longitudinal "Latent Difference" analyses demonstrated a temporal association between worry (but not rumination) and OCD symptom changes. Conclusions: Individuals in the TSM condition experienced greater reductions in rumination and worry during eight weeks of TSM treatment, and reduced worry predicted subsequent OCD symptom reduction. Action: TSM is an efficaceous, alternative treatment option impacting on OCD symptoms, worry and rumination.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 71505 - Printed Poster

Negative Feedback-Seeking in Depression: The Moderating Roles of Rumination and Interpersonal Life Stress

Main Presenting Author: Gallagher, G Anna

Additional Authors: Washburn, Dustin; Harkness, Kate

Abstract: *Individuals with depression are more likely than those without to engage in negative feedback-seeking (NFS) – the solicitation of negative feedback from others that confirms one's self-views. NFS is theorized to help maintain depression, particularly in the face of interpersonal stress. However, we theorize that the depressogenic effects of NFS may only be apparent in individuals who ruminate over stress. The goal of the current prospective, longitudinal study was to test the hypothesis that individual differences in trait rumination significantly moderate the relation between NFS and prospective changes in depression in the face of interpersonal stress. At Time 1, participants (_N_ = 91; 45 depressed) underwent a diagnostic interview to determine depression status and completed self-report measures of NFS and rumination. At Time 2, three months later, participants completed a self-report measure of depression symptoms. Further, stressful interpersonal life events in the intervening period were assessed with a rigorous contextual interview and independent rating system. As hypothesized, the relation between NFS and prospective changes in depression in the face of interpersonal stress was only significant at high levels of rumination. Findings suggest that rumination may be an effective intervention target to buffer the depressogenic effects of NFS.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70928 - Printed Poster

Neuroprotective Effects of Exercise on Autonomic Arousal and Post-Concussion Symptoms

Main Presenting Author: Good, E Daley
Co-Presenting Authors: Steeves, Kaitlyn; Albert, Hayley

Additional Author: Good, Dawn

Abstract: *Research has indicated that individuals who engage in athletic activities, such as cycling and hockey, compared to their non-athletic counterpart, demonstrate benefits in both mood and cognition in various populations, including both traumatic brain injury (TBI; Vanderbeken et al., 2017) and mild TBI (mTBI) (Gladstone et al., 2019). Mounting research (e.g., Robb and Good, 2020) has examined these benefits within the domain of increased autonomic arousal in persons with TBI/mTBI such that aerobic exercise provides a modest, temporary improvement in cognition (e.g., decision-making, processing speed, working memory). 34 university students with (_n_ = 16) and without a history of concussion (_n_ = 18) completed a modified version of the _Mental Fatigue Scale_ in addition to documenting their history of participation in sports. The results indicated that those with a history of mTBI acknowledged greater mental fatigue challenges relative to their non-mTBI cohort but, for both groups, this was mitigated in those who reported being currently active in sports. Having participated in sports throughout development may provide a neuroprotective advantage, since those who reported a mTBI demonstrated significantly less mental fatigue if they had participated in sports throughout maturation compared to those who did not; this same advantage was not observed for the no mTBI group.*

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 70394 - Printed Poster

Physiological Measurements of Emotion in Risky Decision-Making: Examining EMG and SCR Responses to Choice Outcome

Main Presenting Author: Nordine, Alexa

Additional Authors: Devine, Sean; Kiedyk, Emma; Otto, Ross

Abstract: *EMOTIONAL RESPONSES HAVE BEEN SHOWN TO EXERT AN EFFECT ON BOTH DECISION-MAKING AND OUTCOME EVALUATION. THE TWO PRINCIPAL DOMAINS OF AFFECTIVE RESPONSE, VALENCE AND AROUSAL, ARE BELIEVED TO BE INVOLVED IN INFORMATION-SIGNALING AND EVALUATION OF OUTCOMES. HOW VALENCE AND AROUSAL RELATE IS NOT WELL UNDERSTOOD. THIS STUDY SEEKS TO USE FACIAL ELECTROMYOGRAPHY (FEMG) AND SKIN CONDUCTANCE RESPONSE (SCR) TO EXAMINE HOW PHYSIOLOGICAL INDICES OF EMOTION RELATE TO RISKY DECISION-MAKING. PARTICIPANTS ENGAGED IN THE RISKY CHOICE PARADIGM DURING WHICH THEY WERE PRESENTED WITH "RISKY" AND "CERTAIN" OPTIONS. RISK VARIED BETWEEN TRIALS AND PARTICIPANTS WERE GIVEN IMMEDIATE FEEDBACK ON THE RESULTS OF THEIR CHOICE. WE EXAMINED HOW PHYSIOLOGICAL ACTIVITY VARIES UPON RECEIVING POSITIVE VERSUS NEGATIVE FEEDBACK AND FOUND THAT ZYGOMATIC ACTIVITY SHOWED SPECIFICITY FOR FEEDBACK RECEIVED WHILE CORRUGATOR AND SCR ACTIVITY DO NOT. ZYGOMATIC ACTIVITY WAS SIGNIFICANTLY GREATER WHEN RECEIVING POSITIVE VERSUS NEGATIVE FEEDBACK. ACTIVITY WAS ALSO SIGNIFICANTLY GREATER WHEN*

RECEIVING POSITIVE FEEDBACK AFTER MAKING A RISKY CHOICE VERSUS WHEN RECEIVING POSITIVE FEEDBACK AFTER MAKING A CERTAIN CHOICE. INCREASED UNDERSTANDING OF HOW EMOTION RELATES TO RISKY DECISION-MAKING MAY HAVE IMPLICATIONS FOR UNDERSTANDING PROBLEMATIC GAMBLING BEHAVIOR.

