

# Abstract Book – CPA 2025, St. John's, NL



**Canadian Psychological Association**

June 12 – 14, 2025



CANADIAN  
PSYCHOLOGICAL  
ASSOCIATION  
SOCIÉTÉ  
CANADIENNE  
DE PSYCHOLOGIE

## Contents

<b>INTRODUCTION .....</b>	<b>5</b>
PRESENTATION TYPES .....	5
<b>THEME: GENERAL PSYCHOLOGY .....</b>	<b>8</b>
CPA KEYNOTE.....	8
SYMPOSIUM .....	9
<b>THEME: CREATING A HEALTHY(IER) PLANET.....</b>	<b>12</b>
12-MINUTE TALK.....	12
PRINTED POSTER .....	13
<b>THEME: EXAMINING WHAT, WHERE, WHEN, WHY, AND HOW WE LEARN AND PERFORM .....</b>	<b>15</b>
12-MINUTE TALK.....	15
CONVERSATION SESSION .....	20
PANEL DISCUSSION .....	22
PRINTED POSTER .....	23
VIRTUAL POSTER .....	34
SECTION FEATURED SPEAKER ADDRESS .....	38
SNAPSHOT .....	39
STANDARD WORKSHOP .....	41
SYMPOSIUM .....	42
<b>THEME: EXPLORING INTELLECTUAL ROOTS .....</b>	<b>51</b>
CONVERSATION SESSION .....	51
PANEL DISCUSSION .....	51
PRINTED POSTER .....	52
REVIEW SESSION .....	53
SECTION FEATURED SPEAKER ADDRESS .....	55
SYMPOSIUM .....	56
<b>THEME: EXPLORING LIFE STAGES .....</b>	<b>59</b>
12-MINUTE TALK.....	59
PRINTED POSTER .....	62
VIRTUAL POSTER .....	84
SECTION FEATURED SPEAKER ADDRESS .....	87
SNAPSHOT .....	87
STANDARD WORKSHOP .....	90
SYMPOSIUM .....	91
<b>THEME: HUMAN RIGHTS AND SOCIAL JUSTICE .....</b>	<b>97</b>
12-MINUTE TALK.....	97
CONVERSATION SESSION .....	104
PANEL DISCUSSION .....	107
PRINTED POSTER .....	108
VIRTUAL POSTER .....	125
REVIEW SESSION .....	126
SECTION FEATURED SPEAKER ADDRESS .....	127
SNAPSHOT .....	128
STANDARD WORKSHOP .....	133
SYMPOSIUM .....	136
<b>THEME: IMPROVING AND PROMOTING HEALTH.....</b>	<b>143</b>
12-MINUTE TALK.....	143
CONVERSATION SESSION .....	161
PANEL DISCUSSION .....	163
PRINTED POSTER .....	163

VIRTUAL POSTER .....	233
SECTION FEATURED SPEAKER ADDRESS .....	240
SNAPSHOT .....	243
STANDARD WORKSHOP .....	262
SYMPOSIUM .....	263
<b>THEME: IMPROVING PSYCHOLOGICAL RESEARCH .....</b>	<b>288</b>
12-MINUTE TALK.....	288
CONVERSATION SESSION .....	300
PANEL DISCUSSION .....	303
PRINTED POSTER .....	304
VIRTUAL POSTER .....	326
REVIEW SESSION.....	328
SECTION FEATURED SPEAKER ADDRESS .....	329
SNAPSHOT .....	330
STANDARD WORKSHOP .....	332
SYMPOSIUM .....	333
<b>THEME: INFORMING PUBLIC POLICY .....</b>	<b>342</b>
12-MINUTE TALK.....	342
CONVERSATION SESSION .....	345
PANEL DISCUSSION .....	346
PRINTED POSTER .....	347
SNAPSHOT .....	352
SYMPOSIUM .....	355
<b>THEME: PROFESSIONAL AND TRAINING ISSUES .....</b>	<b>361</b>
12-MINUTE TALK.....	361
CONVERSATION SESSION .....	363
PANEL DISCUSSION .....	368
PRINTED POSTER .....	372
VIRTUAL POSTER .....	377
REVIEW SESSION.....	379
SECTION FEATURED SPEAKER ADDRESS .....	381
SNAPSHOT .....	382
STANDARD WORKSHOP .....	383
SYMPOSIUM .....	384
<b>THEME: SERVING COMMUNITIES .....</b>	<b>386</b>
12-MINUTE TALK.....	386
CONVERSATION SESSION .....	393
PRINTED POSTER .....	395
VIRTUAL POSTER .....	419
REVIEW SESSION.....	420
SECTION FEATURED SPEAKER ADDRESS .....	421
SNAPSHOT .....	423
STANDARD WORKSHOP .....	429
SYMPOSIUM .....	432
<b>THEME: UNDERSTANDING AND IMPROVING THE WORKPLACE .....</b>	<b>447</b>
12-MINUTE TALK.....	447
CONVERSATION SESSION .....	451
PANEL DISCUSSION .....	453
PRINTED POSTER .....	454
VIRTUAL POSTER .....	479
REVIEW SESSION.....	482
SECTION FEATURED SPEAKER ADDRESS .....	482
SNAPSHOT .....	483
STANDARD WORKSHOP .....	489
SYMPOSIUM .....	491
<b>THEME: UNDERSTANDING SOCIETY AND THE WORLD AROUND US .....</b>	<b>504</b>

12-MINUTE TALK.....	504
CONVERSATION SESSION .....	512
PRESENTATION.....	513
PRINTED POSTER .....	514
VIRTUAL POSTER .....	550
REVIEW SESSION .....	552
SECTION CHAIR DISCUSSION .....	553
SNAPSHOT.....	553
SYMPOSIUM .....	564
<b>THEME: UNDERSTANDING THE MIND AND THE BRAIN .....</b>	<b>582</b>
12-MINUTE TALK.....	582
PRINTED POSTER .....	586
VIRTUAL POSTER .....	607
SECTION FEATURED SPEAKER ADDRESS .....	609
SNAPSHOT.....	610
SYMPOSIUM .....	614

# INTRODUCTION

The CPA's 2025 Annual General Meeting and National Convention took place from June 12-14, 2025, at the St. John's Convention Centre, in St. John's, Newfoundland. The CPA's Pre-Convention Professional Development Workshops took place on June 11th.

## Presentation Types

### SPOKEN INDIVIDUAL PRESENTATIONS

#### *Snapshots (5-minutes)*

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

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

#### *12-Minute Talk (12-minutes)*

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

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

#### *Review Session (25-minutes)*

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

#### *Conversation Sessions (25-minutes)*

A Conversation Session is intended for sharing, exploring and stimulating thoughts and ideas about an issue/topic/case, a program or intervention, or for brainstorming alternative approaches to research, practice, education, and/or policies in a “conversation” format without AV as opposed to a formal presentation format with AV.

## SPOKEN GROUP PRESENTATIONS

### *Panel Discussion (55-minutes)*

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

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

### *Symposium (55-minutes)*

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

## POSTER PRESENTATIONS

### *Printed Poster (55-minutes)*

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

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

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

### *Virtual Poster*

A Virtual Poster is a 5-minute pre-recorded voice-over narration. This is for presenters who only want to pre-record and upload to the virtual platform.

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

A submission for a virtual poster presentation should include the following information: rationale, overview of methodology, summary of conducted analyses or evaluations, conclusions that follow from results/evaluation, and an overview of actions, recommendations, or impacts.

## WORKSHOPS

### *Standard Workshop (85 minutes)*

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

Workshops are intended to have a clearly defined practical, experiential, and/or demonstrational component; they are also intended to be participatory events where delegates engage and interact with



each other. Each workshop should focus on ensuring that participants leave the workshop with at least 3 tangible new skills, tools, and/or techniques (i.e., learning outcomes). Thus, good Workshops are innovative, interactive, inclusive, integrative, developmental, provocative, logically sound, and provide both novice and experienced psychologists with an opportunity to continue their professional development.

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

# THEME: GENERAL PSYCHOLOGY

## CPA Keynote

### *The Art of Coping*

**Main Presenting Author:** Greenglass, Esther

*Abstract: Effective coping with stress is essential to life satisfaction and quality of life. Yet, coping is not taught so we are left on our own to learn what works and what doesn't work when we encounter stressful situations. At the same time, the study of coping has presented a formidable challenge to psychology. In general, coping has been regarded as reactive, a strategy to be used once a stressor has been experienced. Often when encountering stressors, the coping strategies people use are focused on regulating their emotional reactions to a stressor rather than focusing on the stressor itself. This may be because many stressors people encounter are diffuse and uncontrollable. An alternative way of conceptualizing coping has been put forward, namely proactive coping, that is something one can do before stress occurs. Proactive coping incorporates planning and building resistance factors to ward off future crises. It involves goal setting, having efficacious beliefs, and it is associated with resources, including social support, for self improvement. Since it is associated with self-efficacy and vigor, demands are perceived as a challenge rather than a threat. Proactive coping predicts positive outcomes important to the promotion of health and well-being. It incorporates a confirmatory and positive approach to dealing with stressors and is often associated with life satisfaction and well-being. In this talk, research will be presented that illustrates the relationship between proactive coping, positive affect and outcomes. Theoretically, through a social cognitive perspective, the study of coping is broadened to include self-efficacy principles, planning, and utilization of social support in the prediction of outcomes.*

**Section:** General Psychology

**Session ID:** 113974 - CPA Keynote Address

### *For the Love of Learning: Fostering Growth and Compassion in the Face of Challenge*

**Main Presenting Author:** Gupta, Anita

*Abstract: Valuing achievement over learning and growth can add to the burden of navigating already challenging environments. Drawing from experience working with high achieving individuals in demanding environments such as health care professionals, post graduate trainees, elite athletes, and those living with chronic illness, this talk will explore the impact of unrealistic expectations, perfectionistic anxiety, and imposterism, which can often be validated by the cultures of educational, employment and medical systems. Additionally, it will discuss ways to better lean into learning and growth with compassion.*

**Section:** General Psychology

**Session ID:** 114486 - CPA Presidential Address



## Understanding the Experiences of Contingent Worker

**Main Presenting Author:** Connelly, Catherine

**Abstract:** Many organizational theories and public policies are predicated on outdated ideas about what constitutes “normal” work: 9 to 5 days, 40-hour work weeks, and lifetime employment for a single company. With the rising popularity of Uber and the “gig economy”, there is an increasing understanding of the wide variation in work, workers, and workplaces. However, there is more to contingent and temporary work than Uber. Professor Catherine Connelly’s presentation will examine the experiences of a wide variety of contingent workers in Canada: temporary foreign workers, musicians, and medical residents. She will examine how these workers are mistreated as well as why this mistreatment endures.

**Section:** General Psychology

**Session ID:** 113970 - CPA Keynote Address

## The Healing Power and Potential of Mattering

**Main Presenting Author:** Flett, Gordon

**Abstract:** While the importance of having self-esteem is widely recognized, until recently, another key element of the self has been neglected—a sense of mattering to other people. It is argued in the current address that mattering is a unique and powerful psychological construct with great potential to improve the lives of people of various ages. The need to matter is a universal need and the feeling of being important and significant to others is central to subjective well-being. Mattering is discussed as double-edged in that mattering is highly protective as a source of growth and healing but the feeling of not mattering (i.e., anti-mattering) and the fear of not mattering are deleterious, especially among people who have been marginalized and mistreated. Evidence is summarized indicating that deficits in mattering are linked with key consequential outcomes at the individual level (i.e., depression, loneliness, social media addiction), relationship level, and societal level (i.e., delinquency, violence). The discussion concludes by considering mattering as a core source of strength or vulnerability in the lives of individuals and a vital component of the client-therapist relationship.

**Section:** General Psychology

**Session ID:** 113976 - CPA Honorary Presidential Address

## Symposium

### CPA President's New Researcher Award Presentation

**Moderator(s):** Gupta, Anita

**Section:** CPA Program

**Session ID:** 115593 – Symposium

*The Stability of Adolescent Sibling Relationships and Friendships during COVID-19: A Latent Transition Analysis*

**Main Presenting Author:** Persram, Ryan J.

**Abstract:** *Sibling and friend relationships are critical developmental contexts for adolescent adjustment. While the quality of each relationship has been linked to psychosocial outcomes (e.g., anxiety, aggression), we know little about their unique contributions or how they might overlap. Attachment theory suggest that relationships can demonstrate congruence, where early relationships offer guidance on how to navigate future relationships. In this study, we examined relational congruence in adolescents' sibling and friend relationships over eight months during COVID-19. Participants were 312 Canadian adolescents ( $M = 15.75$ ,  $SD = 1.20$ ) who assessed the positive (e.g., companionship) and negative (e.g., conflict) aspects of their closest-in-age sibling and best friendship at two time points across eight months. Two relational profiles emerged: (1) an ambivalent sibship/harmonious friendship profile (i.e., moderate sibling positivity, negativity; high friendship positivity, low friendship negativity) and (2) an affect-intense profile (i.e., high positivity, high negativity). Further, the ambivalent sibship/harmonious friendship profile largely remained stable over time, while the affect-intense profile showed more variability. Profile comparisons also suggested that the affect-intense profile reported more sibling and friend aggression perpetration and higher rates of friend victimization. These results underscore the value of examining similarities in adolescent sibling and friend interactions that contribute to youth adjustment.*

**Section:** CPA Program

**Session ID:** 115594 - Paper within a symposium

*When Witnesses Turn Away: Understanding Why Bystanders of Mistreatment May Fail to Help (or Even Harm) Targets*

**Main Presenting Author:** Lyubykh, Zhanna

**Abstract:** *Mistreatment—negative interpersonal behaviors that harm their targets—is both highly damaging to individuals and widespread within organizations. Researchers and practitioners often advocate for bystanders, those who witness or hear about mistreatment incidents, as a critical source of support for targets. Dominant theoretical frameworks, particularly deontic theory, posit that witnessing interpersonal injustice should motivate bystanders to rectify the transgression. However, emerging empirical evidence challenges this assumption, revealing that bystanders can also react in ways that exacerbate harm to the targets. In this presentation, I examine when and why bystanders fail to respond constructively, highlighting contextual factors that prompt bystanders to perceive mistreatment as inevitable and rationalize its occurrence. I further ground bystander reactions within a stigma perspective, offering a theoretical lens to explain the puzzling and counterintuitive findings surrounding bystander inaction and harm. Together, these insights underscore the need for organizations to move beyond bystander training alone and to address the broader organizational climates and structures that subtly encourage harmful observer reactions.*

**Section:** CPA Program

**Session ID:** 115595 - Paper within a symposium

## CPA Award Winner Symposium

**Moderator(s):** Gittens, Eleanor

**Section:** General Psychology

**Session ID:** 115751 - Symposium

*CPA Donald O. Hebb Award for Distinguished Contributions to Psychology as a Science Presentation:  
Innovations in Cognitive Therapies for PTSD: State of the Art and Beyond*

**Main Presenting Author:** Monson, Candice

*Abstract: Cognitive models of posttraumatic stress disorder (PTSD) underpin a number of evidence-based treatments. There have been recent refinements in these theories to explain the risk factors for the onset and maintenance of PTSD, and to provide better specificity of the range of psychopathology that can follow traumatic stressors. These innovations hold the potential to improve the magnitude and breadth of change that clients can experience with this class of PTSD treatments. In this presentation, the refinements to these theories and implications of them will be reviewed. Specific implications for treatment innovation will be presented, including the importance of comprehensive case conceptualization, adjunctive treatments (e.g., psychedelics, rTMS, exercise), methods of dosing, and the potential for transdiagnostic treatment of conditions arising from traumatic stress.*

**Section:** General Psychology

**Session ID:** 115754 - Paper within a symposium

*CPA Humanitarian Award Recipient Presentation*

**Main Presenting Author:** Hickey, Gemma

**Section:** General Psychology

**Session ID:** 115755 - Paper within a symposium

*Gold Metal Recipient Presentation: Sexual Well-Being: Are We There Yet?*

**Main Presenting Author:** Byers, Sandra

*Abstract: This talk is based on my more than 45-year research career largely aimed at enhancing sexual well-being. I will start by defining sexual well-being. I will then describe some of my findings with respect to sexual satisfaction and sexual well-being of vulnerable groups, including some findings that challenge some long-held assumptions and stereotypes. I will also discuss some of my research on the state of processes that could enhance sexual well-being including sexual communication, sexual health education, and the role of health care providers including psychologists. I will end with mention of political threats to sexual well-being generally and the well-being of 2SLGBTQ+ individuals specifically.*

**Section:** General Psychology

**Session ID:** 115752 - Paper within a symposium

# THEME: CREATING A HEALTHY(IER) PLANET

Working to change human behavior to restore our environment.

## 12-Minute Talk

*Clinicians' and Caregivers' Experiences with a Telepsychology-Based Social Competence Program for Youth with Learning Disabilities during the COVID-19 Pandemic: A Mixed-Methods Approach*

**Main Presenting Author:** Sharma, Anya

**Additional Authors:** Diplock, Benjamin David; Yamada, Samantha; Pepler, J Debra

**Abstract:** *BACKGROUND: The pandemic led to an immediate pause of most in-person therapeutic services. In response to worsening of youths' mental health, the Child Development Institute transitioned their in-person Social Competence, Engagement, and Skills (ACES) intervention service to virtual implementation. This study explored clinicians', caregivers' and youths' perceptions of the feasibility and acceptability of the telepsychology-based adaptation for youth with learning disabilities and mental health (LDMH) issues. METHODS: In-depth qualitative semi-structured interviews with nine clinicians, as well as four caregiver-youth dyads were conducted and analyzed using the experiential approach of Interpretative Phenomenological Analysis (IPA). In addition, each caregiver completed a quantitative measure of their youths' social competence prior and following the program. This data was supplemented by clinician reports for individual youth case studies. RESULTS: Seven major themes emerged to help clarify clinicians, caregivers and youths perceptions of the adaptation. CONCLUSIONS AND IMPACT: This study provided preliminary evidence for the feasibility and acceptability of the adaptation of Social ACES. The findings have implications for the future of mental health service delivery, and point to several lines of inquiry for future research on virtual interventions for children and youth*

**Section:** Developmental Psychology

**Session ID:** 113809 - 12-Minute Talk

*Sacrificing Humanistic Goals and Environmentally-Sustainable Lifestyles in a Neoliberal Capitalist Culture*

**Main Presenting Author:** Lavallee, Loraine F

**Additional Authors:** Shaw, Anita J; Wetterlind, Cianna; Sullivan-Royston, Michael; Saxena, Arushi

**Abstract:** *Four studies investigated whether neoliberal capitalism (NEO) dominates the lives and aspirations of individuals against their own broader humanistic (HUM) inclinations. North Americans (n=239) reported significantly more time on NEO activities (e.g., paid work; Mdn=45 hrs/week) compared to HUM activities (e.g., relationships, community, nature; Mdn=21), but desired the reverse (HUM, Mdn=40 hours; NEO Mdn=30). In Study 2, youth defined success by listing features from their and others' perspectives and then rated how their current activities aligned with NEO and HUM goals. Although success to them was more centred on HUM outcomes (e.g., relationships), they were more actively pursuing NEO goals (e.g., wealth) consistent with others' views of success. In Study 3,*

*undergraduates created collages of their ideal lifestyle, and these were more HUM ( $M=79\%$ ) than materialistic ( $M=21\%$ ). Yet when asked specifically to provide images of their ideal home and transportation, choices were often lavish and environmentally unsustainable. Exploring ways to combat NEO, Study 4 revealed that Instagram feeds focused on simplicity in life rather than individual competitive achievement decreased youths harmful social comparisons and NEO goal pursuits. Although they are pursuing wealth and status through competitive achievement, individuals imagine a life that is gentler on people and the planet.*

**Section:** Environmental Psychology

**Session ID:** 112093 - 12-Minute Talk

## Printed Poster

### *Gender Differences in Climate Café Participation: Addressing Disproportionate Climate Anxiety Impact on Women's Mental Health*

**Main Presenting Author:** Newman, Katherine M.

**Additional Authors:** Skinner, Harvey A; Harris, Susan; Bryan-Carbonell, Sophia

*Abstract: Research indicates women face heightened vulnerability to climate changes psychological impacts, reporting higher levels of eco-anxiety and depression. Despite this, structured support systems are scarce. University-based Climate Cafés were implemented to provide safe spaces for climate discussions. Demographic and behavioural data were collected from participants ( $N=22$ ) using pre- and post-session surveys. Measures included frequency of climate discussions, comfort levels sharing climate emotions, and engagement in pro-environmental behaviours. Analysis revealed predominantly female attendance (77.27%), with 81.82% being first-time participants. Pre-session, 63.64% discussed climate change monthly; post-session, 80% indicated weekly discussion intentions. All participants reported feeling comfortable sharing and rated the experience positively. Climate Cafés effectively facilitate climate-related discussions, particularly among female participants, addressing a critical gap in support services. Findings support expanding Climate Cafés across universities as dedicated spaces for processing climate emotions and building supportive communities. These sessions demonstrate the importance of creating non-judgmental environments where individuals, particularly women, can freely express their climate-related feelings without pressure to engage in specific actions.*

**Section:** Women and Psychology

**Session ID:** 113196 - Printed Poster

### *Overcoming Psychological Barriers to Reducing Meat Consumption: Message Framing with Mental Health Incentives*

**Main Presenting Author:** Tess, Victoria Ann

**Additional Author:** Wang, Wan

*Abstract: Meat consumption (MC) is associated with increased air pollution, which fast-tracks climate change. Although eating less meat is pro-environmental, psychological barriers (e.g., Change Unnecessary; Lacroix et al., 2019) may prevent people from reducing MC. Message framing may*

offset those barriers by encouraging pro-environmental behaviour for a relatable reason (e.g., personal benefit or global environment). This research empirically tests the effect of message framing on overcoming psychological barriers to reduced MC intention. In Study 1, participants ( $N = 251$ ) were randomly assigned to one of three framing conditions: Physical Health, Environmental, or Control. They then completed Lacroix et al.'s psychological barriers scale and the Sustainable MC Intention scale. A one-way ANOVA revealed that those in the Physical Health (vs. control) condition reported significantly lower barriers and higher intention to reduce MC. The relationship between Physical Health Framing and reduced MC intention, as well as the relationship between Environmental Framing and reduced MC intention, was negatively mediated by the barrier of Change Unnecessary. Due to growing evidence of climate change anxiety, a Mental Health Framing condition was added in Study 2 ( $N = 388$ ). These results indicate that highlighting personal benefits may reduce barriers to combat this overwhelming global challenge.

