



3rd Annual RISE Daylong Conference

April 19, 2024

Devil's Oasis (2nd floor, CAVC)

8:45-9:30	Breakfast/Check-in
9:00-10:00	Poster Session
10:00-10:45	Data Blitz Session
11:00-12:00	Keynote Address (Dr. Cisco Sanchez)
12:00-1:15	Lunch
1:15-2:45	Symposium Session
2:45-3:00	Snack Break
3:00-4:30	Symposium on RISE COVID Study

8:45-9:30am

Breakfast/Check-In

9:00-10:00am

Poster Session

Authors: Julia Suciu, Natali Barragan, Yasmine Sarraf, Nicole Roberts, & Mary Burluson

Title: Police recruits: Job stress and self-control

Abstract: Elevated levels of job stress have been related to poorer self-control and mental health in the workplace (Siddiqui et al., 2021). Increased experiences of negative emotions have been found to predict greater mental health issues (Dubey & Pandey, 2013). The role of mental health and job stress in a police officer's ability to exercise self-control is essential as officers face situations in the field that require them to be cognizant of their behavior. We hypothesized that negative affect and mental health symptoms would mediate the relationship between job stress and self-control. We investigated this by administering self-report questionnaires to a sample of 76 police recruits at the start of police academy training. We tested a model with job stress as the predictor, perceived self-control as the outcome, negative affect as the first mediating variable, and mental health as the second mediator (see Figure). Analyses revealed evidence of serial mediation ($ab = -.15$, 95% CL = -0.27, -0.06). Greater job stress was associated with greater negative affect, which was associated with greater mental health symptoms and in turn lower perceived self-control. Taking the mediation pathway into account, the direct effect of job stress on self-control remained significant. Findings suggest that negative affect related to job stress may be linked to regulation difficulties for officers via greater mental health concerns, even at the beginning of their career.

Authors: Haruka Oshika & Katie Nelson-Coffey

Title: Gratitude letters as a strategy to mitigate overparenting

Abstract: Overparenting, characterized by excessive parental intervention, has been linked to adverse outcomes for children's well-being (e.g., Creveling et al., 2010; Darlow, Norvilitis, & Schuetze 2017). However, concrete strategies to reduce overparenting remain understudied. This study investigates whether expressing gratitude mitigates overparenting. In prior research, gratitude expression enhanced positive affect and life satisfaction and reduced stress, depression, and anxiety (Dickens, 2017). Additionally, parents' gratitude expression improved family functioning via increased positive emotions

(Nelson-Coffey & Coffey, 2024). The present study will involve dyads of parents and teenage children (N = 350 parent-child dyads). Parents will be randomly assigned to one of two activities: to write a gratitude letter or to write about their activities from the previous week. Subsequently, parents and children will report parents' engagement in overparenting and their own well-being. We hypothesize that parents in the gratitude condition and their children will report greater positive affect and life satisfaction, and reduced overparenting than the control group. The insights gained from this study can be used to encourage healthy parent-child relationships.

Authors: Xiaoxiang Zheng, Nicole A. Roberts, Amanda Batista, Deborah L. Hall, & Mary H. Burleson

Title: Exploring intrapersonal and interpersonal emotion regulation strategies in the association between romantic relationships and well-being: A cross-cultural perspective

Abstract: Studies of emotion regulation (ER) in Western cultural contexts have largely focused on intrapersonal, or self-focused, strategies (intra-ER); however, interpersonal strategies (inter-ER) may be more beneficial for individuals from collectivistic cultures. We aimed to test this in the context of romantic relationships, where effective ER is vital in enhancing relationship quality and individual affective states. This proposed study aims to investigate how self-reported use of intra and inter-ER will interact with an individual's cultural orientation to moderate the association between romantic relationship quality and well-being. Two primary hypotheses will be examined: 1) White Americans with higher individualistic proneness will report greater use of intra-ER strategies, whereas Asians with higher collectivistic proneness will report greater use of inter-ER strategies; 2) cultural congruence (vs. incongruence) in using ER strategies will strengthen (vs. undermine) the positive association between relationship quality and well-being. White Americans, Asian Americans, Hong Kong Chinese, and Mainland Chinese, with 200 per group, will be recruited for a Qualtrics online survey. A multiple moderation model will be tested using structural equation modeling via R. Findings will reveal whether employing culturally-congruent ER strategies can enhance links between relationship quality and well-being. This work also can foster understanding of the recent profile of cultural orientation in Western and Eastern cultures, and may provide guidance to couples on maintaining healthier and more supportive relationships.