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 71947 - Printed Poster

Relations Between a Self-Defeating Interpersonal Style and Trait Emotional Intelligence

Main Presenting Author: Ambler, Kathryn
Co-Presenting Author: Vernon, Phillip A

Additional Author: Petrides, V Konstantin

Abstract: *BACKGROUND. 1 IN 3 WOMEN ARE ABUSED BY THEIR PARTNER (WHO, 2021) SO UNDERSTANDING MORE ABOUT ABUSED WOMEN MAY LEAD TO BETTER FORMS OF TREATMENT AND/OR PREVENTION. METHOD. 381 ADULT WOMEN COMPLETED THE SELF-DISS, A MEASURE THAT ASSESSES THE PROPENSITY FOR PEOPLE TO ENTER INTO AND TO REMAIN IN ABUSIVE RELATIONSHIPS, AND THE TRAIT EMOTIONAL INTELLIGENCE QUESTIONNAIRE – A MEASURE OF HOW WELL PEOPLE UNDERSTAND THEIR OWN AND OTHERS' EMOTIONS. RESULTS. SUBSTANTIAL NEGATIVE CORRELATIONS WERE FOUND BETWEEN THE SELF-DISS AND THE TEIQUE. THE SELF-DISS HAD PARTICULARLY LARGE CORRELATIONS WITH THE TEIQUE'S FACETS OF SELF-ESTEEM (-.66), HAPPINESS (-. 66), STRESS MANAGEMENT (-.51), OPTIMISM (-.62), RELATIONSHIPS (-.80), AND WELL-BEING (-.71). CONCLUSIONS. WOMEN WITH HIGH SCORES ON THE SELF-DISS DEMONSTRATE INSECURE ATTACHMENT, AN UNDESERVING SELF-IMAGE, AND A SELF-SACRIFICING NATURE (ATKINSON and VERNON, 2017). OUR RESULTS REVEAL THAT THEY ALSO HAVE LOW LEVELS OF EMOTIONAL INTELLIGENCE. THIS IS THEORETICALLY IMPORTANT, GIVEN THAT TRAIT EI HAS BEEN IMPLICATED IN INTERPERSONAL RELATIONSHIPS. ACTION/IMPACT. IT IS IMPORTANT TO LEARN MORE ABOUT THE CHARACTERISTICS AND PERSONALITIES OF PEOPLE WHO ARE AT RISK OF ENTERING INTO AN ABUSIVE RELATIONSHIP. OUR RESULTS MAY CONTRIBUTE TO THE DEVELOPMENT OF BETTER WAYS TO PREVENT SUSCEPTIBLE WOMEN FROM DOING THIS AND/OR TO COUNSELLING THOSE WHO HAVE BEEN ABUSED.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 70006 - Printed Poster

Rethinking the Domain Specificity of Mindset

Main Presenting Author: Kyler, Nathan

Additional Author: Moscicki, Michele

Abstract: *BACKGROUND/RATIONALE: GROWTH MINDSET (I.E., BELIEVING SELF-ATTRIBUTES ARE MALLEABLE) INTERVENTIONS HAVE BEEN SHOWN TO REDUCE RATES OF ANXIETY AND STRESS, CONTRIBUTING TO IMPROVED WELLBEING. HOWEVER, THESE INTERVENTIONS GENERALLY HAVE SOMEWHAT SMALL EFFECT SIZES. IN ADDITION, IT IS*

STILL DEBATED WHETHER THESE IMPLICIT THEORIES ARE DOMAIN-SPECIFIC OR DOMAIN-GENERAL. METHODS: IN OUR STUDY, WE ADMINISTERED SCALES ASSESSING NINE DIFFERENT MINDSETS: INTELLIGENCE, ANXIETY, EMOTION, STRESS, PERSONALITY, MORALITY, MUSICAL ABILITY, CREATIVITY, AND ATHLETIC ABILITY TO CANADIAN UNIVERSITY UNDERGRADUATE STUDENTS. RESULTS: USING EXPLORATORY AND CONFIRMATORY FACTOR ANALYSIS, WE FOUND THAT EIGHT MINDSETS LOADED ONTO THREE DISTINCT FACTORS: (1) ANXIETY AND EMOTION; (2) MORALITY AND PERSONALITY; AND (3) INTELLIGENCE, CREATIVITY, MUSICAL ABILITY, AND ATHLETIC ABILITY. STRESS MINDSET DID NOT LOAD ONTO ANY OF THE THREE FACTORS. CONCLUSIONS: CURRENTLY, GROWTH MINDSET INTERVENTIONS FOCUS ON ONE DISTINCT MINDSET (E.G., ANXIETY). ACTION/IMPACT: HOWEVER, BY CLARIFYING THE FACTOR STRUCTURE OF MINDSET, WE CAN POTENTIALLY IMPROVE THE EFFICACY OF GROWTH MINDSET INTERVENTIONS BY TARGETING, WITH ONE INTERVENTION, MULTIPLE MINDSETS THAT STRONGLY CORRELATE. FOR EXAMPLE, MENTAL HEALTH INTERVENTIONS COULD BE TARGETED AT ANXIETY AND EMOTION MINDSETS TOGETHER TO HELP IMPROVE WELLBEING

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 71517 - Printed Poster

Sex Differences in Self-Reported Post-Concussive Symptoms and Cognition in Mild Head Injury

Main Presenting Author: Qureshi, Farhan (Sunny)
Co-Presenting Author: Good, Dawn

Additional Authors: Cariaso, Michael; Uruski, Natalie Lee

Abstract: *Cognitive impairment is a common symptom among those who have suffered a mild head injury (MHI) (Schretlen and Shapiro, 2009). Research suggests that sensory sensitivities may be predictive of cognitive decline (Lin et al., 2011) and despite similar MHI severity, it has been shown that sensory disruption symptom reporting post-injury can vary as a function of sex differences (Moser, Olek, and Schatz, 2018) such that females report greater postconcussive symptoms (PCS - more frequent, more intense, longer duration) as compared to their male cohort. It is uncertain whether this indicates that males are less sensitive, or females are more sensitive to these experiences. To examine these sex differences, PCS and cognitive impairment measures were obtained from 296 university students (23% men, 32% with a history of MHI). As expected, individuals with MHI reported more PCS than their non-MHI cohorts, $F_{(1, 292)} = 1.92$, $p = .034$, and females with MHI reported more PCS than their male cohort, $F_{(1, 292)} = 30.28$, $p < .001$. In addition, MHI also predicted cognitive errors as a function of PCS, $p = .026$. Interestingly, within their MHI groups, males and females performed similarly on the cognitive tests despite varying PCS reports amplifying the discordance between symptom reporting and cognitive performance.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 71412 - Printed Poster

The Association Between Shyness and Perceptual Updating To Ambiguous Figures and Facial Emotions

Main Presenting Author: Boboc, Bianca

Additional Authors: Danckert, James; Henderson, Heather

Abstract: *Shyness is associated with hypervigilance to threat, including in the context of facial emotions. Beyond an automated perceptual level, the mechanism dictating how shyness affects conscious recognition and detection of changing facial emotions has not yet been determined. To examine the association between shyness and detection of dynamic facial emotions, a novel detection task was created. The Facial Emotions Task presents participants with an image of a neutral face that incrementally changes over 15 steps into a non-neutral face, exhibiting either anger, happiness, or disgust. The image at which the participant reports seeing the emotion is taken as the point of detection. This task was inspired by a perceptual updating task, the Ambiguous Figures Task, which employs a similar procedure using images of common objects. Contrary to my hypothesis, shyness was not correlated with the detection of distinct facial emotions or with updating perceptual representations of common objects. Across the full sample, all emotions were detected earlier than the updating point on the Ambiguous Figures Task. Furthermore, happy emotions were detected earliest, followed by disgust and anger. These findings suggest a trait-independent bias toward updating to faces, and give insight into the mechanisms guiding selective management of shyness.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71926 - Printed Poster

