



Senior Seminar Presentations

April 11, 16, 18, 23, & 25, 2018

2:30 p.m. to 4:00 p.m.

317 Alumni Hall

April 11, 2018

2:30 pm - Shayna Flint

The Struggle Is Real: The Effects of the College Transition on Mental Health

The college transition is an especially grueling time for young adults. They are going through significant life changes and are susceptible to various mental health issues. This transition lacks in the attention it receives regarding mental health, causing an increase in psychological struggles for the first year student including spikes in depressive and anxious symptoms and vulnerability to loneliness and suicidal thoughts. The available data indicate a need for higher education institutes to prioritize mental health and make changes to the first year experience, overall improving retention and academic performance among first year college students.

2:45 pm - Gerald Raymond

The Meaning of Dreams and The Realm of The Unconscious Mind

Dreams are a combination of thoughts, emotions, and perception of the inner self-revealed in lucid images when we are asleep. The sources of our dreams are the experiences we come across while we are awake and the thoughts that are suppressed throughout the day. We are not always aware of the meaning of our dreams but they are a reflection of our thoughts, emotions, impulses, and truth of our inner selves.

3:00 pm - Emily Doud

The Effects of Depression on People With Cancer

The purpose is to examine how individuals being depressed about their cancer diagnosis effects the likelihood they are to die from their cancer. The influence of age, gender, race, and the type of cancer on the patient's likelihood of being depressed are also considered. Knowledge of diagnosis, emotional support, and treatment are also examined. The presentation concludes by discussing what type of treatment is best for the cancer patients and what to do to help depressed cancer.

3:15 pm - Andrea O'Dell

Reducing Children's Suggestibility by using Forensic Interview Protocols

When a child is suspected to be a victim of sexual abuse, a forensic interview is used to encourage the child to communicate the truth about what happened. This structured conversation is used to reduce suggestibility in children. The daycare abuse interviews of the McMartin Preschool and the Kelly Michaels case demonstrate what happens when a child's memory is corrupted by suggestibility. These cases paved the way for the creation of structured protocols for forensic interviews.

3:30 pm - Christopher Child

The Health Benefits of Owning Cats and Dogs

A holistic perspective of how cats and dogs can benefit one's health is introduced. The health benefits are broken down between physiological, psychological, and social health benefits. After reviewing the benefits, alternative perspectives are reviewed so that one may see the counterargument. After conducting an analysis and review of the data, a persuasive argument is made as to how one may benefit from the decision of owning a cat or dog.

April 16, 2018

2:30 pm - Breondra Myers

How Can Yoga-Based Interventions Alleviate Depression?

The purpose of this talk is to examine the effects yoga has on depressed patients and how they can cope with depression using yoga. Depression can be described as a mood disorder that creates a persistent feeling of sadness and loss of interest in individuals. Depression can influence how a person feels, thinks, behaves and can lead to a variety of physical and emotional problems. Depression can cause people to have trouble with their normal day to day activities. Those who are suffering from depression are usually pushed to take medication first. Yoga-based intervention may prove to be an alternative option for those who suffer from depression.

2:45 pm - Jessica Philippi

Can Chronic Pain Be Managed With Positive Affect?

Chronic pain can be managed with positive affect. Chronic pain causes significant psychological effects on the victims as it involves the mental processes that control the well-being of any human life. With cognitive behavioral therapy (CBT), the victims can get relief from pain with increased positive affect. The idea that it is possible to realize specific levels of pain tolerance with the incorporation of specific treatment plans. Positive affect is a primary treatment for chronic pain aside from pharmaceuticals. CBT is also a realistic and applicable treatment with positive feedback at the end of the process.

3:00 pm - Morgan Mulroy

Personality Traits and Adolescent Substance Abuse

Substance abuse disorders are often developed later on during young adulthood. Personality traits can be used to predict future problems during late childhood throughout the adolescent years. Research has found that behavior under control, such as sensation-seeking and impulsivity, neuroticism, extraversion, and openness are common personality traits found among adolescents who have used or are currently frequently using different substances ranging from tobacco and nicotine use to alcohol and illicit drugs.

3:15 pm - Lexa Begley

How Climate Change Can Affect Human Behavior

This report attempts to examine the major aspects of human behavior as well as mental health, and how they will be modified when the effects of climate change begin to threaten different geographical locations, societies, and cultures around the world. We may do this by analyzing a broad spectrum of drastic changes taking place as a direct result of climate change, and also how severe weather events occurring in the past have restructured society. This report will highlight innovative ways that psychology can help play a role in improving human behavior affected by climate change.