Authors: Anisiasunta Guzelides & Kristin Mickelson

Title: How many is too many? Understanding placement instability & relationship outcomes

Abstract: While the literature on fostered youth has been well-researched, it is crucial to integrate the various focal points that encompass their experiences in the child welfare system. Specifically speaking to the aftermath of placement disruptions, fostered youths typically undergo various moves from one placement to the next. The displacements can have a notable impact not only on the development of the individual but also on the relational commitment with future partners. To unravel the complexities of this relationship, my research will further investigate the roles that fear of abandonment and social support sources (i.e., sibling connections) contribute. We hypothesize that individuals who have endured a high number of placements within foster care will be associated with poorer relationship functioning. Additionally, we also hypothesize that fear of abandonment scores will act as a mediator to the relationship between the number of placements and commitment in future relationships. Lastly, we seek to understand if the presence of a sibling will act as a buffer to the number of placements in care and relationship commitment, such that those who have a sibling present will experience fewer placements in care; thus, leading to a positive ideal of commitment in future romantic relationships. Ultimately, this research seeks to add to the existing literature.

Authors: Kenya Verdugo, Mary H. Burlison, Nicole A. Roberts, & Sasha Sioni

Title: Touch in romantic relationships: Cultural influence in attitudes towards touch in romantic relationships and its significance

Abstract: Affectionate touch promotes close relationships throughout life; many studies have shown that touch is associated with better psychological, physical, and relational well-being. Although research on cultural differences in touch is limited, higher cultural collectivism has been linked with more self-reported interpersonal touch in close relationships. In an online sample of 658 participants, we surveyed individual differences in collectivism/individualism and positive vs. negative attitudes toward touch in romantic relationships (controlling age and gender). Regression analysis for negative touch attitudes (e.g., aversion to partner touch) revealed significant moderation ($p < .001$): for participants high in individualism, collectivism was unrelated to negative attitudes, whereas for those reporting average or low individualism, greater collectivism predicted less negative touch attitudes (both $ps < .001$). For positive touch attitudes (e.g., touch for affection or security), collectivism was positively linked ($p < .001$); neither individualism nor the interaction were related. Knowing how culture affects touch may help therapists, especially in their work with intercultural couples.

Authors: Natalie N. Newton, Estrella Contreras, Nicole A. Roberts, & Mary Burleson

Title: Emotional language in descriptions written by functional seizure patients

Abstract: Verbalizations, including written text, are an informative way to express emotions. In the clinical condition of functional seizures (FS), seizure-like symptoms occur due to biopsychosocial underpinnings. Those with FS mislabel or avoid emotions, especially those that are negative. We used sentiment analysis, a natural language processing technique to identify affect in text, to explore the degree of written emotional expression in FS. As part of a relived emotions task, FS participants (N=11) and matched controls with low or high levels of posttraumatic stress symptoms, PTS, (N=24; N=25) wrote descriptions evoking neutral, anger, happiness, and shame feelings. Words from participants' descriptions were matched to 13,000+ words in the ANEW dictionary to compute mean valence and arousal by group and emotion condition. Valence and arousal significantly differed by emotion condition ($p < .001$). Group marginally interacted with emotion condition for valence ($p = .085$) but was nonsignificant for arousal; differences for valence were found in shame ($p = .018$), with FS participants using more negatively valenced words than high-PTS controls. This supports difficulties FS participants have with shame but contradicts the idea of emotional avoidance tendencies of this group, suggesting that FS may use emotion language very similarly to matched controls when recalling emotional memories.

Authors: Estrella M. Contreras, Natalie N. Newton, Kennedy Bryant, Nicole A. Roberts, Sasha R. Sioni, & Mary H. Burleson

Title: What do “non-emotional behaviors” say about emotion? Behavioral responses to reliving emotions in those with functional seizures and traumatic stress