The Effects of Transcranial Direct Current Stimulation (tDCS) on Cognition in Obsessive-Compulsive Disorder (OCD): An Understudied Topic

Main Presenting Author: Spiroiu, I. Flavia

Additional Author: Soreni, Noam

Abstract: *RATIONALE: The effects of tDCS on cognitive functioning in OCD have seldom been researched. This systematic review examined existing literature reporting on tDCS effects on cognition in OCD. METHODS: Six databases were searched for the period starting in 1987 to May 2021: PubMed, PsycINFO, Embase, CENTRAL, CINAHL, and Web of Science. The keywords used were "tDCS," "transcranial direct current stimulation," "cognition," "cognit*," "mental function," "neurocognit*, "neuropsycholog*," "anxiety disorder," "anxi*," "obsessive compulsive disorder," and "OCD." RESULTS: Of 148 articles identified through database searching, only 3 met inclusion criteria. Patients with OCD in study 1 demonstrated improvement in attention—classified under the cognitive domain of "complex attention" in the DSM-5. Patients in study 2 and 3 exhibited improvement in executive and inhibitory control as well as decision making (respectively)—classified under the "executive function" domain of DSM-5. CONCLUSIONS: tDCS was associated with improvement in only 3 cognitive functions in OCD, namely attention, executive and inhibitory control, and decision-making. ACTION: Further research should examine a broader range of cognitive functions associated with tDCS administration in OCD to understand its impact on all six major domains of cognitive function in the DSM-5 and potentially inform treatment interventions.*

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 71867 - Printed Poster

The impact of social anxiety disorder on emotion recognition: A meta-analysis

Main Presenting Author: Lacombe, Corina

Additional Authors: Simoneau, Kathryn; Elalouf, Karine; Collin, Charles

Abstract: *Social anxiety disorder (SAD), characterized by the fear of negative evaluation, is among the most common anxiety disorders. Attentional biases in emotion recognition (ER) have been theorized to be a maintaining factor of the disorder. Some studies suggest that individuals with SAD have a decreased ability to accurately and efficiently recognize various emotional facial expressions. However, the evidence is mixed. Therefore, this meta-analysis synthesized the literature investigating the relation between SAD and ER. A literature search was performed using six databases (PsycINFO, MEDLINE, Scopus, etc.) and tailored according to the PRISMA guidelines. Fifteen articles were included in the final analysis and analyzed in Comprehensive Meta-Analysis. ER was assessed by evaluating standardized mean differences (_g_) in accuracy and reaction time. Stimulus duration and comorbidity were considered as covariates. Our results show that individuals with SAD and comorbid mental health disorder(s) are less accurate at recognizing happy facial expression (_g_=-0.233, 95% CI=[-0.462, -0.003], _p=_.047). Individuals with SAD took more time (increased latency) to recognize happy facial expressions (_g=_ 0.586, 95% CI=[0.144, 1.029], _p_=009). There was no impact of stimulus duration on ER. These results would indicate that SAD impacts performance in ER for specific emotional expressions.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 71304 - Printed Poster

The Role of Anxiety Sensitivity in the Etiology of Anxiety and Cognitive Symptoms of Eating Disorders

Main Presenting Author: Smail-Crevier, Rachel

Additional Authors: Breen, Gerome; Eley, Thalia; Rappaport, Lance

Abstract: *The present study leveraged data from the Twins Early Developmental Study to examine common genetic and environmental contributions to the etiology of anxiety sensitivity (AS), cognitive eating disorder (ED) symptoms, and anxiety severity in a community sample of adolescents. Twins (n=5,111) were assessed for AS, cognitive ED symptoms, and anxiety severity. Strong phenotypic correlations among the four cognitive ED symptoms were underpinned by common genetic and person-specific environmental contributions; genetic factors contributed particularly strongly to commonality among items. Genetic and person-specific environmental influences contributed to between person variance in AS, cognitive ED symptoms, and anxiety severity. Shared environmental influences also contributed to between-person variance in anxiety severity. Common genetic and person-specific environmental influences contributed to the correlated liability to AS, cognitive ED symptoms, and anxiety severity but did not explain the phenotypic correlation of anxiety severity with cognitive ED symptoms. These results suggest that genetic and environmental influences contribute to the etiology of AS, cognitive ED symptoms, and anxiety severity. Further, as compared to anxiety severity, AS may play a particularly prominent role in the etiology of cognitive ED symptoms in adolescence.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 71371 - Printed Poster

The Role of Anxiety Sensitivity, Anxiety Control, and Desirability of Control in the Prediction of PTSD Symptoms

Main Presenting Author: Mössler, F Marcia

Additional Author: O'Neill, L Melanie

Abstract: *Evidence suggests a potential link between anxiety sensitivity and the perpetuation of various psychological disorders (Mantar et al., 2011). Further, studies indicate that perceived control over anxiety-related events and reactions may play an influential role in posttraumatic sequelae (Humphreys et al., 2017). The present study investigated the role of anxiety sensitivity, anxiety control, and desirability of control in posttraumatic stress. It was hypothesized that anxiety sensitivity and desirability of control are predictive of PTSD symptoms, while perceived control over anxiety is a resilience factor for PTSD symptoms. A sample of 135 university students completed the Anxiety Sensitivity Index (ASI), the Anxiety Control Questionnaire (ACQ), the Desirability of Control Scale (DCS), and the PTSD Checklist - Civilian Version (PCL-C). Regression models indicated that anxiety sensitivity was predictive of PTSD symptoms, accounting for 36.6% of the variance in posttraumatic symptomatology ($R2\_Adj.$ = .366, $F_{(1, 133)}$ = 78.27, p = .000), while higher scores of perceived anxiety control predicted lower PTSD symptom levels, accounting for 42.4% of the variance in PTSD symptoms ($R2\_Adj.$ = .424, $F_{(1, 141)}$ = 105.41, p = .000). By contrast, desirability of control over events was unrelated to PTSD symptomatology. Clinical and research implications will be discussed.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 71591 - Printed Poster