3:30 pm - Eric Dowlin

Autonomous Work Groups

Autonomous workgroups are starting to take place of the assembly line. Autonomous workgroups are giving more power to the lower level workers and allowing them to oversee tasks that were originally conducted by the supervisors or the foreman. This presentation looks at multiple studies that were conducted. More specifically, these studies look at the management role, the work quality, work production, and the workers overall satisfaction when switching over to these workgroups. Also, this presentation shows the negative side and alternative views.

April 18, 2018 – Student Scholarship Showcase (times to be determined)

Morgan Vallie

Skyscrapers or Silos? How Environment Impacts Child Cognitive Development

This report examines previous literature which discusses the impact of living in different environments and the environment's impact on child cognitive development. Research has shown benefits and costs to each environment, including strong language and social skills in an urban environment and a rural environment offers strong helping behaviors, and musical and kinetic strengths.

Heather Nicolle

The Role of Gender Bias in the Therapy Setting

The field of psychology was founded and dominated by men; however, women now outnumber men in this field. Gender bias is examined through multiple studies based on client preference for therapist gender, the perceptions of males with female disorders, and therapists' evaluation of clients of different genders.

Brooke Cervoni

False Confessions: The Internal and External Causes

This research examines the three different types of false confessions that can be elicited: coerced-complaint, coerced-internalized, and voluntary. Internal (including mental capacity, vulnerability to confusion, previous victimization, and psychological disorders) and external (such as the interrogation process, environment, and investigator attitude) factors influencing false confessions are also discussed. False confessions occur more often than some believe, with as many as 16% of cases involving a false admission of guilt. There are many factors that go into play when it comes to a person falsely confessing, however, this research determines which type of factor is more influential - internal or external.

Jessica Hann

Recidivism Rates for Mentally Ill Individuals

This review attempts to examine mentally ill individuals, recidivism rates, and treatment of individuals in the criminal justice system. A brief history of how society treated mental illness in the past compared to now is covered. The mentally ill are overrepresented in prison. Mentally ill people have higher recidivism rates and possible ways to combat this problem are examined.

Ben Drexler

Flexible Work Arrangements

This paper explores the topic of flexible work arrangements (FWAs) and uses research from different psychology fields to draw conclusions on the efficacy of FWAs in the workforce. FWA types that are covered are flextime, flexplace, and compressed work weeks. Alternatives to flexible work arrangements are also examined.

April 23, 2018

2:30 pm - Katherine Shelton

Racial Differences in Seeking Mental Health Treatment for Mental Illness

The purpose of the study is to examine how racial identity plays a key factor in seeking treatment for mental illness based on cultural outlooks of psychological disorders. Four ethnic groups are researched: African-American, Asian, Caucasian, and Hispanic. This review looks at depression, eating disorders, PTSD, sexual assault, and counseling patient's attitudes towards getting assistance for mental health issues based on race. Race of the individual does influence attitude towards mental illness and whether they pursue professional evaluation and treatment for their mental health.

2:45 pm - Lindsay Nordenhold

Forever Alone: Benefits and Costs of Being Single

Singleness is defined as being "Unmarried or not involved in a stable relationship." In this presentation, I will explain how being single is viewed from men and women's perspectives, the mental health implications of relationships, how people deal with loneliness, as the stigma associated with relationships and overall life satisfaction. Finally, the cost and benefits of marriage and singlehood, are discussed as well as factors to consider for one's future relationship status.

3:00 pm - Aiyana Kathcart

The Effects of Self-Affirmation on Promoting Health-Behavior Change

The purpose of this review is to assess the efficacy of self-affirmations as it relates to health-behavior change. Achieving health-behavior change is a difficult task and healthcare professionals face many obstacles when attempting to improve patient health. As more is being understood about the mind-body connection, research is exploring the potential for this knowledge to improve public health by means of a simple and free method. Self-affirmation has yielded positive results for both deterring from negative health-behaviors and promoting/maintaining positive health-behaviors. Considering the limited amount of research on the topic, future directions for research are discussed.

3:15 pm - Christina Hiralez

Bullying and the Quality of Life in Food Allergen Children

The purpose of this paper is to study the quality of life and bullying that can result from living with a food allergy diagnosis as a child. It discusses the psychological issues that it can cause in a child to live with a food allergy, such as depression and anxiety. Also discussed is how a child's quality of life can be lowered as a result of being bullied, teased or treated differently due to their allergy. Discussed is also the severity and emergency response to an allergic reaction, as well as the need to promote more awareness and education on food allergies.