Abstract: Although emotional facial expressions are clear nonverbal signals, other less clearly “emotional” nonverbal behaviors also may reflect affective responses. In the neuropsychiatric disorder of functional seizures (FS), seizure-like behaviors occur without EEG-based epileptic activity and are due in part to atypical connections between affective and behavioral-motor responses. We coded behavior from 11 FS participants and matched controls high ($n = 21$) or low ($n = 21$) in posttraumatic stress symptoms (PTS) while neutral and emotional memories were described out loud (a relived emotions task). We hypothesized that across participants, nonverbal behaviors 1) would be more evident in emotional than non-emotional contexts, and 2) would be associated with greater emotional intensity ratings; for FS participants, we hypothesized 3) greater “non-emotional” nonverbal behaviors (e.g., head movement) than for controls, yet 4) fewer prototypical emotional expressions (e.g., anger displays). We found that participants

showed more movement (composite of body, head, face, and face touches) during relived anger ($p=.003$) and happiness ($p=.001$) than relived neutral, and a positive association between head movement and intensity ratings during relived shame ($r=.308$, $p=.030$) but not for other emotion conditions. There were no group differences nor interactions of emotion condition and group. Findings from this initial pilot study suggest that emotion-behavior-motor connections may be relevant both to FS and trauma more broadly, and underscore relevance of considering non-emotional movements. Further, these findings suggest resilience in FS and trauma, through needing to navigate emotional experiences despite the difficulties that non-emotional movements may present.

Authors: Mary Kate Durka, Natalie N. Newton, Sasha R. Sioni, Nicole A. Roberts, & Mary H. Burleson

Title: Behavioral and social avoidance predicts higher touch dissatisfaction in the absence of adult attachment avoidance within romantic relationships

Abstract: Adult attachment avoidance is linked to greater relationship difficulties and lower levels of partner touch, which further contributes to lower relationship satisfaction. Cognitive/behavioral avoidance (CBA)—another avoidance construct—is the tendency to avoid personal or social issues outside romantic relationships. As these two non-overlapping avoidance types are linked with higher levels of relationship problems, we examined how they might interact to influence perceptions of touch with a romantic partner. Exploring this question, we used moderated regression with online survey data from 392 participants (212 female) with measures of CBA, avoidant attachment, and dissatisfaction with relationship touch. Exploratory analyses revealed two significant interactions and one at $p=.074$; probes showed that when avoidant attachment was rated low or moderate, respectively, greater cognitive social ($p<.001$; $p<.001$), behavioral social ($p=.004$; $p=.011$), and behavioral non-social ($p=.005$; $p=.025$) avoidance were linked with greater touch dissatisfaction. High attachment avoidance was linked with high touch dissatisfaction across the range of CBA scores. Avoidant attachment has many negative implications for relationships; however, this study suggests that in the absence of avoidant attachment, social avoidance may impact intimate partner touch and, by extension, decrease relationship satisfaction. Accordingly, having an avoidant mindset or behavior outside of romantic relationships may influence intimate partner emotional dynamics and decrease satisfaction.

Authors: Sean K. Sachs, Nicole A. Roberts, & Mary H. Burluson

Title: Understanding context: Links between early touch and relationship satisfaction

Abstract: Theory and data suggest affectionate touch has positive effects in both parent-child and couple relationships, though few studies connect findings between these domains. Using survey data in 229 heterosexual married couples, we tested two dyadic serial mediational models examining whether own reports of more touch from parents predicted lower attachment avoidance or anxiety, and in turn more couple touch and higher marital satisfaction; attachment also was tested as a direct predictor of one's spouse's marital satisfaction. Results: Husband avoidant/anxious attachment predicted wife satisfaction. For avoidance, all indirect paths (via attachment and couple touch) were significant for husbands; only the path via avoidance (not couple touch) was significant for wives. For anxiety, the path via attachment was significant for wives, whereas for husbands, the path via couple touch was significant; total indirect effects were significant for both spouses. These results may clarify prior mixed findings about attachment-marital satisfaction links, and suggest parent touch may affect later relationships via formation of attachment style and transmission via touch to marital satisfaction.

10:00-10:45am Data Blitz Session

Authors: Alexandra E. Black, Katherine Nelson-Coffey, & Helena Rutherford

Title: Buffering attachment anxiety during the transition to parenthood: Examining the social connectedness model

Abstract: The transition to parenthood is often accompanied with high levels of stress (Ngai & Lam, 2021) and is an interdependence dilemma that has been identified as particularly activating for the attachment systems of insecure people (Overall & Simpson, 2015). However, the transition to parenthood can also afford romantic partners an opportunity to buffer their relationships from the deleterious impact of attachment insecurity, instead resulting in the experience of greater security in their relationships. Arriaga and colleagues (2021) found that increased feelings of self-efficacy during the transition to parenthood resulted in long-term shifts in security attainment specifically for people high in attachment anxiety. This result speaks to a more permanent shift in an anxious person's internal working model of self from negative to positive, and the resulting positive interpersonal influences. We argue that one way to facilitate greater feelings of self-efficacy during the transition to parenthood is to bolster feelings of social connectedness. We use the term social connectedness to refer to the extent to which people feel close and connected to others, including perceived closeness (i.e.,

connectedness) and perceived isolation(i.e., loneliness). By fulfilling an anxious person's desire to feel connected to others, the anxious person can instead focus on developing their self-concept and feel more confident in navigating the transition to parenthood. Our model therefore proposes that greater levels of social connection will be associated with greater feelings of self-efficacy, leading to positive changes over time in felt security, mental health, and well-being for people high in attachment anxiety.

