

12TH ANNUAL

SATURDAY, APRIL 4, 2015

8 a.m.—4:30 p.m.

Hosted by Colorado College

COLORADO
PRINGS
UNDERGRADUATE
RESEARCH
FORUM



COLORADO COLLEGE

UCCS University of Colorado
Colorado Springs



Harry Yau



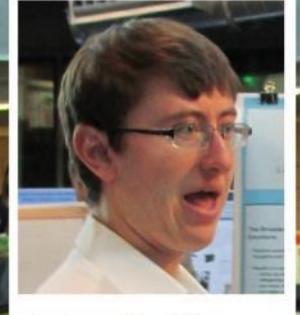
Sam Zarky



Melissa Barnes



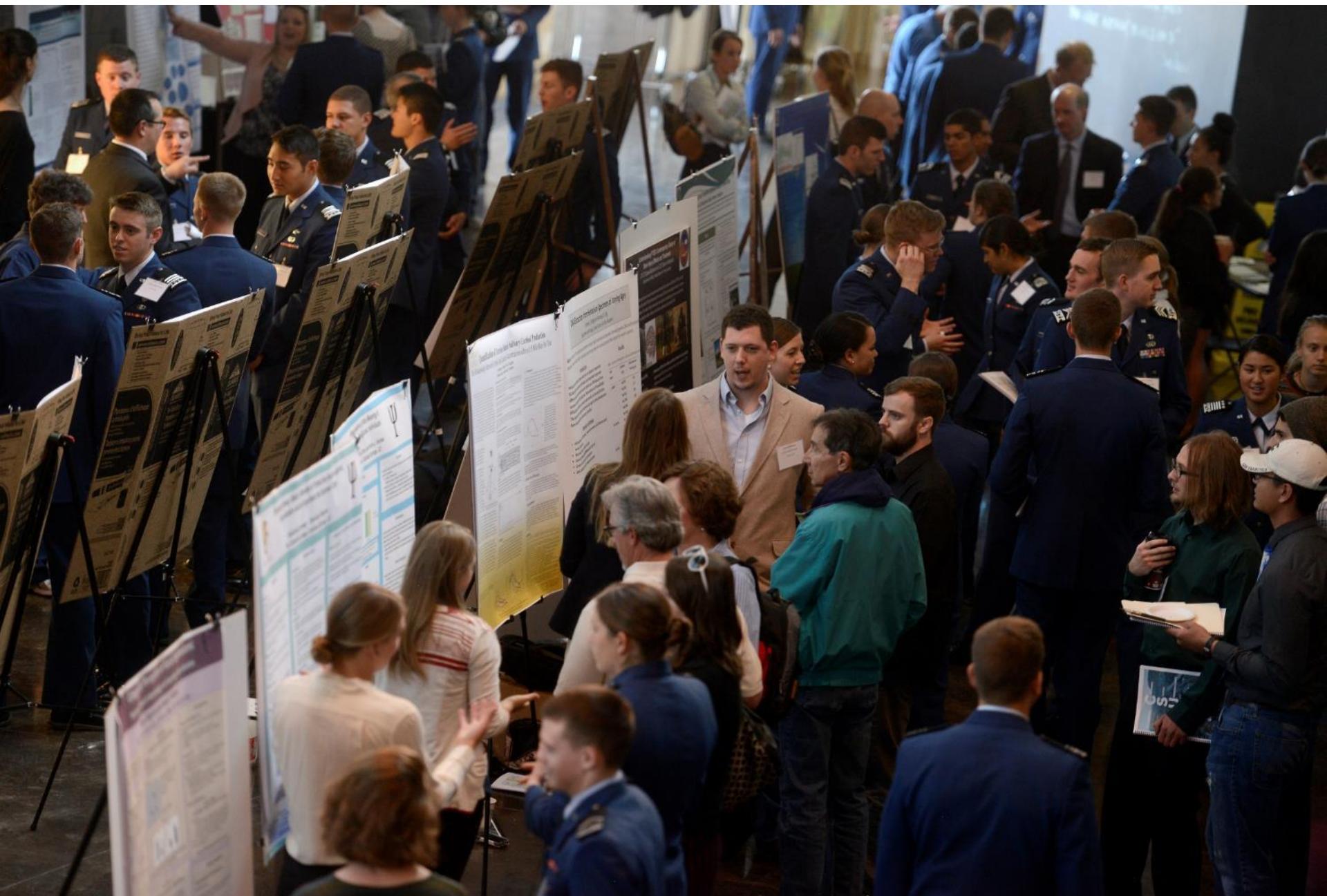
Julia Liao



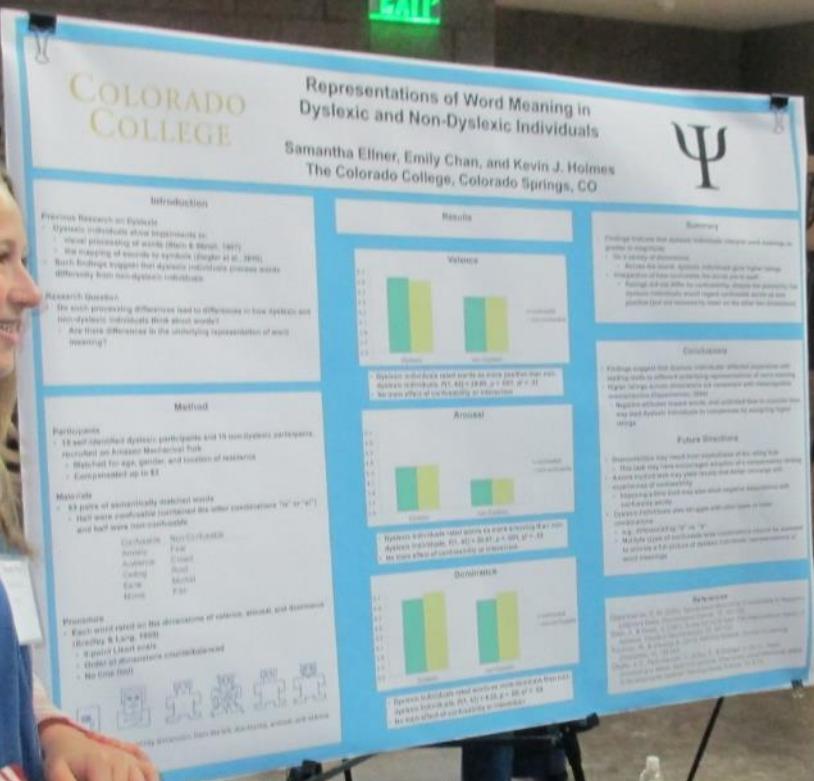
Jake Sullivan



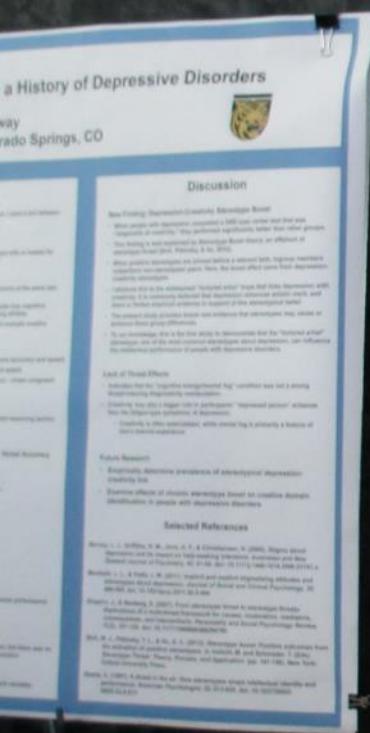
From Left: Kjersten Conway, Susannah Conway, Sydney Minchin,
Nick Bernstein, Samantha Ellner, Hadar Zeigerson











• History of Depressive Disorders

Discussion

New findings from the University of Minnesota indicate that people with hypertension, especially older ones, can benefit from a program of exercise, "thus performing significantly better than other groups."

More patients undergoing IVF treatment before a successful birth. In groups receiving conventional immunotherapy patients were 10% more effective than those receiving

Intergovernmental relationships are important for effective environmental management. It is commonly assumed that institutions addressed through such relationships are more likely to succeed in their environmental goals.

This present study provides some evidence that immunotypes may exhibit no apparent blood group differences.

To our knowledge, this is the first study to investigate how the "distance to placelessness," one of the more common dimensions within dispositions, can influence the cognitive performance of people with bipolar disorders.

out of Thread Effects
Individuals with the "negative entrepreneurial fog" condition have not a strong

Finally, two other major role participants ('improved person' without bias) from the longitudinal outcome of Rembrandt.

Overall, a firm's environmental strategy marketing is primarily a function of their business environment.

Editorial Research Environment: determining prevalence of stereotypical phenomena

Executive effects of drugs: stereotype threat to creative thought
Individuals with substance disorders

Selected References

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C. Rappaport, Y. L., & Ho, A. S. (2012). Recognized versus unnoticed associations between emotional and physical experiences in women. *Journal of Nonverbal Behavior*, 36, 139-158.

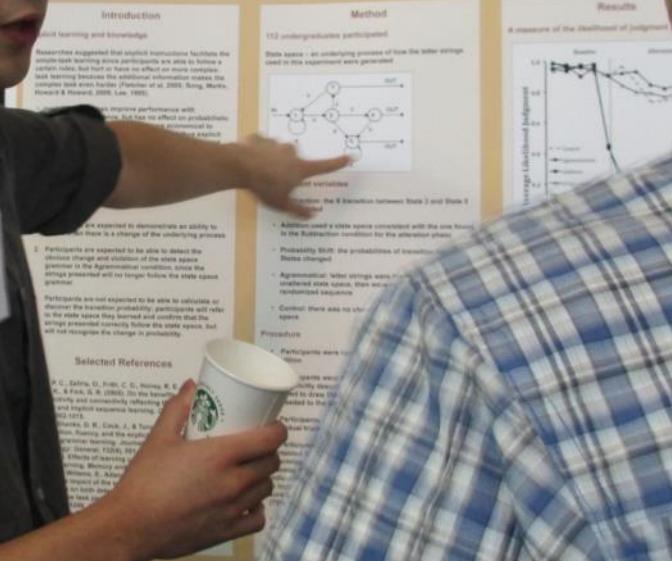
1991. A model of British West African savanna ecosystems. *Journal of Animal Ecology* 60: 103-112.

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reprints: www.atsjournals.org; 105(3):e309-316; doi:10.1513/ATSV.2008-0803CR

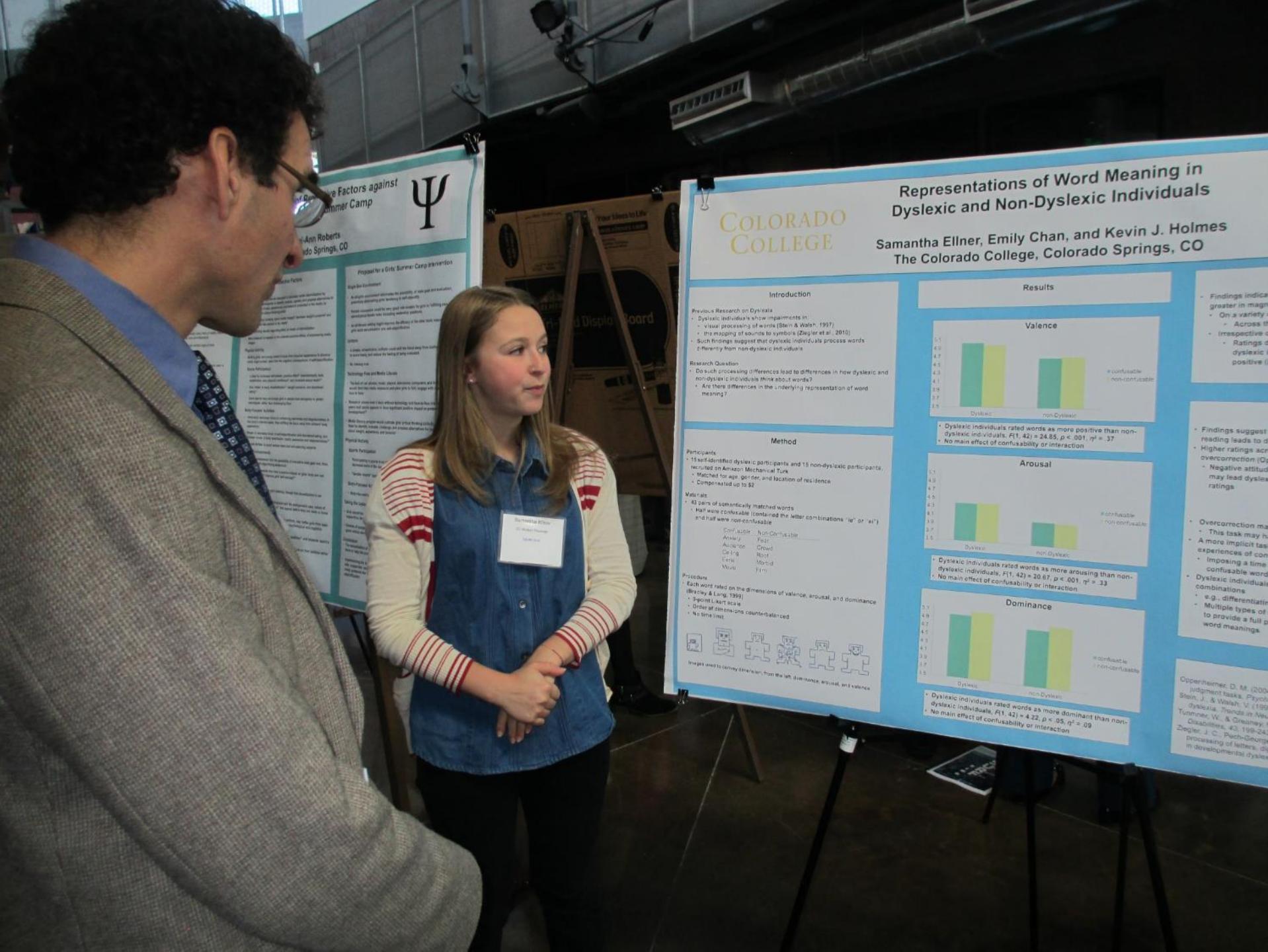
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Artificial Grammar Experiment: How explicit knowledge influences our ability to detect

Harry Yau and John Horner
The Colorado College, Colorado Springs,







Representations of Word Meaning in Dyslexic and Non-Dyslexic Individuals

Samantha Ellner, Emily Chan, and Kevin J. Holmes
The Colorado College, Colorado Springs, CO

Introduction

Previous Research on Dyslexia

- Dyslexic individuals show impairments in:
 - visual processing of words (Stein & Walsh, 1993)
 - the mapping of sounds to symbols (Ziegler et al., 2010)
- Such findings suggest that dyslexic individuals process words differently from non-dyslexic individuals

Research Question

- Do such processing differences lead to differences in how dyslexic and non-dyslexic individuals think about words?
- Are there differences in the underlying representation of word meaning?

Method

Participants

- 15 self-identified dyslexic participants and 15 non-dyslexic participants,
 - recruited on Amazon Mechanical Turk
 - Matched for age, gender, and location of residence
 - Compensated up to \$2

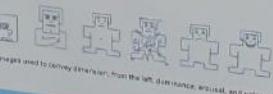
Materials

- 43 pairs of semantically matched words
 - Half were confusable (contained the letter combinations 'ie' or 'ai')
 - Half were non-confusable

Confusable	Non-Confusable
Amarillo	Fear
Autumn	Crowd
Car	Root
Eerie	Morbid
Muse	Firm

Procedure

- Each word rated on the dimensions of valence, arousal, and dominance (Bradley & Lang, 1994)
 - 3-point Likert scale
 - Order of dimensions counterbalanced
 - No time limit



Results

Valence



- Dyslexic individuals rated words as more positive than non-dyslexic individuals, $F(1, 42) = 24.85, p < .001, \eta^2 = .37$
- No main effect of confusability or interaction

Arousal



- Dyslexic individuals rated words as more arousing than non-dyslexic individuals, $F(1, 42) = 20.67, p < .001, \eta^2 = .33$
- No main effect of confusability or interaction

Dominance

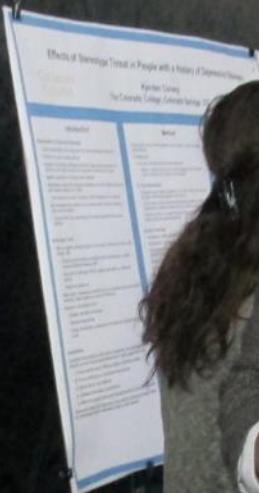


- Dyslexic individuals rated words as more dominant than non-dyslexic individuals, $F(1, 42) = 4.22, p < .05, \eta^2 = .09$
- No main effect of confusability or interaction

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Initial EF-Hand Calcium Binding Proteins (NECABs) in Early Development of the Nervous System

Nicholas Bernstein^{1,2}, Nicholas Mitisios¹, Tony Jimenez-Benitez¹, and Jarl Moller²
1Boulder, CO, ²Fluorescence Tissue Profiling Laboratory, Science for Life Laboratory, Stockholm, Sweden





**Bringing Unsexy Back: A Review of Protective Factors
Sexualization and an Argument for Summer Camp**

Susannah Conway – Tomi-Ann Roberts
The Colorado College, Colorado Springs, CO

Introduction

Sexualization

- are defined by their sex appeal
- are defined by a narrowly defined definition of physical attractiveness that is expected to be sexually arousing
- are treated as sexual objects or tools for use by others
- have sexually inappropriate, immodest, open items

Sexualized images of women are found in virtually every form of media, including television, movies, magazines, and advertisements.