3:30 pm - Te-wan Thorne

The Effects Groups Have on Empathy

This research explains what shapes individuals empathy, what factors go into why people may become non-empathic and lastly what can individuals change to create a more empathic populist. Specifically, the development of empathy from childhood into adulthood, the impact of groups on empathy, and methods that can be implemented to improve empathy are discussed.

April 23, 2018(continued)

3:45 pm - Sierra Lynn Storm

How Vision Impairments Impact the Social Behavior of Adolescents

This paper is going to explore vision impairment and how it impacts social behavior in adolescence. Some studies are going to report the friendships between an adolescent that is visually impaired and an adolescent that is sighted. Other studies are going to discuss the loneliness an adolescent experiences due to vision impairment as well as developing depression and other mental illnesses from vision impairment. This presentation also discusses the experiences working with adolescents with a vision impairment and experiencing how their vision impairment impacted their social behavior first hand.

April 25, 2018

2:30 pm - Drew Mitchell

MAT and its Effectiveness: Road to Recovery or Detour to Relapse

This presentations examines the use of Medication Assisted Treatment for those who have an opioid use disorder. This is a controversial issue as some professional do not support treatment for substance abuse disorders from all modalities. Therefore, it is important to show that before questioning the success of MAT programs that barriers to treatment and the perceptions of both clients and other professionals and how they affect the use of MAT services. Pre-existing literature shows that MAT services can be effective as long as intruding factors can be controlled. Future use of MAT services should include a thorough assessment of severity of addiction as well as clients' motivation toward treatment and sobriety.

2:45 pm - Dylan Sebring

Critical Incident Stress Debriefing: An Ethical Dilemma

Critical Incident Stress Debriefing (CISD) is group therapeutic intervention designed to prevent the development of post-traumatic stress disorder (PTSD) following a particularly traumatic event. While CISD was originally intended for groups such as firefighters, police officers, and emergency response crews, CISD has been tested with other groups, often producing mixed results. This suggests that CISD should not be used with groups outside of its intended scope, or perhaps the intervention requires adjustment to encompass a broader range of groups. Moreover, an all-new therapeutic intervention may be needed to assist where CISD is not effective.

3:00 pm - Sapphire Matczak

Reasons People Use Contemporary and Alternative Medicine

This paper introduces several reasons people use contemporary and alternative medicine and the benefits of doing so. Using previous research findings, this presentation discusses three popular forms and techniques of alternative medicine that are used in relation to the reasons why people turn to alternative medicine to begin with. Acupuncture, aromatherapy, and massage are analyzed and are shown to have both positive physical and psychological effects on individuals and their lives. Pain, depression, anxiety, productivity, social life, and overall quality of life improve. Recommendations and explanations are discussed.

April 25, 2018(continued)

3:15 pm - Benedictus Ireland

The Rising Cost of Job Recruiting

In the field of human resource management, the main objective is to have highly skilled employees, high revenues, and low expenses. Even though this sounds nice and attainable, it can be very difficult to achieve due to waste of organization resources on gaining new and competent employee. This presentation is accessing two main aspects of the entire hiring process that cause unnecessary annual expense without providing relevant results.

3:30 pm - Dylan Flexer

The Effects of Emotional Variations on Eating Behavior

Both Positive and Negative emotions were analyzed in different eaters. Daily Hassles and emotions affect on food choice was also reviewed. Negative emotions were found to increase and decrease appetite and motivation to eat depending on emotional intensity. Positive emotions did not have any significant affect on people's motivation to eat or to eat more. Daily Hassles caused negative emotions that made people eat more and more often. Emotional arousal causes one to go after more unhealthy foods, but also causes people to skip more meals and eat snack foods. Poor control of coping skills and emotions causes unhealthy eating habits.

**A MESSAGE FROM THE
MANSFIELD UNIVERSITY
DEPARTMENT OF PSYCHOLOGY**

Congratulations Seniors! This should be a very proud moment for you. Your hard work and efforts have paid off and now the adventure begins. At this important milestone in your college career, congratulations and best wishes with all of your future plans!

**Student presenters were participants
in PSY4490 – Senior Seminar**

Spring 2018

**Taught by: Brian Loher, Ph.D. &
Gretchen Sechrist, Ph.D.**

THANK YOU TO EVERYONE!!