Authors: Karissa Beesley, Katherine Nelson-Coffey, & John Coffey

Title: Are all forms of gratitude created equally? An examination of the benefits of safe haven gratitude.

Abstract: Gratitude expression leads to both intrapersonal and interpersonal benefits, such as increasing connection with others, improving relationship quality, and bolstering personal happiness. Previous research introduced a new type of gratitude, safe haven gratitude (SHG), which encourages participants to think of someone who makes them feel cherished, protected, or accepted. In prior studies, SHG benefitted parent well-being and family functioning relative to a neutral control. However, less is known regarding how SHG may differ from other forms of gratitude. The aim of the current study was to distinguish SHG from another form of gratitude expression (for a gift received) and a control activity, as well as examining longitudinal implications of the benefits of SHG. Participants were randomly assigned to one of three conditions (SHG, gift gratitude, or control) and reported well-being and relationship satisfaction immediately following the activity, and again one week later. A weighted contrast analysis found that SHG was the most beneficial activity for nearly every well-being and relationship outcome immediately post-activity. Additionally, SHG contributed to improved well-being 1 week later via immediate increases in positive emotions and perceived partner responsiveness, and decreases in negative emotions.

Author: Stephanie Cottam

Title: Mindfulness and parenting practices among Hispanic parents

Abstract: Mindful parenting, an emerging construct, highlights parenting practices which consist of present-centered, non-judgmental, and non-reactive approaches. As this construct emerges it is important to understand how it may operate for different cultural groups. The current study examined how mindful parenting manifests among Hispanic and non-Hispanic parents by examining its relationship with parental warmth. The sample included 108 parents (61.2% Hispanic; 38.8% non-Hispanic) with children enrolled in schools in the Phoenix area. The Interpersonal Mindfulness in Parenting (IEM-P) scale and the Mother's Report of Children's Report of Parent Behavior Inventory (CRPBI) measures

were utilized. Parental warmth was significantly related to mindful parenting $b=.412$, $t=2.851$, $p=.005$. However, while only significant at the $p<.10$ level, a moderation analysis suggested that the relationship between parental warmth and mindful parenting was less defined for Hispanic parents. These findings highlight the need for further research to explore parenting styles and how they relate to mindful parenting practices among Hispanic parents.

Authors: Kayla Stevenson & Katherine Nelson-Coffey

Title: Envisioning a bright future: Hope in romantic relationships

Abstract: Romantic relationships provide social support and increase happiness (Walen & Lachman, 2000; Asselmann & Specht, 2023). In addition, young adulthood is a key period for establishing relationships and envisioning a future with a partner. This future orientation may promote hope, a powerful action-promoting emotion that improves well-being and promotes resilience (Biassoni et al., 2022; Kirmani et al., 2015). In the current study, we investigated whether envisioning a best possible future (BPF) increases hope and other well-being outcomes in young adults, and the role of considering one’s partner (vs. only considering oneself) in this process. In this preregistered experiment, participants (N=307) were randomly assigned to one of three conditions: a partner-oriented BPF activity, a self-oriented BPF activity, or a control activity. Hope and well-being outcomes were measured after the activity. Both partner- and self- focused best possible future activities increased hope and positive affect relative to the control, with the greatest increases for those in the partner-oriented condition. Additionally, marital status significantly moderated the effects of the partner-oriented BPF activity on hope, positive affect, and optimism. For those who were not married, the partner-oriented activity produced the greatest increases in hope, positive affect, and optimism compared to the control. There were no significant results for the other conditions or for married people. This study demonstrates how positive activity interventions can increase hope in the context of romantic relationships.