**Section:** Environmental Psychology

**Session ID:** 112888 - Printed Poster

### *Role of Anxiety Sensitivity in Explaining Relations Between Climate Change Anxiety and Mental Health*

**Main Presenting Author:** Underwood, Robson M

**Additional Authors:** Banga, Preet ; Watt, Margo C; Lively, J Christopher

**Abstract:** Climate change is a rapidly evolving crisis (IPCC, 2022). Climate change anxiety (CCA) refers to feelings of worry, fear, and dread of potential catastrophic climatic consequences (APA, 2021). A 10-country study found that 59% of 10,000 adolescents and young adults reported being very worried about climate change, with 45% reporting negative impacts on daily functioning (Hickman et al., 2021). Following from Reyes et al. (2021) who established a link between CCA and poor mental health in a Filipino sample, the present study examined whether link could be explained by anxiety sensitivity (AS; a transdiagnostic risk factor for psychopathology (Reiss and McNally, 1985) using a North American sample. Participants ( $N = 780$  Canadians and Americans, 58.2% male,  $M_{age} = 36.97$ ,  $SD = 11.41$ ) completed CCA Scale (Clayton and Karazsia, 2020), Mental Health Index (Veit and Ware, 1983), Anxiety Sensitivity Index-3 (Taylor et al., 2007). Moderated mediation analysis is being conducted to determine if: 1. AS mediates the relationship between CCA and poor mental health, and 2. AS effect is moderated by exposure to severe weather. Results will be discussed in terms of how to mitigate dispositional influences (e.g., AS) that can lead to maladaptive behaviours and functional impairments. Learning to effectively manage CCA could lead to adaptive pro-environmental behaviours (see Heeren et al., 2023).

**Section:** Clinical Psychology

**Session ID:** 113603 - Printed Poster

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

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

## 12-Minute Talk

*Exploring the perspectives of post-secondary student-athletes in the face of injury: An investigation of identity and factors for well-being*

**Main Presenting Author:** Benyk, Rebecca N

**Additional Authors:** Green, Emma S; Montanez, Joel

*Abstract: Student-athletes (SA) are distinct within the wider athletic system. Their unique athletic identity and experience of injury may have potential impact on overall well-being and success for this group. Via mixed method design of an online survey and a qualitative interview, participants provided data on injury history, athletic identity, coping strategies, socioemotional well-being, and personal experience. Via the general inductive approach, the interview data will be assessed for thematic patterns. This method allows for the identification of themes relevant to research objectives. Preliminary data from the 13 interview participants revealed 9 identified as cisgender women and 4 as cisgender men. Moreover, 11 participants identified as White, 1 as White and Indigenous, and 1 as Black. The students represent a range of sports such as soccer, volleyball, rugby, and more. The most severe types of injuries experienced ranged from sprains and tears to concussions and herniations. Early themes suggest the culture of the sport influence response to their injury as well as the response of others' (e.g., coaches, teammates). The type of support systems (e.g., academic, athletic, personal) may impact the coping style and recovery process. This study has the potential to share how SA view their own identity and allow for a greater understanding of adversity faced by this community.*

**Section:** Sport and Exercise Psychology

**Session ID:** 112959 - 12-Minute Talk

*Exploring Undergraduate Students' Expectations for Psychology Statistics Courses*

**Main Presenting Author:** Ahsan, Maisha

**Additional Author:** Counsell, Alyssa

*Abstract: NEGATIVE ATTITUDES AND STATISTICS ANXIETY PREDICT POORER COURSE OUTCOMES. HOWEVER, FEW STUDIES HAVE EXPLORED HOW STUDENTS UNDERSTAND STATISTICS IN THE SOCIAL SCIENCES BEFORE TAKING THEIR FIRST CLASS. RESEARCH IN STATISTICS EDUCATION HAS FOCUSED ON EXPECTANCIES—BELIEFS ABOUT SUCCESS—RATHER THAN EXPECTATIONS, WHICH REFER TO WHAT STUDENTS BELIEVE WILL HAPPEN IN THE FUTURE. IN STATISTICS EDUCATION RESEARCH, TERMS ARE OFTEN USED INTERCHANGEABLY, FAILING TO CAPTURE MISUNDERSTANDINGS ABOUT COURSE*

**CONTENT. MISUNDERSTOOD EXPECTATIONS MAY CONTRIBUTE TO THE LACK OF IMPROVEMENT SEEN IN EFFORTS TO ADDRESS NEGATIVE ATTITUDES AND ANXIETY IN STATISTICS. THIS STUDY, PART OF AN ONGOING MASTER'S THESIS, USES 15 QUALITATIVE INTERVIEWS TO EXPLORE EXPECTATIONS OF UNDERGRADUATE PSYCHOLOGY STUDENTS BEFORE TAKING THEIR FIRST STATISTICS COURSE. PRELIMINARY FINDINGS SUGGEST PARTICIPANTS OFTEN LACK A CLEAR UNDERSTANDING OF WHAT A STATISTICS COURSE ENTAILS, ALONG WITH OTHERS WHO DON'T KNOW WHAT STATISTICS MEANS. STUDENTS EQUATE STATISTICS WITH MATH, SPARKING ANXIETY TIED TO PRIOR NEGATIVE EXPERIENCES. PARTICIPANTS DESCRIBE HOW LEARNING ABOUT WHAT IS EXPECTED IN A STATISTICS COURSE HELPS EASE THEIR ANXIETY AND IMPROVES PREPAREDNESS TO SOME EXTENT. THIS STUDY WILL DEEPEN OUR UNDERSTANDING OF STUDENTS MISCONCEPTIONS AND INFORM INSTRUCTORS ON HOW TO ADDRESS MISMATCHES THAT INFLUENCE ANXIETY AND ATTITUDES.**

**Section:** Teaching of Psychology

**Session ID:** 112203 - 12-Minute Talk

### *Grades, Goals, and Growth: The Experiences of First-Year Undergraduate Students*

**Main Presenting Author:** Goegan, Lauren D.

**Co-Presenting Author:** Roberts, Jeremy M.

**Additional Authors:** Ayeni, Augusta ; Young, Stephanie

*Abstract: Each year, a group of new undergraduate students begin their postsecondary journeys, and these students arrive with various goals. These goals can include, getting good grades, making friends and developing skills among others. As students adjust to the new educational environment these goals could also change, but how? The purpose of the current study was to examine first-year undergraduate student goals during four points in their first year of studies. We recruited first-year students from a university in Western Canada and asked students to tell us about their goals at four different times. Time 1 was at the beginning of their first term, Time 2 was at the end of the first term, Time 3 was at the beginning of their second term, and Time 4 was at the end of their second term. At present data collection is completed and we have analysed Time 1 and 2 responses with full analyses expected early in the new year, providing more than sufficient time to have full results for CPA in June. At Time 1 we identified 17 different goals, that fit within five categories, (a) grades, (b) social interactions, (c) self-improvement, (d) intrinsic motivation and (e) persistence. Moreover, at Time 2, there was a significant increase in students identifying grades as their goal to the detriment of all other goals. Limitations and implications will be discussed.*

**Section:** Educational and School Psychology

**Session ID:** 112177 - 12-Minute Talk

### *Intégrer et valoriser la culture autochtone au sein des programmes solaires : vers une approche holistique de l'apprentissage fondée sur l'épanouissement intégral de la personne*

**Main Presenting Author:** Taktek, Khaled

**Abstract:** *Cette communication distingue entre l'apprentissage signifiant et l'apprentissage dénudé de sens. Tout d'abord, une perspective globale et multidisciplinaire de l'apprentissage est proposée. Cette perspective engage le développement intégral de l'apprenant sur les plans cognitif, moteur, socioculturel, affectif et moral (Taktek, 2008, 2016). Ensuite, différentes catégories d'apprentissage rangeant de simples et rudimentaires à complexes et définies sont discutées. Finalement, une nouvelle approche holistique de l'apprentissage, élaborée à la lumière de la culture autochtone, est proposée comme une stratégie pédagogique de fine pointe dans le domaine de l'éducation. Les résultats d'une analyse exhaustive de la littérature (méta-analyse ou anasynthèse) ont démontré qu'une telle stratégie holistique et révolutionnaire est à la source de la réconciliation, de l'équité, de l'harmonie, du leadership et de la dynamique de groupe. De surcroit, grâce à ses 7 enseignements sacrés (par exemple, humilité, honnêteté, respect, courage, sagesse, vérité et amour), cette stratégie autochtone est susceptible de promouvoir la créativité, la résilience, l'autodétermination, la persévérance, etc. Ainsi, pourrait-elle humaniser davantage le contexte de l'éducation et surtout lutter contre l'intimidation, le harcèlement, le décrochage ainsi que l'échec au sein des établissements scolaires canadiens.*

**Section:** Educational and School Psychology

**Session ID:** 113460 - 12-Minute Talk

### *Navigating APA Guidelines: An Error Analysis of Canadian Undergraduate Citation Practices*

**Main Presenting Author:** Roberts, Jeremy M

**Additional Author:** Goegan, Lauren

**Abstract:** *Despite being established over half a century ago, the American Psychological Association (APA) guidelines for proper citations in academic papers continue to challenge undergraduates, who frequently make significant errors when attempting to follow them (Clements, 2020; JEPS, 2013). The purpose of the current study was to examine the types of errors Canadian undergraduate students make when creating APA citations for a fictitious article. One hundred and fifty-five students participated in our study and provided the APA citation for a fictitious article, both for in-text use and in a reference list. We identified several criteria to assess whether the citations provided were correct, including content elements, order of information, punctuation, capitalization, italics, boldface, and underlining. Overall, students made a significant number of errors in the citations they created. In particular, frequent errors included incorrect capitalization, italics, punctuation, and order of information. Other common mistakes included missing or extra content, misformatted in-text citations, and incorrect use of bolding and underlining, highlighting the need for targeted instruction. Our results will be discussed alongside potential strategies to support students in developing the skills necessary to correctly utilize the APA guidelines.*

**Section:** Educational and School Psychology

**Session ID:** 112225 - 12-Minute Talk

### *Predictors of Social Support and Year of Study on Academic Stress in University Students*

**Main Presenting Author:** Fontanilla, Patricia L

**Additional Authors:** McGuinness, Claire ; Thesia, Megha; Prasla, Lizna; Nordstokke, David

**Abstract:** *The transition to university presents significant social and academic challenges, particularly for first-year students who must navigate new peer groups and balance academic demands with social activities (Grund, 2013). Social support is known to buffer against academic stress, but its role may differ across years of study (Dawson and Pooley, 2013). This study investigates how different types of social support (peers, family, and faculty) and year of study predict academic stress in university students. To further explore this relationship, 1,208 undergraduate students (21.5% male) completed online measures, including the Perceived Academic Stress Scale, Social Support Scale developed by Maymon and colleagues (2019), and a question regarding their year of study. Multiple linear regression analyses were conducted to assess the unique and combined effects of year of study and social support on stress levels. Results of this study provide insight to creating programs and resources that foster connections among various types of social support.*

**Section:** Educational and School Psychology

**Session ID:** 113291 - 12-Minute Talk

### *Success Coaches' Perspectives on Outcomes of the WRaP Project for Students with Fetal Alcohol Spectrum Disorder*

**Main Presenting Author:** Chubey, Kiana

**Additional Authors:** Devereux, Chloe ; Tremblay, Melissa

**Abstract:** *Youth with Fetal Alcohol Spectrum Disorder (FASD) often face academic challenges, with many students lacking access to the supports that they need. The Wellness, Resiliency, and Partnerships (WRaP) project was built to provide students affected by FASD with individualized, strength-based wraparound supports. Wraparound supports are promising for enacting change; yet few researchers have examined the impacts of wraparound supports on students affected by FASD. I conducted a secondary data analysis of focus groups with success coaches using qualitative description to understand their perspectives of student impacts. Success coaches worked with students in schools across Alberta to deliver wraparound supports. We found that relationships between students and success coaches were key in promoting school engagement. We found that success coaches often advocated for school environments to be adapted according to student needs. We also found that students who participated in the WRaP project had improved academic success and increased social-emotional wellbeing. Overall, wraparound supports provide students with academic, social, and emotional benefits. Our results will be used to inform policy and practice around wraparound supports. The findings contribute to the understanding of how wraparound supports can circumvent adverse outcomes and promote success for students with FASD.*

**Section:** Educational and School Psychology

**Session ID:** 112935 - 12-Minute Talk

### *Supporting Perfectionistic Students: A Qualitative Study of Elementary and High School Teacher Strategies and Approaches*

**Main Presenting Author:** Molnar, Danielle S.

**Additional Authors:** Blackburn, Melissa ; Tacuri, Natalie; Zinga, Dawn

**Abstract:** *RATIONALE:* Despite rising rates of perfectionism, little research explores teachers' perspectives on supporting perfectionistic students. We addressed this gap by examining the strategies teachers use when working with these students, focusing on the practical approaches they implement in the classroom. *METHOD:* In Phase 1, 197 teachers (83% female; 66.5% elementary teachers, 33.5% secondary teachers) reported the strategies that they use when teaching perfectionistic students in an online survey. In Phase 2, a subset of 26 teachers completed semi-structured interviews that offered in-depth accounts of teachers' perceptions of perfectionistic students. *RESULTS:* Qualitative analyses showed that teachers used numerous strategies when working with perfectionistic students. Commonalities across teachers included promoting self-care, offering positive reinforcement, providing breaks, and fostering a growth mindset. Notable disparities also emerged such that some teachers provided students with endless opportunities to revise their work, whereas others set strict limits and boundaries. *CONCLUSIONS:* Results reveal both common practices and conflicting strategies among teachers in addressing perfectionism in the classroom. *ACTIONS/IMPACT:* Findings emphasize the need for more consistent, evidence-based approaches to effectively support perfectionistic students and promote their well-being.

**Section:** Educational and School Psychology

**Session ID:** 113666 - 12-Minute Talk

### *The Road to Age-Friendly Universities: Developing and Evaluating an Intergenerational Psychology Course*

**Main Presenting Author:** Russell, Elizabeth

**Additional Author:** Wells, Tabytha

**Abstract:** *Rationale:* Given Canada's rapidly aging population, intergenerational learning in psychology courses has much to offer. Connecting students with older adults may benefit learning outcomes and support institutions in becoming designated Age-Friendly universities. *Methods:* We developed, implemented, and evaluated a pilot intergenerational Psychology of Aging (3rd year) course. Our program integrated 13 older volunteers (65+) into the classroom, alongside 60 students. Following course completion, we conducted 33 individual interviews (13 with volunteers; 20 with students), evaluated the program's practical and educational outcomes, and analyzed our data using an Iterative Collaborative Qualitative Analysis. *Results:* Despite logistical challenges, learning about volunteers' experiences of aging reinforced course content for students, volunteers benefited from learning the science of aging, and both groups developed meaningful intergenerational connections. *Conclusions:* Future intergenerational psychology courses may benefit learning; however, logistical challenges should be considered, and programs should include a diverse range of informal intergenerational opportunities. *Action:* Informed by our evaluation, we will share recommendations for creating intergenerational psychology courses, and how these programs may advance the goal of achieving Age-Friendly University designations.

**Section:** Teaching of Psychology

**Session ID:** 113498 - 12-Minute Talk

### *Understanding Children's Cheating Behavior: The Influence of Cognitive Development and Cultural Factors*

**Main Presenting Author:** sun, wenjin

**Additional Author:** LEE, KANG

**Abstract:** *Cheating behavior is common in children and undermines fairness, while also impacting moral development and social trust. This study examines cheating behavior in 4-9-year-old children in game contexts and explores its relationship with social cognitive factors such as theory of mind, executive function, personality traits, self-efficacy, and moral judgment. This study consists of three sub-studies. Study 1 investigated the effects of online and offline testing methods on cheating behaviors in 4-6-year-olds ( $N=312$ ,  $M=5.44$ ,  $SD=0.73$ ). The results showed no significant differences between testing methods, but older children were more likely to cheat and those with higher executive function were less likely to cheat. Study 2 focused on 7-9-year-olds ( $N=130$ ,  $M=8.5$ ,  $SD=0.83$ ) using only online testing. Findings revealed that older children and those with higher executive function were less likely to cheat. Study 3 explored the influence of cultural background on cheating behavior, involving 714 children aged 4-9 from Canada (non-Asian, Asian) and China. Results indicated that Chinese children showed a higher tendency. This study highlights the stable influence of age and executive function on cheating behavior, filling a gap in research and offering insights for effective interventions to reduce cheating and promote moral and cognitive development.*

**Section:** Developmental Psychology

**Session ID:** 113894 - 12-Minute Talk

## Conversation Session

### *Broadening Educational Design to Benefit All Learners through Blind and Neurodivergent Perspectives: A Roundtable Discussion*

**Main Presenting Author:** Schiafone, Christopher

**Co-Presenting Author:** Maceasik, Emelia

**Additional Author:** Wnuczko, Marta

**Abstract:** *Students who are visually impaired and those who are neurodivergent often face unique barriers to learning in STEM fields, particularly social and natural sciences, which are dominated by textual and visual content. However, people who are blind and neurodivergent - and potentially all learners - may benefit more from multisensory content that combines visual elements with those we can hear, touch, and actively explore (e.g., Lehmann and Murray, 2005; Shafiq, Patel, To, Ingino, Han, Wnuczko, and Coppin, 2020). Auditory and tactile versions of many educational resources, demonstrations of scientific concepts and effects, already exist and can be inexpensive, yet they remain underutilized in classrooms. In the roundtable discussion we ask: What are the key barriers preventing the use of existing multisensory resources in classrooms, and how can we overcome them to better align research with classroom practice? Concrete examples of multisensory concepts and resources will be provided to facilitate the discussion.*

**Section:** Teaching of Psychology

**Session ID:** 112978 - Conversation Session

### *Improving the Postsecondary Transition: A Conversation about How Best to Support Neurodiverse Students*

**Main Presenting Author:** Schroeder, Meadow

**Additional Authors:** Goegan, Lauren D.; Zhao, Richard; Chan, Serena

**Abstract:** *Navigating the complex world of postsecondary education (PSE) can be challenging for all students and especially for neurodiverse students (e.g., those with learning disabilities, or attention deficit hyperactivity disorder). Currently, students receive information about the transition to PSE through high school guidance counselors or by accessing documents scattered across various organizational websites, making the process largely inaccessible and cumbersome for many. This conversation session is designed to encourage participants to share ideas and explore (a) what professionals think neurodiverse students need to be successful in PSE and (b) ways to support them. The session will begin with a summary of the current issue: the number of neurodiverse students attending PSE is increasing, yet these students require additional support to aid their transition. We will then present a potential solution: GEARS (Gearing up for Education, Achieving Real-world Success), an online game designed to help students with LD and ADHD transition to PSE. Then, we will open the floor for discussion about other ideas, approaches, and interventions that participants have developed or believe need to be developed to better support these students. The goal of the session is to foster the exchange of ideas and identify opportunities to advance support for neurodiverse students into PSE.*

**Section:** Educational and School Psychology  
**Session ID:** 112180 - Conversation Session

### *Modes of Delivery and Their Effectiveness in Teaching Undergraduate Statistic Courses*

**Main Presenting Author:** Burnham, Cortney

**Additional Author:** Foster, Mindi

**Abstract:** *Many students (with some reports indicating 75%; Onwuegbuzie, 1997), anticipate or experience elevated stress and anxiety related to statistics courses (Barry, 2012; Chiesi and Primi, 2010; Murtonen et al., 2018). As a result, some students report delaying taking statistics courses during their degree, and often engage in task averse behaviours related to statistics courses and assignments (Maner and Schmidt, 2006). These behaviours contribute to lower academic success in statistics courses and can create future avoidance behaviours related to statistical work (Maner and Schmidt, 2006). These concerns raise valuable questions about how diverse modes of course delivery and methods of teaching statistics may help alleviate student anxiety and promote student success. The purpose of this conversation is for delegates to discuss and share strategies that have been effective and well received by students. By sharing ideas, delegates should be able to reflect on their personal pedagogical practices and gain useful strategies and learn about new methods of teaching and assessment. The group facilitator will share relevant literature and their own experience teaching a virtual flipped statistics course as well as facilitate a discussion on the feasibility and effectiveness of diverse modes of delivery and teaching methods for statistics.*

**Section:** Teaching of Psychology  
**Session ID:** 112974 - Conversation Session

## *Targeting grading methods to instructional goals: evaluating gaps and opportunities in common grading methods*

**Main Presenting Author:** Armstrong , Grace

**Co-Presenting Author:** Norris, Meghan

*Abstract: Grading is fundamental in higher education, often defining student success, learning outcomes and institutional status. Despite its essential role, there is no comprehensive review critically examining common grading methods employed in higher education. This round table will review common grading methods used in North America through the lens of key factors: Empirical support for the grading method, impact on quality of learning, impact on student motivation, fostering of student collaboration, promoting equity and meeting student needs, impact on student mental health, instructor flexibility to modify grading systems, and the impact on accreditation. In addition, this round table will provide a hands-on activity for instructors to consider the appropriateness of assessment strategies within the constraints of different grading systems.*

**Section:** Teaching of Psychology

**Session ID:** 111919 - Conversation Session

## *Teaching Psychology: Incorporating a Mental Health and Wellbeing Lens*

**Main Presenting Author:** Lindsay, Brittany L.

*Abstract: Do you teach psychology? Supervise a graduate student in psychology? Maybe you are a student learning psychology? As a PhD candidate, co-supervisor to research students, and an instructor at my institution, I do all three! Those at postsecondary institutions, such as instructors, professors, teaching assistants, and students, have likely noticed that postsecondary students are facing many challenges impacting their mental health. The COVID-19 pandemic significantly impacted our daily life for years, and we are still seeing the rippling effects in postsecondary education today. As a stigma reduction and mental health promotion researcher myself, I have worked hard to approach my teaching through a mental health lens. In this round table conversation, I would like to discuss how instructors and supervisors can support their students' wellbeing, while still maintaining student accountability, learning outcomes, and our own wellbeing in the process. With teaching experience in statistics, research methods, community-based projects, and intersectionality, I have a wide array of examples on how to support student wellbeing through intentional decisions regarding content, assessments, flexibility, and accessibility. Whether you want to learn more, or you want to share your own tips with others, join us for this important conversation about mental health and wellbeing!*