The consequences for girls are dire; girls can exhibit signs of body dissatisfaction as young as age 8!

Sexual Objectification

- Occurs whenever a body or a body part is displayed in a sexual way that is used to represent a person
- Women encounter this treatment in cultural, interpersonal, and intrapersonal spheres of life

Self-Objectification

- This tendency for women and girls to internalize societal messages and view themselves as objects to be looked at and evaluated by others (Frederickson & Roberts, 1997)

Objectification Theory

- Objectification theory provides a framework for understanding the mechanisms through which sexualized and objectified girls come to internalize societal ideals of beauty and the representations of this (Frederickson & Roberts, 1997).

Cultural Sexualization

Media creates sexualized and message that active or passive, positive or negative, and attractive or unattractive beauty standards and often sexually objectify women.

Interpersonal Sexualization

Families, peers, acquaintances consume and perpetuate societal ideals.

Self-Objectification

Girls internalize societal ideal and are constantly preoccupied with trying to meet beauty standards.

Consequences

Body dissatisfaction, Disordered eating, Low self-esteem, Decreased cognition, Physical ineffectiveness.

Protective Factors

Media Literacy

- Media literacy programs are designed to decrease media sexualization by encouraging participants to identify, analyze, critique, and propose alternatives to sexist media messages. These programs also reduce the media's influence on girls' thinking skills.
- Increase critical viewing about media images, decrease weight consciousness and increase self-esteem and self-worth in the media.
- Controlling results regarding effect on levels of internalization.
- More research is needed on the potential protective effects of employing media images.

Physical Activity

- Shifts girls' and young women's focus from physical appearance to physical activity might protect them from the negative consequences of self-objectification.

Sports Participation

- Girls who participate in sports feel more confident, positive about themselves, and improved self-esteem.
- Also linked to body dissatisfaction¹, weight consciousness, and disordered eating.²
- Some sports may encourage girls to adhere more stringently to gender stereotypes than others, such as helping them.

Body Crossed Activities

- Participating in exercises focused on enhancing endurance and responsiveness to the body's internal states, thus shifting the focus away from outward body appearance.
- Shows increased levels of self-objectification and decreased levels of self-esteem, body awareness, and responsiveness.
- Data are limited to small sample sizes and self-reporting methods.

Single-Sex Environments

- Single-sex environments limit the possibility of excessive male gaze and may decrease self-objectifying tendencies.
- Single-sex environments may have a positive impact on girls' self-esteem³, and heighten girls' self-efficacy.

School Uniforms

- Sexualization is greatest in girls clothing, though this is not necessarily limited to school uniforms.
- Uniforms are an important marketing tool and the analogies of girls' clothing often them to "hey girl" are expand outside of the classroom.
- Single and gendered clothes, such as a uniform, may be used to self-objectify and the attendant negative psychological effects.
- Uniforms are associated with greater academic performance⁴ and stronger social bonds⁵.
- Wearing a school uniform might increase girls to feel better than their appearances.

Proposal Note

Single Sex Environment

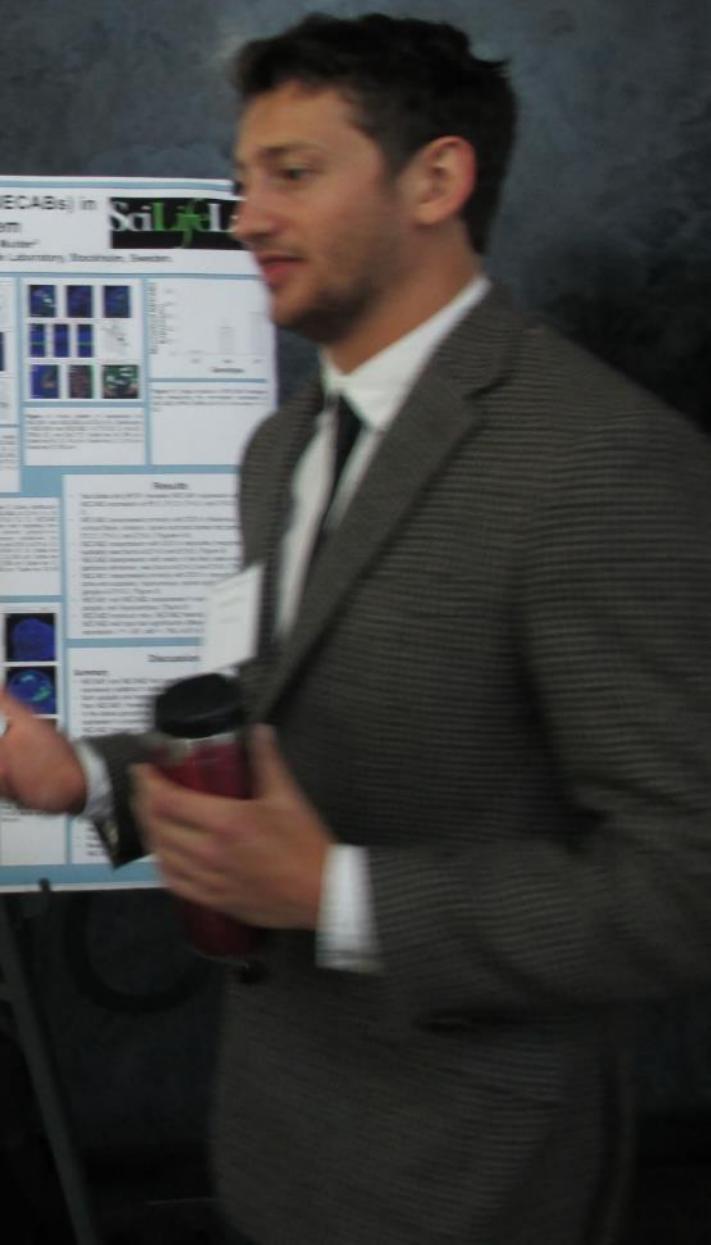
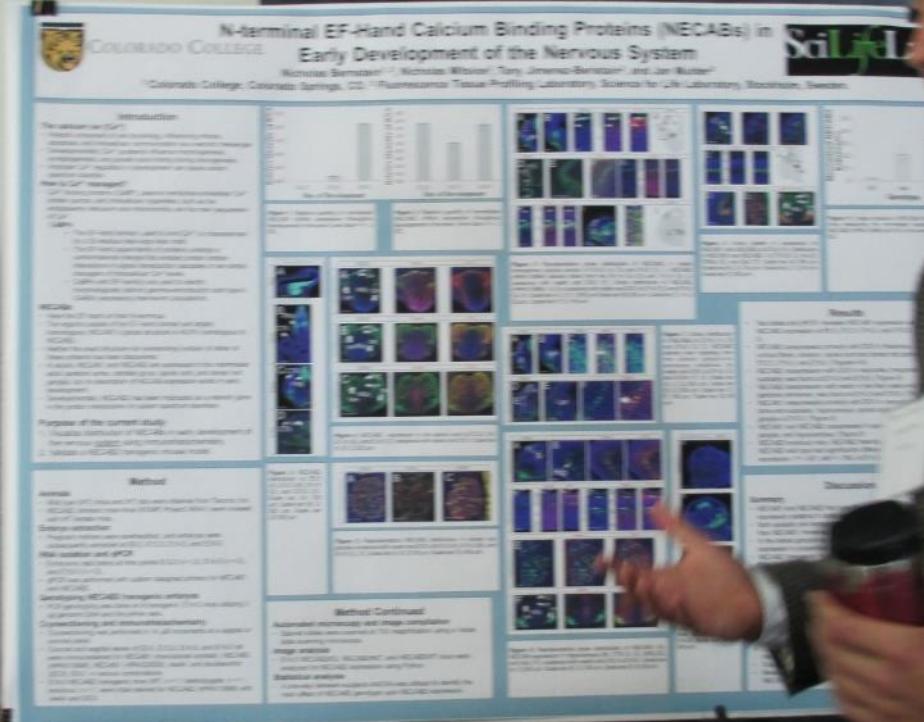
- All girls environment
- gender diversity group

Female orientation could be increased by increasing interactivity of female roles, increasing leadership opportunities.

- An all-girls setting might increase the efficacy of the self-objectification prevention and mitigation.

Uniform

- A more conservative, and less revealing, uniform
- No uniforms



of Protective Factors against ment for Summer Camp

Joni-Ann Roberts
Colorado Springs, CO



Proposal for a Girls' Summer Camp Intervention

Single-Sex Environment

- An all-girls environment eliminates the possibility of male gaze and evaluation; immediately decreasing girls' anxiety in such settings.
- Parents/counselors must be very good role models for girls by fulfilling non-stereotypical female roles including leadership positions.
- All girls benefit cutting anxiety improves the efficacy of the other tools meant to help girls develop self-efficacy and self-advocacy.

Uniforms

- A simple, unrestrictive uniform would shift the focus away from clothes, allow girls to move freely, and reduce the feeling of being evaluated.

No makeup rule

- The lack of makeup, music players, mobile phones, televisions, computers, and internet access would limit media exposure and allow girls to fully engage with one another.

Research shows even 3 days without technology and face-to-face interaction with peers and adults appears to have significant positive impact on preteens' mental well-being.

- Media literacy program would cultivate girls' critical thinking skills by encouraging them to identify, evaluate, challenge, and propose alternatives for societal messages about weight, appearance, and behavior.

Physical Activity

Sports Participation

- Participating in sports in an all-girls environment while wearing a uniform decreases some of the negative outcomes of sports participation.
- "Gender neutral" sports and no tolerance for sexism.

Body-Focused Activities

- Body-focused activities in every department

Taking the Lessons Home

- Girls would be given information about how to implement these tools outside supportive, female community in which they learned them.
- Parents of campers would be educated about their daughter's experience and be given advice about how to support them at home.

Conclusion

- The combination of girls in our anxiety or perspective, but we have some effective tools to help the outcome generalize to girls.

Promoting the tools of resilience together. In an environment where girls feel safe, supported, and free to truly be themselves, we can provide the protective camp, presents the ideal platform for enabling girls to reduce social anxiety and self-doubt.

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Representing Dyslexia

Samantha
The Colorado



Introduction

- Previous Research on Dyslexia
 - Dyslexic individuals show impairments in:
 - visual processing of words (Stanovich & West, 1999)
 - the mapping of sounds to symbols (Ziegler et al., 2010)
- Such findings suggest that dyslexic individuals process words differently from non-dyslexic individuals.

- Do such processing differences lead to differences in how dyslexic and non-dyslexic individuals think about words?
- Are there differences in the underlying representation of word meaning?

Method

- Participants
 - 15 self-identified dyslexic participants and 15 non-dyslexic participants recruited on Amazon Mechanical Turk
 - Matched for age, gender, and location of residence
 - Compensated up to \$2

Materials

- 43 pairs of semantically matched words
 - Half were confusable (contained the letter 'l')
 - Half were non-confusable

Confusable	Non-Confusable
Anxiety	Fear
Audience	Crowd
Calligraphy	Calligraphy
Earth	Mother
Muscle	Firm

Procedures

- Each word rated on the dimension of confusability (Blinch & Long, 1999)
 - 8-point Likert scale
 - Order of administration counterbalanced
 - No time limit



Figure 1. Words used in confusability rating task. From the left, dimensions, anxiety, audience, calligraphy, earth, muscle, fear, crowd, calligraphy, mother, firm.

Source: Blinch, J. L., & Long, C. A. (1999). Semantic processing in dyslexia: The confusability effect. *Memory and Cognition*, 27, 32–46.

Summary

Results showed that dyslexic individuals interpret word meaning, and therefore interpret the meaning of words in a variety of dimensions.

Across the board, dyslexic individuals gave higher ratings for words that were more similar to the words they are reading, suggesting that dyslexic individuals are more likely to choose words that are easier to read.

These results suggest that dyslexic individuals are more likely to choose words that are easier to read, and therefore have higher levels of confidence in their reading abilities.

Effects of Stereotype Threat in People with a History of Depressive Disorders

Psychology
Posters

Kjessie Comer
The Colorado College, Colorado Springs, CO

Introduction

Stereotype threat
Stereotype threat is the fear of confirming negative stereotypes about one's group. This can lead to anxiety, decreased performance, and avoidance of situations that threaten the stereotype. In the context of mental health, people with a history of depressive disorders may experience stereotype threat related to their diagnosis.

Method

Design:
A mixed-methods study was conducted. Qualitative interviews were used to explore participants' experiences of stereotype threat. Quantitative measures were used to assess cognitive and emotional outcomes.

Results



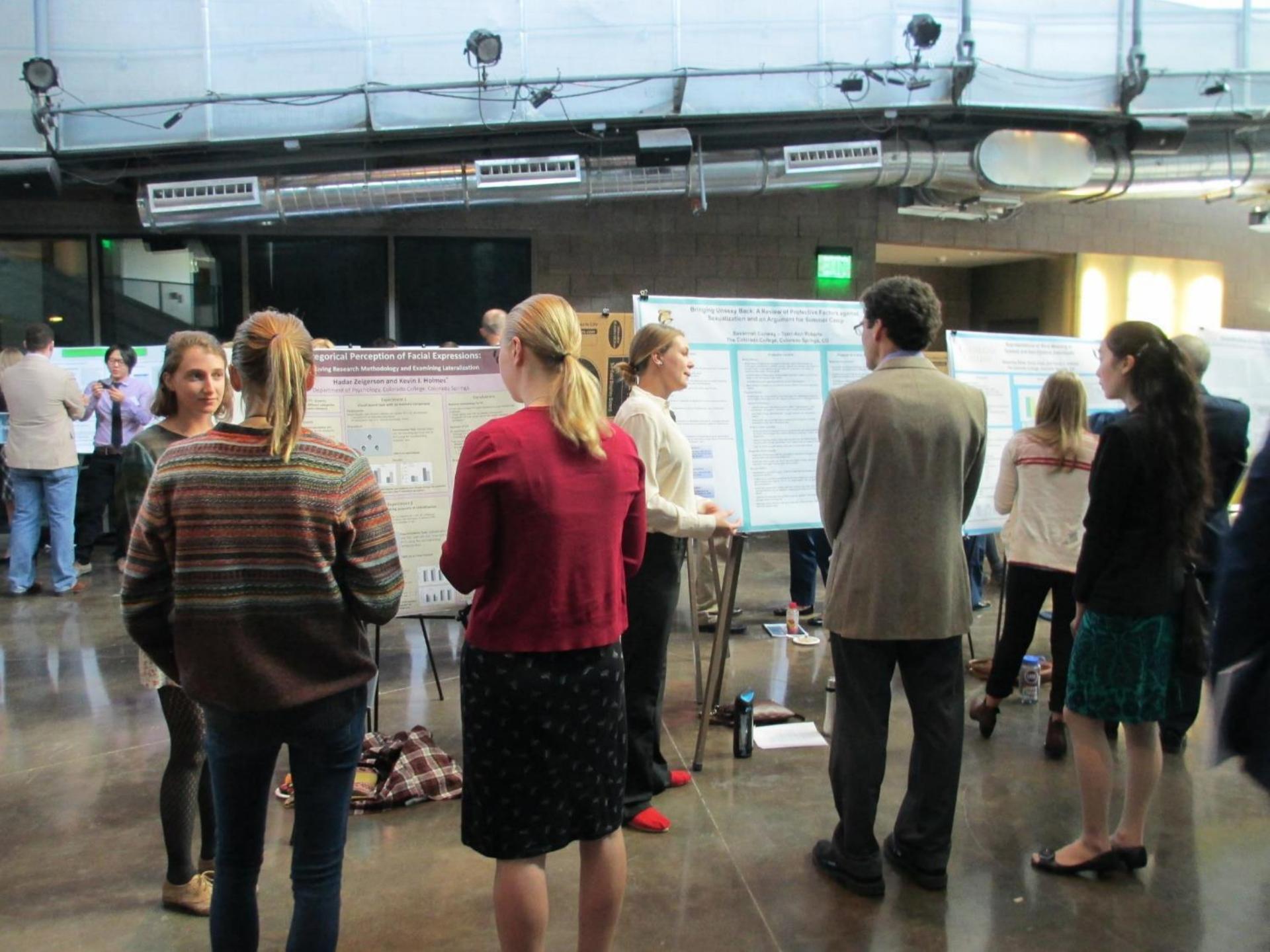
Qualitative Findings:
Participants reported feeling anxious, self-critical, and embarrassed when faced with academic tasks. They also described avoiding social situations and seeking validation from others.

Conclusion

Stereotype threat is a significant concern for people with a history of depressive disorders. Addressing this issue may improve mental health outcomes and reduce stigma.

References

Comer, K. (2018). Effects of Stereotype Threat in People with a History of Depressive Disorders. Poster presented at the Psychology Posters session, The Colorado College, Colorado Springs, CO.