Authors: Victoria Klennert & Kristin Mickelson

Title: The pressure of gender conformity and mental health

Abstract: On average, transgender populations display disproportionately poorer health outcomes compared to the general population. Understanding the process by which these deleterious outcomes occur for this population is integral to developing interventions. This thesis aimed to examine whether experiences of gender dysphoria and body dissatisfaction influenced the association of felt pressure to conform to gender norms with mental health and quality of life outcomes. Specifically, I hypothesized that greater

pressure to conform to gender norms would be directly related to worse mental health and quality of life outcomes, and that gender dysphoria and body dissatisfaction would indirectly mediate this relationship. Furthermore, I hypothesized that participants' gender identity would moderate this relationship, such that transgender individuals would show stronger associations on all pathways as compared to cisgender individuals. The sample consisted of 211 individuals – 109 being transgender and 102 being cisgender. Participants completed a 15-minute online survey including a consent form. Results indicated partial support of hypotheses – pressure to conform to gender norms directly predicted outcomes of compromised mental health (i.e., depression, anxiety, and stress), but did not predict well-being or quality of life. Furthermore, gender dysphoria (but not body dissatisfaction) mediated the relationship between felt pressure for gender conformity and compromised mental health outcomes for cisgender participants, but unexpectedly not for transgender participants. Post hoc analyses suggest that perceived discrimination mediated the relation between felt pressure and all mental health measures and quality of life measures for both transgender and cisgender participants.

Author: Alexis Faison

Title: Resilience among graduate student parents

Abstract: Graduate student parents are a unique subpopulation in higher education that accounts for many graduate students (Yoo and Marshall, 2022). Graduate student parents face many challenges, such as financial hardship and time limitations as they navigate several responsibilities. A group of doctoral student parents discussed their experiences of maternal microaggressions and the tensions between motherhood and academia (Kaler et al., 2020). “At an event on campus, a colleague whom I had not seen in over a year exclaimed, “You’re pregnant again!” This made me feel ashamed as if I had done something wrong. I was unsure how to respond, so I smiled and left the conversation with a sense of guilt and discomfort”. These experiences are common for many graduate student parents, which is why having a support system and community to navigate these experiences matters. As a graduate student parent, I know the struggle personally as I strive to find balance as I engage in many roles and wear many hats. At times we feel our experiences are invisible and I wanted to host a monthly support group for graduate student parents at Arizona State University to foster community and support. In conjunction with the Graduate Professional Student Association, I have offered a virtual support group during the spring semester for graduate student parents to connect and share their experiences. While we all experience challenges and obstacles, I also want to create space for us to name and share our strengths that often go ignored. I hope that we can normalize parenthood in the academic community so that we can feel empowered to prioritize our families and academic goals while seeking support when it is needed.

11:00am-12:00pm Keynote Address



Dr. Francisco Sanchez (Director of Undergraduate Training & Associate Professor, CISA - School of Counseling and Counseling Psychology)

Title: Challenging Norms: Resilience and Masculinity among Sexual Minority Men

Abstract: Traditional gender norms continue to affect the mental health and well-being of gay men and other sexual minorities. Such norms have been found to influence internal perspectives and interpersonal dynamics, particularly in intimate relationships. Amid recent divisive sociopolitical debates, there has been a resurgence of emphasis on archaic gender norms—often referred to as toxic masculinity—posing further challenges to people's well-being. This presentation will delve into the perpetuation of sex and gender stereotypes both broadly and within the LGBTQ+ community. Drawing from psychological research, media examples, and cultural norms, the lecture will illustrate the challenges sexual minority men encounter in adhering to traditional masculine norms and the resilience strategies that they can employ to forge authentic identities.

12:00-1:15pm LUNCH

1:15-2:45pm Symposium Session

Authors: Amanda Batista, MJ Sarraf, Kevin Lenart, Ethan Gilmore, Mara Hamlett, Rae Kilby, Yasin Silva, & Deborah Hall

Title: A mixed methods investigation of social media use and perceptions of online toxicity among LGBTQ+ young adults

Abstract: LGBTQ+ individuals face increased rates of cyberbullying and online toxicity. The heightened prevalence of adverse mental health outcomes, including suicidality, within LGBTQ+ communities underscores the importance of research to identify and mitigate online toxicity targeting these populations. We used a mixed methods approach to gain