**Section:** Teaching of Psychology

**Session ID:** 112919 - Conversation Session

## **Panel Discussion**

## Printed Poster

### *Beyond the Numbers: Are Canadian Psychology Undergraduates Getting a Comprehensive Research Methods Education?*

**Main Presenting Author:** Pritchard, Tyler R

**Additional Authors:** Buckle, Jennifer L; Giffin, Katie

*Abstract: Ensuring comprehensive education in psychological research methods is imperative. Importantly, despite the enduring presence of qualitative research methods in psychology, researchers are more recently recognizing the value and strength of these methods to understand the complexity of human experience (e.g., Castell et al., 2022; Ponterotto, 2005). Indeed, certain research questions are best suited for qualitative investigation. As such, it is essential that undergraduates are educated in both qualitative and quantitative approaches to research, with the research question driving the choice of method. The current study explored undergraduate psychology research methods courses across universities in Canada through degree requirements and course content. Additionally, text mining was used to understand the breadth and scope of the courses through key words and phrases. While the terms quantitative and qualitative did not differ in frequency of use, most course descriptions depicted an in-depth teaching of various quantitative methods with very few indications of specific qualitative methods. Our results highlight the lack of emphasis on teaching qualitative research methods in undergraduate psychology programs in Canada despite the increased use of these methods within published research. Curriculum recommendations to address this gap will be provided.*

**Section:** Teaching of Psychology

**Session ID:** 112193 - Printed Poster

### *Bridging the Gap: Evaluating the HEROES Program Through Early Adolescents' Perspectives and Its Impact on Resilience*

**Main Presenting Author:** Fontanilla, Patricia L

**Additional Author:** Nordstokke, David

*Abstract: Social-emotional learning (SEL) programs are known to support youth development by improving social, emotional, and academic skills (Osher et al., 2016). However, their effectiveness in early adolescent populations remains inconclusive. Further, most studies examining the effectiveness of SEL programs utilize quantitative measures, excluding the perspectives of the participants. This study collected both quantitative and qualitative data from 21 middle school students (grades 7 to 9) to examine the longitudinal effectiveness of the HEROES program from the participants' perspectives. Participants completed the Connor Davidson Resilience Scale – 10 (Campbell-Sills and Stein, 2007), Flourishing Scale (Diener et al., 2010), Rosenberg Self-Esteem Scale (1965), Motivation and Engagement Scale (Martin et al., 2014), and Academic Resilience Scale (Martin, 2013). Using a linear mixed model, the results of this study showed that the program is effective in improving resilience and academic resilience over time. Six participants participated in the qualitative follow-up survey and indicated that increased emotional awareness, social support, self-compassion, and positive school experiences were key factors contributing to these changes. This study provides unique*

*insights to the importance of resilience in social-emotional learning, program design, and long-term impacts of such programs.*

**Section:** Educational and School Psychology

**Session ID:** 113949 - Printed Poster

### *Cognitive Load in Virtual Environments: Object Crowdedness and Field of View*

**Main Presenting Author:** Gillett, Madylin

**Co-Presenting Author:** Legge, Eric L.G.

*Abstract: This study investigates how field of view (FOV) and object crowdedness influence spatial memory and cognitive load during virtual search tasks. Cognitive load occurs when a task exceeds an individual's working memory. While previous research has examined the individual impacts of FOV and crowdedness of people, object crowdedness and the combined effects of FOV and object crowdedness on cognitive load have yet to be investigated. Using a 3x2 factorial design, we manipulate FOV (30°, 60°, 90°) and object crowdedness (low vs. high). Participants complete demographic and spatial ability assessments before completing a virtual search task and post-task questionnaires. Measures include task completion time, spatial learning assessed by memory accuracy for the locations of rooms and objects, and cognitive load. Anticipated analyses include ANCOVA's and general linear regressions to identify interaction effects of FOV and object crowdedness on cognitive load and spatial learning. While analyses are ongoing, we expect that high object crowdedness and a small FOV will increase task difficulty by requiring additional movement and raising cognitive load, thus reducing spatial learning. Expected findings will help optimize environment design for better spatial learning.*

**Section:** Brain and Cognitive Science

**Session ID:** 112070 - Printed Poster

### *Counselling/Clinical Psychology Educators' Perceptions of Online Course Delivery Methods*

**Main Presenting Author:** Greidanus, Elaine J

**Co-Presenting Author:** Harris, Greg

**Additional Author:** Dagogo, Ibiye T

*Abstract: In 2023, a survey explored the experiences of Canadian counsellor and psychologist educators who taught graduate-level programs during the abrupt shift to online learning due to the COVID-19 pandemic. The study, involving 18 participants, revealed that the transition prompted educators to engage with online delivery in novel ways, challenging their preconceptions about its benefits and limitations. The survey highlighted several advantages of online/blended classes, including enhanced flexibility, accessibility, equity, and convenience. These benefits particularly suited graduate students and educators juggling complex responsibilities. However, drawbacks were also noted, such as screen fatigue, connectivity issues, and difficulties in assessing student competence and outcomes. The educators critically evaluated the alignment between technology use and learning objectives, prompting insights and a re-evaluation of existing beliefs about course delivery methods. Educators should continue to challenge their assumptions, experiment with new approaches, and reflect on the outcomes, balancing its benefits with potential drawbacks, and continuously adapting to*

meet the evolving needs of students and educators in the field of applied psychology. Educational institutions might consider offering incentives to promote innovative course delivery methods.

**Section:** Teaching of Psychology

**Session ID:** 111743 - Printed Poster

*Decoding children's emotional responses when committing to cheat: An AI-based facial analysis*

**Main Presenting Author:** Dong, Liyuzhi D

**Additional Authors:** Zhou, Biying ; Lee, Kang

**Abstract:** *Cheating emerges in early childhood in the form of covert rule violations for unfair gain. Young children's emotional process as they experiment with whether to cheat remains unknown. To understand children's spontaneous affective processes underlying cheating, the current study examined children's facial expressions as they had chances to cheat. We focused on anger, disgust, fear, happiness, sadness, surprise, and neutral expressions. A total of 240 children (4-11 years old) participated in two sequential sets of guessing games, which involved a series of tasks that progressed from easy to very difficult. Children were left alone and instructed not to cheat by peeking at the answer when performing the two very difficult tasks. We used machine learning models, including OpenCV and FER, to automatically code children's facial expressions from their video data. We compared childrens facial expressions both within-subject (across tasks) and between-subject (children who cheated vs. those who did not). We found that children who cheated were more likely to display fear and surprise throughout the entire time from before cheating to after cheating. We found no differences in other facial expressions. These findings provide insight into childrens emotional experiences during spontaneous cheating and highlight the possible feelings of fear and surprise when cheating at a young age.*

**Section:** Developmental Psychology

**Session ID:** 113672 - Printed Poster

*Effectiveness of Unproctored vs. Teacher-Proctored Exams in Reducing Students' Cheating: A Double-Blind Randomized Controlled Field Experimental Study*

**Main Presenting Author:** Peng, Junjie

**Co-Presenting Author:** Lee, Kang

**Additional Author:** Zhao, Li

**Abstract:** *Unproctored and teacher-proctored exams have been widely used to prevent cheating at many universities worldwide. However, no empirical studies have directly compared their effectiveness in promoting academic integrity in actual exams. To address this significant gap, we conducted a double-blind, randomized, controlled field experimental design to compare the effectiveness of unproctored versus teacher-proctored exams in reducing cheating among university students in real exam settings. Study 1 ( $n = 177$ ) examined whether unproctored exams are more effective than teacher-proctored exams in reducing cheating among university students. Results showed that unproctored exams were significantly more effective in reducing cheating. Study 2 ( $n = 158$ ) replicated Study 1 with students from different majors and found similar results. Studies 3 ( $n =$*

191) and 4 ( $n = 166$ ) built upon the previous studies by introducing an academic integrity reminder condition before the exam. The results revealed that even after receiving academic integrity reminders, the unproctored exam format remained more effective in deterring cheating. These findings demonstrate that incorporating unproctored exams and pre-exam academic integrity reminders into a university's assessment practices may be an effective strategy for reducing academic dishonesty and maintaining the validity of evaluations.

**Section:** Teaching of Psychology

**Session ID:** 112953 - Printed Poster

### *Effects of Active vs. Passive Cognitive Reappraisal Interventions on Test Anxiety and Exam Grades*

**Main Presenting Author:** Jones , Dana

*Abstract: Cognitive reappraisal interventions, which encourage appraising the physiological stress response as adaptive rather than harmful, have been shown to reduce test anxiety and enhance exam performance. Stress mindset is one's beliefs regarding whether stress is helpful or harmful for performance. Research shows that holding a "stress-is-enhancing" mindset is related to better performance. Active learning, which involves engaging students with course material beyond traditional lectures, has been shown to be superior to passive learning environments. The present study combines evidence that passive cognitive reappraisal email interventions can reduce test anxiety and improve performance with evidence that active learning is superior to passive learning. We examined whether an active reappraisal intervention was more effective than a passive intervention for reducing test anxiety, using cognitive reappraisal during an exam, encouraging beliefs that stress is helpful for performance, and improving exam performance. There was no significant difference in test anxiety, cognitive reappraisal use, or exam performance between the active and passive conditions. However, students in the active condition were less likely to see stress as debilitating, and those who did not view stress as debilitating performed significantly better on their midterm.*

**Section:** Educational and School Psychology

**Session ID:** 113700 - Printed Poster

### *Effects of Ovarian and Stress Hormones on Learning Processes*

**Main Presenting Author:** Jhajj, Kiranjot K

**Additional Authors:** Dumo, Jianne ; Billbach, Saleah; Tandy, Stephanie; Hogan-Thomas, Molly; Duchesne, Annie

*Abstract: Learning can be categorized into two processes: cognitive and habitual learning. Prior research shows that these processes are influenced by contextual factors, namely stress and ovarian hormones. However, little research focuses on how these two factors interact. Moreover, existing studies approximate ovarian hormones using menstrual cycle phase, but do not consider the biopsychosocial characterization of the menstrual cycle. The current study investigated how chronic stress and ovarian hormones individually and interactively influence learning processes, using a biopsychosocial understanding of the menstrual cycle. Participants ( $N = 32$ ) completed a probabilistic classification task and measures of perceived chronic stress and menstrual beliefs, and provided salivary measures of ovarian and stress hormones. Preliminary results show an interactive effect of salivary estradiol and perceived chronic stress on learning processes ( $p = .021$ ), where*

*estradiol is positively associated with cognitive learning in those with lower chronic stress and with habitual learning in those with greater chronic stress. The findings also showed correlations between learning processes and specific menstrual beliefs. The results highlight the importance of considering the interactions between stress, ovarian hormones, and menstrual beliefs when studying learning processes in menstruating people.*

**Section:** Brain and Cognitive Science

**Session ID:** 113581 - Printed Poster

### *Empowering Students: Mindsets as a Key to First-Year Success*

**Main Presenting Author:** Roberts, Jeremy M

**Additional Authors:** Young, Stephanie ; Goegan, Lauren

*Abstract: Every September, a group of new undergraduate students begins their postsecondary programs. Postsecondary institutions provide various supports and services to facilitate their transition to postsecondary education (PSE), with varying levels of success. Another avenue to support students is to examine psychosocial factors, such as mindsets. Students can hold a growth mindset (i.e., the belief that abilities can grow) or a fixed mindset (i.e., the belief that abilities are unchangeable). Students from a mid-sized university in Western Canada participated in our study by completing two surveys. At the beginning of their first term, we assessed their mindsets, and at the end of the term, we measured a series of outcome variables. We calculated z-scores for students' responses on the mindset measure and grouped participants into those who endorsed a strong growth mindset ( $n = 103$ ) and those with a strong fixed mindset ( $n = 84$ ). A series of independent samples t-tests revealed that students with growth mindsets scored significantly higher on outcome measures, including self-efficacy, resilience, positive emotions, acquisition of knowledge and skills, and satisfaction. They scored significantly lower on negative emotions compared to their peers with fixed mindsets. We discuss the importance of students having a growth mindset and offer recommendations for fostering growth mindsets.*

**Section:** Educational and School Psychology

**Session ID:** 112238 - Printed Poster

### *Exploring Parent-Child Reminiscing Style and Mental-state Talk in Positive vs. Negative Events*

**Main Presenting Author:** Verma, Komal

**Additional Author:** Roberts, Kim

*Abstract: Conversations between parents and children about past events positively affect children's social, emotional, and cognitive development. Parents scaffold their children in learning to recount details of their autobiographical memories by creating a space to reflect on mental states, specifically emotions and cognitions. These conclusions are based largely on reminiscences of positive events. Memories of negative events, however, are qualitatively different. Therefore, this study examines how children's mental-state talk (MST) differs when reminiscing about positive and negative events. 60 parent-child dyads (ages 3-6) reminisce two events, a positive and negative event. The sessions were transcribed and coded for three types of MST a) Cognitive terms (e.g., believe, want, know), b) positive emotion terms, c) negative emotion terms. Preliminary data analyses indicated that there*

were fewer positive emotion terms (0%) and more negative emotion terms (30%) when remembering negative compared to positive events. The reverse was true for positive events. However, valence of the event has no association with the amount of cognitive terms used (67%, 64%). These results show the differences in children's MST when reminiscing emotionally valenced events. Examining the differences in MST between the two events provides a nuanced understanding of how children reflect and discuss memories.

**Section:** Developmental Psychology

**Session ID:** 113598 - Printed Poster

### *Factors Shaping STEM Students' Feelings of Autonomy: Insights from Survey Responses*

**Main Presenting Author:** Hunter, Jessica O

**Additional Authors:** Johnson, Cole D; Monnet, Romane; Dubé, Marianne; Lessard, Florence; Shankar, Sanheeta; Robinson, Kristy

*Abstract: Feelings of autonomy are healthy for student motivation and can be reinforced when students perceive autonomy support from their teachers. Prior research has primarily examined perceived autonomy support quantitatively, limiting understandings about what information students rely on to inform their perceptions. Therefore, the purpose of this study was to explore STEM students' open-ended explanations of their numerical ratings to the item: "After today's class, I feel my opinions and ideas matter." An inductive approach generated 16 themes associated with negative, neutral, and positive ratings through content analysis. Following initial coding, interrater reliability was high across 4 coders (Gwet's AC1=.82-1) and was improved following group discussion (Gwet's AC1=.93-1). Open-ended responses from 140 students across 15 STEM classes indicated that positive autonomy perceptions ( $n=74$ ; 53%) were most explained by teacher responsiveness ( $n=38$ ) and positive teacher perceptions ( $n=29$ ). Neutral autonomy perceptions ( $n=53$ ; 38%) were most explained by students' inhibiting beliefs ( $n=15$ ) and perceived content objectivity ( $n=14$ ). Finally, negative autonomy perceptions ( $n=12$ ; 9%) were most explained by prohibitive class structures ( $n=6$ ). This research offers theoretical insights into sources of autonomy in STEM and outlines important autonomy-supportive practices for teachers.*

**Section:** Educational and School Psychology

**Session ID:** 113552 - Printed Poster

### *Financial Literacy Measures at Memorial University*

**Main Presenting Author:** Harris, Greg

**Additional Authors:** Taker, Sarah ; Coombs, Andrew

*Abstract: BACKGROUND: This research focuses on understanding the financial literacy and behaviours of undergraduate students at Memorial University of Newfoundland (MUN). METHODS: A quantitative cross-sectional survey was conducted using validated scales to measure financial literacy, behaviours, self-efficacy, well-being, motivation, and metacognition. The study design includes descriptive and inferential analyses, such as correlation and regression, to explore relationships between financial behaviours and other variables. Additional analyses will compare financial behaviours across demographic groups. Convenience sampling was used for recruitment,*

*and a pilot study ensured the reliability and clarity of the survey instrument. PRELIMINARY RESULTS: With a sample of 78 Education students, the study identifies relationships between financial behaviours and constructs such as financial literacy, self-efficacy, well-being, motivation, and metacognitions. CONCLUSIONS: These findings contribute to the understanding of the financial challenges faced by university students in the Canadian context. The results will offer recommendations for designing educational interventions and institutional policies. ACTIONS/IMPACT: Understanding how to foster positive financial behaviours among students and identifying the factors that influence these behaviours.*

**Section:** Educational and School Psychology

**Session ID:** 113606 - Printed Poster

### *Fraction Feud: Holistic vs. Componential Processing in Non-Symbolic Fractions*

**Main Presenting Author:** Wiseman, Emma M

**Additional Authors:** George , Amanda M; Hallett , Darcy

*Abstract: Understanding fractions is challenging for many people. When processing fractions, individuals often focus on the components (numerator and denominator), rather than the magnitude. Supporting this componential approach, Bonato et al. (2007) found that when participants compared fractions ranging from 1/1 to 1/9 to 1/5, both the SNARC and distance effects aligned with perceiving the fractions' quantities based on their denominators. However, other research has found that using complex fractions increases sensitivity to the fraction's magnitude. This research replicates these studies using non-symbolic fractions that lack distinct components, and therefore should reflect overall quantity, comparing them to symbolic fractions. Participants will complete a demographics questionnaire, fraction understanding measure, fraction comparison task, and number line task. The comparison task will consist of the set used by Bonato et al. (2007) and a more complex set used by Schneider and Siegler (2010) (e.g., 2/9, 2/7, 3/8), presented both symbolically and non-symbolically as partially shaded horizontal rectangles. We will compare the SNARC and distance effects between non-symbolic and symbolic fractions. Preliminary results show that participants respond faster on comparisons for non-symbolic vs. symbolic fractions, and that fraction processing may be more complex than originally thought.*

**Section:** Brain and Cognitive Science

**Session ID:** 113535 - Printed Poster

### *Improving Children's Working Memory through Cogmed and Strategy Training*

**Main Presenting Author:** Marche-Shears, Brittany

**Additional Authors:** McIntyre, Laureen ; Claypool, Tim; Briere, Jennifer; Marche, Tammy A

*Abstract: Whether the cognitive performance benefits of teaching children working memory strategies would be amplified by Cogmed training was examined in the current study. Sixty children were randomly assigned to 1 of 4 groups: Strategy training, Cogmed training, Strategy + Cogmed training, or wait-list Control. They were assessed on measures of short-term memory, working memory, and long-term memory, as well as on measures of intellectual and cognitive functioning both before training and approximately 7 weeks after the last day of training. Participants in the Cogmed and Combined conditions had larger verbal short-term memory spans after training than did participants*

*in the Control condition. Participants in the Cogmed and Strategy conditions had larger verbal working memory spans after training than Control participants. Results suggest that working memory strategies and training may be used as targeted interventions for children with verbal short-term and working memory difficulties. The benefits of working memory training may be most evident for individuals with poorer working memory functioning, as well as over time, once individuals are able to use and apply their newly gained skills and capacity in real life settings.*

**Section:** Educational and School Psychology

**Session ID:** 112979 - Printed Poster

### ***Measuring Cognitive Load During School-Aged Children's Writing Tasks***

**Main Presenting Author:** Leidersnaiader, Liran

**Additional Author:** Cunningham, Todd

**Abstract:** *BACKGROUND. Cognitive load refers to the usage of brain resources. When a person exerts their working memory, cognitive load becomes high, leading to stress and low performance. Attempts have been made to measure cognitive load, however, tools currently employed are not easily used in applied settings with children. Additionally, no existing literature has measured children's cognitive load while completing academic tasks. As such, the purpose of this study is to measure cognitive load during increasingly complex writing tasks. METHODS. Participants were children in grades 4-6 ( $N = 26$ ) who wore a helmet rig that recorded their face during their completion of motor control, alphabet fluency, basic sentence copying, spelling, and complex writing tasks. Recordings were inputted into software that provided heart rate variability metrics, which were then analyzed using a pairwise t-test and correlational analyses. RESULTS. Results showed a significant difference between baseline and all other tasks, as well as strong correlations between the various writing tasks. CONCLUSIONS. This study showed that there are differences between task engagement and resting state, and that various components of the writing process are meaningfully associated with each other. IMPACT. These findings are the first to demonstrate that cognitive load can be measured during academic tasks in applied settings.*

**Section:** Educational and School Psychology

**Session ID:** 113262 - Printed Poster

### ***Mind Map Structural Quality Predicts Retention of Factual Information***

**Main Presenting Author:** Marche-Shears, Brittany

**Additional Author:** Marche, Tammy A

**Abstract:** *EFFECTIVE LEARNING STRATEGIES CAN ENHANCE ACADEMIC ACHIEVEMENT. THE MIND MAP (MM) LEARNING STRATEGY INTEGRATES NUMEROUS MEMORY-AIDS, SUCH AS PICTURES, EXAMPLES, COLOURS, HIERARCHIES, AND ASSOCIATIONS, WHICH INCREASE RECALL OF ACCURATE INFORMATION. THE STRUCTURAL QUALITY OF MMS CAN BE ASSESSED USING THE MIND MAP ASSESSMENT RUBRIC (MMAR). NO RESEARCH TO DATE HAS EXAMINED HOW THE QUALITY OF MIND MAPS, AS MEASURED BY THE MMAR, RELATES TO MM EFFECTIVENESS IN ENHANCING RETENTION. THE GOAL OF THIS STUDY IS TO REPLICATE THE RESULTS OF A PRELIMINARY STUDY THAT FOUND A STATISTICALLY SIGNIFICANT POSITIVE CORRELATION BETWEEN MMAR SCORES AND RETENTION SCORES,*

BUT WHICH DID NOT INCLUDE A CONTROL GROUP. DATA ARE CURRENTLY BEING COLLECTED FROM FIFTY PARTICIPANTS (PS) WHO ARE VIEWING A 15 MIN SLIDE PRESENTATION ON THE MM TECHNIQUE IN SMALL GROUPS AND ARE THEN GIVEN 10 MINS TO GENERATE A MM BASED ON THE INFORMATION PRESENTED IN A BRIEF SCIENTIFIC ARTICLE ON AN UNUSUAL TOPIC. AFTER A DELAY AND AGAIN ONE-WEEK LATER, PS COMPLETE A 10-ITEM SHORT ANSWER QUIZ REGARDING THE ARTICLE. FIFTY PS IN THE CONTROL GROUP ARE BEING GIVEN THE ARTICLE AND TEN MINUTES TO TAKE WRITTEN NOTES, WITH NO INSTRUCTION ON MMS. REPLICATING THE POSITIVE ASSOCIATION BETWEEN MMAR SCORES AND RETENTION SCORES WILL INDICATE THAT LEARNERS SHOULD MAKE USE OF MMS TO FACILITATE LEARNING AND MAXIMIZE RETENTION IN EDUCATIONAL CONTEXTS.