**Categorical Perception of Facial Expressions:
Using Research Methodology and Examining Lateralization**

Hadar Zeigerson and Kevin I. Holmes^{*}
Department of Psychology, Colorado College, Colorado Springs

(Abstract text provided on poster)

**Bringing Unisex Back: A Review of Protective Factors against
Sexualization and an Argument for Gender Comp-**

Basmah Conway > Tami-Aoi Ryabko
The Evergreen State College, Olympia, WA

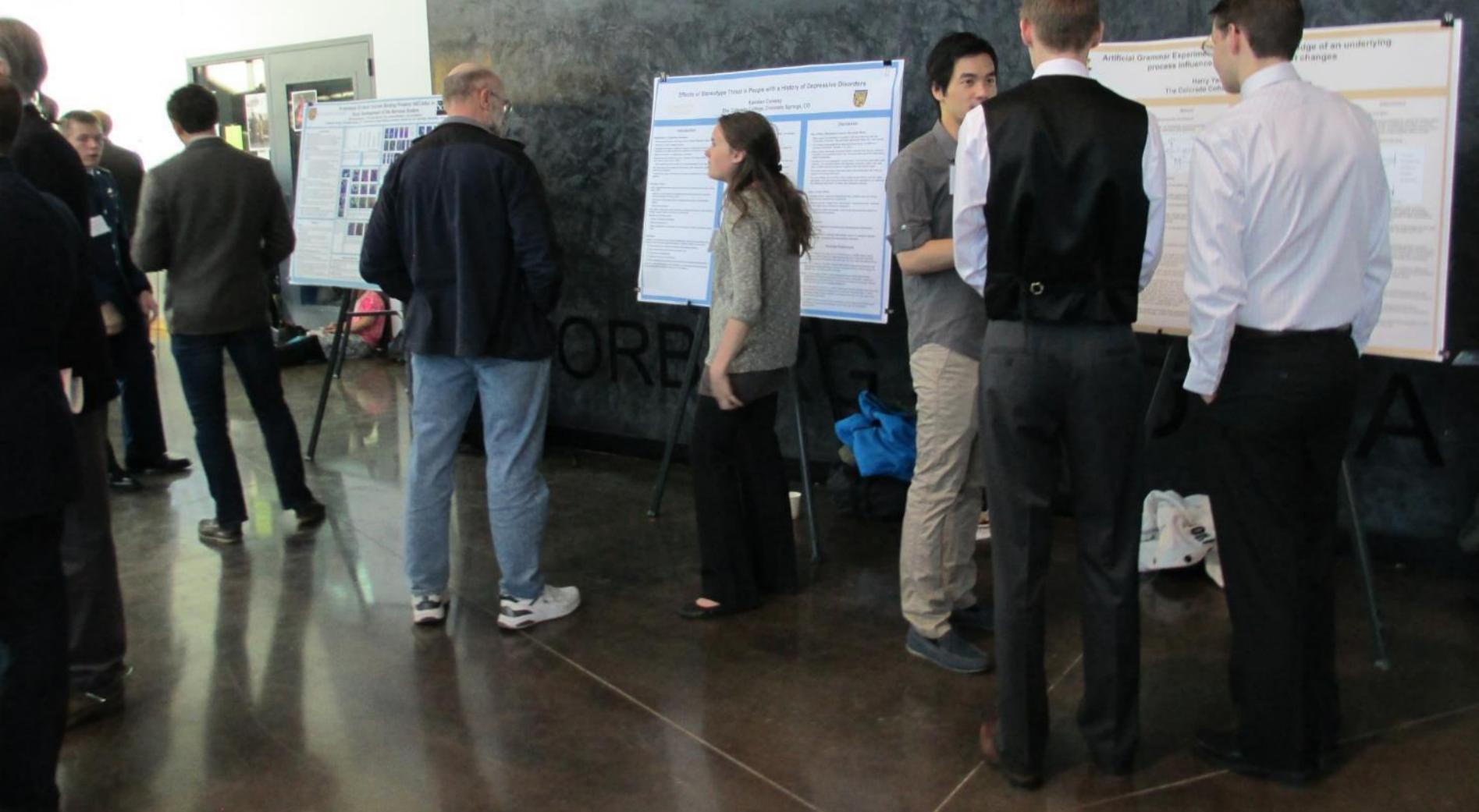
(Abstract text provided on poster)

The Impact of Social Media on Mental Health

(Abstract text provided on poster)

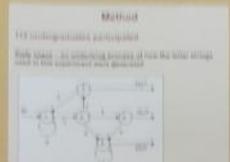
The Effects of Exercise on Cognitive Function

(Abstract text provided on poster)



Artificial Grammar Experiment: How explicit knowledge of a process influences our ability to detect changes

Harry Yau and John Horner
The Colorado College, Colorado Springs, CO



- Independent variables
- Participants had a baseline condition with 5 test trials
 - Participants had a test with 10 test conditions with 10 test trials
 - Participants had the probability of transition between states increased
 - Participants' test scores were first measured during the pretest trial, then were re-measured after a 10-min break.

Results

Participants' test scores were significantly higher than their pretest scores, indicating that participants had learned the new test conditions.

Conclusion

Methodology

Participants

Design

Analysis

Results

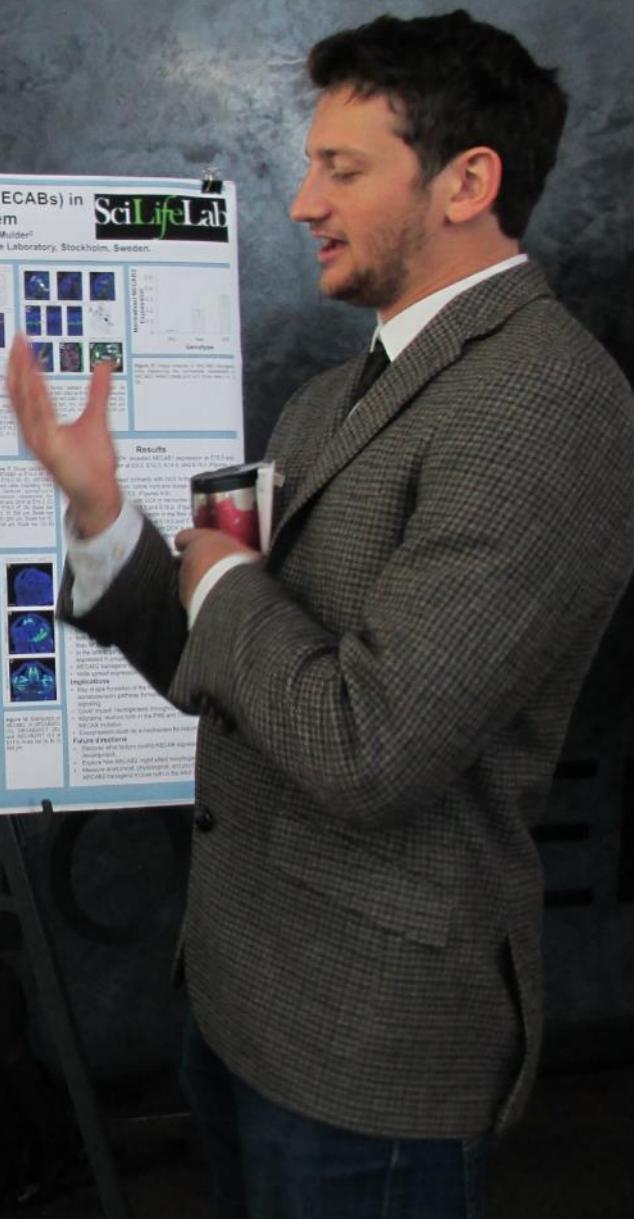
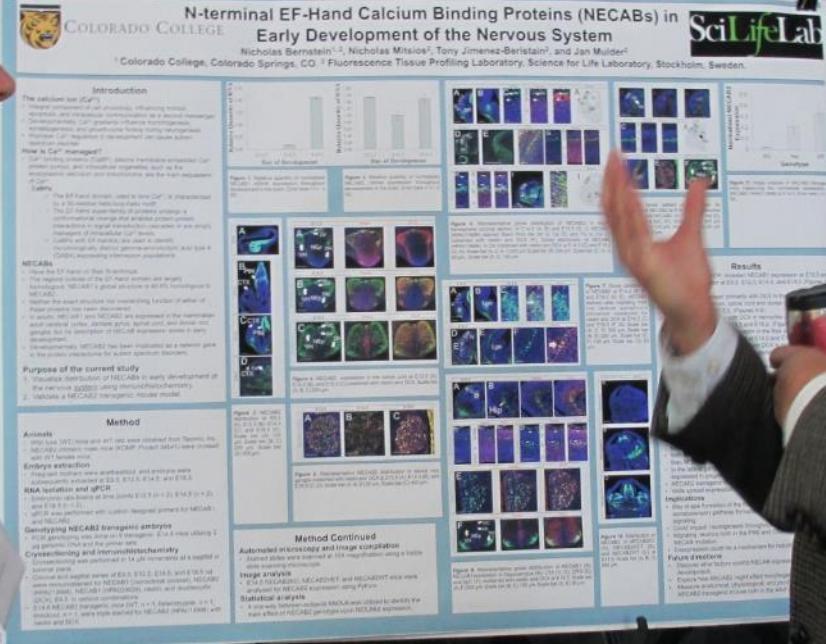
Conclusion

Generalizability

Limitations

Future research

References



Effects of Stereotype Threat in People with a History of Depressive Disorders

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Kjersten Conway

The Colorado College, Colorado Springs, CO

Introduction

Stereotype Threat
Gibson (1990) found that the threat of being stereotyped can impair performance. Stereotype threat occurs when individuals fear that their behavior will be evaluated based on negative stereotypes about their group (Cohen et al., 2002).

Depression produces stereotype threat because depression is often seen as

an indicator of low self-worth, and people with depression are generally under-represented compared to other forms of depression.

Stereotype Threat
Stereotype threat refers to negative stereotypes about one's race, gender, ethnicity or culture (Meece, 1992).

Performance in tasks associated with the stereotype has been negatively affected by stereotype threat (Aronoff & Benet-Martinez, 2002).

You must be functioning officially triggering without doing anything

Setting

State anxiety, apprehension and formation of performance goals, result in efficient processing of cognitive resources (Eccles, Adler, Meece, & Maccoby, 1983).

Individual differences in state anxiety are related to the level of performance.

Hypotheses

Hypothesis 1: Individuals with a history of depression under stereotype threat will perform worse on a task than individuals without a history of depression under stereotype threat.

Hypothesis 2: Threat performance on the MMSE (Memory, Attention, Language, Executive Function) test will be lower for people with a history of depression than those without a history of depression.

Hypothesis 3: Threat performance on the MMSE will be lower for people with a history of depression than those without a history of depression under stereotype threat.

Hypothesis 4: Threat performance on the MMSE will be lower for people with a history of depression than those without a history of depression under stereotype threat.

Hypothesis 5: Threat performance on the MMSE will be lower for people with a history of depression than those without a history of depression under stereotype threat.

Hypothesis 6: Threat performance on the MMSE will be lower for people with a history of depression than those without a history of depression under stereotype threat.

Hypothesis 7: Threat performance on the MMSE will be lower for people with a history of depression than those without a history of depression under stereotype threat.

Hypothesis 8: Threat performance on the MMSE will be lower for people with a history of depression than those without a history of depression under stereotype threat.

Hypothesis 9: Threat performance on the MMSE will be lower for people with a history of depression than those without a history of depression under stereotype threat.

Hypothesis 10: Threat performance on the MMSE will be lower for people with a history of depression than those without a history of depression under stereotype threat.

Hypothesis 11: Threat performance on the MMSE will be lower for people with a history of depression than those without a history of depression under stereotype threat.

Hypothesis 12: Threat performance on the MMSE will be lower for people with a history of depression than those without a history of depression under stereotype threat.

Hypothesis 13: Threat performance on the MMSE will be lower for people with a history of depression than those without a history of depression under stereotype threat.

Hypothesis 14: Threat performance on the MMSE will be lower for people with a history of depression than those without a history of depression under stereotype threat.

Hypothesis 15: Threat performance on the MMSE will be lower for people with a history of depression than those without a history of depression under stereotype threat.

Hypothesis 16: Threat performance on the MMSE will be lower for people with a history of depression than those without a history of depression under stereotype threat.

Hypothesis 17: Threat performance on the MMSE will be lower for people with a history of depression than those without a history of depression under stereotype threat.

Hypothesis 18: Threat performance on the MMSE will be lower for people with a history of depression than those without a history of depression under stereotype threat.

Hypothesis 19: Threat performance on the MMSE will be lower for people with a history of depression than those without a history of depression under stereotype threat.

Hypothesis 20: Threat performance on the MMSE will be lower for people with a history of depression than those without a history of depression under stereotype threat.

Method

We conducted three separate studies using the MMSE (Folstein, Folstein, & McHugh, 1975).

1. Depression

- We asked people to either participate
- Based on whether they "Were you ever under diagnosed with or treated for clinical depression? If so, when?"

2. Threat

- Participants were randomly assigned to one of two versions of the MMSE.
- One version was neutral, the other was threatening.
- Threat condition: They were told the tests would evaluate their cognitive abilities, trigger negative self-reviews, trigger anxiety, and trigger negative emotions.
- Neutral condition: They were told the tests would evaluate cognitive problem solving and memory abilities.

Dependent Variables

- Performance on 1997 MMSE (Memory, problem solving, and speech)

- Performance on a Remote Associate Test (Memory and verbal fluency)

- Error rate on a Remote Associate Test (Memory and verbal fluency)

- Screening Self-Quest Scale: minor score, mean score, T-scores

- New University Self-Quest Scale: minor score, mean score, T-scores

- Help seeking: number of times used an official therapeutic resource, number

Results

Effects of Depression and Stereotype Threat on GPC Verbal Accuracy



Review of Primary Hypotheses

- Overall, stereotype threat is significant (mean = 85.00 vs. 90.00), $F(1, 100) = 10.50$, $p < .01$.

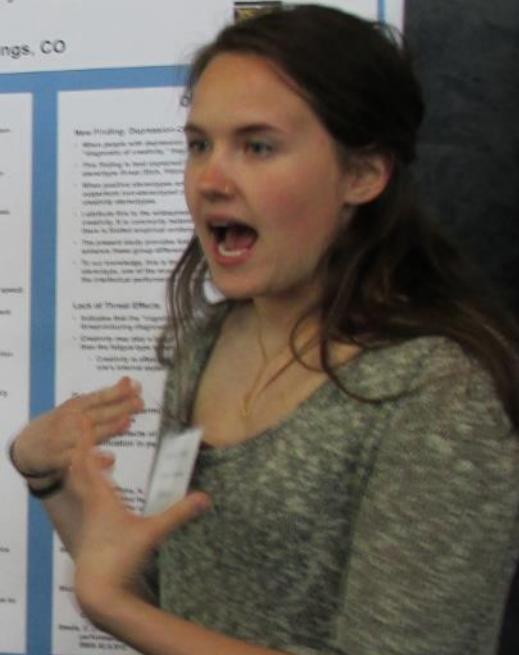
- An interaction threat effect is also significant

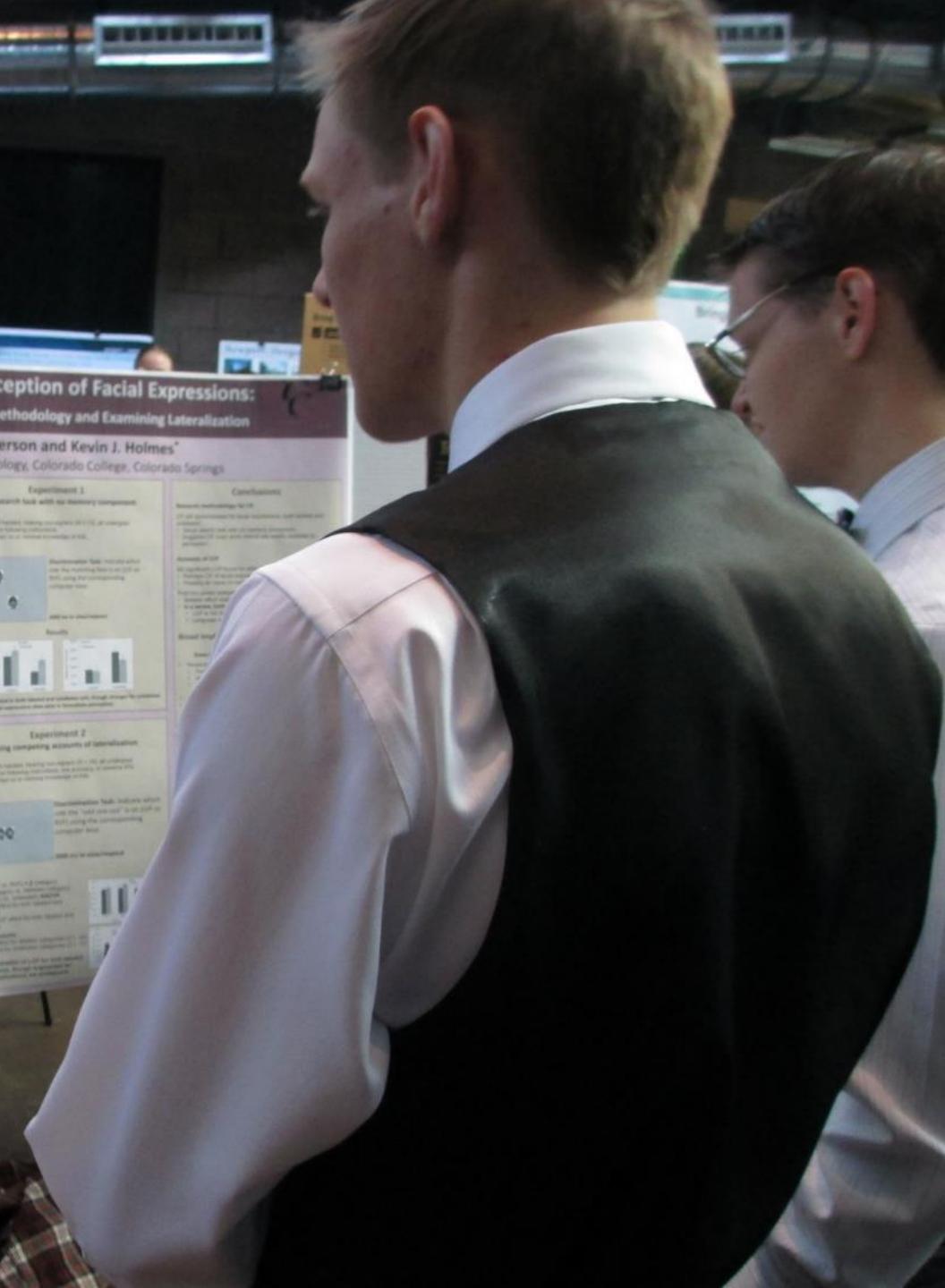
Null Findings

- Individual differences in memory, language, executive function, and attention did not reach significance for depression or stereotype threat interactions.