Use of the Digit Span + 1 Test as a Measure of Verbal Memory in Mild to Severe Traumatic Brain Injury Suggests That Previously Failed Items are Passed With One Additional Presentation Following a Delay With Interference

Main Presenting Author: Ladowsky-Brooks, L. Ricki

Abstract: *Digit span measures the number of discrete numerical units of information that can be held in short-term memory (forward span) and then manipulated (backward and sequencing conditions). The Digit Span + 1 test evaluates supra-span learning by determining how many repeated presentations of a digit string are needed to increase the maximum forward span by one digit. To evaluate the value of this test as a measure of verbal learning, examinees with mild to severe traumatic brain injuries (n =24) who were undergoing neuropsycholgoical examinations were administered the Digit Span + 1 test after completing all three conditions of a standard administraton of the WAIS-1V Digit Span test. The first item on the Digit Span + 1 test was trial 1 of the last item presented (i.e., discontinue rule was met) for digit span forwards. This previously failed trial was passed when first presented on Digit Span + 1 in 45% of the examinees. If not passed, the supra-span length was correctly recalled after the second (8%), third (12.5%), or fourth (8%) presentation, while 25% of the sample never achieved a longer span. Visual inspection of the data suggests that as span length increases, the difficulty of the task increases. The increased span length on the first*

presentation of Digit Span + 1 may be due to release from proactive inhibition or savings (i.e., implicit memory) from an earlier trial.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 71172 - Printed Poster

Wandering mind, how do you spend your time?: Mind-wandering and executive function in children

Main Presenting Author: Hasan, Fiza

Additional Authors: Kam, W.Y. Julia; Graham, Susan; Hart, Chelsie

Abstract: *MIND-WANDERING REFERS TO THE SHIFTING OF ATTENTION FROM A CURRENT TASK TO TASK-UNRELATED THOUGHTS. ACCORDING TO THE EXECUTIVE FAILURE THEORY OF MIND-WANDERING, THE OCCURRENCE OF MIND-WANDERING REFLECTS A FAILURE OF THE EXECUTIVE FUNCTION SYSTEM. EXECUTIVE FUNCTION IS OFTEN CONCEPTUALIZED AS THREE CORE FACETS: WORKING MEMORY, INHIBITION, AND SET SHIFTING. MOST PRIOR STUDIES EXAMINED THE LINK BETWEEN MIND-WANDERING AND EXECUTIVE FUNCTION IN ADULTS. GIVEN THAT EXECUTIVE FUNCTION SKILLS DEVELOP THROUGHOUT CHILDHOOD, WE STUDIED WHETHER DEVELOPING EXECUTIVE FUNCTION SKILLS ARE ASSOCIATED WITH MIND-WANDERING FREQUENCY IN CHILDREN. TO ADDRESS THIS, CHILDREN (AGED 8-12) PERFORMED THREE TASKS TARGETING THREE CORE FACETS OF EXECUTIVE FUNCTION. DURING EACH TASK, THEY WERE OCCASIONALLY PROMPTED TO REPORT THEIR ATTENTION STATE AS ON-TASK OR MIND-WANDERING. PRELIMINARY ANALYSES INDICATE THAT MIND-WANDERING FREQUENCY DECREASES WITH AGE. MOREOVER, CONTROLLING FOR AGE, PERFORMANCE ON THE EXECUTIVE FUNCTION TASKS SHOW DIFFERENTIAL CORRELATIONS WITH MIND-WANDERING. THESE RESULTS SUGGEST THAT NOT ALL EXECUTIVE FUNCTION FACETS ARE LINKED TO MIND-WANDERING FREQUENCY IN CHILDREN, PROPOSING A MORE NUANCED RELATION THAN PREVIOUSLY CONSIDERED. CLARIFYING THE RELATIONS BETWEEN EXECUTIVE FUNCTION AND MIND-WANDERING IN CHILDREN IS CRITICAL FOR DEVELOPING STRATEGIES TO REGULATE MIND-WANDERING IN CHILDREN.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 71016 - Printed Poster

Workplace Learning Before and During COVID-19 in Essential Workers

Main Presenting Author: Halilova, G. Julia

Additional Authors: Valtchanov, Deltcho; Rosenbaum, R. Shayna

Abstract: *Prolonged stress and the need for rapid uptake of information can have detrimental effects on memory and cognition, whereas meaningfulness of study material and motivation to learn can have positive effects. How do these opposing conditions impact workplace learning in essential frontline workers during a global pandemic? We analyzed learning data collected longitudinally since before the pandemic in nearly 83,000 essential frontline grocery workers and non-essential telecommunications workers via a learning management system that was built on principles of memory theory from Cognitive Neuroscience to optimize workplace learning and retention. Findings*

indicate more rapid knowledge uptake in grocery workers a) during than before the pandemic, b) for COVID-19-related content than non-COVID content, and c) in the United States than in Canada. Evidence of enhanced workplace learning and retention supports the robustness of evidence-based learning strategies from the behavioural sciences.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 71856 - Printed Poster

I Still Remember These Moments: Retrieving Strategies in Recall of Emotional Events

Main Presenting Author: Alaifan, Nada
Co-Presenting Author: Graf, Peter

Abstract: *Emotional events (e.g., a car accident, a wedding celebration) are remembered better than for non-emotional or neutral events (e.g., taking a shower), and this memory difference tends to be larger in females than males. There is good evidence for this claim from research into autobiographical memory, but the results from investigation focused on episodic memory remain unclear. One possibility is that episodic memory is better for emotional than neutral events, but that this advantage becomes evident only when memory retrieval depends heavily on constructive, subject-initiated processing (e.g., free recall, cued recall). To examine this possibility, we conducted a study with 188 undergraduate student volunteers (96 females). Participants studied a series picture, normed for valence and arousal (20 pictures from each valence bins: negative, neutral, and positive) with arousal levels the same for the negative and positive picture sets. At study, participants rated the valence of each picture, and for the test, participants recollected out loud the pictures to the best of their ability. We transcribed and scored the recall protocols. Findings showed that episodic memory for emotional pictures is significantly better than memory for neutral pictures. Significant sex differences occurred in memory for the emotional pictures.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 71940 - Virtual Poster

Memory for Emotional Events: Meta-analysis of Emotional Enhancement on Episodic Memory for ValencedPictures

Main Presenting Author: Alaifan, Nada
Co-Presenting Authors: Luo, Yiheng; Graf, Peter

Abstract: *Emotional events (e.g., a graduation celebration or a funeral ceremony) are better remembered than neutral events (e.g., preparing breakfast or driving to work on a particular day). Considerable evidence is mainly available from research on autobiographical memory, but the evidence from episodic memory remains unclear. This meta-analysis aimed to examine whether there is an emotional enhancement effect on episodic memory for valenced pictures, and whether the magnitude of this effect is the same for recall and recognition memory. I also examined the influence of a number of potential moderators in the magnitude of the emotional enhancement effect for both recall and recognition. To this end, I searched PsycINFO and MEDLINE-Ovid databases for relevant literature and ended up with 132 experiments reporting 395 effect sizes obtained from 11,370 young adult participants. The main findings of my meta-analysis revealed a medium-to-large emotional enhancement effect on episodic memory. The emotional enhancement effect was more pronounced for*

recall than for recognition. In both recall and recognition, the emotional enhancement effect was larger for negative pictures than for positive ones, and larger after a long retention interval than after a short retention interval.