**Section:** Educational and School Psychology

**Session ID:** 112975 - Printed Poster

### *Pressure to Perform: The Impact of Burnout on Mental Health in Adolescent Athletes*

**Main Presenting Author:** McAulay, Taylor L.

**Additional Authors:** Olthuis, Janine ; Hamilton, Ryan; Speedy, Kylee

Abstract: Research on youth sports has highlighted a recent trend of early specialization, year-round training, and pressure to excel, all of which have been linked to burnout. Sport-related burnout is characterized by emotional and physical exhaustion, reduced sense of accomplishment, and sport devaluation. Athletes experiencing burnout may report fatigue, hostility toward their sport, poor performance, and increased risk of injury. However, our understanding of burnout and mental health needs to be extended from elite youth athletes to include those who play recreationally. This study aims to examine the relation between burnout and symptoms of depression, anxiety, and stress in teen athletes and test the roles of gender and age as moderators. Participants will be 360 adolescents (aged 12-18 years) participating in team sports. Participants will complete a 15-min questionnaire on demographics, mental health, and burnout. Data will be analyzed using linear regression and moderation analyses. Data collection is ongoing with a high likelihood of successful completion in early 2025 given that the sports clubs from which participants are being recruited have already signed on. Results are not available yet, but the study aims to provide insights into how burnout impacts mental health. Results may help guide parents, coaches, and clinicians in providing better support to young athletes.

**Section:** Sport and Exercise Psychology

**Session ID:** 112169 - Printed Poster

### *Representation Matters: Hyper-minoritized Students Are More Likely To Relate And Engage with Content From A Demographically Similar Instructor*

**Main Presenting Author:** Maisha, Ahasan

**Additional Author:** Rao, V.N. Vimal

*Abstract: Sense of belonging (SOB) drives student engagement and motivation. A student's racial identity is related to their SOB – non-white students are less likely to feel a strong SOB, especially when their identity is incongruent with their instructor. The relationship between identity and SOB may be especially poignant for students who perceive themselves as a hyper-minority—those in relatively small ingroups (e.g., South Asians in North America). We conjecture that any positive impact on SOB felt by hyper-minority students with a demographically similar instructor will be more acute than for other students. We analyzed data from 573 students in a statistics course led by a South Asian-American instructor. To teach representativeness, the instructor showed a graph of common American foods and noted omissions (e.g., gulab jamun, chilaquiles, baklava). South Asian students were 1.55 times more likely to find the instructor relatable, and to recall both the context of the example and the associated statistical content. Importantly, other minority students rarely recalled this example, neither the context nor the content. This study is the first of its kind to examine the critical role that demographic similarity with an instructor plays in hyper-minority students' educational experiences. Students need to see themselves in their instructors to feel motivated and engaged.*

**Section:** Teaching of Psychology

**Session ID:** 111518 - Printed Poster

### *The Power of Perception: How Resilience Shapes Stress Appraisal, Coping, and Academic Success*

**Main Presenting Author:** Fontanilla, Patricia L

**Additional Author:** Nordstokke, David

*Abstract: Stress is a common challenge faced by university students, often influencing their academic performance and well-being (Bibi et al., 2022; Pitt et al., 2017). These outcomes are influenced by students' stress appraisals and coping abilities (Córdova Olivera et al., 2023). While stress appraisal and coping self-efficacy are known predictors of well-being and GPA, their interaction with other psychological factors remains underexplored. This study examines whether resilience moderates the relationship between stress and coping self-efficacy and how this interaction affects well-being and GPA. Participants completed the Perceived Stress Scale (Cohen et al., 1983), Coping Self-Efficacy Scale (Chesney, 2006), the Psychological Well-Being Scale (Ryff, 2007), Resilience Scale for Young Adults (Prince-Embury et al., 2016), and reported their GPA. It is hypothesized that resilience strengthens the relationship between stress appraisal and coping self-efficacy, with effects extending to well-being and GPA. Structural equation modelling (SEM) is used to test this model. This study seeks to provide a more comprehensive understanding of how resilience interacts with stress appraisal to shape students' coping abilities, well-being, and academic success. Findings will offer insights for designing interventions that enhance coping self-efficacy and resilience in undergraduate students.*

**Section:** Educational and School Psychology

**Session ID:** 113950 - Printed Poster

### *The Provincial Early Numeracy Screener (PNSA) : An Early Math Measure for Use within Multi-Tiered Systems of Support*

**Main Presenting Author:** Drefs, Michelle

**Additional Authors:** Douglas, Heather ; LeFevre, Jo-Anne; McMann, Michael

**Abstract:** *Multi-Tiered Systems of Support (MTSS) are increasingly adopted within school districts, yet school psychologists report that associated procedures are not always easy for teachers to use or implement with fidelity. School psychologists can play a key role in supporting schools with the selection of early numeracy screening tools. This poster provides evidence highlighting the advantages of the Provincial Numeracy Screening Assessment (PNSA), a tool designed to benchmark foundational numeracy skills for kindergarten students.* **METHODS:** The PNSA and The Preschool Early Numeracy Screener (PENS-B) were administered to kindergarten students across 11 schools ( $N = 236$ ). First, the structure and content of the test were compared. Next, student scores were analyzed. **RESULTS:** Both screeners tapped foundational subdomains of early numeracy. The PNSA demonstrated good convergent validity with the PENS-B. However, the PENS-B showed a ceiling effect in the Spring. **CONCLUSIONS:** The PNSA appears to be the more useful screener for tracking growth during kindergarten. **ACTION/IMPACT:** School psychologists should consider recommending the PNSA for tracking the numeracy performance of kindergarten students. Compared to the PENS-B, the PNSA better differentiates students' skills through the school year as it offers questions more challenging both in content and number range.

**Section:** Educational and School Psychology

**Session ID:** 112914 - Printed Poster

### *Voices of Educators: Exploring Educators' Perspectives of Substance Use Education*

**Main Presenting Author:** Rowe, Emily CL

**Additional Authors:** Harris, Nick ; Harris, Greg; Bishop, Lisa; Donnan, Jennifer; Torraville, Bethany; Downey, Molly

**Abstract:** *BACKGROUND: Despite the increase in youth substance use, drug education strategies remain limited. This study aimed to understand educators' perspectives on substance use-related issues and to explore strategies for delivering and assessing effective drug education strategies to best support students' substance use health literacy.* **METHODS:** A qualitative study using focus groups and semi-structured interview guides was conducted with educators in Newfoundland and Labrador. Deductive thematic analysis using the social-ecological model of health literacy framework guided analysis, focusing on the macro and meso-level contexts of health literacy from the educators' perspectives. **RESULTS:** Five focus groups ( $n = 26$ ) were conducted. Findings highlighted the challenges educators are facing in schools and their communities with youth substance use and the need for harm reduction education that is up-to-date, culturally sensitive, interactive, age-appropriate, easily accessible, cross-curricular, engages parents and the community, and effectively assesses students' learning by employing multiple evaluation methods. Normalization of substance use, and family and peer influences were noted as factors influencing their health literacy. **CONCLUSION:** These findings highlight key considerations needed to implement and deliver effective skills-based substance use health education for youth

**Section:** Educational and School Psychology

**Session ID:** 112977 - Printed Poster

## What preservice teachers know about evidence-based practices

**Main Presenting Author:** Brady, Michelle MH

**Additional Authors:** Dueck, Bryce S; Daniels, Lia

**Abstract:** TEACHERS' IMPLEMENTATION OF EVIDENCE-BASED PRACTICE (EBP) IS FUNDAMENTAL TO THE SUCCESS OF INCLUSIVE EDUCATION. HOWEVER, LITERATURE SUGGESTS THAT PRACTICING TEACHERS OFTEN CHOOSE INSTRUCTIONAL PRACTICES BASED ON TRADITION OR PERSONAL PREFERENCE. SOMETIMES POOR UPTAKE OF EBP IS ATTRIBUTED TO CONFUSION ABOUT WHAT EBP MEANS AND LACK OF KNOWLEDGE (COOK, 2012; GUCKERT ET AL., 2016; HORNBY, 2013). BECAUSE TEACHERS START LEARNING ABOUT EBP DURING TEACHER EDUCATION, IT IS IMPORTANT TO EXPLORE WHAT PRESERVICE TEACHERS KNOW ABOUT EBPS BEFORE THEY ENTER THE WORKFORCE. EMBEDDED WITHIN A LARGER SURVEY THAT WAS DESIGNED TO EXPLORE KNOWLEDGE AND PERCEPTIONS OF EBP, PRESERVICE TEACHERS ( $N = 25$ ) WERE ASKED TO DEFINE EVIDENCE-BASED PRACTICES. TO ANALYZE THE WRITTEN DATA WE USED A WORD FREQUENCY PROGRAM TO VISUALIZE KEYWORDS IN PARTICIPANT RESPONSES. THE MOST FREQUENT WORDS IN PRESERVICE TEACHERS' DEFINITIONS OF EBP WERE: EFFECTIVE, PROVEN, INCLUSIVE AND SUPPORTED. WE DISCUSS THESE FINDINGS IN RELATION TO EXISTING LITERATURE ON WHAT PRESERVICE TEACHERS KNOW ABOUT EBPS BEFORE THEY BEGIN THEIR TEACHING CAREER. RECOMMENDATIONS FOR INCREASING KNOWLEDGE OF EBPS ARE DISCUSSED.

**Section:** Educational and School Psychology

**Session ID:** 112342 - Printed Poster

## Virtual Poster

### Bilingualism in Canada: A Correlation of Immersion Programs with Academic Achievement

**Main Presenting Author:** Bernard, Brianna

**Additional Authors:** Riondino, Giulia ; Schwartz, Kelly

**Abstract:** As more Canadians report learning multiple languages in childhood, understanding cognitive academic language proficiency (CALP) in second languages has become increasingly important (Martinez, 2022; Statistics Canada, 2023). The correlation of immersion programs with academic achievement scores yields varied results (Marian et al., 2013). This study investigates whether participation in French, English, or Indigenous immersion programs correlates with Math, Science and Reading achievement. Data were drawn from the PCAP 2019 Report on Student Achievement in Mathematics, including 25,528 children in Grade 8 from 10 Canadian provinces (CMEC, 2019). Data collection occurred via a computer-based online platform to improve accessibility, and three one-way ANOVAs were independently conducted to compare academic achievement scores across the immersion groups. It is hypothesized that different immersion programs will be associated with significantly different achievement scores. By evaluating language development alongside these scores, we aim to provide insights into the level of CALP students have acquired by Grade 8. Findings may identify areas where immersion students need more support,

*strengthening cultural responsiveness and academic outcomes for bilingual learners in school. They may also assist parents in making informed decisions regarding their child's educational placement.*

**Section:** Educational and School Psychology

**Session ID:** 113905 - Virtual Poster

### *Conative Factors as Predictors of Student Flourishing*

**Main Presenting Author:** Brill, Kayla

**Additional Author:** Nordstokke, David

*Abstract: The aim of this study is to examine the role of conative factors in predicting student flourishing. Conation is defined as the mental process that drives goal-directed behavior. Previously, individual facets of conation have been found to be related to student flourishing, such as grit, volition, and self-directedness. However, the predictive utility of conation as a comprehensive construct remains unexplored. To address this, a sample of University of Calgary students were recruited to complete a questionnaire assessing conative traits and student flourishing. Conation was operationalized using measures of volition, grit, and self-directed learning. A multiple regression analysis was used to evaluate the influence of these conative factors on predicting student flourishing. It is hypothesized that conation will significantly predict student flourishing and that the combined facets of conation will predict student flourishing more strongly than each facet individually. The findings of this study will provide insights into the cumulative impact of conative factors on student flourishing. Additionally, these results will inform strategies and practices to better support students, improving their long-term well-being and achievement.*

**Section:** Educational and School Psychology

**Session ID:** 113337 - Virtual Poster

### *Examining the Associations between Parent-Teacher Relationship Quality and Academic Achievement and Approaches to Learning in School-Aged Adolescents with Attention-Deficit/Hyperactivity Disorder*

**Main Presenting Author:** Simoneau, Ashlyn A. M.

**Additional Authors:** Climie, Emma A; Feehan, Angela; Unrau, Carlie; Mah, Janet; Rogers, Maria; Jiang, Yuanyuan

*Abstract: Parents and teachers play a critical role in the lives of students. Students with attention-deficit/hyperactivity disorder (ADHD) often experience greater impairments in academic readiness than their neurotypical peers (Perrin et al., 2019). Previous studies have considered parent-teacher relationship quality and its associations to students' academic achievement and behaviours in the classroom, such that stronger parent-teacher relationships are associated with increased achievement and strengthened approaches to learning (ATL) through increased child adjustment and learning engagement (Hughes and Kwok, 2007; Minke et al., 2014; Zhou et al., 2023). However, this relationship has not yet been investigated in students with ADHD. The current study aims to investigate how parent-teacher relationship quality may be related to academic achievement and ATL in a sample of school-aged children with ADHD. Data was collected from parents of children with ADHD across Canada to better understand these relationships. The results will discuss how the*

*parent-teacher relationship is related to educational outcomes in the sample. Results may inform future research and recommendations for how parents and teachers can better support students with ADHD to strengthen student outcomes in the classroom.*

**Section:** Educational and School Psychology

**Session ID:** 113343 - Virtual Poster

### *Investigating the Influence of Canadian Preservice Training on Teacher Math Confidence*

**Main Presenting Author:** Unrau, Carlie M

**Additional Author:** Climie, Emma A

*Abstract: Many children develop anxious feelings toward math that persist into childhood (Barroso et al., 2021). This anxiety is associated with reduced math achievement and a likelihood of avoiding careers and higher education in Science, Technology, Engineering, and Math (Lau et al., 2022). Many teachers report feelings of math anxiety and a lack of confidence in teaching the subject, which may perpetuate similar anxieties in future generations of students (Furner, 2017). To address this concern, the present study seeks to understand which components of preservice teacher education provide teachers with confidence in their math abilities and ability to teach math. As part of the larger Pan-Canadian Assessment Program, grade eight teachers completed a questionnaire assessing professional background and attitudes toward teaching (CMEC, 2019). Multiple regression models will be conducted to examine the relationship between teachers' preservice training and teacher confidence in their ability to compute and teach math. The results of this study will help establish components of the preservice teaching curriculum impacting teachers' math confidence. Results may inform research and curriculum to promote teacher confidence in doing and teaching math. This confidence may reduce their own, and their students' math anxiety, promoting the overall well-being of those teaching and learning math.*

**Section:** Educational and School Psychology

**Session ID:** 111627 - Virtual Poster

### *Mathematical Achievement: The Impact of Parental Education and Student Self-Confidence*

**Main Presenting Author:** Riondino, Giulia

**Additional Authors:** Bernard, Brianna ; Schwartz, Kelly D.

*Abstract: Student's confidence in their mathematical abilities has been found to influence success within the classroom (Schöber et al., 2018). Moreover, parental involvement and education can impact child academic outcomes (Liu and Leighton, 2021). Little is known about how parental educational attainment and child academic confidence relate. This study aims to answer three questions: 1) Do student self-confidence scores relate to their math achievement scores? 2) Is parental education level associated with student self-confidence in math? 3) Does self-confidence and parent education predict math scores differently when considered together? Using linear regression, this study will analyze Grade 8 student questionnaires from the 2019 Pan-Canadian Assessment of Mathematics (CMEC, 2019). It is expected that student-reported confidence in their mathematical*

ability will be positively correlated with overall math scores, as will parent education level and student math self-confidence reports. Findings will show the role that confidence and parental education may play in student academic success. This study can provide greater understanding of what may influence a student's confidence within the classroom and consequently their academic success. These findings are significant as they will contribute to knowledge about how parental attributes are related to student confidence in school.

**Section:** Educational and School Psychology

**Session ID:** 112191 - Virtual Poster

### *The Development of the Extracurricular Activity Engagement Scale*

**Main Presenting Author:** McLaren, Gillian

**Additional Authors:** Sharp, Rachel ; Sarginson, Catherine ; McGinn, Rachel; Crookshank, Jennifer; Dowd, Rowan

**Abstract:** Currently, no validated scale exists to measure why university students engage in extracurricular activities. A scale was developed to assess this construct and address this gap. The Extracurricular Activity Engagement Scale (EAES) was created using insights from existing research, stakeholder interviews, and a panel of researchers who evaluated item clarity and relevance. A sample of 507 undergraduate students ( $M_{age} = 20.87$ ) provided demographic information, reported whether they participated in extracurricular activities, the number of hours they participated per week, and completed the EAES. Exploratory factor analysis (EFA) revealed that 14 of the initial 15 items loaded onto three factors: social, individual, and achievement. Confirmatory factor analysis (CFA) supported the three-factor structure, demonstrating adequate psychometric properties. The EAES showed excellent internal reliability, with Cronbach's alpha values of .91 for the overall scale and .85, .87, and .82 for the social, individual, and achievement subscales, respectively. While these findings indicate strong reliability, further validation is necessary to establish construct validity for the EAES. Future research should explore additional factors influencing university students' engagement in extracurricular activities.

**Section:** Sport and Exercise Psychology

**Session ID:** 113903 - Virtual Poster

### *The impact of self-regulated learning strategies on Canadian students' math self-efficacy*

**Main Presenting Author:** Ng, Stefanie

**Abstract:** Academic self-regulated learning (SRL) involves managing thoughts, feelings, and behaviors to achieve personal goals (DiBenedetto, 2018). Research shows self-regulated students are more self-efficacious and achieve better outcomes (Sahranavard et al, 2018). In challenging subjects like math, negative early experiences can lead to poor performance (Zamnah and Ruswana, 2019). Thus, promoting students' SRL may be a strategy to boost academic self-efficacy (SE), and achievement. However, insights into SRL strategy frequency and their specific impact on math SE are limited. This study examines how individual and social SRL strategies affect students' math SE. Data from Grade 8 students in the 2019 Pan-Canadian Assessment Program Student Questionnaire (CMEC, 2019) will be used in a multiple regression analysis to explore the relationship between SRL frequency and math SE, and identify SRL strategies that contributes most to SE. I hypothesize that frequent use of SRL

strategies correlates with higher math SE, with individual strategies being the most impactful. Results may guide teachers in emphasizing effective SRL techniques in curriculum and support diverse learners to reach their full potential. This study adds to psychological literature on SRL and academic SE, contributing to students' lifelong socioemotional development and psychological wellbeing.

**Section:** Educational and School Psychology

**Session ID:** 113173 - Virtual Poster

## Section Featured Speaker Address

### *Navigating Generative AI in Higher Education: An Integrative Approach*

**Main Presenting Author:** Fowlie, Devin

**Co-Presenting Author:** Norris, Meghan

*Abstract: The increasing prevalence and near ubiquity of generative artificial intelligence is beginning to transform higher education, presenting both opportunities and challenges. In many respects this technology is not new, and neither are the conversations about new technologies in the classroom. This session will explore how generative AI can enhance personalized learning and streamline teaching while considering the implications for academic integrity, ethical use, and intellectual property. We will explore and discuss strategies for leveraging AI to provide adaptive feedback that supports diverse learner needs, ethical considerations of AI-generated content, and pedagogical shifts necessary to address cognitive offloading and student reliance on AI tools. These issues will only grow in prominence as AI becomes integrated into the classroom. Participants will engage with their personal and professional experiences as educators, learners, and users of AI, reflecting on and integrating these experiences with pedagogical best practices to bring new insights to the conversation.*

**Section:** Teaching of Psychology

**Session ID:** 112422 - Section Featured Speaker Address

### *Sport Psychology: Research to-and-from Practice*

**Main Presenting Author:** Dithurbide, Lori

*Abstract: Dr. Dithurbide will be discussing her research in trust in technology and in sport groups along with her research in athlete and coach wellbeing. More specifically, Dr. Dithurbide will be presenting on how human-technology interactions may impact skill acquisition, coaching, training, and athlete performance. Further, Dr. Dithurbide will discuss her experiences as a Certified Mental Performance Consultant (CMPC) and how that has influenced her line of research into athlete and coach wellbeing. This line of inquiry includes research on athlete mental health and wellbeing over the course of the Olympic Games postponement due to the pandemic, coach and staff wellbeing post-Olympic Games, the mental wellbeing of community sport coaches, and looking forward towards research in evaluating the national mental health strategy of national team athletes. Her experience as both a researcher and applied practitioner (CMPC), have mutually influenced her work in both domains. Lastly, Dr. Dithurbide will discuss her experience as a CMPC in collaborating in the support of athletes and coaches with Registered Psychologist and other physical and mental health practitioners.*

**Section:** Sport and Exercise Psychology

**Session ID:** 116425 - Section Featured Speaker Address

## Snapshot

*Can you trust what you see online? Discriminating authentic and fake advertisements online*

**Main Presenting Author:** Barbosa-Silva, Samantha

**Co-Presenting Author:** Roberts, Kim

*Abstract: With digital advertisements shaping everything from consumer behavior to public health, distinguishing authentic from fake/AI-generated ads is critical and challenging. This study investigates how well undergraduates discriminated real from fake ads, the reasoning behind their judgments, and whether they would seek more information or make a purchase. In an online survey, participants evaluated 20 ads, half real, half fake, across platforms like Facebook, Instagram, YouTube, and websites. The ads were a mix of dynamic (videos, banners) and static formats. Findings revealed platform-specific challenges: Instagram ads, often simple and familiar, were hardest to classify, while Facebook and website ads were easier due to discernible visual or textual cues. Results showed participants were more likely to engage with ads they believed to be real, but some convincing fake ads also captured attention, blurring the lines between reality and deception. These results highlight the urgent need for digital literacy training and greater ad transparency from platforms. Future work will expand to younger audiences, exploring developmental differences in ad discernment and guiding strategies to empower all age groups in navigating the evolving digital landscape.*

**Section:** General Psychology

**Session ID:** 111434 - Snapshot

*Evaluation of Story Maker Workshops in Greater Victoria Area Schools: A Collaboration between University and Community*

**Main Presenting Author:** Jain, Barbie

**Additional Authors:** Costigan, Catherine ; Longtin, Emilie; Li, Jie; Hou, Jacky; Le-Ba, Kim

*Abstract: BACKGROUND: Story Studio is a registered charity delivering Story Maker workshops to children from kindergarten to Grade 5, teaching them the steps and skills to create a story. Each child creates their own story with illustrations which Story Studio turns into physical books. In collaboration, we evaluated the impact of the workshops on children's interest in writing stories and confidence at school. METHOD: Children answered survey questions about their interest and confidence in writing, sense of belonging in classrooms, and general self-esteem at three time points: before and after the workshop, and upon receiving their books. The sample includes children from Grades K-5 with data at all three time points ( $N = 94$ ). RESULTS: Repeated measures ANOVA indicated significant effects of time for specific survey items. The workshop improved children's writing self-efficacy (e.g., "I know how to write a good story"),  $F(2,87) = 7.104$ ,  $p = .001$ ; their sense of belonging (e.g., "I am an important member of my class"),  $F(2,80) = 4.889$ ,  $p = .010$ ; and general self-esteem (e.g., "My teachers are usually happy with the kind of work I do"),  $F(2,90) = 4.502$ ,  $p = .014$ . Future analyses will evaluate differential impact in specific groups (e.g., English*

language learners, students with learning supports). CONCLUSION: The workshops have a positive impact on students and should be applied broadly.