Other Hypotheses

- There were no significant results on any of the other variables mentioned.







Effects of Stereotype Threat in People with a History of Depressive Disorders

Kjersten Conway
The Colorado College, Colorado Springs, CO

Introduction

Stereigmatization of Depressive Disorders

- Cultural stereigmatization of the illness and its treatment (Munson & Pettit, 2011)
- Perceived as needy, helpless, and lazy
- Associated with low energy, distractibility, exhaustion, hyperactivity, reduced mental endurance, and lessened motivation, compared to assessments of character
- Negative perceptions of antidepressant medications

Stereigmatization exacerbates depression symptoms and makes sufferers less likely to seek help (Klimstra et al., 2002)

- Most people who seek help online for clinical depression do not seek help online, stereotypes about depression are generally under-researched compared to other kinds of prejudice
- "Turbocharged Antisocial": Impair stereotypical link between depression and enhanced creativity

Stereotype Threat

- When a negative stereotype hangs over one's head, intellectual performance suffers (Steele, 1997)
- Pressure to prove oneself incompatible with the stereotype has an cognitive costs (Cadinu & Neuburg, 2007)
- Test must be threateningly difficult, triggering self-doubt (e.g., standardized testing)
- Situational judgments
- Huge literature on stereotype threat performance of stereotyped groups, such as African American children, students and women in STEM fields
- Necessary and sufficient factors of stereotype threat
- Belief in stereotype
- Belief in diagnosticity
- Domain identification: achievement in the tested area is tied to the person's sense of self

Hypotheses

- Predicted that participants with a history of depression under stereotype threat (who believed we were measuring stereotype-relevant "cognitive fatigue") would show:
 - Lower performance on GRE-type Sentence Equivalence subsection
 - Higher scores on the Remaute Associates Test
 - Slower Stroop Task response times
 - Reduced self-esteem and self-efficacy
- Either increased or decreased help-seeking behavior (no directional hypothesis) compared to those with depression in the creativity (not stereotype-relevant) condition and participants with no depression history in both conditions.

Method

99 participants were recruited and tested online via Mosaic. I used a 2x2 between-subjects design:

IV: Depression

- 41 depressive, 58 with history of clinical depression
 - Based on generic to "Have you ever been diagnosed with or treated for clinical depression by a doctor or psychologist?"

IV: Threat Manipulation

- Participants were randomly assigned to one of two versions of the same test.
- Threat manipulation was manipulated so that participants were more or less threatened by the test.
- Threat correlation: They were told that tests would evaluate their cognitive/emotional fog effects problem solving and reasoning abilities.
- Creativity condition: They were told that the tests would evaluate creative problem solving and reasoning abilities.

Dependent Variables

- Performance on GRE-type Sentence Equivalence problem (accuracy and speed)
- Performance on a Remaute Associates Test (accuracy and speed)
- Stroop interference (mean incongruous response latency - mean congruent response latency)
- Remaute Associates Scale (mean score 1.4)
- New Game-Valid Self-Efficacy Scale (mean score 1.6)
- Help seeking: number of items used on difficult visual spatial measuring section

Results

Effects of Depression and Manipulation on GRE Verbal Accuracy

Condition	Depressed (Blue)	Non-depressed (Green)
Creativity	~0.65	~0.75
Threat	~0.65	~0.75

Reversal of Primary Hypothesis:

- Findings indicate that there was a significant benefit in GRE verbal performance among participants with a history of depression
- No stereotype threat effects from threat manipulation

Self-esteem:

- Participants with a history of depression had lower self-esteem, but there was no main effect of manipulation or depressive + manipulation interaction

Other Hypotheses:

- There were no significant results on any of the other dependent variables

Now Finding: Depression

- Depression correlates with depression stigma
- "Depression stigma" is the belief that depression is a sign of personal failure

This finding is best explained via stereotype threat (Steele, 1997):

- Depression is associated with stereotype threat and self-perception of incompetence and self-perception of low self-efficacy
- Attribution to the self-perception of incompetence is linked to the self-perception of low self-efficacy
- There is limited empirical evidence for this finding

To our knowledge, this is the first study to examine the relationship between depression stigma and the intellectual performance of people with depression.

Lack of Threat Effects

- Indicates that the "cognitive fog" induced by stereotype threat does not induce self-efficacy problems
- These findings may also indicate that stereotype threat does not affect self-efficacy
- Dreams of being successful

N-terminal EF-Hand Calcium Binding Proteins (NECABs) in Early Development of the Nervous System

Nicholas Bernstein^{1,2}, Nicholas Mitsios³, Tony Jimenez-Beristain³, and Jan Mulder¹
1 Colorado College, Colorado Springs, CO. ² Fluorescence Tissue Profiling Laboratory, Sciences for Life Laboratory, Stockholm, Sweden.

SciLifeLab

ending mitosis,
as a second messenger,
during morphogenesis,
during neurogenesis,
can cause autism

membrane embedded Ca²⁺
channels, such as the
main sequencers

to bind Ca²⁺, is characterized
by motif.
of proteins undergo a
reaction cascades or are simply
Ca²⁺ levels.

are used to identify
alpha-aminobutyric acid type A
neuron populations.

and domain are largely
structure is 49.9% homologous to

overarching function of either of
these.

NECABs are expressed in the mammalian
cortex, spinal cord, and dorsal root
ganglia. NECAB expression exists in early
ontogeny and has been implicated as a network gene

in autism spectrum disorders.

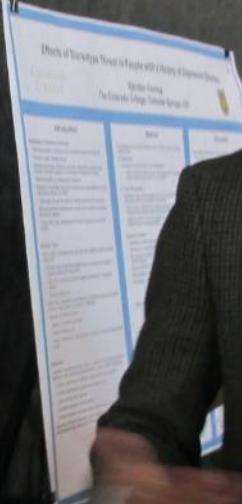
present study
NECABs in early development of
the nervous system using immunohistochemistry
in a transgenic mouse model.

Method

WT rats were obtained from Taconic Inc.
more (NCRR Project 34541) were crossed

anesthesia, and embryos were
collected at E9.5, E12.5, E14.5, and E18.5.
at time points E12.5 (n = 2), E14.5 (n = 2),
E18.5 (n = 2).

PCR
with custom designed primers to NECABs,
ABC2 transgenic embryos
done via qRT-PCR
immunohistochemistry
done via qRT-PCR



I am a researcher at SciLifeLab, a large international research center in Stockholm, Sweden. My current work focuses on the early development of the nervous system, specifically the expression and function of N-terminal EF-Hand Calcium Binding Proteins (NECABs). We are using a combination of molecular biology, immunohistochemistry, and quantitative imaging techniques to study NECAB expression patterns and their role in neural development across different stages of embryonic development. This work is part of a larger project aiming to understand the genetic and molecular mechanisms underlying normal brain development and the pathophysiology of various neurological disorders.

Name: Nicholas Bernstein
Title: Researcher
Institution: SciLifeLab, Stockholm, Sweden

A woman with long blonde hair is standing next to the researcher, facing him. She is wearing a dark blazer over a plaid dress. The researcher is gesturing with his hands while speaking. In the background, there are other people and exhibits, suggesting a conference or exhibition setting.

Representations of Word Meaning in Dyslexic and Non-Dyslexic Individuals

Samantha Ellner, Emily Chan, and Kevin J. Holm
The Colorado College, Colorado Springs, CO



Results

Valence



Introduction

Previous Research on Dyslexia

- Dyslexic individuals show impairments in:
 - visual processing of words (Stanovich & West, 1997)
 - the mapping of sound to symbol (Ziegler et al., 2010)
- Such findings suggest that dyslexic individuals process words differently from non-dyslexic individuals

Research Question

- Do such processing differences lead to differences in how dyslexic and non-dyslexic individuals think about words?
- Are there differences in the underlying representation of word meaning?

Method

Participants

- 15 self-identified dyslexic participants and 15 non-dyslexic participants, recruited on Amazon Mechanical Turk
- Matched for age, gender, and location of residence
- Compensated up to \$2

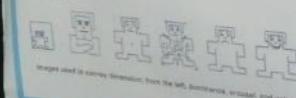
Materias

- 43 pairs of semantically matched words
- Half were confusable (contained the letter combinations "ie" or "el") and half were nonconfusable

Confusable	Non-Confusable
Average	Aviator
Audience	Cined
Caling	Roof
Eerie	Morbid
Mute	Film

Procedure

- Each was rated on the dimensions of valence, arousal, and dominance
- Bishop & Lang (1999)
- 5-point Likert scale
- Order of dimensions counterbalanced
- No time limit

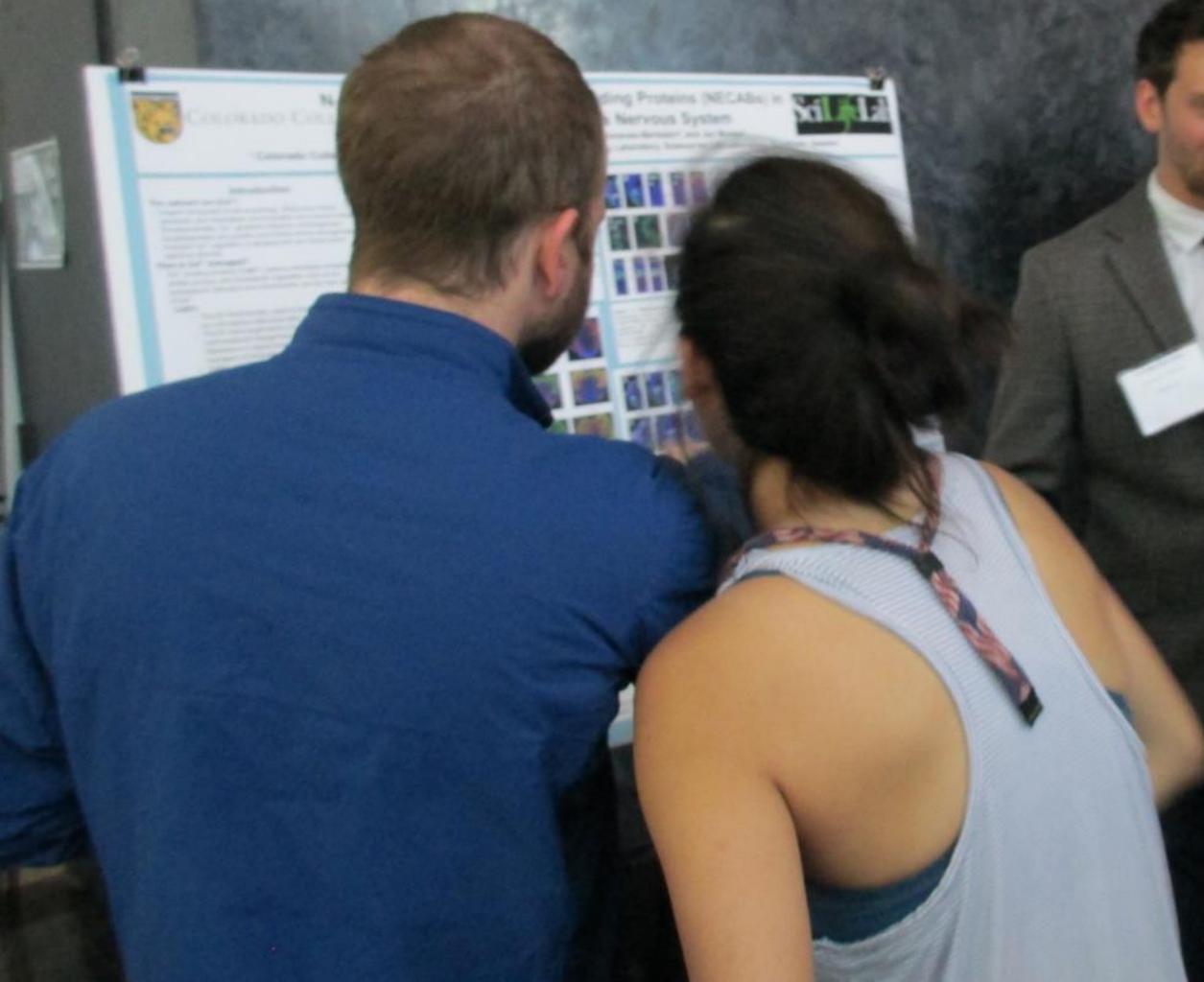


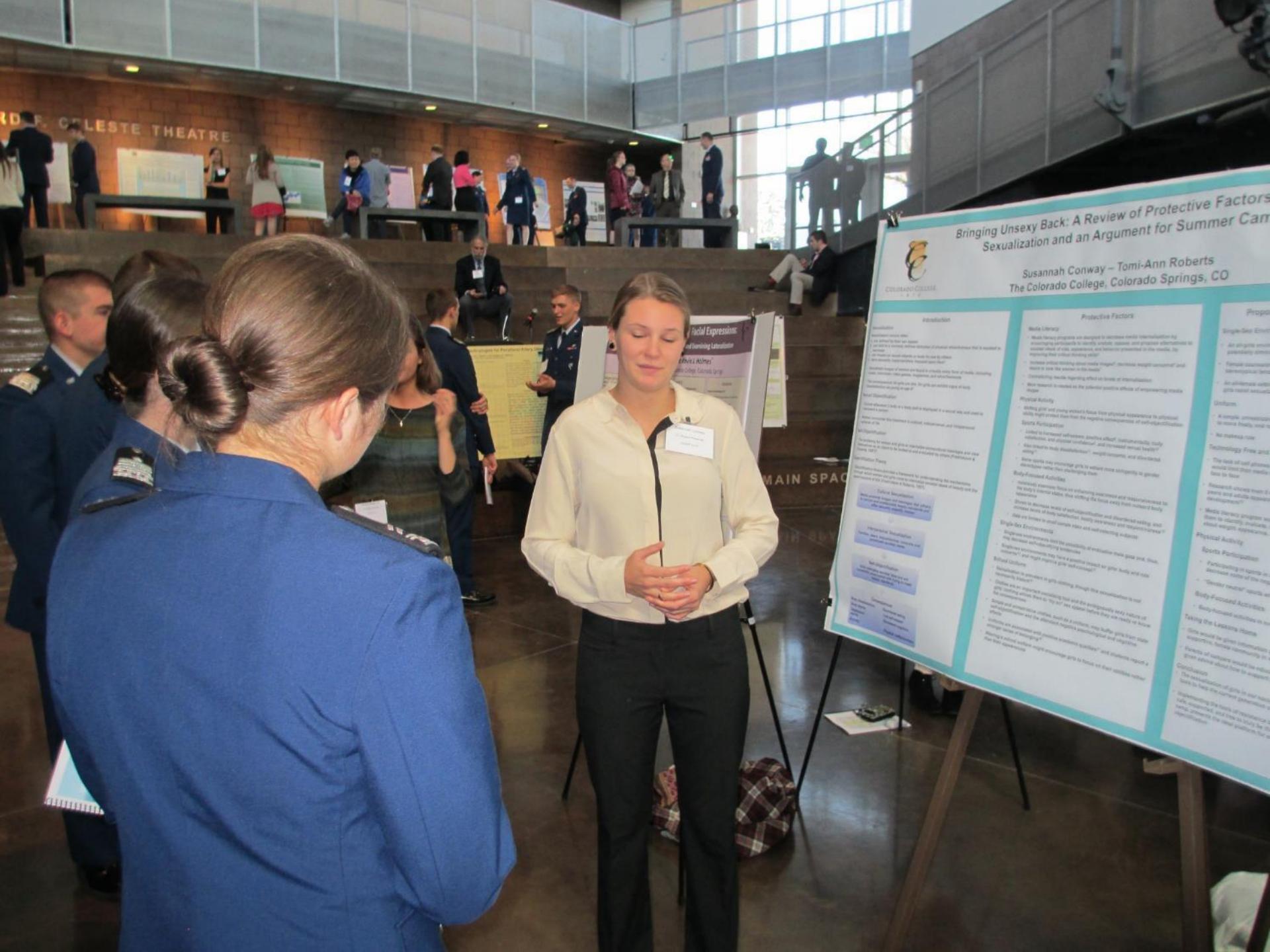
Arousal



Dominance







Bringing Unsexy Back: A Review of Protective Factors for Sexualization and an Argument for Summer Camps

Susannah Conway – Tomi-Ann Roberts
The Colorado College, Colorado Springs, CO



Introduction

Abstract:
Sexualization can have negative effects on women's self-esteem, especially for females who feel that they do not measure up to media standards. Research indicates that females are more likely than males to feel pressure to conform to media representations of femininity, which can lead to negative outcomes such as depression, anxiety, and self-esteem problems. This poster presents a review of protective factors that can help mitigate the negative effects of sexualization on women, particularly those related to summer camps.