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 71094 - Virtual Poster

The influence of drawing on memory formation: A lesion-based approach

Main Presenting Author: Levi, R. Adina

Additional Authors: Gilboa, Asaf ; Turner, Gary R. ; Aguiar, Patricia

Abstract: *The hippocampus plays a critical role in the formation of contextually rich memories, with research indicating that distinct neuronal representations within the hippocampus produce the foundation of these memories. However, patients with focal damage to the hippocampus show impairment in this memory storage system and their memories are thus more vulnerable to interference. Drawing has recently been utilized as an encoding strategy that creates particularly distinct representations as it incorporates a range of modalities, such as motor, visual and verbal domains. Thus, the goal of this study was to determine whether patients with hippocampal amnesia could benefit from the mnemonic strategy of drawing. Two patients, BR and BL, who have hippocampal damage and their matched control samples (N = 10 for each patient) completed a testing session via videoconferencing where they were instructed to either draw or write down a list of 30 words. After a delay of 10 minutes, they completed unexpected free recall and recognition tasks. Both patients displayed enhanced performance for the words that they had drawn, as opposed to written, on measures of recall and recognition. As individuals with hippocampal dysfunction live with severe memory deficits which impacts their day-to-day life, research on developing strategies to reduce their memory impairment is of upmost importance.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 71662 - Virtual Poster

Perception of Risk amongst Older Adult Motorcycle Riders

Main Presenting Author: Lento, Nicole

Additional Author: Klein, Rupert

Abstract: *Over the past two decades there has been a rising trend of hospitalization due to motorcycle injuries amongst older motorcycle riders. A past study by Rutter, Quine, and Albery (1998) found that older riders were overly optimistic regarding their estimates of serious accidents and death ("unrealistic optimism"), and this distortion of perceived risk may result in riskier riding behaviour. The purpose of this study was to extend the work of Rutter et al. (1998) and assess differences in unrealistic optimism amongst different generational cohorts, gender, and continuing versus returning riders. As well, the associations this perceptual bias has with behaviours such as the purchase of more powerful bike engines, and the adoption of protective equipment and safe riding practices. Data was collected using an online survey consisting of demographics, unrealistic optimism, motorcycle risk behaviour and accident history. 188 participants completed the survey. Results indicated older riders show more unrealistic optimism than other age groups. Men show more optimistic bias compared to women, and returning riders were more optimistic than continuing riders. Also, older riders and those*

scoring higher on unrealistic optimism had no significant associations with the adoption of protective equipment or safety behaviours. Implications of these findings for older rider safety are discussed.

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 71792 - Virtual Posters

Review Session

Adolescence as a sensitive period for acquisition of musical knowledge

Main Presenting Author: Cohen, J. Annabel

Abstract: *Most adults vividly remember songs from their adolescence. Is that because adolescence is a sensitive period for acquisition of musical knowledge? Sensitive periods are windows of time during which specific environmental information, or its absence, has a lasting impact on the brain and associated behavior (Werker and Hensch, 2015). Evidence has been gathered to support both a pre-adolescent sensitive period for language acquisition and an adolescent sensitive period for social learning. As music has social significance, it is proposed that after accomplishing the challenging pre-adolescent task of acquiring language, the brain moves on with the sociobiologically significant adolescent task of music acquisition. In support, the presentation synthesizes information from three theoretical areas (a) sensitive periods in developmental science (b) prediction as a primary brain function including in the domain of music cognition, and (c) the understudied age of adolescence including different developmental trajectories of the dopamine system and executive control system. Lifespan studies are then reviewed that have explored preference, familiarity, and memory of popular music. The discussion offers insight into adolescent brain and cognition and has curricular implications for Canadian school systems that typically limit rather than expand access to music education in high school.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 71924 - Review Session

Section Chair Address

The Impact of the COVID-19 Pandemic on Biofeedback Practice: Challenges and Strategies

Main Presenting Author: Hartney, Elizabeth

Abstract: *COVID-19 has increased demand yet created challenges for biofeedback services, including physical distancing between clinicians and clients; sterilization and sanitization; inconsistent client attendance; staff retention; increased client complexity; and new ethical dilemmas. Approaches used to reduce the impact include increased supportive clinical leadership to all staff; split room and remote working options; provision of additional sanitation supplies and masks, and sanitation protocols; flexible booking policies; increased staff incentives and supports; increased mentoring for staff to reduce burnout; increased client-clinician contact and check-ins; consistent policy updates. While not formally assessed, these have resulted in positive feedback from staff and clients. COVID-19 has exacerbated some of the less frequently observed challenges to biofeedback*

practice and introduced new ones. Increased flexibility and ongoing supportive leadership to enable clinical staff to adjust to the demands of the pandemic have enabled biofeedback practice to be maintained with the least possible impact on clients. Dissemination of pandemic practices are a valuable contribution to the biofeedback field.