**Section:** Educational and School Psychology

**Session ID:** 112388 - Snapshot

### *Exploring the Relationship Between Executive Function and IQ Tests in Canadian Children: Insights from the Head-Toes-Knees-Shoulders Task*

**Main Presenting Author:** Lee, Isabelle Y

**Additional Author:** Cankaya, Ozlem

**Abstract:** The Head-Toes-Knees-Shoulders (HTKS) task offers a reliable measure of behavioural self-regulation in children, highlighting key aspects of executive function such as cognitive flexibility, attention, and inhibitory control. This study explores the relationships between HTKS performance and cognitive abilities in Canadian children, as measured using the Wechsler Preschool and Primary Scale of Intelligence (WPSSI-IV) subtests and composite scores. A total of 136 children (67 girls, 69 boys; age,  $M = 56.87$ ,  $SD = 10.64$ ) participated. Partial correlation analysis, controlling for age (in months), revealed a significant positive partial correlation between WPSSI-IVs Full-Scale Intelligence Quotient (FSIQ) and HTKS scores ( $r = 0.464$ ,  $p < .001$ ), indicating that higher FSIQ scores are associated with better HTKS performance. Our additional partial correlation analysis showed that the Working Memory Index of WPSSI-IV did have a significant but weaker positive correlation with HTKS,  $r = 0.316$ ,  $p < .001$ , suggesting that working memory capacity is related to HTKS performance when controlling for age. This finding suggests that the HTKS can be an efficient executive function tool to provide insights into childrens working memory and identifying their cognitive capacity that may influence their learning and engagement.

**Section:** Developmental Psychology

**Session ID:** 113801 - Snapshot

### *Student Coping Typologies and Adjustment Outcomes: Which Coping Profile is Most Adaptive?*

**Main Presenting Author:** Hepworth, Kaelen C

**Additional Authors:** Keefer, Kateryna V; Henning, Colin; Parker, D.A. James

**Abstract:** First-year university students often experience significant adjustment stress. Students without strong stress regulation skills may be especially vulnerable during this transition. Coping is mostly studied from a variable-centred approach to identify strategies that best predict academic outcomes, showing that no strategy is universally adaptive or maladaptive. Limited research has used person-centred analysis to better understand which combinations of coping strategies might be most adaptive. This study analyzed coping typologies using latent profile analysis in a sample of  $N=991$  undergraduates who completed measures of task-focused (TF), emotion-focused (EF), and avoidance-focused (AF) coping, cognitive reappraisal, emotion suppression, perceived stress, and academic procrastination. We identified four distinct coping profiles associated with different outcomes. The most adaptive profile (lowest stress and procrastination) was characterized by high levels of TF coping and cognitive reappraisal and low levels of EF coping and emotion suppression. The least

adaptive outcomes were associated with the opposite pattern. When high levels of TF coping and cognitive reappraisal were combined with high levels of EF coping and emotion suppression, the negative outcomes were attenuated. Given this research, future interventions should target both TF and EF coping styles.

**Section:** Social and Personality Psychology

**Session ID:** 113414 - Snapshot

### *When Jokes Empower: Sarcasm as a Potential Pathway to Self-Esteem*

**Main Presenting Author:** Ho, Megan

Abstract: *Sarcasm, while a common conversational tool, is often perceived as verbally aggressive, offensive, and mocking. While the use of maladaptive humor, including sarcasm, has been linked with lower explicit self-esteem, minimal research has examined whether being the recipient of sarcasm has a similar impact. This study explores the relationship between childhood exposure to sarcasm and adult self-esteem from a developmental perspective. A survey of 211 participants assessed retrospective levels of sarcasm experienced during childhood (ages 6–12) and current self-esteem in adulthood. Contrary to the hypothesis that childhood sarcasm exposure would correlate with lower adult self-esteem, results revealed a significant positive association. These findings challenge negative assumptions about sarcasm and maladaptive humour, offering preliminary insights into its potential developmental outcomes, and opening innovative approaches to fostering self-esteem. Upon further replication, this research has the potential to inform parenting and educational practices, encouraging the constructive use of sarcasm to build resilience, self-esteem, and well-being. Additionally, sarcasm can serve as an effective tool within social skills training to enhance important skills, including emotional growth and interpersonal competence.*

**Section:** Developmental Psychology

**Session ID:** 113189 - Snapshot

## Standard Workshop

### *First-Year Student Success: Energizing Introductory Psychology with Experiential Tools*

**Main Presenting Author:** Smith, Steven

**Co-Presenting Authors:** Brophy, Tom; Carter-Rogers, Katelynn

Abstract: *The session will be designed to provide attendees with a overview of the process we have used to engage faculty at our institutions in supporting student success. We will explore how we have integrated specific student success content into introductory psychology courses at our institutions. We will discuss the challenges and the successes we have experienced and outline the likely challenges that faculty will face at their own institutions. Next, we will break participants into small groups to develop plans to integrate into their own courses. This segment of the workshop will take the bulk of the available time. We will help the participants identify specific areas where they can integrate content into their courses, discuss how it can be offered (required versus optional) and how this can be done to minimize the burden placed on faculty, resources and institutions. Finally, we will ask groups to briefly present the results of their discussion, the challenges they are likely to face, strategies to address these challenges, and next steps.*

**Section:** Teaching of Psychology

**Session ID:** 115608 - Workshop

### *From Data to Decisions: Leveraging CBM for Educators and Psychologists*

**Main Presenting Author:** Cunningham, Todd

**Abstract:** Curriculum-Based Measurement (CBM) is an evidence-based tool for assessing student progress and guiding instructional decisions in reading, writing, and math. Despite its proven efficacy, CBM is underutilized in educational and clinical settings. The Ontario Human Rights Commission's *Right to Read Inquiry* emphasized the importance of universal screening to ensure equitable education and reduce bias. This workshop introduces CBM as a critical tool for data-driven decision-making in both education and healthcare. Participants will learn hands-on methods to administer CBM tools, analyze data to identify strengths and weaknesses, and consult effectively with educators to implement targeted interventions. The workshop also highlights interdisciplinary applications, drawing on successful collaborations with pediatricians using CBM for early literacy screening. CBM provides actionable insights to monitor progress, inform instruction, and ensure equity in education. By the end of this session, attendees will be equipped to integrate CBM into their practice, consult with teachers to enhance student outcomes, and advocate for its broader application in both school and clinical settings. This practical, scalable approach has the potential to transform assessment and intervention practices, ensuring every student has access to the support they need to succeed.

**Section:** Educational and School Psychology

**Session ID:** 113674 - Workshop

## Symposium

### *Assessing and teaching critical thinking in research methods and statistics: How are we doing?*

**Moderator(s):** Counsell, Alyssa

**Abstract:** RESEARCH METHODS AND STATISTICS COURSES ARE A CENTRAL REQUIREMENT FOR UNDERGRADUATE PROGRAMS IN PSYCHOLOGY. THEY SERVE AS THE FOUNDATION FOR PRACTICAL SKILLS IN RESEARCH AND EVALUATING QUANTITATIVE FINDINGS IN ACADEMIC AND NON-ACADEMIC CONTEXTS. IN FACT, THE APA GUIDELINES FOR UNDERGRADUATE MAJORS (2023) LISTS CRITICAL THINKING AND STATISTICAL EVALUATION AS KEY LEARNING OUTCOMES. SIMILARLY, THE GUIDELINES FOR ASSESSMENT AND INSTRUCTION IN STATISTICS EDUCATION (2016) HIGHLIGHT THE IMPORTANCE OF STATISTICAL LITERACY AND MULTIVARIABLE THINKING. IN THIS SYMPOSIUM, WE EXAMINE DIFFERENT TYPES OF CRITICAL THINKING SKILLS RELATED TO QUANTITATIVE METHODS AND PRESENT SOME EVIDENCE THAT THE CURRENT APPROACHES IN UNDERGRADUATE STATISTICS COURSES MAY BE MISSING THE MARK ON CRITICAL THINKING SKILLS. NUNES ET AL. PRESENT DATA SHOWING IMPORTANT GAPS IN STUDENT KNOWLEDGE EVALUATING CAUSALITY AND INTERNAL VALIDITY AFTER TAKING A RESEARCH METHODS CLASS. BANDI AND COUNSELL DISCUSS HOW EXISTING MEASURES OF STATISTICAL LITERACY HAVE HINDERED ITS EVALUATION. THEY PROVIDE A NEW SHORT MEASURE OF STATISTICAL LITERACY. PETERS AND O'HAGAN CONSIDER THE ROLE OF EPISTEMIC COGNITION IN TEACHING QUANTITATIVE METHODS. THEY

*ARGUE THAT POPULAR APPROACHES TO TEACHING STATISTICS SUCH AS A FOCUS ON HYPOTHESIS TESTING MAY HINDER CRITICAL THINKING AND OFFER SOME SUGGESTIONS.*

**Section:** Quantitative Methods

**Session ID:** 112419 - Symposium

*Beyond Black and White: Leveraging Epistemic Cognition to Transform Statistics Teaching in Psychology*

**Main Presenting Author:** Peters, Kevin

**Co-Presenting Author:** O'Hagan, Fergal

Abstract: *EPISTEMIC COGNITION (EC) CONCERN HOW PEOPLE THINK ABOUT KNOWLEDGE AND JUSTIFY HOW THEY KNOW THINGS ABOUT THE WORLD. APPLYING EC TO THE PEDAGOGICAL LANDSCAPE ENCOURAGES INSTRUCTORS TO THINK ABOUT THE EPISTEMIC CLIMATE OF THEIR CLASSROOM, INCLUDING THE EC ABILITIES OF THEIR STUDENTS AND THEMSELVES AS INSTRUCTORS, THEIR CHOICES AROUND THE FORMAT OF COURSE DELIVERY, AND THEIR CHOICES AROUND COURSE EVALUATION COMPONENTS. EC OFFERS A UNIQUE FRAMEWORK FOR USING STATISTICS TO TEACH CRITICAL THINKING. NULL HYPOTHESIS SIGNIFICANCE TESTING (NHST) HAS BEEN THE DOMINANT APPROACH TO ANALYZING DATA IN MANY RESEARCH FIELDS FOR DECADES. CONSEQUENTLY, NHST FORMS THE BASIS OF TEACHING STATISTICS AT THE UNDERGRADUATE AND GRADUATE LEVELS. WHILE OFFERING A SIMPLE ENTRANCE TO THE LOGIC OF STATISTICAL INFERENCE, NHST LEADS TO AND ENCOURAGES DICHOTOMOUS THINKING, A QUALITY NOT ASSOCIATED WITH HIGH LEVELS OF EC OR CRITICAL THINKING. ADVANCES IN STATISTICAL ANALYSIS ENCOURAGE MORE NUANCED APPROACHES TO INFERENCE (E.G., THE USE OF EFFECT SIZES, CONFIDENCE INTERVALS). THESE ADVANCES ADD TO THE DEMANDS ON STATISTICS INSTRUCTORS WHO MAY ALREADY THINK THEY HAVE TOO MUCH INFORMATION TO COVER. IN THIS TALK, WE WILL OUTLINE THE WAYS IN WHICH NHST HINDERS EC AND BETTER APPROACHES TO FOSTERING EC IN THE STATISTICS CLASSROOM. IMPLICATIONS FOR STATISTICS INSTRUCTORS WILL BE DISCUSSED.*

**Section:** Quantitative Methods

**Session ID:** 112421 - Paper within a symposium

*Do Psychology Students Learn to Critically Evaluate Research Evidence?*

**Main Presenting Author:** Nunes, Kevin L

**Additional Authors:** Halton, Cassidy E; Lacroix, Guy

Abstract: *PSYCHOLOGY PROGRAMS CLAIM THAT STUDENTS LEARN TO INTERPRET AND EVALUATE RESEARCH EVIDENCE, BUT THE EXTANT DATA TO SUPPORT THIS CLAIM ARE LIMITED. THE PURPOSE OF THIS STUDY WAS TO EXAMINE THE EXTENT TO WHICH UNDERGRADUATE PSYCHOLOGY STUDENTS LEARN TO DISTINGUISH BETWEEN EVIDENCE THAT MORE CLEARLY VERSUS LESS CLEARLY DEMONSTRATES A CAUSAL EFFECT. WE CREATED A TEST FOR THE PRESENT STUDY TO ASSESS BASIC UNDERSTANDING OF INTERNAL VALIDITY AND ADMINISTERED IT TO 22 FACULTY MEMBERS IN A UNIVERSITY PSYCHOLOGY DEPARTMENT AND 389 UNDERGRADUATE STUDENTS IN INTRODUCTORY*

AND RESEARCH METHODS PSYCHOLOGY COURSES. FACULTY AGREED WITH OUR SCORING OF THE TEST. STUDENTS, HOWEVER, PERFORMED AT CHANCE LEVELS IN DISTINGUISHING BETWEEN EVIDENCE THAT MORE CLEARLY VERSUS LESS CLEARLY DEMONSTRATES A CAUSAL EFFECT. WE ALSO FOUND LITTLE DIFFERENCE IN TEST PERFORMANCE BETWEEN STUDENTS WHO HAD TAKEN A RESEARCH METHODS COURSE AND THOSE WHO HAD NOT TAKEN THAT COURSE. WE FOUND A SMALL ASSOCIATION BETWEEN TEST PERFORMANCE AND A HIGHER LETTER GRADE IN THE RESEARCH METHODS COURSE. OUR RESULTS ARE CONSISTENT WITH THE POSSIBILITY THAT STUDENTS ARE NOT LEARNING BASIC IDEAS ABOUT INTERNAL VALIDITY FROM PSYCHOLOGY RESEARCH METHODS COURSES. FUTURE RESEARCH SHOULD VERIFY IF STUDENTS ARE IN FACT LEARNING AS LITTLE AS OUR RESULTS SUGGEST AND, IF SO, WHAT IMPROVEMENTS COULD BE MADE TO TEACHING AND ASSESSMENT.

**Section:** Quantitative Methods

**Session ID:** 112565 - Paper within a symposium

*Statistical literacy: A necessary skill with limited measures*

**Main Presenting Author:** Bandi, Laura

**Additional Author:** Counsell, Alyssa

Abstract: STATISTICAL LITERACY IS A CRUCIAL SKILL IN TODAY'S DATA-DRIVEN WORLD, YET IT PROVES CHALLENGING TO MEASURE. THE BASIC LITERACY IN STATISTICS ASSESSMENT (BLIS-3; ZIEGLER, 2014) IS A COMPREHENSIVE TOOL, BUT ITS LENGTH LIMITS ITS PRACTICAL USE. THE AIM OF THIS STUDY WAS TO DEVELOP A SHORT-FORM VERSION OF THE BLIS-3 USING DATA FROM PSYCHOLOGY STUDENTS WITH VARYING LEVELS OF STATISTICAL EXPERIENCE ACROSS DEGREE LEVELS. WE USED EXPLORATORY FACTOR ANALYSIS (EFA) AND ITEM RESPONSE THEORY (IRT) TO CHOOSE THE BEST 12 ITEMS TO CAPTURE A UNIDIMENSIONAL STATISTICAL LITERACY ABILITY. THE RESULTING SHORT-FORM OUTPERFORMS THE ORIGINAL BLIS-3 IN VARIOUS PSYCHOMETRIC PROPERTIES, OFFERING A MORE EFFICIENT AND ACCURATE WAY TO ASSESS STATISTICAL LITERACY. OUR DATA ALSO REVEALED THAT MANY STUDENTS STRUGGLED WITH ITEMS RELATED TO CERTAIN KEY TOPICS LIKE CONFIDENCE INTERVALS, HIGHLIGHTING POTENTIAL GAPS IN STATISTICAL LITERACY ACROSS DEGREE LEVELS. THE SHORT-FORM BLIS-3 OFFERS EDUCATORS A PRACTICAL TOOL TO ASSESS STUDENTS' STATISTICAL LITERACY SKILLS. BY IDENTIFYING GAPS IN STATISTICAL LITERACY, EDUCATORS CAN BETTER TARGET AREAS OF DIFFICULTY, IMPROVING STUDENTS' ABILITY TO CRITICALLY EVALUATE STATISTICAL INFORMATION IN BOTH ACADEMIC AND REAL-WORLD CONTEXTS.

**Section:** Quantitative Methods

**Session ID:** 112420 - Paper within a symposium

*Can Children be Critical Consumers of Digital and Non-digital Information?  
Children's evaluation of sources of information*

**Moderator(s):** Roberts, Kim

**Abstract:** *The capacity to learn a large amount of information is adaptive. While this enhanced learning is beneficial when children receive trustworthy information, what happens when the information is incorrect or not credible? There is little research on children younger than 10 but, in this symposium, four presenters discuss their research on 4- to 12-year-olds' learning from websites, games, and in- and out-group informants. Each presentation speaks to whether and how children can discern credible from noncredible information. The first two presenters discuss research with 7- to 12-year-olds on whether they can critically discern websites that are high and low in credibility. The first presenter provides a qualitative assessment; the second, a training study. Finally, trust decisions are shown to be connected with an in-group/out-group bias at 4- to 5-years of age, with 7- to 8-year-olds choosing by expertise rather than group membership. Collectively, the presentations highlight the 7-9 year-old period as being one of advanced development in source evaluation. The findings clarify that researchers need to share their research with parents and teachers so that children learn, from an early age, to pay attention to the credibility of sources.*

**Section:** Developmental Psychology

**Session ID:** 113488 - Symposium

*"If it looks nice, it must be trustworthy": Children's judgments of the credibility of online information*

**Main Presenting Author:** Barbosa-Silva, Samantha

**Additional Authors:** Wood, Emily ; Roberts, Kim P

**Abstract:** *Children's exposure to online information has grown significantly with increased reliance on digital platforms. While the internet provides vast information, not all content is credible, raising concerns about children's ability to assess trustworthiness. Most relevant research is with adults. This study aims to address this gap by examining how children aged 7–12 ( $N = 50$ ) judge online credibility. Participants evaluated websites that were experimentally manipulated to make them high or low in credibility using known markers (e.g., author information, date revised, expertise). Children were presented with 10 websites and asked questions about the website (e.g., likes, trustworthiness). Children were then asked to decide which of a pair of websites is most credible (5 pairs) to decide which one was the most credible. Preliminary findings show that while most children (68–80%) identified credible websites, many (40–68%) also rated less credible websites as trustworthy if they were visually appealing. This research enhances our understanding of how children assess online credibility and the factors influencing their judgments. By integrating credibility research with cognitive developmental theories, it informs the development of interventions to help children become discerning consumers of online information.*

**Section:** Developmental Psychology

**Session ID:** 113500 - Paper within a symposium

*Does Ingroup Favoritism Trump Expertise in Children's Selective Learning From Others?*

**Main Presenting Author:** Singer, Alanna

**Additional Author:** Ma, Lili

**Abstract:** *The ability to gather information from each other is fundamental to knowledge acquisition. Past research shows that from a young age, children are able to use a range of cues to selectively learn from others. Less is known about how children make selective learning decisions when epistemic*

cues (e.g., expertise) and non-epistemic cues (e.g., group membership) are pitted against each other. The present study aimed to address this question. Children ages 4-5 and 7-8 received conflicting information from two sources - an ingroup versus an outgroup informant - and decided whom to trust. Group membership was indicated by the minimal group paradigm (Experiment 1) or nationality (Experiment 2). In the baseline trials, no expertise information was provided. In the “expert” trials, the outgroup informant was an expert in the subject area. Overall, 4- to 5-year-olds displayed ingroup favoritism across both trial types. In contrast, 7- to 8-year-olds displayed ingroup favoritism in the baseline trials but a preference to learn from the outgroup experts in the “expert” trials. These findings suggest that in children’s selective learning from different sources, there is a shift with age from ingroup favoritism based on an automatic reasoning process to prioritizing epistemic cues based on a more flexible, intentional, and thoughtful reasoning process.

**Section:** Developmental Psychology

**Session ID:** 113635 - Paper within a symposium

*Teaching Children How to Evaluate Online Website Credibility: A Digital Information Literacy Program*

**Main Presenting Author:** Barbosa-Silva, Samantha

**Additional Authors:** Wood, Emily ; Roberts, Kim P

**Abstract:** The amount of information available online makes finding credible information a complex task for any information consumer, but especially so for children. Sixty children between the ages of 8 and 12 years were trained to evaluate the credibility of online websites. In three 20-minute Zoom sessions, children completed a pretest, three credibility lessons where they were taught six credibility criteria (e.g., spelling errors, date, author), and a post-test. Children completed a knowledge translation task where they rated six websites on a trustworthiness scale of 1 ("Not Trustworthy) to 4 ("Very Trustworthy) and a knowledge application task where they saw four pairs of websites and asked to choose which of the two was most trustworthy, and explain why. Preliminary analyses ( $n=29$ ) showed that children rated high credibility websites as more trustworthy after training than before,  $t(28)=-2.12$ ,  $p=$

**Section:** Developmental Psychology

**Session ID:** 113501 - Paper within a symposium

*Navigating Success-Psychological Predictors and Pathways to Student Well-being and Achievement*

**Moderator(s):** Nordstokke, David W

**Abstract:** This symposium examines psychological predictors and pathways influencing academic success and well-being in university students, focusing on executive functioning, conation, resilience, and mindfulness. The first presentation explores the joint influence of executive functioning and conative traits, such as perseverance and volition, on academic and psychological outcomes. Using regression analysis, this study identifies the unique contributions of conative and cognitive processes to student success. The second presentation investigates resilience as a mediator between stress and outcomes, using structural equation modeling (SEM) to explore how mastery, relatedness, and reactivity buffer stress and support GPA and well-being. The third presentation evaluates mindfulness as a moderator of the stress-well-being relationship, demonstrating how mindfulness mitigates stress's adverse effects through moderated regression analysis. Together, these studies highlight practical

strategies for enhancing resilience, mindfulness, and cognitive resources, providing actionable insights for improving student mental health and academic achievement.