Protective Factors

Media Literacy:
Media literacy programs are designed to increase media literacy by teaching participants to identify, analyze, assess, and critique media messages. These programs can help individuals develop critical thinking skills and increase their awareness of how media representations of femininity can affect them.

Self-Actualization:
Self-actualization refers to the process of becoming one's true self. This can involve exploring one's interests, passions, and values, and seeking out opportunities to express them. Self-actualization can help individuals develop a sense of autonomy and control over their lives, which can be important for mental health.

Physical Activity:
Engaging in physical activity, such as exercise or sports, can help individuals feel better about their bodies and reduce feelings of shame and self-doubt.

Body-Focused Activities:
Activities that focus on the body, such as yoga or Pilates, can help individuals develop a positive body image and reduce feelings of shame and self-doubt.

Engagement in Creative Activities:
Engaging in creative activities, such as art or music, can help individuals express themselves and reduce feelings of shame and self-doubt.

Building Social Support:
Having a strong support network of friends and family can provide individuals with emotional support and encouragement to pursue their goals.

Setting Realistic Goals:
Setting realistic goals and working towards them can help individuals feel a sense of accomplishment and reduce feelings of shame and self-doubt.

Embracing Imperfections:
Embracing imperfections and accepting one's flaws as part of what makes them unique can help individuals develop a positive body image and reduce feelings of shame and self-doubt.

Creating Positive Self-Talk:
Replacing negative self-talk with positive affirmations can help individuals develop a positive body image and reduce feelings of shame and self-doubt.

Getting Enough Sleep:
Getting enough sleep is important for overall mental health and can help individuals feel more energized and confident.

Reducing Stress:
Reducing stress through techniques such as mindfulness, deep breathing, or progressive muscle relaxation can help individuals feel more relaxed and confident.

Seeking Professional Help:
If individuals are struggling with feelings of shame and self-doubt, seeking professional help from a therapist or counselor can be a valuable resource.

Conclusion:
In conclusion, there are many protective factors that can help mitigate the negative effects of sexualization on women. By incorporating these into their daily lives, individuals can develop a positive body image and reduce feelings of shame and self-doubt.

Future Directions:
Future research should explore the long-term effects of these protective factors on women's mental health and well-being.

References:
Conway, S., & Roberts, T. A. (2018). Bringing Unsexy Back: A Review of Protective Factors for Sexualization and an Argument for Summer Camps. *Journal of Sexuality and Health, 5*(1), 1-10.

Biographical Information:
Susannah Conway is a graduate student at the Colorado College, where she studies Psychology. Her research interests include the effects of media on self-esteem and the role of summer camps in promoting positive body image.

Biographical Information:
Tomi-Ann Roberts is a graduate student at the Colorado College, where she studies Psychology. Her research interests include the effects of media on self-esteem and the role of summer camps in promoting positive body image.

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**on of Facial Expressions:
ogy and Examining Lateralization**

Kevin J. Holmes^{*}
College, Colorado Springs

Conclusion

Research methodology for CP

Community involvement

Display Board

Effects of Stereotype Threat in People with a History of Depressive Disorders

Kjersten Conway
The Colorado College, Colorado Springs, CO



Colorado
College

Discussion

- New Finding:** Depression/Creativity/Stereotype Bias:
 - When people with depression were presented a GRE-type visual task, they performed worse than those without depression.
 - This finding is best explained by Stereotype on Stereotype bias; we often stereotype ourselves as being less creative and less intelligent than others.
- People with depression tend to have a more negative self-view than other people. This may contribute to a reduction in creative and productivity-enhancing goals.
- Everyone has stereotypes about themselves ("stereotype threat"), those with depression may have a more negative stereotype about their own creativity.

These findings support our hypothesis that those with depression have a limited empirical evidence in support of this stereotypical bias.

To our knowledge, this is the first study to demonstrate that the "depression bias" is one of the most common stereotypes about depression, or the interactional performance of people with depressive disorders.

Lack of Threat Effects

- Results:
 - Depression did not affect Stereotype Equivalence problems (accuracy and speed).
 - Performance in a Rebus test (memory and reasoning tasks) was not affected by depression.
 - Memory tests (memory recall, memory retention, memory storage) were not affected by depression.
 - Executive Function Tests (verbal fluency, New Generation Self-Efficacy Study, new learning) were not affected by depression.
 - New learning: no effect of depression on effect of executive functioning condition.

These results indicate that depression does not affect executive function.

Future Research

- Empirically determine prevalence of stereotypical depression.
- Empirically determine threat conditions.
- Examine effects of chronic stereotype threat on creative performance.
- Identify risk factors for people with depressive disorders.

Selected References

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Introduction

Effects of stereotype threat in people with a history of depressive disorders
Kjersten Conway
The Colorado College, Colorado Springs, CO

Background: Previous studies have demonstrated that people with depression perform worse on tests of cognitive ability compared to those without depression. However, it is currently unknown whether this is due to stereotype threat, which refers to the anxiety that one may be evaluated negatively based on their group membership.

Hypothesis: Participants with a history of depression will perform worse on a task of creative problem solving than those without depression.

Method: We used a 2x2 design to compare participants with and without a history of depression across two levels of stereotype threat (high vs. low). All participants were recruited and tested online. We used a GRE-type visual task to assess creative problem solving abilities.

Results: 14 participants were recruited and tested online. We used a GRE-type visual task to assess creative problem solving abilities.

Conclusion: Participants with a history of depression performed worse on a task of creative problem solving than those without depression.

Method

1. Threat Manipulation:
Participants were randomly assigned to one of two conditions of the same test:
- Threat condition: They were told that both would evaluate their cognitive abilities on a task involving creative problem solving.
- Control condition: They were told that both would evaluate their cognitive abilities on a task involving memory and reasoning problem sets.

2. Creativity measure: They were told to complete a task that required creative problem solving and reasoning abilities.

3. Depressive symptoms:
Depression was measured using the Beck Depression Inventory (BDI).
- Performance on a Rebus test (memory and reasoning tasks) was not affected by depression.
- Memory tests (memory recall, memory retention, memory storage) were not affected by depression.
- Executive Function Tests (verbal fluency, New Generation Self-Efficacy Study, new learning) were not affected by depression.

4. New learning: no effect of depression on effect of executive functioning condition.

Results

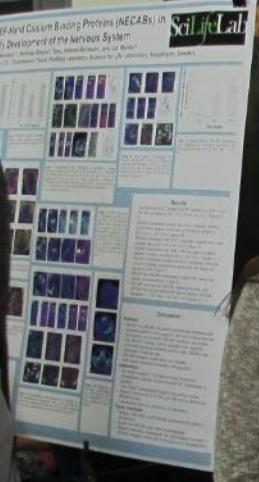
Effects of Depressive and Male-feminine on GRE Verbal Accuracy

Condition	Relative Accuracy
Male	~0.85
Female	~0.75

Results of Stereotype Threat
- Overall, there was a significant interaction between gender and stereotype threat condition ($F(1, 12) = 7.14$, $p = .014$).
- Females in the stereotype threat condition had significantly lower accuracy than females in the stereotype threat condition.

Other Findings:
- There were no significant results for any of the other dependent variables.

Other Hypotheses:
There were no significant results for any of the other hypotheses.



Kjersten Conway
The Colorado College
Colorado Springs, CO



EXIT

Categorical Perception of Facial Expressions:

Improving Research Methodology and Examining Lateralization

Hadar Zeigerson and Kevin J. Holmes*

Department of Psychology, Colorado College, Colorado Springs

Categorical perception (CP) refers to the ability to distinguish stimuli from different categories compared to stimuli from the same category.

Test Issues

Research methodology for categorical perception (CP):
• How do we measure CP?
• How do we control for other perceptual factors?

Assumptions of traditional categorical perception (CP):
• CP is invariant across the lifespan.
• CP is invariant across cultures.
• CP is invariant across gender.

Previous research

Participants with a nonverbal communication disorder:
• Reduced CP for faces (e.g., Williams et al., 2003; Williams & Fletcher, 2005).

Individuals with a language disorder:
• Reduced CP for faces (e.g., Williams et al., 2003; Williams & Fletcher, 2005).

Individuals with a reading comprehension disorder:
• Reduced CP for faces (e.g., Williams et al., 2003; Williams & Fletcher, 2005).

Individuals with a developmental language disorder:
• Reduced CP for faces (e.g., Williams et al., 2003; Williams & Fletcher, 2005).

Individuals with a developmental reading disorder:
• Reduced CP for faces (e.g., Williams et al., 2003; Williams & Fletcher, 2005).

Individuals with autism spectrum disorder:
• Reduced CP for faces (e.g., Williams et al., 2003; Williams & Fletcher, 2005).

Individuals with a nonverbal learning disorder:
• Reduced CP for faces (e.g., Williams et al., 2003; Williams & Fletcher, 2005).

Individuals with a specific reading comprehension disorder:
• Reduced CP for faces (e.g., Williams et al., 2003; Williams & Fletcher, 2005).

Individuals with a specific language disorder:
• Reduced CP for faces (e.g., Williams et al., 2003; Williams & Fletcher, 2005).

Individuals with a developmental reading disorder:
• Reduced CP for faces (e.g., Williams et al., 2003; Williams & Fletcher, 2005).

Individuals with a developmental language disorder:
• Reduced CP for faces (e.g., Williams et al., 2003; Williams & Fletcher, 2005).

Experiment 1

Visual word task with no memory component

Participants

Novice English speakers (n = 12) or college students (n = 12) who were native English speakers and had no history of dyslexia.

Materials

Stimuli

Results

Conclusions

Experiment 2

Assessing competing accounts of lateralization

Participants

Novice English speakers (n = 12) or college students (n = 12) who were native English speakers and had no history of dyslexia.

Materials

Stimuli

Results

Conclusions

Future research

Future directions of CP research

Methodological issues

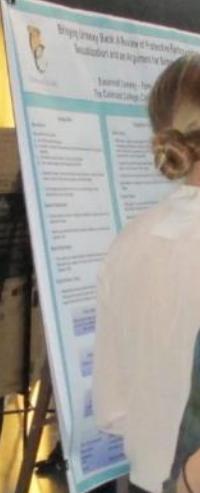
• How do we measure CP?

• How do we control for other perceptual factors?

• How do we improve our methodology?

• How do we make our methodology more robust?

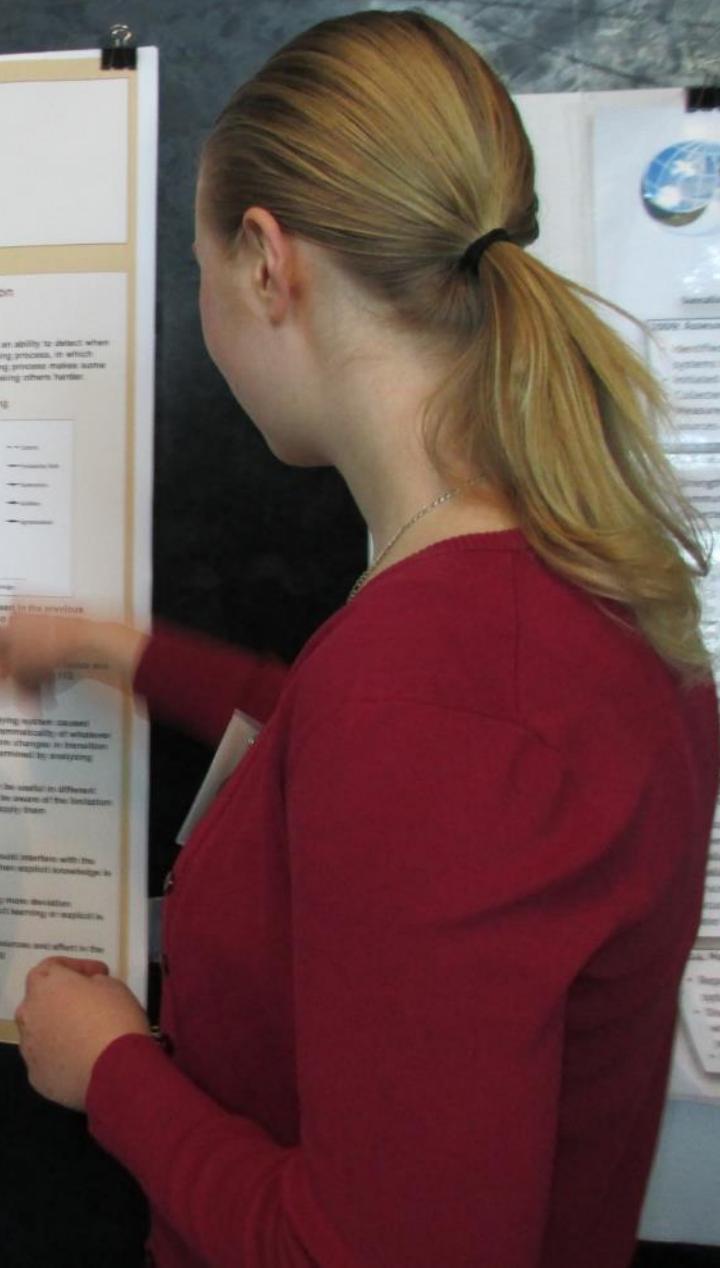
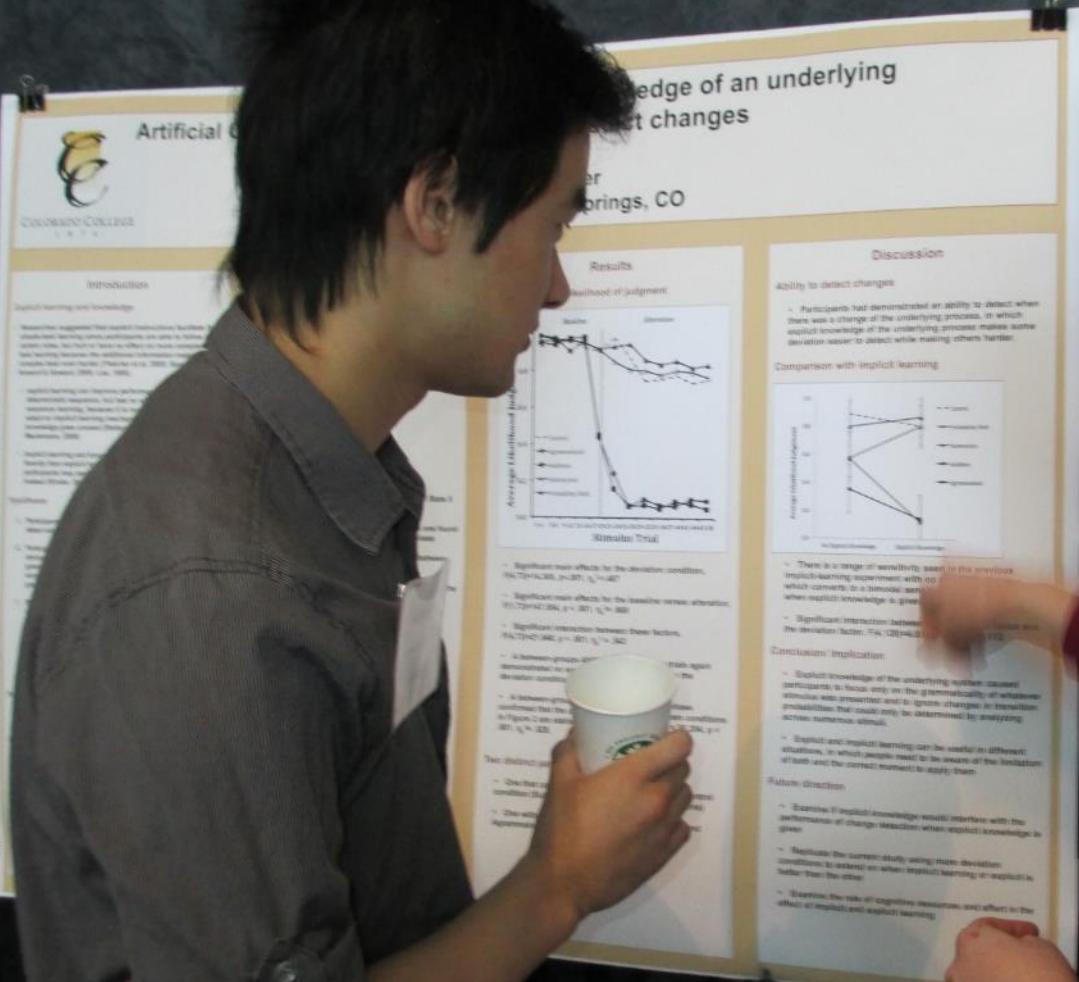
• How do we make our methodology more reliable?