insight into platform-based differences and more nuanced aspects of online toxicity targeting LGBTQ+ social media users. Young adults (N = 400; age: M = 22.42, SD = 1.97) who self-identified as LGBTQ+ completed an online survey through Prolific about their social media use, perceptions of general and LGBTQ-specific toxicity on social media, and beliefs about mechanisms for reducing such toxicity. The exclusion of transgender individuals, deliberate misuse of preferred pronouns, and homophobia based on religious beliefs were the most common forms of LGBTQ-specific toxicity reported. Facebook, Twitter, and Reddit were reported to have the highest and Instagram and Snapchat the lowest levels of both LGBTQ-specific and general toxicity. Content analysis of open-ended responses to questions about mechanisms for reducing online toxicity are in progress. Initial qualitative findings have located actions taken by social media platforms/moderators, negatively valenced attacks against toxic users, and attempts to educate toxic users on LGBTQ+ issues as the most frequently encountered strategies for managing online toxicity towards the LGBTQ+ community within LGBTQ+ spaces. Ultimately, this research will help gain insight into platform-based differences and more nuanced aspects of online toxicity targeting LGBTQ+ social media users. Furthermore, illuminating potential recommendations for improving the social media experiences for members of these marginalized communities.

Authors: Raeanna Kilby & Kristin Mickelson

Title: **Swiping away body dissatisfaction: The impact of TikTok body neutral and body positive content on body image**

Abstract: Social media movements centered on body positivity and body neutrality both encourage healthy attitudes toward the physical body, yet their distinctions may exhibit unique influences on body image. This study examined the impact of exposure to different forms of body acceptance and objectification content on body image. Participants consisted of women and gender-diverse individuals (N = 199) who completed an online survey in which they were randomly assigned to one of four TikTok video compilations of Body Neutrality, Body Positivity, Thin-Idealizing, or Travel (control) content. Before and after viewing the TikTok videos, participants were assessed on weight dissatisfaction, appearance dissatisfaction, functional appreciation, and self-objectification, alongside other variables. Preliminary analysis demonstrated that brief exposure to both body-neutral and body-positive TikTok content induced improvements within all four measures of body image. However, increased levels of functional appreciation in comparison to the thin ideal group were only present in the body-neutral condition. These findings provide evidence that body positivity and body neutrality TikTok content may both serve as positive alternatives to thin idealizing content in unique ways.

Authors: Ella Canada, Lilah Kaplan, & Stephanie Cottam

Title: Social media use and adolescent well-being

Abstract: This study aims to identify how social media and technology use affect social connectedness, well-being, and sleep in adolescents. This study involved four focus groups with two distinct age groups, participants ages 11 to 13 year old (n=10) and participants ages 14 to 15 years old (n=11) living in the Phoenix metro area attending the same school. We utilized a step-by-step process which included watching recordings of the mixed gender focus groups, taking notes, pulling out common themes, crafting codes/subcodes, and attaching codes to quotations within each transcript. The older age group used the Discord app and text messages to connect with friends. The younger group used Tiktok and Instagram more for general posting and scrolling. Three main themes emerged: 1) Parental restrictions to social media use and technology declined as age increased; 2) Younger groups were less apt to talk about feelings regarding social media use than older groups; 3) Both age groups acknowledged some of the dangers and effects of social media, i.e. friending strangers, addiction, technology being hard to escape. However, resilience was also a common theme in all four groups. Social media was used as a means to cope with daily stressors such as feeling the need to fit in and connect with friends outside of school. Future research would benefit from a larger and more diverse sample size from a variety of schools. The larger study would also benefit from including more in-depth questions to investigate elements of sleep.

Authors: Zainab Nazir & Kristin Mickelson

Title: Burnout in employed college students: Investigating the role of job type

Abstract: Tuition costs for undergraduate students have surged in the United States in recent years. The National Center for Education Statistics estimates that the current average cost of tuition at a public four-year college is 23 times higher than it was in 1963, leading students to work while attending school. Additionally, Gen-Z young adults report significantly higher rates of stress than all other generations, making burnout a salient concern within this demographic. Considering these two factors of employment and stress, the current study aimed to explore the role of job type (major vs non-major) in the relationship between burnout and social support for undergraduate students in the United States. I hypothesized that students with jobs related to their major would experience lower burnout than those with non-major-related jobs. Additionally, I examined social support as a buffer in the association between employment status and burnout, such that employed students who sought support would have lower burnout than employed students who did not seek support.