**Section:** Educational and School Psychology

**Session ID:** 113098 - Symposium

*Executive Functioning and Conative Factors as Predictors of Academic and Psychological Success*

**Main Presenting Author:** Brill, Kayla

**Additional Author:** Nordstokke, David W

*Abstract: The aim of this study is to investigate the role of executive functioning and conative factors in predicting academic success and psychological well-being among university students. Conation, the mental process that drives goal-directed behaviour, includes processes such as volition, perseverance, and self-regulation. While cognitive abilities have been previously linked to academic and psychological outcomes, the contribution of conative factors to these domains remains unclear. To address this gap, a sample of University of Calgary students were recruited to complete a questionnaire assessing executive functioning, conative traits, and measures of academic performance and psychological well-being. A multiple regression analysis examines the influences of cognitive and conative factors on these outcomes. Conative factors are expected to help predict academic and psychological outcomes. These results will offer insights into the joint influence conative and cognitive processes have on student success. These findings may help to inform practices to support students and improve academic achievement and well-being in early adulthood.*

**Section:** Educational and School Psychology

**Session ID:** 113109 - Paper within a symposium

*Mediating Mechanisms Linking Stress to Academic and Psychological Outcomes in University Students*

**Main Presenting Author:** Fontanilla, Patricia

**Additional Author:** Nordstokke, David W

*Abstract: University is a period marked by heightened stress, which can negatively affect well-being and academic performance. Resilience, defined through mastery, relatedness, and reactivity, helps students overcome adversity associated with academic stress (Kang et al., 2019). While resilience is linked to positive academic outcomes (Mwangi et al., 2015) and well-being (Stoffel and Cain, 2018), its role as a mediator between stress, well-being, and GPA remains understudied. This study investigates resilience as a mediator of the effects of stress on well-being and GPA among University of Calgary undergraduate students. Participants completed the University Stress Scale (Stallman and Hurst, 2016), Psychological Well-Being Scale (Ryff, 2007), Resilience Scale for Young Adults (Prince-Embry et al., 2017) and reported their GPA. It was hypothesized that resilience will buffer the effects of stress on well-being, while executive functioning mediates the effect of stress on GPA. Structural equation modelling (SEM) with bootstrapping was employed to test the hypothesized mediation pathways. Findings will enhance the understanding of mechanisms linking stress to academic and mental health outcomes. Practical implication includes the need for targeted interventions focusing on enhancing resilience, mindfulness, and executive functioning to promote student success during university.*

**Section:** Educational and School Psychology

**Session ID:** 113110 - Paper within a symposium

*Mindfulness as a Buffer Against Stress: Exploring Moderation Effects on University Student Well-being*

**Main Presenting Author:** Epp, Angela

**Additional Author:** Nordstokke, David W

*Abstract: This study investigates whether mindfulness moderates the relationship between stress and well-being among university students. Stress and its mental health implications among students pose a significant challenge for universities, as excessive stress acts as a major barrier to well-being, academic success, and overall quality of life for university students. Mindfulness, the ability to remain present and engaged, has emerged as a potential protective factor against the harmful effects of stress. A sample of University of Calgary undergraduate students were recruited to complete measures of perceived stress, mindfulness, and well-being. A moderated regression analysis was used to examine stress as a primary predictor of well-being, with mindfulness included as a moderator. Mindfulness is expected to reduce the negative impact of stress on student well-being, by which higher levels of mindfulness weaken the adverse effects of stress on well-being, indicating its potential as a direct and practical mental health strategy. These results will provide insight into how mindfulness can be used as a tool to enhance resilience and can offer actionable insights for university programs aiming to support student mental health.*

**Section:** Educational and School Psychology

**Session ID:** 113112 - Paper within a symposium

*Understanding and Addressing Stress in University Students: Predictors, Patterns, and Support Strategies*

**Moderator(s):** Hindes, Yvonne

*Abstract: Stress significantly impacts university students, influencing their mental health, academic achievement, and overall well-being. This symposium brings together three studies that explore the predictors, trajectories, and mitigating factors of stress among post-secondary students, with a focus on improving student outcomes through targeted interventions. The first presentation examines the roles of parental support, intimate friendships, and personal resiliency in buffering stress, offering insights into how social and personal resources influence stress management. The second presentation investigates the complex interplay of academic, social, and financial stressors in first-year university students, using text mining and thematic analysis to identify key stressors and their contextual factors. The final presentation explores the dynamic trajectories of stress and engagement over a semester, highlighting how barriers and personal resources, such as adaptability and social support, predict critical shifts in these patterns. Together, these studies provide a comprehensive understanding of stress in university students and propose actionable strategies to foster resilience and engagement.*

**Section:** Educational and School Psychology

**Session ID:** 113509 - Symposium

*Mapping the Semester: Predictors of Stress and Engagement Trajectories in University Students*

**Main Presenting Author:** McGuinness, Claire

**Additional Authors:** Fontanilla, Patricia ; Nordstokke, David W

**Abstract:** This study investigates the trajectories of academic stress and engagement among university students over the course of a semester, focusing on the barriers and personal resources that predict these dynamic patterns. Stress and engagement are not static; they fluctuate in response to academic demands, social support, self-efficacy, and institutional resources. Using longitudinal data collected at four time points across a semester, this research aims to uncover key predictors of these fluctuations, including academic workload, financial challenges, adaptability, emotional reactivity, and social support. A Linear Mixed Effects (LME) model is utilized to investigate the influence of barriers and personal resources on stress and engagement while accounting for demographic and individual variability. This approach will identify critical points in students' trajectories where stress peaks and engagement declines, providing insight into the precursors of disengagement and distress. Findings will inform the development of targeted interventions to enhance student well-being and academic success by addressing the factors that shape these trajectories.

**Section:** Educational and School Psychology

**Session ID:** 113519 - Paper within a symposium

*Navigating the Transition: Uncovering Academic and Everyday Stress in First-Year University Students*

**Main Presenting Author:** Fontanilla, Patricia

**Additional Authors:** Brill, Kayla ; Nordstokke, David W

**Abstract:** In addition to unique stressors associated with transitioning to university, first-year students must face academic, social, and financial stress (Fisher, 1994; Pitt et al., 2017). High stress levels are linked to lower well-being and poor academic performance (Bibi et al., 2022; Pitt et al., 2017). While many studies examine these stressors individually, few explore their combined effects. This study explores the interplay of various stressors on transitioning students' overall stress levels. A sample of 310 students completed an online survey with open-ended questions about their experiences with academic and general stress, along with ratings of each type of stress on a 10-point Likert scale. Text mining techniques were first applied to visualize and explore word frequencies, generating word clouds that identified *\_time\_* as the most common source of academic stress and *\_family\_* as the primary general stressor. Building on these findings, a thematic analysis was conducted to uncover deeper patterns and themes in students' stress experiences, providing a richer understanding of the contextual factors contributing to their stress. Results of this study highlight the complex and multifaceted nature of stress in transitioning university students, underscoring the importance of comprehensive interventions and supports that address both academic and personal stressors.

**Section:** Educational and School Psychology

**Session ID:** 113517 - Paper within a symposium

*The Role of Parental Support, Resiliency, and Friendships in Mitigating Student Stress*

**Main Presenting Author:** Rood, Alexa

**Additional Author:** Nordstokke, David W

**Abstract:** Previous research has highlighted the impact of stress on post-secondary students, including negative effects on mental health, academic achievement, and general well-being. Parental support

*has been identified as an important factor in preventing or lessening the potential negative outcomes associated with the stressors that post-secondary students face. When parental support is lacking students may instead turn to their peers or friends for support. One's personal resiliency can also have a positive impact on stress levels. A sample of University of Calgary undergraduate students were recruited to complete a questionnaire including the Perceived Stress Scale , the University Stress Scale, the Scales of Perceived Social Support, the Intimate Friendship scale, and the Resiliency Scale for Young Adults. The data collected was used to investigate the impact that parental support can have on student stress, and how the presence of intimate friendships and personal resiliency can change this relationship. It was hypothesized that greater parental support would predict less perceived stress, and that greater amounts of personal resiliency and intimate friendships would strengthen this relationship. Results from the study will aid in enhancing knowledge about the stressors undergraduate students are facing, and how to best support them, resulting in greater student success.*

**Section:** Educational and School Psychology

**Session ID:** 113515 - Paper within a symposium

# THEME: EXPLORING INTELLECTUAL ROOTS

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

## Conversation Session

*Including Indigenous Ways of Knowing as Evidence-Based Practice*

**Main Presenting Author:** Villebrun, Gwendolyn D

**Additional Authors:** Wendt, Dennis ; Sepehry, Amir

**Abstract:** This roundtable has arisen from a current initiative to update CPAs guidelines for Evidence-Based Practice (EBP; Canadian Psychological Association, 2012). In 2018, the Canadian Psychological Association [CPA] and the Psychology Foundation of Canada developed a task force of service providers and leaders from Indigenous communities who worked together on a report titled, "Psychology's Response to the Truth and Reconciliation Commission of Canada's Report" (CPA, 2018). In line with this report's stated commitments, this initiative aims to include Indigenous Ways of Knowing into the guidelines. Participants will examine the importance of changing the CPA EBP Guidelines and discussions will focus on updating definitions, as well as ensuring that the process is Indigenous-led and respects Indigenous methodologies and protocols. The insights from this conversation session will help inform actionable recommendations and appropriate steps for updating EBP guidelines.

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 113709 - Conversation Session

## Panel Discussion

*Perspectives and Experiences on Bringing Indigenous Perspectives Alongside Psychology Courses and Training*

**Moderator(s):** Obomsawin, Anik

**Panelists:** Choma, Becky ; Danyluk, Chad; Wawrykow, Natasha; Efimoff, Iloradanon H.

**Abstract:** IN 2015, THE TRUTH AND RECONCILIATION COMMISSION OF CANADA RELEASED ITS REPORTS AND 94 CALLS TO ACTION. IN RESPONSE TO THE TRUTH AND RECONCILIATION COMMISSION REPORTS, THE CPA RELEASED A REPORT OUTLINING RECOMMENDATIONS TO IMPROVE PSYCHOLOGY'S SERVICE TO INDIGENOUS POPULATIONS IN CANADA. ONE RECOMMENDATION WAS FOR ALL PSYCHOLOGY PROGRAMS TO IMPROVE WHAT THEY TERM "INDIGENOUS CULTURAL LITERACY" FOR BOTH UNDERGRADUATE AND GRADUATE STUDENTS. GIVEN THIS CALL, THERE IS A NEED TO SUPPORT THIS WORK. IN THIS PANEL, WE WILL ENGAGE WITH PRIMARILY INDIGENOUS EXPERTS WHO HAVE DONE WORK TO BRING INDIGENOUS PERSPECTIVES ALONGSIDE DOMINANT PSYCHOLOGICAL ONES IN THEIR COURSES. THE PANELISTS WILL DISCUSS THEIR EXPERIENCE BRINGING INDIGENOUS PERSPECTIVES INTO PSYCHOLOGY EDUCATION, THE CHALLENGES THROUGHOUT THE PROCESS, AND THEIR

**RECOMMENDATIONS FOR OTHERS WHO ARE HOPING TO DO SIMILAR WORK. WE HOPE THAT ATTENDEES AT THIS PANEL WILL LEARN HOW THEY CAN BRING INDIGENOUS PERSPECTIVES ALONGSIDE NON-INDIGENOUS ONES WHEN TEACHING ABOUT PSYCHOLOGY. PANEL MEMBERS ARE FACULTY MEMBERS FROM DIFFERENT INSTITUTIONS OF DIVERSE INDIGENOUS AND NON-INDIGENOUS NATIONS (HAIDA AND SETTLER, UKRAINIAN/ENGLISH, SKUPPAH AND SETTLER, METIS AND SETTLER). THIS PANEL WILL BE CO-MODERATED BY TWO INDIGENOUS GRADUATE STUDENTS (ANIK OBOMSAWIN AND JAIDEN HERKIMER).**

**Section:** Indigenous Peoples' Psychology

**Session ID:** 112167 - Panel Discussion

### *Science Literacy Unpacked: A Dialogue Between Qualitative and Quantitative Researchers on Key Research Concepts*

**Moderator(s):** Fabricius, Alexis

**Panelists:** Chirkov, Valery I; McMullen, Linda; Howard, Andrea L; Mackinnon, Seab P.; Li, Johnson C.

**Abstract:** This panel discussion aims at clarifying the primary concepts of psychological research. It is structured as a dialogue between qualitative and quantitative researchers about the definitions and interpretations of these concepts in different areas of psychological sciences. The panelists represent various philosophies of science: critical realism, social constructionism, pragmatic position, and quantitative methodology. The panel will allow participants to ask panelists questions and be involved in the discussion. The philosophy and methodology of psychological research continue to be an important topic for Canadian and international psychologists, and we expect that our discussion will positively contribute to this contentious issue.

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 112010 - Panel Discussion

## Printed Poster

### *Exploring the Ethical and Practical Limits of Evidence-Based Practice: Moving Toward a More Contextual Paradigm*

**Main Presenting Author:** Ibarra-Alexanderson, Luis G

**Abstract:** Evidence-based practice (EBP) represents a revolutionary decision-making approach in healthcare that incorporates empirical research findings and clinical experience. While some authors suggest that EBP has become a "moral imperative," EBP faces significant challenges that limit its applicability across diverse contexts. This study reviews the critical EBP literature, including articles ( $n=12$ ) and books ( $n=4$ ) in different health sectors, aiming to (a) establish a common definition of EBP and (b) identify the issues related to the application of EBP. Through content analysis, our preliminary findings identified eight themes highlighting challenges in the application of EBP. These challenges include the limitations of restrictive evidence categories and hierarchies of evidence. Additional issues involve ethical tensions in balancing standardization with client-centred care, the underrepresentation of clinical expertise, and difficulties navigating uncertainty in clinical practice.

*This study critically analyzes these challenges through a theoretical and philosophical lens and explores alternative frameworks to address these issues informed by current literature. In addition, two future research avenues and two implications for practice are proposed to help guide EBP toward a more context-sensitive model.*

**Section:** Counselling Psychology

**Session ID:** 113725 - Printed Poster

## Review Session

### *Alienation, Reproduction, and Surplus Enjoyment*

**Main Presenting Author:** Dege, Martin

*Abstract: In this talk, I explore why people act against their own interests. My main sources to work through this issue complex will be the works of three intellectuals of the first half of the 20th century: The playwright and theater director Bertolt Brecht, the literary critic Walter Benjamin, and the psychoanalyst Jacques Lacan. Specifically, I will bring the concepts of alienation effect (Brecht), Aura (Benjamin), and surplus enjoyment (Lacan) into conversation to illuminate the role of human agency in dark times. Ultimately, my goal is to address both the aesthetic and psychological dimensions of how individuals remain complicit in their own subjugation through politics and culture, even as they confront the existential realities of living—and dying—in the face of oppressive systems.*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 112882 - Review Session

### *An Application of Critical Social Realism to the Problem of Structure and Human Agency: The Theory of Sociocultural Models Approach*

**Main Presenting Author:** Chirkov, Valery

*Abstract: In his presentation, Dr. Chirkov will use the critical social realism paradigm developed by Bhaskar (1975, 1978) and his followers (Archer, 1995; Elder-Vass, 2012) to analyze the ontology of sociocultural contexts and the role agentic individuals play in their maintenance and change. The presenter will support these reflections using the theory of sociocultural models (TSCM) that he has been developing in recent years (Chirkov, 2020, 2023, 2025). Sociocultural context, which includes both \_social\_(institutions and interactions) and \_cultural\_(meanings assigned to all social elements), is a real and powerful factor in determining and regulating people's experiences and behaviours. These contexts' units are sociocultural models (SCMS) that regulate people's functioning in various domains of their lives. Dr. Chirkov will reflect on the systemic nature of the sociocultural reality by using Bhaskar's \_transformational model of social activity\_ (1979/2015, p. 35-36). He will use this model to demonstrate the inseparability of mental, social, and cultural aspects of people's functioning in the world. He will conclude his presentation with an application of the TSCM to the issue of acculturation that will illustrate the ontology of the sociocultural niches of immigrants home and host countries and the role of their agency in solving the problems of acculturation.*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 112013 - Review Session

## Looking Back at the "Satanic Panic": Lessons from a Systemic Mass Delusion

**Main Presenting Author:** Paterson, Randy J

**Abstract:** “Those who don’t know history are doomed to repeat it.” - George Santayana. In the late 1980s and early 1990s concern swept North America that thousands of children and young adults had been ritually abused by satanic cults, and that this explained the common psychological symptoms that they were experiencing. This panic was sparked, in part, by the publication of a subsequently-debunked book by a Canadian practitioner. Mental health clinicians across the continent - including psychologists - succumbed to what turned out to be a mass delusion, damaging the lives of clients and their families in the process. After a time the hysteria subsided and the field moved on, without substantial reckoning within the profession regarding how the disaster had unfolded or how future harm to the public could be prevented. Although the “satanic panic” is a particularly startling failure of professional judgement, it serves as a example of prior and subsequent fads within the field. This presentation discusses the origins and nature of the panic, the failures of the mental health professions to intervene, and the vulnerabilities revealed in the process - vulnerabilities which, it is argued, remain today. Rather than a historical oddity, the satanic ritual abuse case may expose a failure within psychological training to acknowledge errors and cultivate skepticism for unsupported innovations. Examples of more recent failures of critical thought are discussed, with the aim of promoting caution and humility in the face of tempting enthusiasms within the field.”

**Section:** General Psychology

**Session ID:** 111219 - Review Session

## Myths About Microaggressions: Why It Matters and How They Impact Clinical Care for People of Colour

**Main Presenting Author:** Williams, Monnica T

**Additional Authors:** Nepton, Arghavan ; Faber, Sonya C

**Abstract:** Racial microaggressions have been described as brief, everyday exchanges that send denigrating messages to people of color because they belong to a minoritized racial group. They are also a form of oppression that tends to be covert and deniable. In 2017, notable researcher, Scott Lilienfeld, advanced several influential theories about racial microaggressions that emerged from a cultural-deficit framework. His theories were since proven false, but these myths about microaggressions remain, impacting research, clinical training, and client care. In this talk I will review 6 of Lilienfield’s theories, explain the racist underpinnings of each theory, and describe the quantitative research studies I conducted to debunk them. I will also describe findings from a recent study we conducted examining the correlations between microaggressions and psychopathology on a Canadian university campus, with an emphasis on the impact of microaggressions on Black students. I will then discuss how myths about microaggressions continue to operate and emerge in clinical care. Included in this will be information about our lab’s social media campaign, Stop Bad Therapy, to raise awareness of these issues. I will end the talk with a discussion of how therapists can address microaggressions in a culturally-informed manner with clients of colour.