A woman with blonde hair tied back, wearing a white headband, a dark green and blue striped top, and a white floral skirt, is presenting a poster. She is gesturing with her hands while speaking to an audience. A name tag on her skirt reads "Hadar Zeigerson".

A woman with dark hair pulled back, wearing glasses, a brown jacket, and a necklace, is standing next to the presenter, holding a spiral-bound notebook and listening attentively.

A man in a dark suit, white shirt, and tie is standing behind the presenter, looking towards the audience.





Effects of Primed Self-Perceptions on Environmental Behavior

Julia Liao

Colorado College, Colorado Springs



Colorado
College

Introduction

The Implications of Primed Environmental Self-Identity
Strong perceptions to engage in environmental friendly behaviors (intrinsic motivation) are linked to higher income, specific attitudes, or perceived behavioral control.

Participants willingness to donate time and money to an environmental cause, as well as choice of how to spend their money, are also influenced by self-perceived environmental behavior.

The Behavior-to-Identity-to-Behavior Relationship

Self Perceived Environmental Behavior: In this measure of environmental focus, people form their judgments through external cues such as their own past behaviors (item: 1872).

Self-Perception of Behavior: People may also play a role in forming cognitive self-identifications.

Perceived Environmental Self-Identity: People's self-identity is perceived as being

more environmental than others (item: 1873; 1874; 1875).

These three measures of environmental behavior are related to each other.

which in turn increases their future pro-environmental behavior.

What About Pro-Moral Self-Identity?

People who think environmental issues are also ethical issues to care about above greater economic and/or greater social issues are more likely to act on their convictions (Brockway, 2010).

But, if people act on their pro-environmental behaviors leads to moral licensing;

but when they behaved morally, in the case of environmental behavior they have already to

consequently behave immorally (Carney & Park, 2010).

What About Economic Attitudes?

Improving money-saving benefits to promote an eco-friendly behavior is less effective than using an environmental appeal to no effect at all (De Dreu et al., 2010).

Thinking about money activities is a virtuous identity which reduces pro-environmental behavior.

Thinking about money activities can increase a virtuous identity by being

more virtuous by being rather than being interested in environmental behavior for its own sake.

Hypotheses

Thinking people is perceive their personal environmental attitudes as pro-environmental and behavior more pro-environmental. Thinking participants will be more likely to perceive their personal environmental attitudes as pro-environmental and behavior more pro-environmental than priming participants to think of self as being more pro-environmental.

Method

One hundred and eleven undergraduate students from Colorado College participated in this study. They completed four written questionnaires.

Each participant was randomly assigned to one of three conditions: primed environmental prime, procedural self-prime, or economic/money-saving prime.

Independent Variable

- The primed questionnaire listed four common behaviors:
 - Walking/biking in lieu of driving a car
 - Reusing paper instead of buying new paper
 - Using a reusable beverage container instead of buying a disposable plastic bottle
- The behaviors were described as 1) environmentally beneficial, 2) morally beneficial for other people, or 3) economically beneficial for the self.

Only the second two studies items were used. As a result, the first two questions were not used in this study. The third question was removed because it requires white people to answer it. Thus, only the second two questions were used.

After the independent variable was primed, each participant read a short passage about how to make their behavior more environment friendly. Each passage had either a neutral or a positive tone. Each passage was 100 words long.

After reading the passage, each participant was asked to respond to a series of questions about their behavior. These questions were designed to measure the extent to which people feel their behavior is environment friendly. One question asked participants to rate their behavior on a scale from 1 (not environment friendly) to 5 (environment friendly). Other questions asked participants to report the frequency with which they engage in various environmental behaviors, such as recycling, conserving energy, and reducing waste. Finally, participants were asked to respond to a series of questions about their behavior on a scale from 1 (not environment friendly) to 5 (environment friendly).

Each participant was asked to report how long ago he/she last performed each behavior, and to suggest one way in which he/she helped the environment, either people, or their own wallet by being environment friendly.

Dependent Variables

- Post-Manipulation Environmental Attitudes: Participants completed the 24-item version of the Environmental Attitudes Inventory (EA-24).

Post-Manipulation Environmental Behaviors

- Participants were asked to write a free-form description of their attitudes (toward recycled paper/zero-waste option).

Participants were asked if they would be willing to stay after the study to view a 10-min series of videos about recycling & repurposing everyday household items.

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De Dreu, C. K. W., & Weick, K. E. (2014). Identity and the self-system: When good intentions go bad. *Journal of Personality and Social Psychology*, 106(5), 750-767.



Small Stakes, High Impact: How Low Probability Games Affect Decision Making

Samuel Zarky and John
Colorado College, Colorado Springs, CO

Introduction

Assessing Potential Risk and Reward

• People make decisions based on the perceived value of potential outcomes. These decisions are further influenced by a preference for a wide outcome over a general level of the expected value of the potential outcome.

When making a decision between two items, a new item was preferred, even if it meant a lower net gain!

This research sought to examine how low probability affective states

Emotion and Decision Making

Evidence suggests that these decisions are based on an emotional decision rather than a cognitive process (based on emotional state).

Varying Uncertainty

Low probability games have been shown to have an effect on decision making. High probability games have different effects on decision making on the outcome?

Methods

Participants

• 211 subjects
• Psychology students at Colorado College who were recruited through classroom advertising

Manipulation

Item Type - high vs. low probability

• Low probability (LP)
• High probability (HP)

Game Type - LP vs. HP

• Game 1: LP
• Game 2: HP

Dependent Variables

• Net gain

The procedure

• How people choose for the game

• The most of uncertainty will have we have to introduce
• 1. Participants will be asked to play a game

• Participants who win the low probability game will have
• Participants who win the high probability game will have
• Participants who lose the low probability game will have
• Participants who lose the high probability game will have

Related References

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ESTE THÉÂTRE

Language Dimensions
Self-Regulation
An Exploration of Language Dimensions
The Colorado College

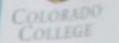
Colorado
College

Abstract:
How do language dimensions relate to self-regulation? This study explored the relationship between language dimensions and self-regulation. We hypothesized that individuals with higher levels of self-regulation would score higher on the Language Dimensions Inventory (LDI) than individuals with lower levels of self-regulation. We also hypothesized that individuals with higher levels of self-regulation would score higher on the Multidimensional Self-Regulation Inventory (MSRI) than individuals with lower levels of self-regulation.

Findings:
Results supported our hypotheses. Individuals with higher levels of self-regulation scored higher on the LDI and MSRI than individuals with lower levels of self-regulation. These findings support the notion that self-regulation is associated with language dimensions.



Effects of Primed Self-Perc



COLORADO
COLLEGE

Introduction

The Importance of Pro-Environmental Self-Identity

- Being predictor of intent to engage in environmentally friendly behaviors (more so than subjective norms, specific attitudes, or perceived behavioral control)
- Positive willingness to donate time and money to environmental causes, as well as choice of eco-friendly products over traditional alternatives

The Behavior-to-Identity-to-Behavior Relationship

- Self-perception theory: In the absence of strong internal motives, people form their attitudes through external cues such as their current self-behaviors (Bies, 1972).
- Self-perceptions of behavior may also play a role in forming long-term self-identities.
- Reminding people of previous pro-environmental actions that they performed in the past increases their pro-environmental self-identity (Van der Waerft, Steg, & Krieger, 2014), which in turn increases their future pro-environmental behaviors.

What About a Pro-Moral Self-Identity?

- People who think environmental issues are also ethical/moral issues show greater concern and a greater sense of personal responsibility to act on their concerns (Wattendorff, 2012).
- But recalling people of their past pro-environmental behaviors leads to moral licensing, because they behaved morally in the past, they feel that they have already done enough to behave morally (Conway & Penne, 2012).

What About Economic Appeals?

- Reminding money-making benefits to promote an eco-friendly behavior is less effective than using an environmental appeal or even no appeal at all (Biesbroek et al., 2013).
- Thinking about money activates a self-identity of self-sufficiency, which reduces pro-environmental behavior.

- Performing a behavior for immediate economic gain activates a self-identity of being successful by money, rather than being interested in environmental welfare for its own sake.

Hypotheses

- Priming people to perceive their past behaviors as pro-environmental or financially beneficial will result in weaker pro-environmental attitudes than priming participants to those of their past behaviors as pro-environmental.
- Priming people to perceive their past behaviors as pro-moral or financially beneficial will also result in less pro-environmental behavior than priming participants to those of their past behaviors as pro-environmental.

Selected References

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- Biesbroek, I., Postmes, T., & Dierckx, S. (2013). Examining young adults' beliefs about environmental behavior: the role of moral motives. *Journal of Environmental Psychology*, 34, 213-220.
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Over-hypothesis: They

Each participant

self-perception prime

Colorado

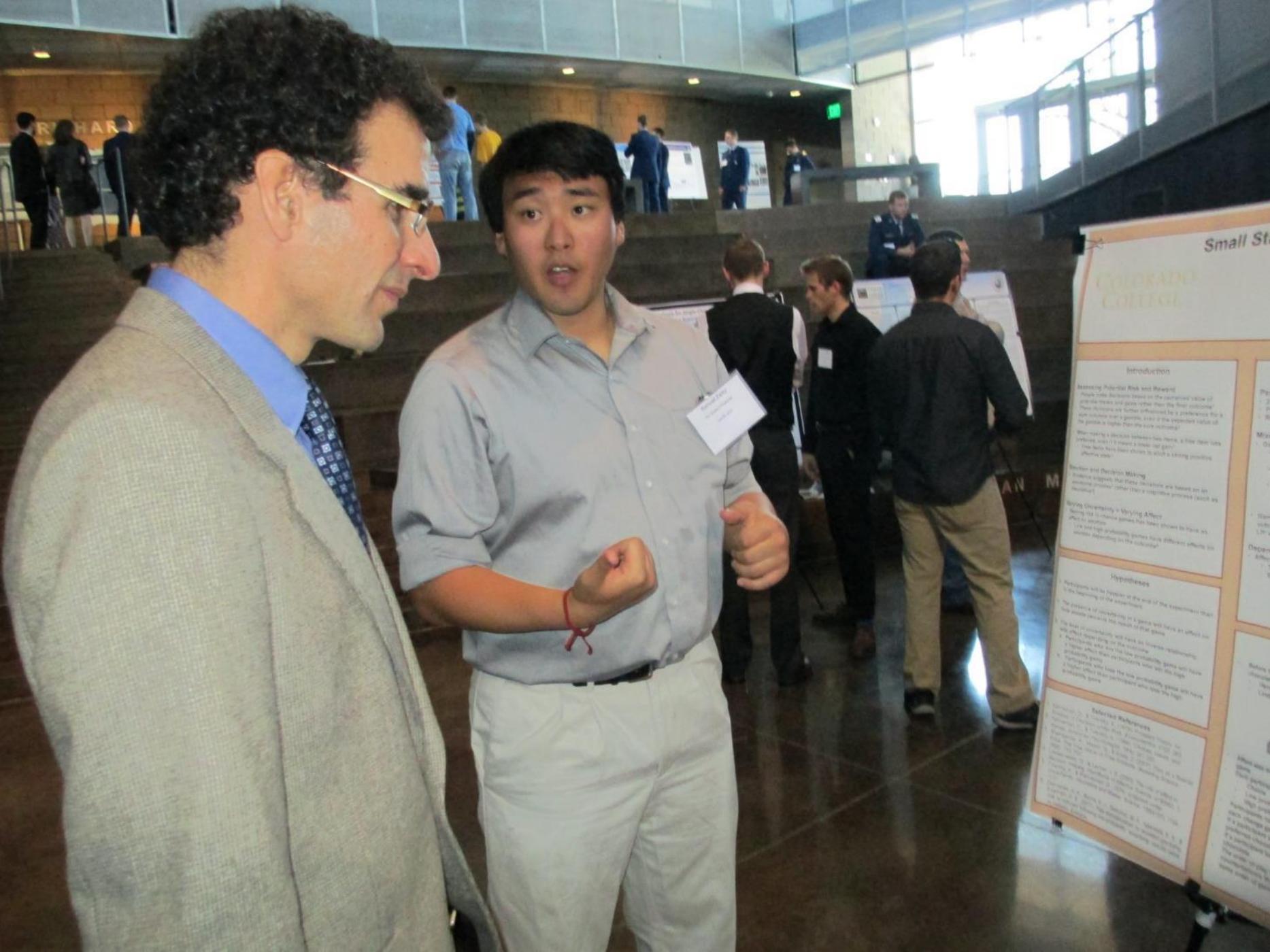
- The priming cue:
 - Walking offsite
 - Reading an article
 - Turning off office light
 - Using a reusable water bottle

- The behaviors we

for other people,

- The behaviors we

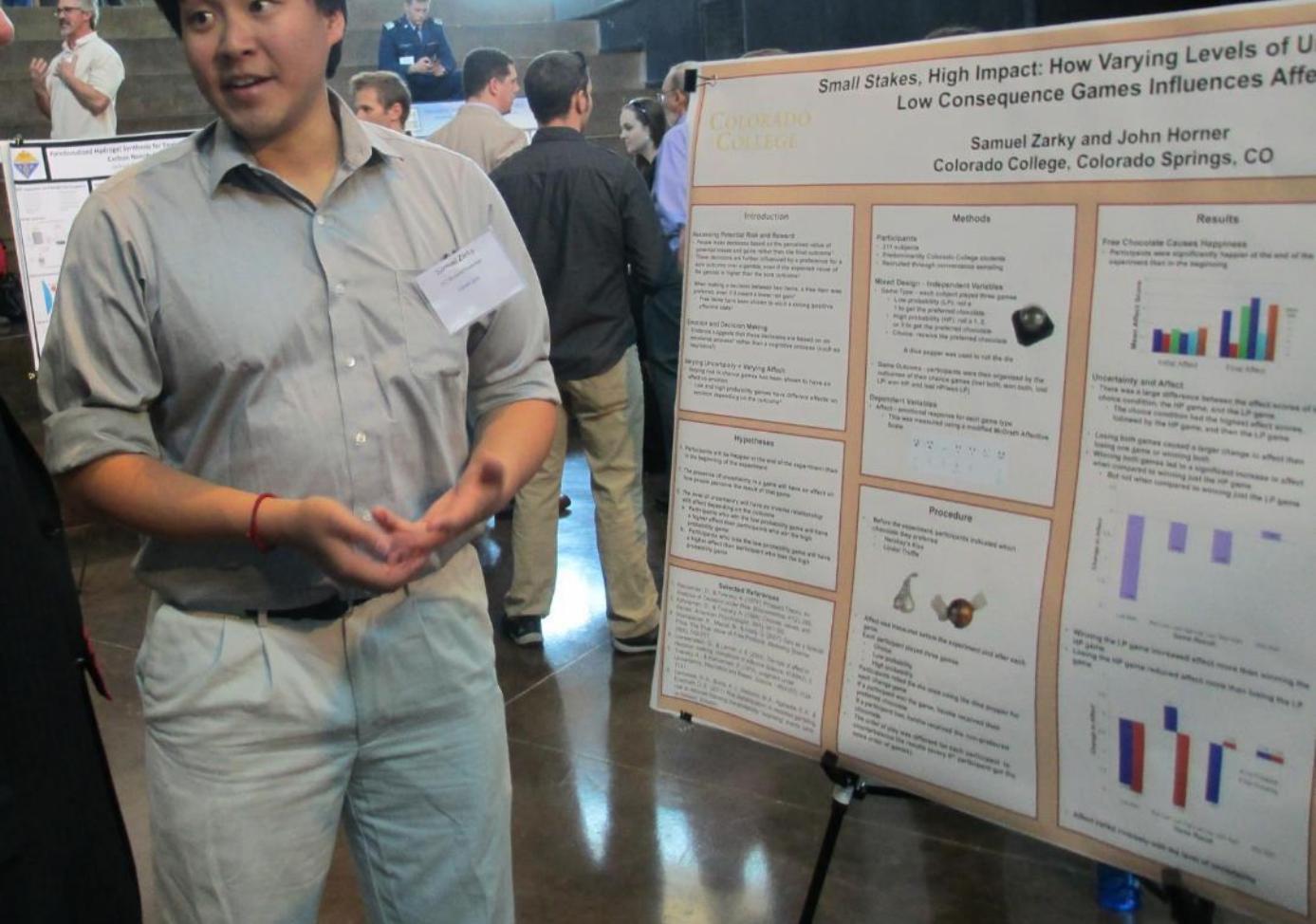
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THEATRE

Small Stakes, High Impact: How Varying Levels of U Low Consequence Games Influences Affect

Samuel Zarky and John Horner
Colorado College, Colorado Springs, CO



RICHARD I. CELESTE THEATRE

Cognitive Broadening and the Other-Praising Emo

Jake Sullivan and Tomi-Ann Roberts
Colorado College, Colorado Springs, CO



DVS Continued

Other praise (Mittal et al., 2011)
- Increases cognitive space for a protagonist in our minds
- More valence under feedback such research = more broadening

Book for Pragmatic Acuity (Robins & Vic Hall, 2007)
- Measures interaction with environmental ambiguity
- Lower MPA = greater cognitive broadening because people believe more relevant information
- Confidence is higher in this study = .882

Frida (Gibbe, Dierckx, & Ruijg, 2011)
- Encapsulates two sides of three events and decide which set is better
- That places the world more central than ourselves and worlds = more broadening

Method

Participants

Participants were 19 students in the US.