Authors: Bailey Hodgkin & Kristin Mickelson

Title: **The role of rumination between childhood trauma and generalized anxiety**

Abstract: Several studies have shown that exposure to adverse childhood experiences can increase a person's risk of developing an anxiety disorder later on in life. However, limited research has evaluated additional underlying mechanisms that could be potentially connecting these two variables together. Therefore, this study examines to see if rumination acts as a mediator between severity of childhood trauma and generalized anxiety. This cross-sectional study design consists of 300 participants who are 18-35 years old from the United States. Participants took in a survey that contains questions regarding adverse childhood experiences, rumination, anxiety, perceived stress, and life-satisfaction. Results revealed that as one experiences more childhood trauma reports greater symptoms of generalized anxiety. Additionally, as predicted, childhood trauma was significantly predictive of greater maladaptive rumination but contrary to my prediction, it was also related to greater constructive rumination. Maladaptive rumination was also significantly predictive of greater GAD but constructive was not. The indirect effects suggest that maladaptive rumination was a significant mediator between childhood trauma and GAD but constructive rumination was not.

Authors: Natali Barragan & Deborah Hall

Title: **Building resilient communities: Investigating the role of support in academic self-efficacy and future academic orientation among Latino students**

Abstract: An important aspect of academic thriving and success at younger ages hinges on self-efficacy. Specifically, adolescence is a critical time for individuals that determines their orientation towards future academic endeavors. Whereas Latinos' enrollment in postsecondary education has increased significantly since 2000, Latino students are among the least likely to have received their bachelors degree compared to other ethnic groups. The current study thus aims to investigate the relationship between academic and familial support, academic self-efficacy, and orientation toward the future among Latino high school students. Additionally, because adolescence is marked by an increase in risky behavior (e.g., drinking, smoking, substance abuse, unhealthy eating) that can have implications for the future, this study will also explore the relationship between academic achievement, motivations to pursue college, and health behaviors. A sample of approximately N = 130 Latino high school students will be recruited from local high schools. Participants will complete an online survey that includes measures of attitudinal familism, academic self-efficacy, and future academic orientation. To assess academic performance, participants will be asked to provide their GPA, class rank, and enrollment in honors/AP classes. We predict that greater familial and academic support will predict

stronger future academic orientation, and that these effects will be mediated by academic self-efficacy, such that more support will predict greater self-efficacy. Understanding the factors that promote academic self-efficacy during this pivotal period of adolescence can provide teachers and parents with strategies to promote Latino students' academic resilience and success.

2:45-3:00pm Afternoon Snack Break

3:00-4:30pm Symposium on RISE COVID Study

Authors: Kristin D. Mickelson, Ashley K. Randall, Bailey M. Braunstein, Mary M. O'Brien, Mary Burleson, Phuong Thao Ha, Deborah Hall, Masumi Iida, Sarah Lindstrom Johnson, S. Katherine Nelson-Coffey, Nicole Roberts, Kaylyn Graham, Aubrie Munson et al.

Title: Social Distance Adherence & Adjustment: PERMA Model of Resilience during the COVID-19 Pandemic

Abstract: An integral part of our social relationships is the interactions we have with others, including shared activities, conversations, and laughter to physical affection. These human interactions contribute to our sense of belonging and support, as well as our physical and mental well-being (Algoe, 2019; Baumeister & Leary, 1995). What are the consequences of discouraging these behaviors in response to a global viral pandemic? During the COVID-19 pandemic, the Centers for Disease Control guidelines for mitigating the spread of the virus encouraged individuals to socially isolate from others (CDC, 2020). That is, public health recommendations for preventing the spread of the virus encouraged us to practice social distancing by avoiding public spaces and eliminating proximal physical interactions with individuals outside of one's immediate household. As a result, face-to-face social interactions with friends and many family members were curtailed. However, as humans, we crave human connection. While practicing social distancing may promote our safety, it is antithetical to our need for belonging and physical contact. When these fundamentally human behaviors become dangerous for our own and others' health, how do we adjust and adapt to this seismic shift in our social relationships? The current study examined a resilience model for adapting to these unique social distancing guidelines as a result of the COVID-19 pandemic.

Authors: Mary H Burlison, Nicole A Roberts, Aubrie A Munson, Cayla J Duncan, Ashley K Randall, Thao Ha, Sasha Sioni, & Kristin D Mickelson

Title: Feeling the absence of touch: distancing, distress, regulation, and relationships in the context of COVID-19