**Section:** Black Psychology

**Session ID:** 113640 - Review Session

## Section Featured Speaker Address

### *Forging the Path: The Past, Present, and Future of the Sexual Orientation & Gender Identity Section of CPA*

**Main Presenting Author:** Morrison, Todd G.

**Co-Presenting Author:** Blair, Karen L

**Additional Authors:** Courtice, Erin Leigh; Bishop, CJ

*Abstract: This discussion will bring together three generations of Sexual Orientation and Gender Identity Issues (SOGII) chairs to share their unique perspectives on the section's past, present, and future. Dr. Todd G. Morrison, the founder of SOGII, will discuss its origins and provide background on why this section was needed. Dr. Morrison will also share the original goals of SOGII and his perceptions of whether or not these goals can be realized. Dr. Karen Blair, the longstanding and outgoing chair of SOGII, will discuss the changes within SOGII over the past decade, the section's broader impact on LGBTQ+ policies in CPA and Canada, the impact of the pandemic, and the challenges that continue to face the section. Dr. Blair will pay particular attention to the section's progress in disseminating its members' research across other sections of CPA, culminating in the question of what purpose SOGII should serve today and in the future. The incoming chair and chair-elect for SOGII, will share a vision for the future of the section and articulate how it will build on the myriad contributions made by all former chairs of SOGII.*

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 112734 - Section Featured Speaker Address

*What is psychology good for? Absolutely ... everything ... subjectivity excluded*

**Main Presenting Author:** Teo, Thomas

*Abstract: History shows that psychology has been a thriving discipline that began in the 19th century with few people in academia and developed into one of the most sought-after subjects at universities, permeating institutions, public and private life, not only in the western world but also in the Global South. Psychology has been promoted while having significant theoretical, methodological, and ethical limitations. Explanations for the expansion of psychology are presented, including participation in the "modernization" of society, collaboration with power, and collusion with neoliberal capitalism that benefits from turning the gaze to interiority. Despite the "successes", the scientific goal of developing a theory of subjectivity is missing. Reasons such as the subdivision of mental life into minute parts, a highly successful research strategy in the natural sciences, and the institutionalized particularization of mental life for practical purposes, and their consequences are discussed. A framework for theorizing subjectivity is laid out, from the entanglement of the social, cultural, historical, with the relational and internal to focusing on possibilities rather than actualities. New ideas for theorizing subjectivity that address historical and contextual changes and the importance of drawing on a theory for understanding human mental life are advanced.*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 112960 - Section Featured Speaker Address

## Symposium

### *Navigating Lay and Professional Advice: Making Sense of Parenting in Media and Daily Life*

**Moderator(s):** Mailloux, Dominique

**Abstract:** *Parenting is an important role-based relationship that affects every part of a person's life (Bregnbaek et al., 2023). In Europe and North America, parents are the target of countless research programs, public policies, and clinical interventions that promote optimal child development (Dupont et al., 2022). This has led to a proliferation of lay and professional advice with which parents must contend to make sense of their role. This symposium explores the role that this advice plays in Québec's parents' lives. First, Marianne Laprise Falardeau will review popular parenting advice books, critiquing their lack of holism and their dismissal of parents' experience as a legitimate source of knowledge. Second, Catherine Vandemeulebroecke will describe the experience of parents using social media, highlighting why they turn to social media sources to find guidance that is more closely related to their daily lives. Finally, Dominique Mailloux will share how mothers learn to fence with professional norms to find their way (back) to their practical wisdom. Together, these presentations call attention to the role of the psychological community in shaping our understanding of parenting; they raise ethical-epistemic questions on the integration of abstracted expert advice with embodied practical knowledge; and they challenge common boundaries between scientific and unscientific advice.*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 111574 - Symposium

*Fencing with Norms: How Mothers Find Their Way Back to Practical Wisdom Through Lay and Professional Advice*

**Main Presenting Author:** Mailloux, Dominique

**Co-Presenting Author:** Tremblay, Camille

**Additional Authors:** Villeneuve, Raphaële ; Thibodeau, Mathilde; Tremblay, Audrey-Maude; Laprise Falardeau, Marianne

**Abstract:** *BACKGROUND: From the moment of conception, mothers receive abundant and conflicting advice from peers and professionals, both in person and through media (Lacharité et al., 2016). Our qualitative inquiry aims to understand how they navigate this advice. METHODS: We conducted semi-structured interviews with 11 mothers who had at least one child aged from 2 to 15-years-old. The data was analyzed through an analytical questioning (Paillé and Mucchielli, 2021) that focused on mothers' experience and development. RESULTS: Mothers simultaneously believe in their ability to take care of their children and that professional advice is the best source of knowledge on how to do it. However, this advice contains norms about parents' behaviour and children's development (eg. mothers should be sensitive, children should do X at Y age, etc.) that are scary, unrealistic, and confusing, which leads mothers to feel guilty and incompetent. But with time and with the help of other mothers or good professionals, mothers learn special defensive moves that allow them to trust these norms while preserving their practical wisdom and their personal and familial integrity. CONCLUSION: Professional advice has serious unforeseen consequences in mothers' lives.*

**ACTION/IMPACT:** *Psychologists and other professionals should investigate and implement more respectful and beneficial ways to share their expertise.*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section  
**Session ID:** 112437 - Paper within a symposium

*Parenting in the Social Media Era: A Complex Situation*

**Main Presenting Author:** Vandemeulebroocke, Catherine

**Additional Authors:** Lacharité, Carl ; Germain, Patricia

*Abstract: Social media have transformed our society and become a major public health concern in the last two decades (Harley, and al., 2018). These changes influence parents' daily life, as internet and social media use can increase their stress but can also facilitate the exchange of experiences with other parents (Ulferts, and al., 2020). This research aims to describe the user experience of parents of children aged between 3 and 12-years-old on social media, mainly in relation to cognitive and affective dimensions of parenting. The qualitative descriptive design is based on the parenting model of Lacharité et al. (2015), which enables us to describe the use of social media regarding the practice, experience, and responsibility of parenting. We conducted semi-structured interviews with 3 fathers and 24 mothers which were analyzed thematically. The results indicate that most participants are regularly affected by comments and posts. They mainly use social media to validate and share their experience with other parents. Parents preferred social media to health professionals to gather information and guidance, because they need to know how it works in their day-to-day lives. These results indicate that social media influence every dimension of parenting and will be useful to professionals who seek to understand and accompany parents.*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section  
**Session ID:** 112436 - Paper within a symposium

*Popular Parenting Books: Who Writes Them and What do They Say?*

**Main Presenting Author:** Laprise Falardeau, Marianne

**Additional Authors:** Lacharité, Carl ; Mailloux, Dominique

*Abstract: BACKGROUND: In Québec, child-care books are widely promoted to and read by parents (Lacharité et al., 2016), but little systematic research has been conducted on their orientation, purpose and authorship. METHODS: We qualitatively analyzed the 83 most borrowed parenting books from public libraries in a medium-sized city in Quebec. We categorized them according to author's identity (profession and parenting status), advice focus (parent-centered, child-centered, balanced), and evidence base (professional expertise, parental experience, both). RESULTS: Most authors are psychologists (29%) or other mental health professionals (28%). In general, they give child-centered advice (70%) that is based on professional expertise (81%). Only half reveal their parental status (51%) and less than a fifth (18%) use their parental experience to inform their advice. CONCLUSIONS: Popular parenting books reflect the wider Western cultural trend that promotes child-focused, expert-guided, and labor-intensive parenting (Hays, 1996), to the detriment of parents' needs, experience, and practical wisdom. In general, lived experience of parenting is not seen as a legitimate source of knowledge on parenting. ACTION/IMPACT: These results underscore the need to develop holistic, balanced parenting advice that is based on an integration of abstract expert knowledge and lived experience of parents.*



**Abstract Book – CPA 2025, St. John's, NL**



**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 112435 - Paper within a symposium

# THEME: EXPLORING LIFE STAGES

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

## 12-Minute Talk

*A youth-engaged exploration of the use of digital conversational agents for youth mental health*

**Main Presenting Author:** Hawke, Lisa D

**Additional Authors:** Hou, Jingyi ; Gibson, Jamie ; Phi, Thalia ; Strudwick, Gillian; Gallagher, Louise

**Abstract:** *BACKGROUND.* Digital conversational agents ('chatbots') are a potential way to administer mental health support. However, their use for service-seeking youth requires further investigation. *METHOD.* We conducted a scoping review on Digital Agents for youth mental health, leading to 8 manuscripts. We conducted a qualitative study with 28 youth. Youth Engagement Specialists were engaged in the conduct of the research. *RESULTS.* The research examining Digital Agents is in the preliminary stages, with a lack of established outcomes. Youth express some initial willingness to use Digital Agents for mental health support, although they would prefer in-person services. They recognize a wide range of practical benefits. The acceptability of Digital Agents is mitigated by significant risks and concerns. If such a Digital Agent is developed, it should be customizable and flexible, with strong confidentiality and security features. It should offer reliable, informative content that is user tested and validated. It should offer friendly, human-like interaction. *CONCLUSIONS.* It may be acceptable to build a Digital Agent for youth mental health, with caveats around acceptability, security, and functionality. Youth engagement in the development of any such intervention will be essential. *ACTION.* Concrete recommendations for the advancement of this area of research will be presented. *RISKS.* None

**Section:** Clinical Psychology

**Session ID:** 111858 - 12-Minute Talk

*Daily Conflict and Relationship Satisfaction in Couples of New Parents: The Moderating Roles of Romantic Attachment and Intimacy*

**Main Presenting Author:** Lessard, Isabelle

**Additional Authors:** Beaulieu, Noémie ; Gosselin, Patrick; Brault-Labbé, Anne; Péloquin, Katherine; Lafontaine, Marie-France; Brassard, Audrey

**Abstract:** During the transition to parenthood (TTP), parents face challenges, such as new roles and responsibilities, and less couple time. This often leads to more conflict and reduced relationship satisfaction. Less is known about how new parents experience conflict on a daily basis and whether romantic attachment (anxiety, avoidance) and intimacy might modulate their perception of daily satisfaction. In this dyadic daily diary study, we examined the moderating roles of romantic attachment and intimacy in the associations between conflict and relationship satisfaction in both partners of 196 first-time parent couples. Participants completed online diaries for 14 days at 4-month postpartum. Results from multilevel modeling following the Actor-Partner Interdependence Model

showed that greater conflict was associated with lower relationship satisfaction daily (actor:  $\beta = -.217$ ,  $p < .001$ ; partner  $\beta = -.072$ ,  $p < .001$ ) and across 14 days in both partners (actor:  $\beta = -.434$ ,  $p < .001$ ; partner:  $\beta = -.123$ ,  $p = .002$ ). They also revealed that attachment might amplify the deleterious effects of conflict on relationship satisfaction, whereas perceived intimacy might protect against them. These results suggest that perinatal practitioners could integrate conflict regulation strategies, address of attachment issues, and promote couple intimacy during the TTP.

**Section:** Family Psychology

**Session ID:** 113401 - 12-Minute Talk

**Dog owners' perceptions of their dogs' behaviour and the nature of their relationship with their dogs during owners' pregnancies.**

**Main Presenting Author:** Reeve, Catherine

**Additional Authors:** Jacques, Sophie ; Milne, Olivia; Wilson, Sarah

**Abstract:** Dogs share a unique bond with humans, influencing many aspects of life, including major changes like pregnancy. Anecdotal evidence suggests that some dogs behavior shifts when their owners are pregnant. This study explored how many owners noticed these changes, whether any demographics predicted them, and how the owner-dog relationship evolved during pregnancy. A total of 130 dog-owning participants completed an online questionnaire about their demographics, pregnancy details, dogs' behaviors before and during pregnancy, and their relationship with their dogs. Results showed that 65.4% of owners reported behavioral changes in their dogs, with increased attention-seeking and guarding behaviors toward unfamiliar people during pregnancy. However, no owner or dog demographic variables predicted these changes. Thematic analysis revealed themes around owners' feelings toward their dogs, observed behavioral shifts, and concerns about their pets during pregnancy. These findings enhance our understanding of the dog-owner bond and owners' perceptions of their dogs' behaviors during significant life transitions, shedding light on how dogs might adapt to changes in their human family dynamics.

**Section:** Women and Psychology

**Session ID:** 113044 - 12-Minute Talk

**Exploring Differences in Self-Compassion, Peer Rejection, Rejection Sensitivity, and Psychological Distress Between Typically Developing Emerging Adults and Emerging Adults with ADHD**

**Main Presenting Author:** Hussain, Alia

**Additional Authors:** Abela, Katrina Rita; Law, Danielle

**Abstract:** Emerging adulthood involves developmental changes impacted by environment and experience. Attention-deficit/hyperactivity disorder (ADHD) is associated with adverse interpersonal experiences. Thus, emerging adults (EA) with ADHD are at a higher risk for poor outcomes, potentially mitigated by self-compassion (SC), as seen in typically developing (TD) populations. This work examined differences in the moderating effect of SC on the relationships between peer rejection (PR), rejection sensitivity (RS), and psychological distress (i.e., depression, anxiety, and stress levels) between EAs with ADHD and their TD peers using moderation analyses. Participants included 604

EAs between 17 and 22 ( $n_{ADHD} = 315$ ) who completed an online survey. Results revealed that SC was a significant moderator of the relationship between RS and anxiety for those with ADHD only. RS did not significantly predict stress for TD EAs, but higher RS levels predicted higher personal stress for EAs with ADHD. Differences in the relationships between PR, RS, SC, and psychological distress between the group can potentially be explained by nervous system dysregulation in people with ADHD. These findings have implications for the emotional and social cognitive development of and developing preventative and therapeutic interventions fostering self-compassion for youth with ADHD.

**Section:** Developmental Psychology

**Session ID:** 113845 - 12-Minute Talk

### *Integrated Profiles of Autonomy-Supportive Parenting and Attachment Styles: Impacts on Well-Being and Mental Health in Emerging Adults*

**Main Presenting Author:** Zheng, Qiyuan

**Additional Authors:** Goldstein, Abby ; Hamza, Chloe; Molnar, S. Danielle; Scharfe, Elaine

**Abstract:** *RATIONALE:* Emerging adulthood (EA) is a vital but challenging transitional period. Parents remain influential, but prior research lacked to compare earlier developmental stages. We sought to identify combinations of distal and proximal parent relational dynamics that impact well-being in EA. *METHOD:* Latent profiles analysis (LPA) using Mplus identified profiles from self-reports of 182 emerging adults (82% female,  $M_{age} = 19.73$ ) on measures of autonomy-supportive and controlling parenting and attachment styles. Between-profile differences in outcomes were assessed for well-being, anxiety, and depression symptoms. *RESULTS:* Four profiles emerged ( $\ell = -2139.71$ ,  $BIC = 4555.23$ ,  $H = 0.92$ ): secure-supportive (43%), balanced-overprotected (32%), conflicted-autonomy (19%), insecure-uninvolved (6%). The secure-supportive profile showed the best outcomes ( $M_{eud} = 59.32^*$ ,  $M_{lfs} = 5.75^*$ ,  $M_{anx} = 5.93^*$ ,  $M_{dep} = 36.11^*$ ), while insecure-uninvolved reported the highest anxiety and depression ( $M_{anx} = 12.29^*$ ,  $M_{dep} = 44.05^*$ ). The balanced-overprotected group presented higher anxiety than conflicted-autonomy but not higher depression. *CONCLUSIONS and IMPACT:* Integrated profiles demonstrate how earlier and current parent-child dynamics together shape mental health and well-being in EA. Findings emphasize fostering autonomy-supportive parenting and addressing insecure maternal attachment to promote well-being.

**Section:** Developmental Psychology

**Session ID:** 113021 - 12-Minute Talk

### *With Age, Young Children Think Differently About Invasive Online Games That Share Information and Violate Rules of Consent*

**Main Presenting Author:** Nancekivell, Shaylene

**Additional Authors:** Nishikiori, Kazuki ; Trupish, Jenna

**Abstract:** This study examines children's understanding of digital privacy and consent violations in the context of an invasive online game. Children aged 5- to 8-years-old ( $N = 162$ ) were presented with hypothetical scenarios where a game violated their digital privacy and/or consent. Children were

recruited from a Living Laboratory in a museum and identified as 56-62% girls, 37-44% boys, and 48-49% monoracial White, with the next most commonly listed racial identity being Asian (9-14%). Children were asked to score their moral evaluations, enjoyment, and their desire to play the game. In Experiment 1, children were presented with both invasive games that shared home addresses and noninvasive games that did not. The results reveal that older children aged 7- to 8-years-old found invasive games to be less moral and less desirable (small-medium effects), whereas younger children aged 5- to 6-years-old showed no significant differences. Across all ages, children still found the game enjoyable despite its invasiveness. In Experiment 2, the invasiveness of the games remained the same, but consent was introduced, with the game sharing personal information with or without permission. Once again, older children demonstrated a greater understanding of the importance of digital privacy and consent. Altogether with age children became increasingly aware of digital privacy and consent invasions.

**Section:** Developmental Psychology

**Session ID:** 113744 - 12-Minute Talk

## Printed Poster

*"Life in general is good and COVID-19 hasn't changed that": A Preliminary Analysis of The Pandemic Experiences of Older Adults with and without Dementia*

**Main Presenting Author:** Sorin, Cassandra

**Additional Author:** Phillips, Natalie A

*Abstract: During the COVID-19 pandemic, older adults were often depicted as especially vulnerable to declines in well-being. In this study, quantitative and qualitative analyses were conducted to examine the social and emotional experiences of Canadian community-dwelling older adults with a range of cognitive profiles during the pandemic. Self-reported levels of depression and anxiety were expected to be greater during the pandemic than prior to it. A questionnaire on pandemic experiences was completed by participants in the Comprehensive Assessment of Neurodegeneration and Dementia (COMPASS-ND) Study, including individuals with no cognitive impairment (CU; n=102); Subjective Cognitive Impairment (SCI; n=35); Mild Cognitive Impairment (MCI; n=141); and Alzheimers Disease (AD; n=74). Relative to baseline, Geriatric Depression Scale mean scores increased during the pandemic for all groups except MCIs; however, mean scores on the Generalized Anxiety Disorder Scale decreased. On-going analyses will explore the role of social interaction, sleep patterns, and physical activity in pandemic experiences. By also considering older adults first-hand perspectives on the pandemics positive impacts, this project will clarify sources of resilience, and the ways in which caregivers and healthcare providers can support the well-being of older adults beyond the pandemic.*

**Section:** Clinical Neuropsychology

**Session ID:** 113251 - Printed Poster

*A lifetime of shifting observations: Mindful observing is inconsistently linked to mental health across the lifespan*

**Main Presenting Author:** Johnson, Nathaniel J

**Additional Author:** Kil, Hali

**Abstract:** A popular definition of mindfulness separates it into five facets: observing, describing, acting with awareness, nonreactivity, and nonjudging. Mindfulness has become a popular clinical intervention tool, used to support the psychological health of individuals across the lifespan. However, the facets are not always associated with improved mental health, making it crucial to understand if some dimensions behave differently across the lifespan. The 15-item Five Facet Mindfulness Questionnaire (FFMQ-15) and mental health measures (e.g., depression, stress, anxiety) were given to a large community sample of 1,610 individuals separated into four age groups: youth (14-24-year-olds), young adults (25-44-year-olds), middle-aged adults (45-64-year-olds), and older adults (65+). We examined if the links between the facets and mental health variables were similar across age groups. All facets but observing significantly predicted lower depression, stress, and anxiety across groups. Observing showed inconsistent links with mental health. For example, observing was associated with increased anxiety in youth and not significantly associated with anxiety in older adults. Therefore, most of the mindfulness facets appear to associate with improved mental health. However, inconsistencies in observing across the lifespan suggest that the benefits of this facet may be linked to one's life stage.

**Section:** Developmental Psychology

**Session ID:** 111754 - Printed Poster

### *A Mixed-Methods RE-AIM Evaluation of the FunConnectFam Program for Mindful Parenting.*

**Main Presenting Author:** Frenette, Joey

**Additional Authors:** McLaughlin, Chloé ; Mazerolle, Marie-Pier; Jbilou, Jalila

**Abstract:** The COVID-19 pandemic has led to increased stress, anxiety, and depression among families and schoolers. Playful Mindfulness-based interventions (PMI) represent a new research avenue as they use playing to promote present-moment awareness, improving psychological outcomes for families. This study describes the co-design and implementation process of the FunConnectFam program (FCF), a multifaceted intervention using PMI to help families cope with stress. Guided by the RE-AIM framework, this evaluation assessed the programs feasibility and acceptability to develop a research-informed approach for scaling up in New Brunswick. The FCF program evaluation used a mixed-methods approach with key stakeholders from the provinces early childhood sector, targeting families with children aged 2-8 years. Reach was assessed via surveys after a presentation (43 stakeholders, 16 completed surveys), effectiveness through a narrative review, and pre-adoption/implementation via training workshops and surveys (21 specialists). Preliminary findings were mobilized to co-design the FCF toolbox (Emotion Management, Breath, Move, Eat, Meditate) and content was validated with educators. Data analysis is underway, and results will be available before the convention. Insights will guide policy and healthcare practices, promoting healthier and more resilient families in New Brunswick.

**Section:** Family Psychology

**Session ID:** 113169 - Printed Poster

### *A Review of Strengths-Based Social-Emotional Screening and Assessment Tools for High-School Age Youth*

**Main Presenting Author:** Chubey, Kiana

**Additional Authors:** Devereux, Chloe ; Tremblay, Melissa

**Abstract:** Social-emotional (S-E) skills are critical for the wellbeing of children and youth. Researchers have largely focused on S-E development in the early years resulting in a limited understanding of S-E development among youth. Tools also have traditionally been deficit focused. Strengths-based S-E tools can promote resilience making them essential for high-school age youth, especially for those facing structural marginalization. This review systematically evaluated 13 strengths-based S-E tools for high-school age youth by examining technical adequacy and usability. We reviewed the extent to which each tool included strength-based components and structurally marginalized youth in their standardization process. We found that tools provided mixed evidence of reliability and validity and varied widely in their usability. We found that few tools were explicit about their definition of strength-based. We also found that most of the tools did not specify whether marginalized youth were included in their norming samples. Increased effort should be made to explicitly include usability information and research evidence in tool manuals. Marginalized youth should be included in norming samples to ensure that S-E assessment meets the needs of all students. Our findings provide tool users with succinct information to help them make more informed decisions about S-E tool selection.

**Section:** Educational and School Psychology

**Session ID:** 112934 - Printed Poster

### *Achievement Goals as Mediators of the Links Between Self-Esteem and Depressive Symptoms From Mid-Adolescence to Early Adulthood*

**Main Presenting Author:** Eltanoukhi, Rayana

**Additional Authors:** Gilbert , William ; Morin , Alexandre J.S.; O'Connor , Roisin; Salmela-Aro, Katariina

**Abstract:** Numerous studies have examined whether low self-esteem increases the risk of depressive symptoms (vulnerability model) or whether depressive symptoms erode self-esteem (scar model). While both models have support, little research has: (a) explored these associations during key transitions like the shift to adulthood and (b) identified psychological mechanisms (mediators) underlying these links. This study addresses these gaps, examining the directional associations between depressive symptoms and self-esteem from mid-adolescence to early adulthood, focusing on motivational factors—specifically mastery (intrinsic/extrinsic) and performance (approach/avoidance) goals, as defined in achievement goal theory. A sample of 707 Finnish adolescents (52.1% boys) aged 15–16 was surveyed six times over 10 years. Cross-lagged panel modelling revealed depressive symptoms predicted lower self-esteem, while self-esteem protected against depressive symptoms from ages 16–17 to 20–21. Self-esteem fostered mastery-extrinsic goals, reinforcing self-esteem, whereas depressive symptoms promoted performance-avoidance goals, worsening both outcomes. These findings highlight (1) the lasting impact of depressive symptoms on self-esteem and (2) the role of academic motivation in these patterns. They refine vulnerability and scar models and suggest targeting motivation in youth interventions.