- Females and males through selection - Demographic Task

Measures

Emotion Induction Groups

- Positive induction

- Neutral induction

- Negative induction

Manipulation Checks

- Participants largely reported experiencing the intended induction

- Induction succeeded in improving mood (see graph)

- Mood returned to baseline by the end of the experience

The Control Induction Caused Unintended Positive Effect

- Could not evaluate directly because the control group did not serve as a baseline comparison

- Those in the positive condition

- The other-praising condition can be considered directly to the baseline

Hypotheses

Hypothesis 1: Supported Indirectly

- Could not evaluate directly because the control group did not serve as a baseline comparison

- Those in the positive condition

- The other-praising condition can be considered directly to the baseline

Hypotheses 2: Not Supported

- Failed to achieve a mood with valence ANOVA

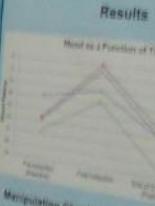
- No significant difference across conditions for valence

- Induction was not the valence producing measure (see graph)

- Supporting the valence producing measure (see graph)

- Supporting the valence producing measure (see graph)

Results



Mood as a Function of Time

Pre-induction Post-induction Post-exposure

Positive Neutral Negative

Manipulation Checks

- Participants largely reported experiencing the intended induction

- Induction succeeded in improving mood (see graph)

- Mood returned to baseline by the end of the experience

- The control induction caused unintended positive effect

- Could not evaluate directly because the control group did not serve as a baseline comparison

- Those in the positive condition

- The other-praising condition can be considered directly to the baseline

Hypotheses 1: Supported Indirectly

- Failed to achieve a mood with valence ANOVA

- No significant difference across conditions for valence

- Induction was not the valence producing measure (see graph)

- Supporting the valence producing measure (see graph)

- Supporting the valence producing measure (see graph)

Hypotheses 2: Not Supported

- Failed to achieve a mood with valence ANOVA

- No significant difference across conditions for valence

- Induction was not the valence producing measure (see graph)

- Supporting the valence producing measure (see graph)

- Failed to achieve a mood with valence ANOVA

- No significant difference across conditions for valence

- Induction was not the valence producing measure (see graph)

- Supporting the valence producing measure (see graph)

Effects of Primed Self-Perceptions on Env

Julia Liao

Colorado College, Colorado



Introduction

The Importance of Pro-Environmental Self-Identity
Strong predictor of what to change in environmental friendly behaviors (more we then others) and specific cognitive, or perceived behavioral control.

People are more likely to donate time and money to an environmental cause, as well as

choose of environmentally products over traditional alternatives.

The Behavior-to-Identity-to-Behavior Relationship

Self-Perspective Theory in the absence of an internal locus, people form their attitudes through external cues based on their own past behaviors (Bem, 1970).

Self-perceptions of behavior may also play a role in forming long-term self-perceptions.

Remembering periods of environmental actions that they performed in the past

which in turn increases their future pro-environmental behavior.

What About a Pro-Moral Self-Identity?

People who think environmental issues are also ethically important issues show greater concern and a greater sense of personal responsibility to act on their concerns.

But reminding people of their past pro-environmental behaviors leads to moral licensing:

because they behaved morally in the past, they feel less they have leeway to subsequently behave immorally (Gino & Schweitzer, 2013).

What About Economic Appeals?

Emphasizing money as a benefit to promote an eco-friendly behavior is less effective than using an environmental appeal or even no appeal at all (Boutinelli et al., 2011).

Thinking about money activates a self-identity of self-sufficiency, which reduces pro-environmental behaviors.

Performing a task related to immediate economic gain activates a self-identity of being

indulgent rather than being interested in environmental welfare for its own sake.

Hypotheses
Allowing people to reminisce their past behaviors as pro-environmental or financially beneficial will result in more pro-environmental attitudes than priming participants to think of their past behaviors as pro-environmental or financially beneficial.
Priming people to reminisce their past behaviors as pro-environmental or financially beneficial will also result in less pro-environmental behavior than priming participants to think of their past behaviors as pro-environmental or financially beneficial.

Selected References

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- Cohen, J., & Cohen, M. (1983). *Statistical Power Analysis for the Behavioral Sciences*. Erlbaum Associates.
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- Corriveau, F., & Paiva, J. (2013). Consequentialism does not make you a better person: Consequentialist behavior is unaffected by outcomes and environmental beliefs. *Journal of Personality and Social Psychology*, 104, 476-483.
- Marshall, C. (2010). A climate change and ethical recall? Examining young adults' beliefs about climate change. *Climate Change*, 96, 475-495.
- Vandewalle, E., Bieg, L., & Lehrer, K. (2014). Violent or moral? When past pro-environmental actions signal your prosociality. *Journal of Environmental Psychology*, 40, 272-282.

Method

One hundred and sixteen undergraduate students from Colorado College participated in this study. They completed four written questionnaires.

Each participant was randomly assigned to one of three self-perception prime, pro-moral self-perception prime, or no self-perception prime.

Independent Variables

The priming questionnaire tested four common behavioral cues:

u Walking outside in lieu of driving a car

u Reusing an old item

u Recycling (crushing/giving an electrical device not in use)

u Using a reusable beverage container instead of a paper cup

The behaviors were decontextualized or (1) environmentally neutral for other people, or (2) economically beneficial for the user.

(1)Environmentally neutral: Watering plants, taking a walk, doing chores around the house, etc. (2)Economically beneficial: Reusing old items, giving old items to charity, etc. (3)Environmentally neutral for other people: Walking outside in lieu of driving a car, reusing an old item, recycling, etc. (4)Economically beneficial for the user: Using a reusable coffee mug, using a reusable water bottle, etc.

Participants were asked to report how long ago (s)he last did each activity, and to indicate whether (s)he did it for the user or for other people.

Participants were asked to report how long ago (s)he last did each activity, and to suggest one way in which he/she harps people, or (s)he's own wants by performing each behavior.

Dependent Variables

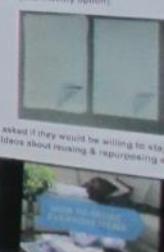
Post-Manipulation Environmental Attitudes: Participants completed the Environmental Attitudes Inventory (AAI-24).

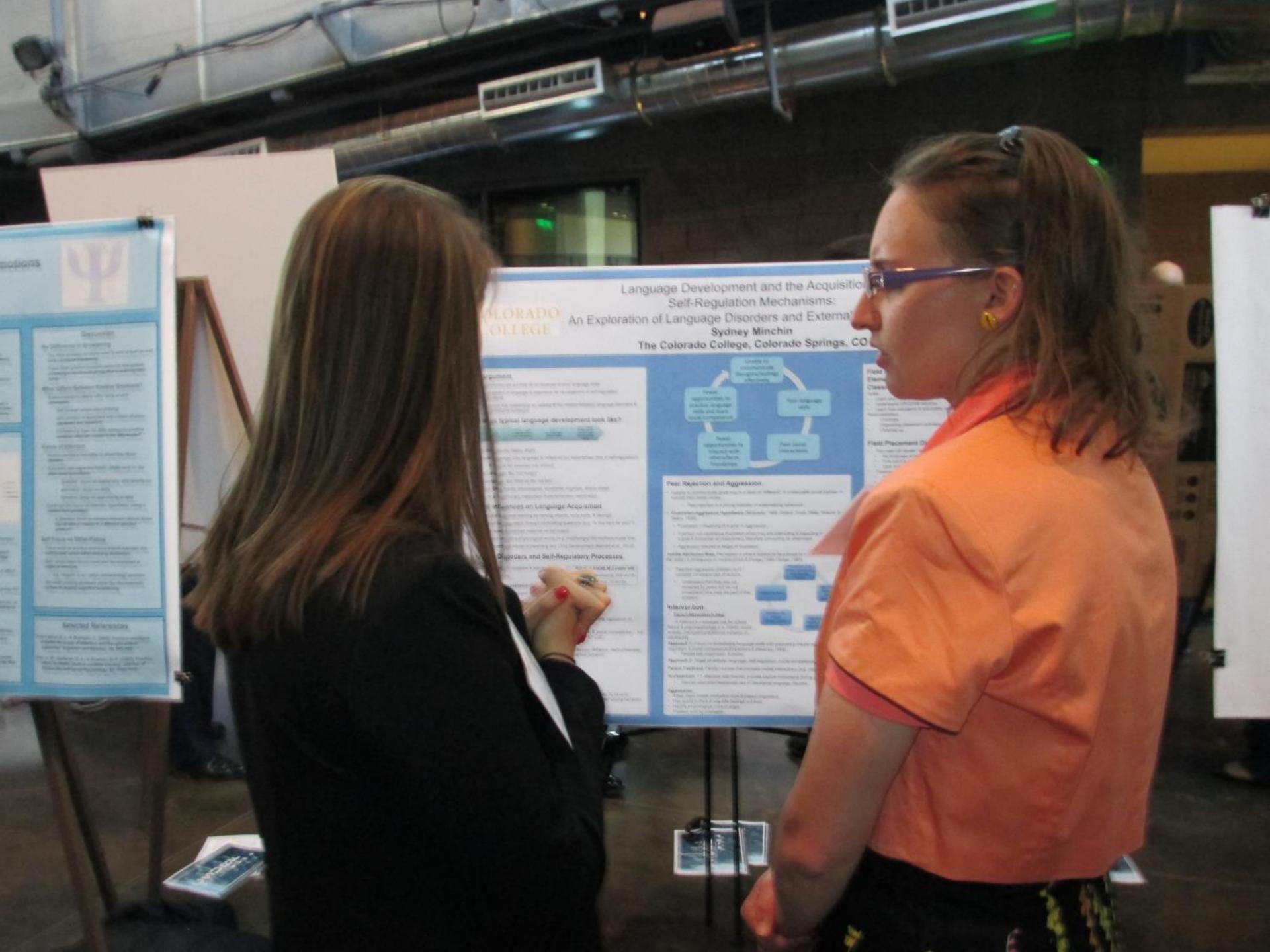
Post-Manipulation Environmental Behaviors: Participants were asked to write a free-form description of what they do in their everyday life to help protect the environment.

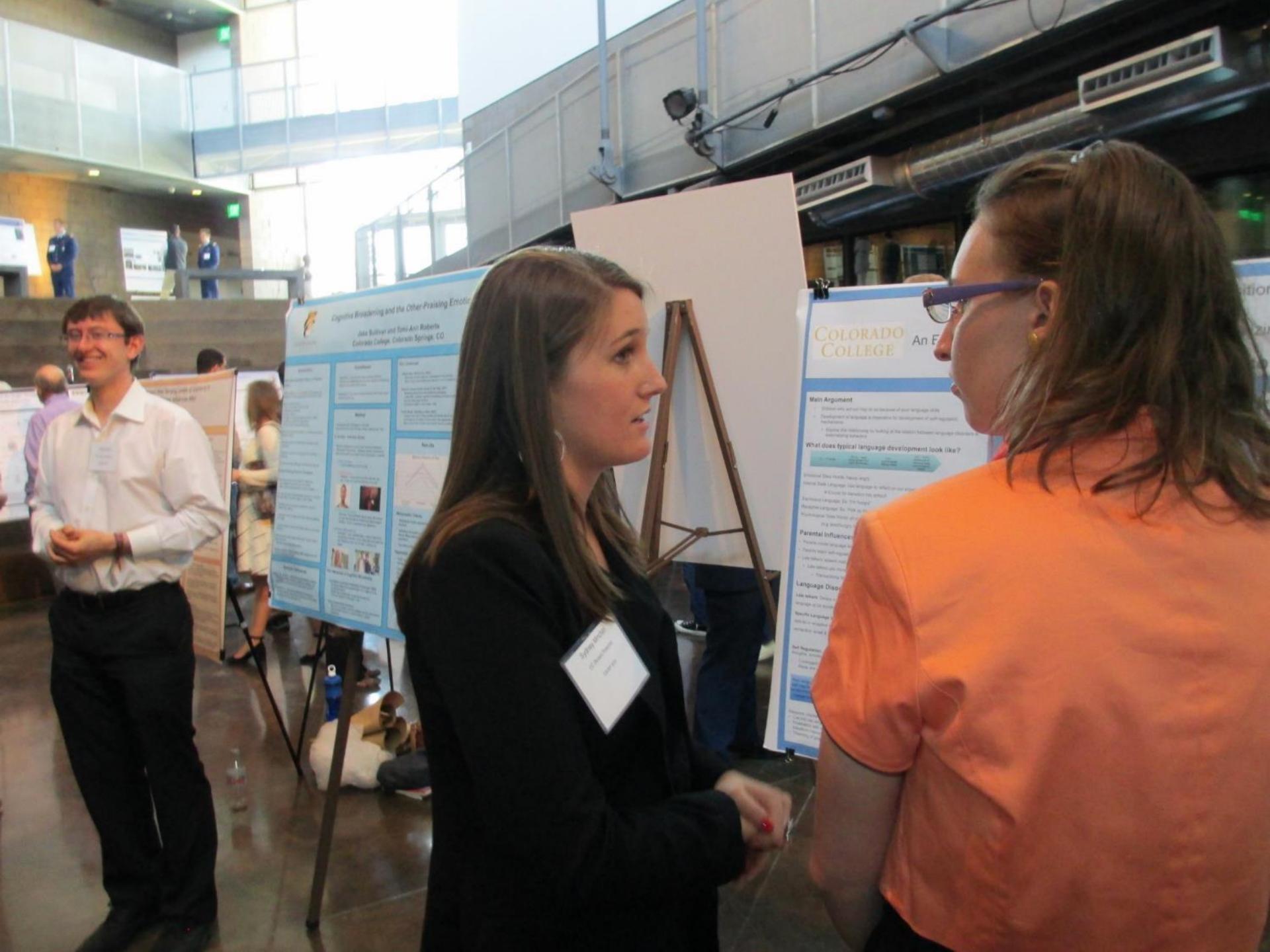
Recycled Paper Option: Participants chose to use either fresh pe-

recycled paper or a non-recycled paper.

Participants were asked if they would be willing to participate in a 15-min series of videos about reusing & repurposing







Cognitive Broadening and the Other-Praising Emotion

Jake Bullver and Toni-Ann Roberto
Colorado College, Colorado Springs, CO

Abstract

Individuals with higher levels of cognitive broadening tend to have more positive attitudes towards other groups.

Results

Individuals with higher levels of cognitive broadening tend to have more positive attitudes towards other groups.

Conclusion

Individuals with higher levels of cognitive broadening tend to have more positive attitudes towards other groups.

COLORADO COLLEGE

An E...

Main Argument

- Children with autism tend to be below average in their language ability
- Development of language is informative for development of self-regulatory mechanisms
- 1. Language development is linked to the relation between language abilities and self-regulating behaviors

What does typical language development look like?

Typical language development follows a predictable path:
Expressive Language: 12-18 months
Receptive Language: 18-24 months
Lexical Growth: 18-24 months
Pragmatic Skills: 24-30 months

Parlant Influences

Parents' language environment
Parental speech rate
Parental speech complexity
Parental speech variety
Parental speech fluency
Parental speech intonation

Language Disorders

Developmental language delay
Specific language impairment
Receptive language delay
Expressive language delay
Speech sound disorders
Dysarthria
Dysphasia

Self-Regulation

Executive function
Metacognition
Self-control
Problem solving
Memory
Attention

Effects of brief postnatal PBDE
GABA-dependent behav

Jorlyn Wai
Colorado College

COLORADO
COLLEGE

The importance of...
Bring products of interest to engage
participants' norms, specifically about
Products tend to increase time and
choice of eco-friendly products over non-

eco-friendly products even if they are

less effective.