Abstract: During the COVID-19 pandemic, physical distancing guidelines were implemented to reduce viral spread, altering typical social interactions and reducing the amount of physical contact and affectionate touch many individuals experienced. The pandemic also caused psychological distress, perhaps in part related to reductions in affectionate touch with close others. We theorized that this would be particularly problematic for individuals reliant on affectionate touch to help regulate their emotions. Using online survey data collected nationwide from married or romantically partnered adults (N = 585), we examined how physical distancing (moderated by cohabiting with spouse/partner) and affectionate touch with close others (moderated by individual differences in typical use and efficacy of touch for affect regulation [TAR]) related to individual psychological distress and romantic relationship quality. As hypothesized, more physical distancing was associated with less affectionate touch among non-cohabiters, but surprisingly with more touch among cohabiters. Also as hypothesized, participants higher in TAR and experiencing less affectionate touch reported more psychological distress than those similarly high in TAR and experiencing more affectionate touch, or than those lower in TAR. Unexpectedly, more physical distancing was associated directly with lower psychological distress and better relationship quality. Better relationship quality was linked directly to more affectionate touch and greater endorsement of TAR. Thus, for those cohabiting in satisfying romantic relationships, physical distancing may facilitate relationship-positive behaviors. Further, individual differences in TAR may influence the potency of touch effects on mood and stress.

Authors: Katie Nelson-Coffey, Maggie M. O'Brien, Bailey M. Braunstein, Kristin D. Mickelson, & Thao Ha

Title: Health behavior adherence and emotional adjustment during the COVID-19 pandemic: The roles of prosocial motivation and gratitude

Abstract: The early stages of the COVID-19 pandemic required substantial health behavior change (e.g., social distancing, mask-wearing) to slow viral spread. Yet adherence to those guidelines varied, and avoiding social contact may contribute to declines in emotional adjustment. Drawing on prior research linking social motives to health behavior and well-being, we investigated the associations among prosocial motivation and gratitude and resilience to social distancing (health behavior adherence, emotional adjustment) in a US

nationally representative sample (N = 1007) collected in April 2020. Our results indicated that prosocial motivation, but not gratitude, was associated with health behavior adherence and social distancing practice. Conversely, gratitude, but not prosocial motivation, correlated with emotional adjustment (daily accomplishments, meaning in life, thriving, psychological distress, positive and negative affect). Public health campaigns focusing on the benefits of health behaviors for others, rather than just oneself, may promote adherence and emotional adjustment.

Authors: Kevin Shufford, Deborah Hall, Ashley Randall, Bailey Braunstein, Maggie O'Brien, & Kristin Mickelson

Title: Connected while apart: Associations between social distancing, computer-mediated communication frequency, and positive affect during the early phases of COVID-19

Abstract: The COVID-19 pandemic has fundamentally altered life for individuals worldwide. Specifically, at the time of data collection (late April 2020), most forms of face-to-face interactions were limited and, in some cases, prohibited, as close contact with others increases the rate of transmitting the virus. As social beings, engaging in social distancing may have negative consequences on well-being. However, many individuals maintained their social connections by means of computer-mediated communication (CMC), such as hosting FaceTime happy hours or family reunions. Utilizing a nationally representative sample of 985 adults from the United States, this study investigated the association between social distancing adherence and positive affect and the extent to which this association might be mediated by CMC frequency. Results did not indicate a direct effect of social distancing adherence on positive affect. However, an indirect effect between these two variables occurred when mediated by CMC frequency. Specifically, greater social distancing adherence predicted greater frequency of CMC, which predicted greater positive affect. These findings held controlling for age, gender, race/ethnicity, relationship status, and income. Results suggest that despite social distancing, CMC may be a beneficial way to engage with others during and, perhaps, beyond COVID-19.

Authors: Katie Baumel, Mara Hamlett, Brittany Wheeler, Deborah Hall, Ashley Randall, & Kristin Mickelson

Title: Living through COVID-19: Social distancing, computer-mediated communication, and well-being in sexual minority and heterosexual adults

Abstract: COVID-19 has had far-reaching effects on people's lives, with evidence of a disproportionate impact on marginalized groups. Given existing health disparities and

research on minority stress, COVID-19 may have uniquely impacted psychological well-being among sexual minorities. In an online survey of adults in the U.S. (N = 1,007) conducted in April 2020, we examined differences between sexual minority and heterosexual participants in psychological well-being, social distancing, computer-mediated communication, and COVID-19-related worry and experiences. Sexual minorities reported lower thriving and greater psychological distress, social distancing, computer-mediated communication, and COVID-19 worry and experiences than heterosexual participants. Social distancing and distress were positively correlated among sexual minorities and more frequent computer-mediated communication predicted greater thriving across groups. Path analyses showed sexual minorities' poorer psychological well-being was mediated by their greater COVID-19 worry and social distancing, in particular. These findings shed light on the distinct impact of COVID-19 on sexual minorities.