Section: *Quantitative Electrophysiology / Électrophysiologie quantitative*
Session ID: 72503 - Section Chair Address

Section Featured Speaker Address

Grasping the Invisible: The Cognition of Abstract Things

Main Presenting Author: Pexman, M Penny

Abstract: *Abstract concepts, like _wisdom, joy, _and _friendship_, are central to our mental and social lives and yet they cannot be directly experienced through the senses. As such, they pose a challenge for cognitive models that assume a central role for sensorimotor information in the way we learn and understand concepts. There is growing recognition, however, that it is possible for meaning to be grounded in other ways. In a series of studies, my colleagues and I have explored the roles of language, emotion, and socialness in the acquisition and representation of abstract concepts. I will describe that research and its implications for our understanding of human cognition.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 71261 - Section Featured Speaker Address

Snapshot

A longitudinal examination of the impact of self-compassion on thwarted belongingness, perceived burdensomeness, and suicidal ideation

Main Presenting Author: Bianchini, Genevieve

Additional Author: Bodell, Lindsay

Abstract: *Suicidal ideation (SI) is a pernicious health concern in youth. Approximately 17-20% of Canadians aged 15 to 24 report lifetime SI (Statistics Canada 2019). This number is concerning, given SI is related to significant distress and is a strong predictor of death by suicide (Beck et al., 1999). Improved understanding of how and why SI develops can significantly reduce the suffering of many individuals worldwide. The Interpersonal Theory of Suicide (Joiner, 2005) posits that suicide desire is composed of thwarted belongingness (TB) and perceived burdensomeness (PB), and both have established associations with SI (Chu et al., 2017; Van Orden et al., 2010). Furthermore, research suggests that having high self-compassion, which involves being kind and open to oneself (Neff, 2003), may be protective against TB, PB, and SI (Cleare et al., 2019; Fang, 2020). However, few studies have investigated these associations longitudinally. The current study used mixed effect models to examine the impact of self-compassion on TB, PB, and SI over time. Participants were university students (_N_ = 188) who completed assessments at three timepoints over a three-month period. Controlling for depressive symptoms, lower self-compassion was associated with higher SI, PB, and TB across all time points. Findings extend prior research and suggest that enhancing self-compassion may reduce risk for SI.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70915 - Snapshot

Aggression in Forensic Psychiatry: The Interpersonal Perception Task

Main Presenting Author: Battaglia, M Anthony

Additional Authors: Gicas, M Kristina; Mamak, Mini; Goldberg, Joel O

Abstract: *BACKGROUND: Perception of interpersonal aspects of aggression has been under-explored in studies that examine links between psychosis and aggression. This study examined social cognition in violently offending forensic psychiatric patients with psychosis (FPPPs), and who either recently or not recently displayed aggression on a hospital unit. METHODS: As part of a larger study, 25 FPPPs (10 recently aggressive, 15 not-recently aggressive) and 20 healthy controls completed the Interpersonal Perception Task-15 (IPT-15). Given the small sample size, medium effects were considered as these are often clinically meaningful. RESULTS: Violently offending FPPPs showed global impairments on the IPT-15 [$t_{(43)}=-3.14$, $p=.003$, $g=.94$], and specifically on the deception [$t_{(43)}=-1.71$, $p=.095$, $g=.51$]and kinship subscales [$t_{(43)}=-2.7$, $p=.010$, $g=.81$], while also underestimating their errors [$t_{(43)}=2.27$, $p=.028$, $g=.81$]. Distinct to recently aggressive FPPPs was impairment on the competition subscale [$t_{(23)}=-1.77$, $p=.089$, $g=.71$]. CONCLUSIONS/IMPACT: Interpersonal perception impairments were identified among violently offending FPPPs who continue to display on-unit aggression, highlighting its importance in understanding the role of social cognition in psychosis violence potential. IMPACT: Findings have implications for social cognitive interventions and exploring virtual reality technologies.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 71262 - Snapshot

Audiovisual integration capacity is not affected by individual differences in traits of autism spectrum disorder

Main Presenting Author: Wilbiks, Jonathan

Additional Author: Wood, Chelsea

Abstract: *Recent research has examined differences between individuals on various measures of unimodal and multimodal perception. One important difference to this end is the variability in multisensory integration in individuals with varying levels of autistic traits. Autism spectrum disorder is characterized by varying degrees of symptom severity, ranging from extreme deficits in language and other behavioural abilities, to relatively mild effects on things like focus and socialization. Additionally, research has shown that neurotypical individuals demonstrate low levels of these traits. The current research examines the potential for variation between neurotypical individuals on an audiovisual integration capacity task as a function of traits related to autism spectrum disorder. Based on prior research, we expected to observe reduced audiovisual integration capacity for individuals with elevated levels of autistic traits among non-diagnosed populations. However, the results showed no significant differences in audiovisual integration capacities due to differences in autism spectrum disorder traits. Future research will follow up on these findings by comparing people clinically diagnosed with autism spectrum disorders with neurotypical control participants, to better understand whether these kinds of differences could be associated with audiovisual integration capacity differences.*

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 71704 - Snapshot

Cognitive Phenotyping of Methamphetamine-Induced Psychosis: A Pilot Study

Main Presenting Author: Gicas, Kristina

Additional Authors: Kozloff, Nicole; Wong, Albert H. C.

Abstract: *Methamphetamine (MA) use is increasing worldwide. Psychosis is a key harm associated with MA use, but the disease expression is poorly understood and challenging to differentiate from primary psychotic disorders. This pilot study aims to characterize the cognitive phenotype of persons with MA-induced psychosis (MAP) and compare it to persons with schizophrenia spectrum disorders (SSD). Participants were 32 patients (MAP = 11, SSD = 21) who were recruited through the Centre for Addiction and Mental Health Psychiatric Emergency Department (_M_age=34 years;84% male;34% White). They completed a brief battery of executive functioning (working memory, inhibition) and social cognitive (theory of mind) tasks. Groups were compared on demographics, cognitive scores, and intra-individual cognitive variability using t-tests, chi squares, and a mixed model ANOVA. Groups did not differ on demographics except there were fewer females in the MAP (n = 0) vs. SSD (n = 5) group. The MAP group had poorer executive functioning (_p_ = .04-.09; Hedge's _g_ = .65-.83) and greater intra-individual variability (_p_ = .04; partial eta2=.141). Differential cognitive profiles were observed for persons with MAP and SSD. Further characterization of the clinical and cognitive phenotype in MAP is required to help inform differential diagnosis and treatment planning for this vulnerable and medically-complex group.*

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 68812 - Snapshot

Differences in Parent and Teacher perceptions of Behaviour Manifested by Gifted Students with ADHD Compared to Gifted Students and Non-gifted Students with ADHD Using the Conners 3