The Behavior-in-Identity

Self-Persuasion Thesis: If the norm of

attitudes through external norm is

Self-perceptions of behavior may also play

a role in self-perceived self-identity

Reducing people of pro-environmental

behavior through external norm

which in turn increases their future pro-environ-

mental behavior

What About a Pro-Moral

People who think environmental issues are also an

obligation are more likely to act

But reducing people of their pro-moral

because they assigned morality to the past

subsequently reduce pro-environ-

mental behavior

Enlightening morning-waking benefits

other than being an environmentalist

Thinking about the past

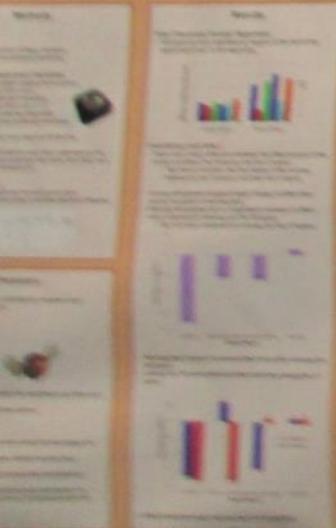
Thinking about the future

Patrols

Jorlyn Wai
Colorado College

High Impact: How Varying Levels of Uncertainty in Consequence Games Influences Affect

Samantha Darley and John Norbeck
Colorado College, Colorado Springs, CO



Cognitive Broadening and the Other-Praising Bias

Jake Sullivan and Tomi-Ann Roberts
Colorado College, Colorado Springs, CO

Introduction

The Broaden-and-Build Theory of Positive Emotions (Seligman et al., 2005) posits that positive emotions broaden individuals' thought-action repertoires, leading to increased creativity and problem solving (Fredrickson, 1998). Positive emotions have been shown to facilitate cognitive broadening (e.g., Fredrickson, 1998; Fredrickson & Branje, 2005; Haidt, 2001; Haidt, Koller, & Dias, 2004).

Hypotheses

Hypothesis 1: Individuals who receive other-praising feedback will experience greater cognitive broadening than individuals who receive neutral feedback.

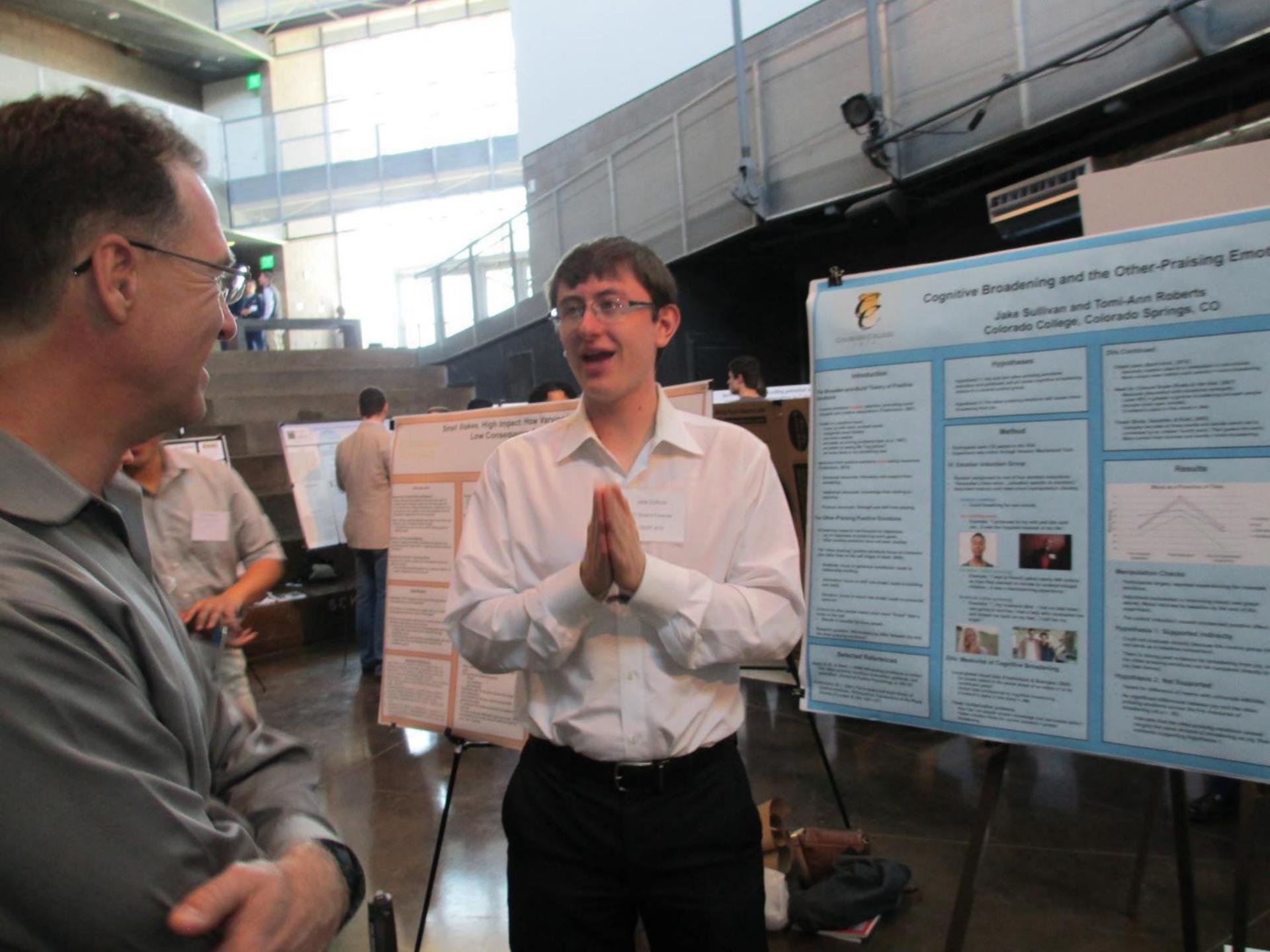
Method

Participants: 120 undergraduate students from Colorado College, Colorado Springs, CO.

Other Findings

Additional findings include: Jake Sullivan and Tomi-Ann Roberts presented a poster titled "Cognitive Broadening and the Other-Praising Bias" at the Annual Meeting of the Association for Psychological Science in San Antonio, TX. The poster was part of a session on "Positive Psychology and the Broaden-and-Build Theory".





Effects of Primed Self-Perceptions on Environmental Attitudes

Julia Liao

Colorado College, Colorado Springs, CO



Method

The participant and viewer undergraduate students from Colorado College participated in the study. They completed four written questionnaires.

Each participant was randomly assigned to one of three conditions: environmental self-perception prime, environmental self-identification prime, or neutral prime.

Independent Variables

The primary independent variable concerned self-perception. This variable was manipulated by priming a participant's self-perception of being a conservationist. This was done through a series of questions and statements related to environmental self-perception.

The second independent variable concerned self-identification.

This variable was manipulated by having participants complete a series of questions and statements related to their environmental self-identification. This was done through a series of questions and statements related to environmental self-identification.

The third independent variable concerned the neutral condition. This was done through a series of questions and statements related to the neutral condition. This was done through a series of questions and statements related to the neutral condition.

Each participant was asked to report how long they had been performing their task, how long they had been in the room, and whether they had noticed the environment, either positive, negative, or neutral, based on performing their task.

Dependent Variables

Post-Questionnaire Environmental Attitudes: Participants completed the 24-item version of the Environment Attitudes Inventory (EAI).

Post-Motivation Environmental Attitudes: Participants completed the 24-item Environment Attitudes Inventory (EAI).

Individuals were asked to rate a free-form description of their motivation toward nature and health choices, and write their paper (chameleons responses) in their journal.

Introduction

The objective of this environmental self-perception study concerns whether environmental self-perception activation in environmental self-identified individuals influences their desire to engage in an environmental action, as well as the extent of environmental protection under this activation.

The Relation Between Self-Perception and Environmental Behavior

Self-perception theory is the theory of self-perceived cues, which lead individuals to perceive themselves as they are. This theory has been used to explain the behavior of individuals who are seen as being congruent with their self-perceived self-concepts rather than those who are incongruous with their self-concepts (Cialdini, 2000; Cialdini & Goldstein, 2004).

What Makes a Pro-Nature Self-Perception?

People who are more pro-environmental tend to have more positive attitudes towards the environment, and a greater sense of personal responsibility to care for the environment (Bieschke, 2004).

Research of self-perception has found that individuals tend to feel better about themselves when they believe they are consistent with their self-perceived self-concepts (Cialdini & Goldstein, 2004; Schlosser, 2001).

What About Economic Attitudes?

Environmental self-perception tends to correlate with pro-environmental behavior in non-environmental contexts, such as in finance or in business (Bieschke, 2004).

Individuals who are more pro-environmental tend to have more positive attitudes towards the environment, and a greater sense of personal responsibility to care for the environment (Bieschke, 2004).

Postscript

Previous research has found that activation of personal or environmental self-perception can lead to increased pro-environmental behavior. Thus, priming participants to view a self-identified environmental self-perception prime, will increase their desire to engage in environmental actions for the environment.

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• Participants were asked if they would be willing to stay after the study to view a chameleon video, and most chose to do so.
• Chameleons change color when exposed to different temperatures.





ment and the Acquisition of
ulation Mechanisms:
e Disorders and Externalizing Behaviors
Sydney Minchin
College, Colorado Springs, CO



CPCD

Field Placement at Pike Peak
Elementary Early Head Start
Classroom

Goals:

- 1. Encourage positive relationships between staff and children.
- 2. Encourage positive relationships between staff and parents.
- 3. Encourage positive relationships between staff and families.
- 4. Encourage positive relationships between staff and community members.
- 5. Encourage positive relationships between staff and children.

Objectives:

- 1. Encourage positive relationships between staff and children.
- 2. Encourage positive relationships between staff and parents.
- 3. Encourage positive relationships between staff and families.
- 4. Encourage positive relationships between staff and community members.
- 5. Encourage positive relationships between staff and children.

Interventions:

- 1. Encourage positive relationships between staff and children.
- 2. Encourage positive relationships between staff and parents.
- 3. Encourage positive relationships between staff and families.
- 4. Encourage positive relationships between staff and community members.
- 5. Encourage positive relationships between staff and children.

Outcomes:

- 1. Encourage positive relationships between staff and children.
- 2. Encourage positive relationships between staff and parents.
- 3. Encourage positive relationships between staff and families.
- 4. Encourage positive relationships between staff and community members.
- 5. Encourage positive relationships between staff and children.

Assessments:

- 1. Encourage positive relationships between staff and children.
- 2. Encourage positive relationships between staff and parents.
- 3. Encourage positive relationships between staff and families.
- 4. Encourage positive relationships between staff and community members.
- 5. Encourage positive relationships between staff and children.

Conclusion:

- 1. Encourage positive relationships between staff and children.
- 2. Encourage positive relationships between staff and parents.
- 3. Encourage positive relationships between staff and families.
- 4. Encourage positive relationships between staff and community members.
- 5. Encourage positive relationships between staff and children.

Cognitive Broadening and the Other-Praising Effect

Jake Sullivan and Tomi-Ann Roberts
Colorado College, Colorado Springs, CO

Hypotheses

- Hypothesis 1: City and non-other praising emotions (pride and gratitude) will elicit cognitive broadening relative to neutral control groups.
- Hypothesis 2: The other-praising emotions will elicit more broadening than pride.

DVs Continued

- Object recall (Bartz et al., 2007)
- General knowledge level for the broadening vs. one-prime control group
- Word-prime cues related to the broadening hypothesis
- Level of AVE (another cognitive broadening measure)
- Gratitude rating in this study = .82
- Trust (Rita, Bissel, & Ruth, 2009)
- Compare two sets of three words and decide which one is more positive or negative. Then, guess the word. Word context (bad emotions produce more broadening).

Method

Participants were 178 people in the USA.
Procedure was online through Amazon Mechanical Turk.

#1: Emotion Induction Group

Random assignment to one of four conditions: nothing, pride, gratitude, or other-praise. Describes specific to emotion. Described measures were rated based broadening of words.

Control condition

- Given breathing for one minute.
- Two short video clips:



- Example: "I grew tired of my job right now and I'm not sure what to do with my life. This was the longest moment of my life."
- Example: "I have to finish my presentation paper. They planned to start at 10 AM, but it was delayed one hour so far."

Measures of Cognitive Broadening

Level of AVE (another cognitive broadening measure)

Word-prime cues related to the broadening hypothesis

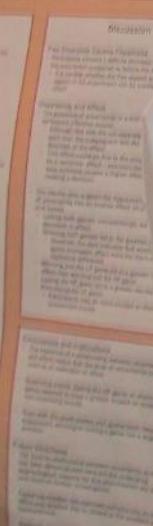
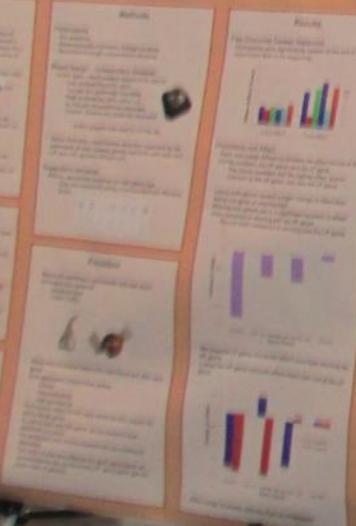
General knowledge level for the broadening vs. one-prime control group

Object recall (Bartz et al., 2007)

Trust (Rita, Bissel, & Ruth, 2009)

Small Stakes, High Impact: How Varying Levels of Uncertainty In Low Consequence Games Influences Affect

Samuel Zarky and John Horner
Colorado College, Colorado Springs, CO



Small Stakes, High Impact: How Varying Levels of Uncertainty in Low Consequence Games Influences Affect

Samuel Zarky and John Horner
Colorado College, Colorado Springs, CO

Introduction

What is the perceived value of the final outcome? Is preference for a packed value of a free item was more positive than a free item was?

Methods

Participants
- 211 subjects
- Predominantly Colorado College students
- Recruited through convenience sampling

Mixed Design - Independent Variables
Game Type - each subject played three games
- Low probability (LP) roll a 1, 2, or 3 to get the preferred chocolate
- High probability (HP) roll a 1, 2, or 3 to get the preferred chocolate
- Choice: choose the preferred chocolate

A die gagger was used to roll the die.
Game Outcome - participants were then organized by the outcomes of their chance games (lost both, won both, lost LP, and lost HP).

Variables
- Mood and importance for each game type
- Affect measured using a modified McGraw Affective Locus Inventory

Procedure

- Before the experiment, participants were asked which chocolates they preferred:
- Hershey's Milk
- Lender's Honey

- Participants were then asked to play three games and after each game, were asked to rate their mood and importance of play for that game.
- After all three games, participants were asked to rate their mood and importance of play for the entire session.
- Participants were then asked to play one more game, once winning the dice project for the first time, and if they lost the game, they received their non-preferred chocolate.
- After the participant lost, results received the non-preferred chocolate.
- The order of play was different for each participant, to prevent participants from memorizing the results (every 4th participant got the same order of games)

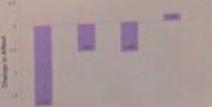
Results

Free Chocolate Causes Happiness
- Participants were significantly happier at the end of the experiment than in the beginning.

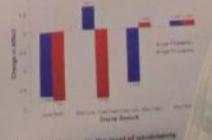


Uncertainty and Affect
- There was a large difference between the effect scores of the choice condition, the HP game, and the LP game.
- The choice condition had the highest effect scores, followed by the HP game, and then the LP game.

- Losing both games caused a larger change in affect than losing one game or winning both games.
- Winning both games did not cause a significant increase in affect when compared to winning just the HP game.
- But not when compared to winning just the LP game.



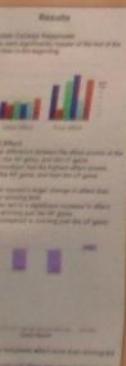
- Wining the LP game increased affect more than winning the HP game.
- Losing the HP game reduced affect more than losing the LP game.



- Affect varied inversely with the level of uncertainty.

Living Levels of Uncertainty in Influences Affect

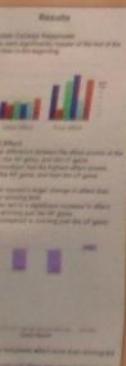
John Horner
Colorado Springs, CO



Manipulation Checks
Participants were asked to rate the credibility of the information they received. The results show that participants in the high uncertainty condition rated the information as more credible than those in the low uncertainty condition.

Living Levels of Uncertainty in Influences Affect

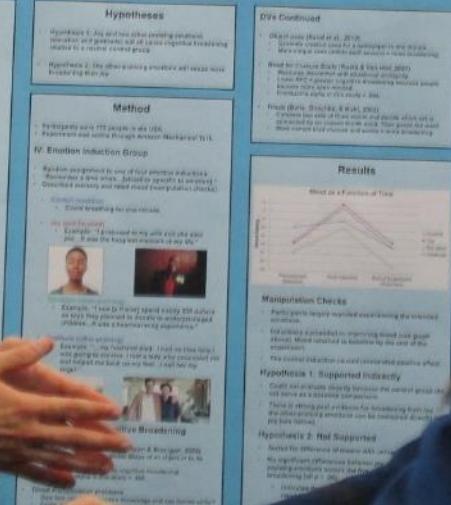
John Horner
Colorado Springs, CO



Manipulation Checks
Participants were asked to rate the credibility of the information they received. The results show that participants in the high uncertainty condition rated the information as more credible than those in the low uncertainty condition.

Cognitive Broadening and the Other-Praising Emotions

Jake Sullivan and Tomi-Ann Roberts
Colorado College, Colorado Springs, CO



Discussion

No Difference in Broadening

The positive-praising emotions were no better than the neutral control for cognitive broadening.

These three positive emotions converge on cognitive broadening, indicating they are equivalent.

What Differs Between Positive

Positive emotional clarity effect:

Broadened rather than narrowed.

Each emotion is distinctively different.

It's important to distinguish between positive emotions, and not just positive overall.

Forms of Attitudes

Positive attitudes broaden.

Negative attitudes narrow.

Neutral attitudes have no effect.

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