Main Presenting Author: François-Sévigny, Juliette

Additional Authors: Pilon, Mathieu; Gauthier, Laurie-Anne

Abstract: *_BACKGROUND: _ The potential for the misdiagnosis of giftedness as ADHD has been well documented, as has the clinical diagnostic profile of individuals with both giftedness and ADHD (Mullet and Rinn, 2015; Reis et al., 2014). This study aimed to examine parent and teacher responses to the Conners 3 behavioral rating scale of gifted students with ADHD compared to gifted students and non-gifted students with ADHD. _METHODS:_ 90 participants (mean age 9.6± 2.1 years), aged 8 to 16, were recruited. Based on clinical assessment utilizing the K-SADS, the WISC-V and other neuropsychological tests, students were allocated in three groups gifted/ADHD (n=35), ADHD (n=35) and gifted (n=20). _RESULTS: _ Multivariate analysis of variance (MANOVA) indicated that compared to gifted group, parent and teacher ratings of the ADHD group, as well as the gifted/ADHD group were significantly different in terms of inattention, hyperactivity, and executive functions (all _ps_ < 0.05-0.001). The gifted/ADHD and ADHD groups significantly differ only in the teacher ratings of learning problems (_p_ < 0.01) and of learning problems/executive functioning (_p_ < 0.01). _CONCLUSIONS: _Our results add support to the validity of ADHD diagnosis in the gifted*

children population. Moreover, our data suggest that gifted/ADHD students show a similar level of inattentive and hyperactive symptoms in everyday life and in school.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 71378 - Snapshot

Fear of Negative Evaluation Moderates the Effect of Social Inclusion and Social Feedback on Fundamental Needs

Main Presenting Author: Thériault, Rémi

Additional Authors: Dion-Cliche, Flavie; Dandeneau, Stéphane

Abstract: *BACKGROUND/RATIONALE. The goal was to clarify the effects of preferential inclusion on the satisfaction of fundamental needs and to identify potential moderators. METHODS. 438 participants either received positive or ambiguous social feedback, then participated either in a social participation (Cyberball) or a preferential social inclusion (Überball) task. Participants also completed various state and personality measures for moderation and mediation purposes. RESULTS. We found that (a) Überball leads to higher satisfaction of fundamental needs than Cyberball; (b) perceived relational value partly mediates this effect; and (c) inclusion paradigm (Cyberball vs. Überball), social feedback (positive vs. ambiguous), and fear of negative evaluation all interact in predicting fundamental needs. Specifically, high-FNE individuals benefit from Überball when receiving positive feedback, but not (significantly so) when receiving ambiguous feedback. CONCLUSION. This research shows that Überball is a valid and useful paradigm to study social inclusion, that it leads to higher satisfaction of fundamental needs than a social participation task like Cyberball, and that relational value stands as its primary mechanism. ACTION/IMPACT. The study sheds light on the interaction between various social factors, which could help advance research and inform future social inclusion interventions.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 71687 - Snapshot

Gory Memories: Attentional Focus Across Violent Scenes

Main Presenting Author: Bulmer, Bailey

Additional Authors: Sidhu, Riya; Peace, Kristine A

Abstract: *Emotional scene memory has been found to vary in relation to recall of central (core emotional) and peripheral (background) details, resulting in a form of attentional narrowing/tunnel memory. The source of emotional arousal may influence the extent to which attentional narrowing occurs. Images containing gory/gruesome content should, in theory, lead to a reversal of attentional narrowing given our tendency to avert our gaze away from gory details. However, memory biases for disgust also have been evidenced where recall is enhanced by such material. It remains unclear how gore influences memory retention processes. Participants (_N_ = 568) were assigned to an image condition (non-violent/no-gore, violent/no-gore, violent/indirect gore, violent/direct gore) followed by delayed memory testing, including objective memory assessment detail coding, central/peripheral accuracy questions, and hot spot analysis. Data coding and analysis is underway and will be completed by April 2022. Preliminary data review suggests that gory details attracted more focused attention initially, followed by dispersed visual processing of the scene. We predict that exposure to*

gore will lead to tunnel memories (i.e., enhanced central accuracy), however differences between gore type and violence level may be revealed across different measures of memory assessment (i.e., hot spot/content analysis).

Section: *Traumatic Stress / Stress traumatique*
Session ID: 70766 - Snapshot

Lower self-compassion mediates relation between perfectionism and distress over 2 years in women

Main Presenting Author: McIntyre, Aynslie

Additional Authors: Dunkley, M David; Richard, Alexandra

Abstract: *This study examined self-compassion as a mediator between perfectionism and distress over two years and evaluated sex differences in these relations. A sample of 124 community adults completed measures of two higher-order dimensions of perfectionism, self-critical (SC) and personal standards (PS) perfectionism, at baseline (Time 1); compassionate self-responding (i.e., self-kindness, common humanity, mindfulness) and uncompassionate self-responding (i.e., self-judgment, isolation, over-identification) one year later (Time 2); and psychological distress at Time 1 and again two years later (Time 3). For women, but not men, Time 2 uncompassionate self-responding and lower compassionate self-responding both mediated the relationship between Time 1 SC perfectionism and Time 3 distress. The association between Time 1 PS perfectionism and Time 3 distress was mediated by uncompassionate self-responding in women. In men, PS perfectionism was related to compassionate self-responding, which, in turn, was related to lower distress. These findings demonstrate that self-compassion explains the relationship between perfectionism and distress longitudinally and does so differently for males and females. This suggests that, for women in particular, interventions aimed at decreasing uncompassionate self-responding and bolstering compassionate self-responding may reduce symptoms of distress.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70520 - Snapshot

Mediator effect of growth velocity between birth weight and neurodevelopment in very preterm infants

Main Presenting Author: Sériès, Thibaut

Abstract: *_RATIONALE: Infants born very preterm with a low birth weight (BW) are at high risk of neurodevelopmental impairment. Neonatal weight growth velocity (GV) could be a protective factor._ METHOD: This study is a prospective secondary analysis of the data from the MOBYDIck randomized control trial conducted in 16 Canadian neonatal units (N=528 infants; gestational age=23-29 weeks). The primary and secondary outcomes were respectively Bayley-III cognition and language scores at 18-22 months corrected age. GV was calculated from birth to 36 weeks postmenstrual age. BW z-scores were derived from Fenton's growth chart. Associations were estimated using linear regression and causal mediation models. RESULTS: 379 infants were included (BW=918.59±239.28g; GV=13.09±1.78g/kg/d). BW z-score was positively associated to cognition and language scores (ß=2.62, _p_=0.004; ß=2.20, _p_=0.018) except when these relations were mediated by GV (ß=-1.12, _p_=0.046; ß=-2.06, _p_=0.002). Indeed, BW z-score was negatively associated to*

GV (ß=-1.06, _p_=0.001) and GV was positively associated to cognition and language scores (ß=1.06, _p_=0.057; ß=1.90, _p_=0.001). CONCLUSION/ACTION: Insufficient GV contributes to decrease neurodevelopment in very preterm infants. Psychological and nutritional interventions are crucial to respectively develop cognition capacities and increase neonatal GV. (NCT02371460, funded by IRSC)

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 70149 - Snapshot

Observers are Implicitly Sensitive to the Attention and Action Cues of Another

Main Presenting Author: Chouinard, Brea

Additional Authors: Chapman, Craig; Pesquita, Ana; Enns, James

Abstract: *Previous work indicated a quicker response to another person's pointing if that person had chosen where to point as opposed to being told where to point (Pesquita, Enns, Chapman, 2016). This effect negatively correlated with scores on the Autism Spectrum Quotient (ASQ; i.e., higher ASQ scorers exhibited a smaller effect). Here, we expanded the original study by (i) evaluating the effect through online measures and (ii) having an additional observer group of autistic individuals. All participants watched video clips and had to move their mouse to the target on the side that the Pointer was going to point to, faster than the Pointer in the video. For half of the clips the Pointer had been told where to point, and half were self-chosen. Each observer watched 3 different Pointers, 100 times, in random order, with response times and mouse trajectories collected for all 300 trials. Thus far, response times have indicated presence of the effect in no-ASD participants as measured online. We are also analyzing (1) how mouse trajectories indicate the effect and (2) relationships between the two measures and ASQ scores. Data from 30 participants with ASD are being collected and likewise analyzed. This simple yet elegant design allows us to evaluate implicit sensitivity to the action and attention cues of others, which can help us refine our understanding of social communication in autism.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 71570 - Snapshot

Self-Critical Perfectionism, Experiential Avoidance, and Rumination over 2 Years

Main Presenting Author: Perezmontemayor Cruz, Ignacio

Additional Authors: Richard, Alexandra ; McIntyre, Aynslie ; Dunkley , David

Abstract: *The self-critical (SC) dimension of perfectionism has been consistently associated with negative outcomes in mental health. We examined whether experiential avoidance and expressive suppression mediate the link between self-critical perfectionism and rumination over time. Community adults (N = 151) holding paid employment completed measures of perfectionism, experiential avoidance, expressive suppression, and rumination at baseline (Time 1). The measures of experiential avoidance, expressive suppression, and rumination were repeated one year (Time 2) and two years (Time 3) after baseline. Path analysis results revealed that Time 2 experiential avoidance but not expressive suppression mediated the relation between Time 1 SC perfectionism and Time 3 rumination, controlling for baseline rumination. Additional analyses showed that Time 2 rumination mediated the relation between Time 1 SC perfectionism and Time 3 experiential avoidance,*

controlling for baseline experiential avoidance. This potentially indicates that self-critical perfectionism could be associated with a vicious cycle between experiential avoidance and rumination. This study deepens our understanding of the emotional dysregulation tendencies of individuals with higher SC perfectionism and suggests improving interventions by reducing experiential avoidance and rumination as specific targets for change.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 70878 - Snapshot

Telephone Neuropsychological Assessment in a Mild Cognitive Impairment Clinic: Advantages and Challenges

Main Presenting Author: Millikin, Colleen

Abstract: *Telephone-based cognitive assessment is largely limited to screening tests (e.g., Telephone Interview for Cognitive Status (TICS)). Neuropsychological test norms are based on face-to-face administration. Due to the pandemic, the Early Cognitive Change Clinic for Older Adults developed a telephone assessment to inform diagnosis. Patients completed a 1-hour interview and 1-hour assessment, including measures of verbal memory, attention, and verbal fluency. A family member was interviewed by a clinical geropsychologist. Feedback was provided via telephone or videoconference. From April 2020-October 2021, 75 telephone assessments were completed, with feedback by video for 62.7% of patients and phone for 37.3%. In most cases, it was possible to provide a diagnosis (mild cognitive impairment, dementia, normal/other) and recommendations. Advantages of telephone assessment included maintaining wait times and increased accessibility. Challenges included patient hearing impairment and lack of visual information about patients. Diagnoses were informed by qualitative observations of behaviour and information from family members. Many patients expressed appreciation for the opportunity to be assessed by phone. A significant minority did not have access to videoconference technology. There is a need for telephone-based assessment tools with adequate reliability, validity, and normative data.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 71810 - Snapshot

The Variability in Co-Patterns of Depression and Gaming During the First Year of the COVID-19 Pandemic

Main Presenting Author: Ritchie, V Emma

Additional Author: Keough, T Matthew

Abstract: *BACKGROUND: Emerging research suggests an increase in depressive symptoms since the beginning of COVID-19 restrictions. Self-medication models of addiction posit that depressed individuals are at risk for excessive gaming, as they may turn to gaming in order to cope. METHODS: Participants (n = 332) who reported gaming in the 3 months prior to the pandemic completed four waves of online surveys beginning in April 2020. We ran a parallel process latent class growth analysis to examine meaningful subgroups based on patterns of depressive symptoms and gaming problems over time. RESULTS: We found evidence for 3 classes. Class 1 gamers had moderate symptoms of disordered gaming and depression at Wave 1, which decreased at Waves 2 and 3, then increased to moderate levels at Wave 4. Class 2 gamers had stable, low levels of disordered*

gaming and depression. Class 3 gamers had moderately high levels of disordered gaming from Waves 1 to 3, which decreased at Wave 4; depression levels were moderately high but stable. CONCLUSIONS: Symptoms of disordered gaming and depression were variable during the first nine months of the pandemic. The variability of pandemic-related restrictions may have contributed to the differing levels of depression in our sample. IMPACT: Some individuals experienced an increase in gaming and depression, but many reported non-problematic gaming during the pandemic.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 70807 - Snapshot

Working Memory Capacity and Decision-Making Preferences as Predictors of COVID-19 Vaccination

Main Presenting Author: Lanthier, P Caitlin

Abstract: *Failure to comply with vaccination mandates during the coronavirus disease 2019 (COVID-19) pandemic poses a great challenge to the Canadian health care system. Choosing not to vaccinate may reflect individuals concerns about the costs of vaccination while discounting its public health benefits. This research proposes that this decision-making is associated with limits of one's mental capacity, specifically working memory capacity. In addition, the degree to which individuals choose to approach decisions with either experiential (intuitive) or rational (logical) approaches will be considered. To measure these cognitive functions, participants will complete a cognitive task in the form of an N-Back to measure their working memory capacity as well as the Rational Experiential Inventory-40 questionnaire to measure their modes of decision-making. Data will be analyzed using multiple regressions and Spearman's coefficient. The purpose of this study is to investigate if working memory capacity and individuals' preferences to process information can predict COVID-19 vaccination status. The results of the study will elucidate a potential cognitive venue for developing strategies to alleviate the current public health crisis.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 71883 - Snapshot