**Section:** Developmental Psychology

**Session ID:** 112716 - Printed Poster

## *Adolescents' Capacity to Identify Benefits and Risks of Psychological Services: A Qualitative Study*

**Main Presenting Author:** Lachance-Grzela, Mylène

**Additional Authors:** Duguay, Amanda ; Ross-Plourde, Mylène

*Abstract: Most provinces and territories do not set a specific age for consent for psychological services. Instead, psychologists are required to apply the "mature minor" doctrine and assess a young persons capacity to understand the nature and consequences of treatment. This qualitative study explored adolescents' capacity to identify consequences of psychological treatment. Semi-structured interviews were conducted with 20 participants aged 12 to 17. A research assistant described two clinical vignettes in which the actor, a youth of the participant's age and gender, experienced either personal or relational challenges, before asking a series of questions. Thematic analysis, conducted according to Braun and Clarke's (2021) guidelines, examined responses across three age groups: 12–13, 14–15, and 16–17 years old. Participants across all groups identified key benefits, including symptom improvement, the provision of support, and positive impacts on social relationships, and key challenges, such as therapeutic process difficulties, parental and peer-related concerns, potential financial costs, and time investment. Age-related differences emerged in the depth and specificity of these perceptions. This study emphasizes the importance of tailoring consent processes to the developmental capacities of each individual young client, rather than relying on a specific age threshold.*

**Section:** Clinical Psychology

**Session ID:** 111866 - Printed Poster

## *An Examination of Children's Negative Politeness Strategies Through Indirect Speech*

**Main Presenting Author:** Dobrin-De Grace, Roksana A

**Additional Authors:** Correia, Kayla ; Ma, Lili

*Abstract: Children have been found to be sensitive to linguistic politeness from a young age, preferring to use indirect requests versus direct requests. However, limited research exists regarding the impact of an addressee's authority status on children's politeness strategies. The present study addressed this gap by examining children's attribution and evaluation of direct and indirect requests. One hundred and seven children from two age groups (4-5 and 7-8) participated in this online study. In Experiment 1, participants read and listened to various requests made by a child that differed in politeness levels, and decided if the child was addressing a teacher, a parent, or a peer. In Experiment 2, participants read vignettes about a child who consistently made nice requests and another child who consistently made bossy requests. Children then allocated resources to the characters at the end of each story. The results revealed that children frequently attribute impolite and intermediate requests to a peer and refrain from attributing them to a parent or a teacher. In contrast, polite requests are more likely to be attributed to a teacher. In addition, children allocated significantly more resources to the "nice" child relative to the "bossy" child, showing sensitivity to politeness in speech. These findings demonstrate that children as young as four have pragmatic awareness in politeness.*

**Section:** Developmental Psychology

**Session ID:** 112038 - Printed Poster

*Anxiety and Depression from Teens to Twenties: Exploring Within-Person and Between-Person Relationships Across Ten Years*

**Main Presenting Author:** Styba-Nelson, Kevin A. E.

**Additional Authors:** Gale, Olivia ; Ames, Megan

**Abstract:** *BACKGROUND: Anxiety and depression are two of the most common factors that impact adolescent and young adult mental health. While the two are known to be positively associated, investigating their within-person relations and interactions over an extended time-period will help shed light on their developmental trajectories. Past research has largely focused on their average association across large groups, while the current study aims to detach within-person from between-person effects to also separately study how they change within the individual. METHOD: Data are from the Victoria Healthy Youth Survey (V-HYS), a 10-year longitudinal cohort study that collected data six times biannually from 2003-2013. Participants at baseline ( $N = 662$  youth; 52% female) were 12 to 18 years old ( $M_{age} = 15.5$ ,  $SD = 1.9$ ), and participants at the final assessment ( $N = 478$ ; 55% female) were 22 to 29 years old ( $M_{age} = 26.8$ ,  $SD = 2.0$ ). Random-intercept cross-lagged panel model (RI-CLPM) analysis will be utilized to investigate both the within-person and between-person associations of anxiety and depression over the 10-year period. IMPACT: This study aims to provide greater insight on how anxiety and depression develops in adolescents and young adults. Findings may be most relevant for targeting early interventions and informing when anxiety and depression focused treatments should be integrated.*

**Section:** Clinical Psychology

**Session ID:** 112403 - Printed Poster

*Are Adolescents that are Emotionally Invested in Team Sports More Collaborative Decision-Makers Later in Life?*

**Main Presenting Author:** Qi, Jingyi

**Abstract:** *Adolescence is key for developing social and cognitive skills, with emotionally engaging team sports fostering collaborative thinking. However, the long-term impact of emotional enjoyment in team sports on adult decision-making remains underexplored, motivating this study. This study surveyed 158 adults online, assessing their emotional enjoyment of team sports as adolescence and their collaborative tendencies in decision-making as adults. Emotional engagement and collaborative thoughts were measured through self-reported Likert-scale items. Linear regression analysis was conducted to examine relationships between the two variables. Analysis revealed a significant positive correlation ( $r=0.43$ ,  $p$ )*

**Section:** Developmental Psychology

**Session ID:** 113439 - Printed Poster

## *Better off alone: A qualitative examination of why young adults want to be better at spending time in solitude*

**Main Presenting Author:** Cheng, Tiffany

**Additional Authors:** Stone, Anna ; Zygta, Edna; Coplan, J Robert

*Abstract: Solitude becomes increasingly normative among young adults (Bowker et al., 2020). However, many young adults report not liking spending time alone (Buttrick et al., 2018) - but want to be 'better' at solitude (Cheng et al., 2024). The present study explored why young adults aspire to more have positive experiences of solitude. Participants were  $N=24$  ( $M_{age}=20.18$ ,  $SD=4.39$ ) undergraduates who identified as wanting to be more like someone who enjoys and values solitude. Semi-structured interviews focused on participants' motivations for this aspiration. Thematic analyses revealed four themes: 1) Discomfort with solitude; 2) Impactful life events; 3) Desire to optimize solitude; and 4) Desire to improve self. Theme one described being uncomfortable when alone or unable to be alone. The second discussed events that altered views on solitude or forced solitude upon them (e.g., COVID-19, transitional periods). Theme three reflected the benefits of solitude and participant desires to productively spend time alone. The last theme included beliefs that enjoying time alone is related positive outcomes (e.g., confidence, mindfulness) thus, being better at it will improve themselves. Results suggest both intrinsic and extrinsic motivations behind aspirations of being better at spending time alone. Future work should explore how these aspirations can promote mental health and well-being.*

**Section:** Developmental Psychology

**Session ID:** 111869 - Printed Poster

## *Caractérisation de la trajectoire de stress parental de parents d'enfants avec cardiopathie congénitale, de la petite enfance à l'âge scolaire*

**Main Presenting Author:** Lepage, Charles

**Additional Authors:** Tremblay, Laurie ; Maalouf, Yara; Paquette, Natacha; Simard, Marie-Noëlle; Bernier, Annie; Matte-Gagné, Célia; Gallagher, Anne

*Abstract: \*\*Contexte/justification\*\* Les enfants avec cardiopathie congénitale (CC) sont à risque de déficits neurodéveloppementaux affectant leur qualité de vie. Le stress parental, souvent accru dans ce contexte, est lié à des difficultés comportementales chez l'enfant. \*\*Méthodes\*\* Cette étude prospective examine l'évolution du stress parental chez 66 parents suivis à la Clinique d'investigation neuro-cardiaque du CHU Sainte-Justine et les prédicteurs de ce stress. À 4, 24 et 60 mois post-partum, les parents ont complété un questionnaire tridimensionnel (ISP-4) mesurant leur stress.*

*\*\*Résultats\*\* Les analyses montrent que deux dimensions du stress, la détresse parentale et le niveau de difficulté de l'enfant, restent stables dans le temps. En revanche, les dysfonctions dans l'interaction parent-enfant diminuent. Cependant, lorsque la durée d'hospitalisation après la première chirurgie est plus longue, le stress lié aux interactions parent-enfant demeure plus élevé.*

*\*\*Conclusions\*\* Un séjour hospitalier prolongé est associé à un stress relationnel persistant.*

*\*\*Action/Impact\*\* Ces résultats soulignent l'importance d'interventions précoces, particulièrement pour les parents d'enfants nécessitant de longues hospitalisations.*

**Section:** Psychologists in Hospitals and Health Centres

**Session ID:** 111675 - Printed Poster

*Children exhibit normatively accurate metamotivational beliefs about task-motivation fit (to an extent)*

**Main Presenting Author:** Wilson, McLennan

**Additional Authors:** Scholer, Abigail ; Fujita, Kentaro; Hubley, Candice; Hartman, Olivia; Henderson, Heather

**Abstract:** Recent research demonstrates the role of metamotivation—the monitoring and control of one's motivation—in self-regulation. Metamotivation is guided by metamotivational beliefs, including beliefs about which motivational state best fits the task at hand (beliefs about task-motivation fit). Past work demonstrates the positive consequences of having normatively accurate beliefs about task-motivation fit, however little is known about these relations may differ across the lifespan. Across two studies, the current research investigates metamotivational beliefs about task-motivation fit in middle childhood and adulthood. In Study 1, children ( $N = 66$ ;  $M = 7.7$  years) rated how well they would expect to perform on expansive-eager tasks (tasks optimally performed with eagerness or expansion) and contractive-vigilant tasks (tasks optimally performed with vigilance or contraction) with eagerness vs. vigilance and expansion vs. contraction. Study 2 was a direct replication of Study 1 with adult participants ( $N = 210$ ;  $M = 39.3$  years). Across both studies, participants had a general preference for vigilance over eagerness. While both children and adults reported some normatively accurate metamotivational beliefs about task-motivation fit, adults demonstrated these normatively accurate beliefs to a greater degree. Implications for metamotivation and development are discussed.

**Section:** Developmental Psychology

**Session ID:** 113575 - Printed Poster

*Daily Stress and Affect: Age-Related Role of Judging Positive Emotions as Bad*

**Main Presenting Author:** Curtain, Cayden R

**Additional Authors:** Smith, Ava Grace ; Barlow, Meaghan A

**Abstract:** BACKGROUND: Previous research has shown that emotion judgments significantly impact individual well-being. Despite this, limited research has examined this effect across the lifespan when considering daily fluctuations in stress. METHODS: The present research sought to examine the impact of age, daily stress, and emotion judgment on positive and negative affect. To do so, we recruited an adult lifespan sample [ $N = 138$ , age range = 19-92]. Participants completed a baseline assessment (i.e., age, emotion beliefs), followed by 14 short daily surveys (i.e., stress, positive affect, and negative affect). RESULTS: We estimated multilevel models with days nested within persons to address our objectives. Our results indicated that when a person's stress is higher than it typically is, older adults, compared to younger adults, with lower beliefs that positive emotions are bad reported smaller increases in negative affect and less decreases in positive affect. CONCLUSIONS: This study reveals that older adults who do not appraise positive emotions as bad are protected from fluctuations in affect during times of heightened stress. IMPACT: This work provides theoretical and practical insight on emotion and aging research as well as recommendations for emotion appraisal interventions for older adults.

**Section:** Aging & Geropsychology

**Session ID:** 113621 - Printed Poster

### *Developmental Trends Across Parent-Adolescent Perceptions of Parenting: Implications for Adolescent Adjustment*

**Main Presenting Author:** Shukalek, Alyssa

**Additional Author:** Rinaldi, Christina

*Abstract: Parents and adolescents commonly experience increases in conflict during adolescence (Ohannessian and De Los Reyes, 2014). This rise in conflict often coincides with adolescents increased push for autonomy, which is important for identity development and may be related to positive adjustment (Ohannessian, 2012; Smetana and Villalobos, 2009). Discrepancies that occur in high magnitudes across domains however, are often associated with negative adolescent outcomes (Guion et al., 2009; Rote and Smetana, 2016). Stage of adolescent development is also an important factor. Higher levels of discrepancies during early adolescence are often considered normative and may be related to positive outcomes (Guion et al., 2009). Higher levels of discrepancies during late adolescence are related to negative outcomes and often signal that adolescent autonomy needs have not been met (Wang and Hawk, 2023). The current study evaluates the extent to which parent-adolescent agreement/disagreement relates to adolescent adjustment when considering stage as a moderator. This cross-sectional correlational study had 142 dyads complete parallel surveys that will be analyzed using polynomial regression. We hypothesize that adolescent stage will moderate the positive or negative effects of discrepancies on teen adjustment. The results will aid in our understanding of the trajectory of parent-adolescent conflict.*

**Section:** Educational and School Psychology

**Session ID:** 113031 - Printed Poster

### *Different Relationship Features Predict Adolescents Seeking Help from a Parent and a Close Friend*

**Main Presenting Author:** Sears, Heather

**Additional Author:** Levins, Naomi

*Abstract: Background : A positive relationship with a parent or a close friend is one of the strongest predictors of adolescents seeking help more often from these resources or having higher intentions to do so. However, a positive relationship is comprised of multiple features and some features may be more relevant than others for seeking help from different resources. We evaluated the contributions of four positive relationship features (companionship, affection, worth, alliance) to youth's help-seeking behaviour and intentions for a parent and for a close friend. Method : Anonymous survey data were collected at school from 274 youth (160 girls, 114 boys; Grades 9-11). Results : Hierarchical regression analyses showed that, for help seeking from a parent, companionship and worth predicted seeking help more often and companionship predicted higher intentions. In contrast, for help seeking from a close friend, affection and worth predicted seeking help more often and affection and alliance predicted higher intentions. Conclusion : Different relationship features predict youth's help seeking from different resources, with companionship especially important for help seeking from a parent and affection especially important for help seeking from a close friend. Impact : Coping programs*

should highlight that different relationship features promote youth's help seeking from different resources.

**Section:** Developmental Psychology

**Session ID:** 111361 - Printed Poster

### *Friends and Family: The Social Network Characteristics of Emerging Adults*

**Main Presenting Author:** Skeete, Jaylynn

**Co-Presenting Author:** Lavergne, Makenzie

**Additional Authors:** Ngai, Ari ; Hakim-Larson, Julie; Menna, Rosanne

*Abstract: We examined the social network characteristics of a diverse group of emerging adults, including differences across demographic factors. Fifty-six undergraduate students aged 18 to 25 from an Ontario university were interviewed about the characteristics of up to 10 of their closest relationships (e.g., size, relationship type, age, frequency of contact, geographic proximity, method of contact). Background information, including generational status and ethnicity, was also collected. Most participants identified as a person of color (55%, n=31) and 30% (n=17) were international students or 1 to 1.5 generation in Canada. Using content analysis, the relationship types within participants' social networks were analyzed. Participants described an average of 9 close relationships, with a range from 3 to 10 relationships. Results showed that out of 516 close relationships identified, 43% (n=220) were friends, 36% (n=184) were immediate family, 15% (n=77) were extended family, 5% (n=25) were partners, 1% (n=6) were formal supports, and 1% (n=4) were pets. Ongoing analysis is being conducted on additional characteristics of the networks, such as the frequency and methods of contact. Further analyses will provide deeper insights into the structure and diversity of social networks among emerging adults including how network characteristics and demographic factors intersect.*

**Section:** Developmental Psychology

**Session ID:** 113099 - Printed Poster

### *From 'Do Your Homework' to 'How Do I Handle This': The Parental Influence on Adult Coping*

**Main Presenting Author:** Furtado, Michelle M

*Abstract: Parental involvement in education during adolescence has been linked to positive outcomes in adulthood, but its impact on coping strategies later in life remains underexplored. This study examines how such involvement relates to problem-focused coping in adulthood. A survey design was used, with data collected from 191 adults ( $M = 31.90$ ,  $SD = 7.86$ , 72.8% male, 27.2% female) via MTurk. Participants reported their perceptions of parental involvement during adolescence and their current use of problem-focused coping strategies. Pearson correlation analysis was conducted to examine the relationship between these variables. Results show a significant positive correlation between parental involvement in adolescence and problem-focused coping in adulthood ( $r = .411$ ,  $p < 0.01$ ), indicating that greater involvement is associated with more effective coping strategies. These findings suggest that early parental engagement may promote adaptive problem-solving skills later in life, offering new insights into the lasting influence of early support. The results underscore the importance of fostering parental involvement to enhance coping skills. Further research is needed to*

*explore the mechanisms behind this relationship and its implications for interventions aimed at improving coping skills throughout the lifespan.*

**Section:** Developmental Psychology

**Session ID:** 111803 - Printed Poster

### *From Dollars to Smiles: Parental Warmth as the Missing Link Between Income and Happiness*

**Main Presenting Author:** Black, Aneeka N

**Additional Authors:** Rawana, Jennine ; Lee, Kate

*Abstract: Parental warmth and family relationships are crucial in childhood and continue to foster security as emerging adults develop independence, yet their impact during this stage remains unclear. This study aims to explore how household income influences subjective well-being through the mediating role of parental warmth. Participants included undergraduate students ( $n = 695$ ,  $Mean = 19.75$ ,  $SD = 2.25$ ) at a large Canadian University, racially diverse, with the majority being female (75.8%), and living at home with parents. Structural Equation Modelling analysis revealed that income had no statistically significant direct, indirect or total effects on subjective well-being via parental warmth. These findings suggest that income does not strongly influence subjective well-being through parental warmth, suggesting that other factors may play a more prominent role in shaping well-being during emerging adulthood. This study highlights the need for a shift in focus of financial factors influencing subjective well-being, emphasizing the potentially reduced role of household income compared to other factors like personal income, financial security and student debt. The findings emphasize the role of cultural norms and societal influences on well-being and highlight the need to address economic insecurities to promote future financial stability and holistic well-being in this stage of life.*

**Section:** Developmental Psychology

**Session ID:** 113449 - Printed Poster

### *From Puberty to Menopause: The Missing Links in Mental Health Outcomes for Girls and Women with ADHD*

**Main Presenting Author:** Lowe, Catherine T

**Additional Authors:** McEachnie, Taylor M; Miller, Carlin J; Callahan, L Brandy; Climie, Emma A

*Abstract: Females experience disproportionately poorer mental health relative to males, exacerbated by hormone fluctuations and compounded by attention-deficit/hyperactivity disorder (ADHD). Possibly, expected hormonal shifts during transitional periods (i.e., puberty, pregnancy, post-partum, perimenopause, and menopause) affect mental health symptoms, resulting in worsened mental health in girls and women with ADHD. This scoping review assessed mental health at major life transitions related to hormone fluctuations in females with ADHD. 2,098 studies were identified, with 136 meeting criteria for full-text review. A total of 32 studies were included for analysis. Associations between worsened mental health for girls and women with ADHD are distinctly disparate from neurotypical and male ADHD experiences. Still, the literature is limited. Limited studies indicate that hormone transition periods (i.e., pregnancy and postpartum) are related to increased symptom*

severity and adverse mood and mental health in girls and women with ADHD, but no study evaluated peri- or post-menopause. Future research may assess and compare these effects across transitional periods or evaluate how factors (i.e., age of diagnosis, intervention, or symptom manifestation) affect mental health to develop targeted interventions to preserve well-being in girls and women with ADHD.

**Section:** Women and Psychology

**Session ID:** 113632 - Printed Poster

### *Heritage Language Maintenance Strategies in Chinese-English speakers*

**Main Presenting Author:** Pan, Victor

**Additional Authors:** Gottardo, Alexandra ; Wood, Eileen

**Abstract:** Language maintenance refers to efforts made to preserve an existing, first language (L1) generally in an environment where it may be at risk of loss (Hakuta, 1992). Thus, many strategies are utilized by immigrants to maintain their L1. First generation speakers might use their L1 at home, while second generation speakers might enroll in heritage language (HL) classes or use language learning apps. Factors like familial support and community initiatives are also important to the success of L1 maintenance (Fishman, 2012). The current study examined ways in which HL speakers maintain/learn their L1 along with its influence on HL competency. In total, 38 Chinese-English speaking participants completed a survey that measured their levels of language use, motivation, enculturation, acculturation as well as vocabulary knowledge. A one-on-one zoom session was conducted to measure verbal and reading competency in both English and Chinese. Preliminary analyses with 28 participants show group differences for acculturation scores  $F = 14.48$ ,  $p =$

**Section:** Developmental Psychology

**Session ID:** 111792 - Printed Poster

### *Impact of the Positive Discipline in Everyday Parenting Program on the Child-Parent Relationship*

**Main Presenting Author:** Pang, Rachel

**Additional Authors:** Zak, Sarah ; Romano , Elisa

**Abstract:** Despite its prevalence in Canada, punitive parenting is associated with negative outcomes for child development and the child-parent relationship. The Positive Discipline in Everyday Parenting (PDEP) program was designed to mitigate violence against children by teaching parents to problem solve and provide warm, developmentally sensitive discipline. In this study, which is part of a larger quasi-experimental PDEP evaluation, we coded videotaped child-parent interactions of parents who completed PDEP ( $n=16$ ) and wait-listed parents ( $n=10$ ) at pre- and post-program. The participants were primarily female caregivers (88.5%), and the mean age across the 26 parents was 34.9 years ( $SD=5.6$ ). Interactions were scored using the Sensitivity Scale (Ainsworth) and Emotional Availability Scale (EAS; Biringen). An analysis of covariance will determine significant differences between the groups at post-PDEP, accounting for pre-PDEP scores. Preliminary analyses at pre-PDEP revealed interactions between emotionally available and complicated attachment styles, as shown by upper-midrange scores on EAS sensitivity ( $M=24.4$ ) and child responsiveness ( $M=23.9$ ). Caregivers were also found to have moderate sensitivity scores on the Ainsworth Scale ( $M=7.1$ ). This

study's results, using post-PDEP scores, will contribute to a better understanding of PDEP's efficacy in improving the child-parent relationship.

**Section:** Family Psychology

**Session ID:** 112855 - Printed Poster

***Intergenerational Transmission of Maltreatment and the Role of Parental Attachment Style***

**Main Presenting Author:** Michaud, Rosalie

**Additional Authors:** Richard, Catherine ; Cyr, Chantal

**Abstract:** *Intergenerational transmission of maltreatment (ITM) is a well-documented phenomenon (Madigan et al., 2019), but transmission mechanisms remain to be identified. Signs of insecure attachment style (IRS) have been related to parents' childhood trauma and maltreatment towards children (Murphy and al., 2014; Lo and al., 2019). This study investigated whether parental IRS is a mechanism through which ITM occurs. Different forms of child maltreatment were observed. Participants were 68 parents and children ( $M = 32.96$  months,  $S.D. = 17.5$ ) at very high-risk or reported for maltreatment. Parents completed the Childhood Trauma Questionnaire (Bernstein, 1994), the short Relationship Questionnaire (Bartholomew and Horowitz, 1991) and the Parent Child Conflict Tactics Scale (Strauss and al., 1998). Results found transmission of maltreatment between parent's emotional childhood trauma and child psychological maltreatment, and between parent's physical childhood trauma and child physical and psychological maltreatment ( $r_s$  between .24 and .31). IRS was significantly associated with emotional, physical and sexual parent's childhood trauma ( $r_s$  between .28 and .36) and with child physical and psychological maltreatment ( $r = .32$  and  $r = .31$ , respectively). There was no significant indirect effect of IRS. Results will be discussed in light of other potential mechanisms of ITM.*

**Section:** Developmental Psychology

**Session ID:** 111711 - Printed Poster

***Intergenerational transmission of somatization: The role of parental childhood sexual abuse history***

**Main Presenting Author:** Richard, Catherine

**Additional Authors:** Michaud, Rosalie ; Cyr, Chantal

**Abstract:** *Adults who have experienced childhood trauma are at an increased risk of developing mental health problems. Zink et. al (2009) reported that childhood sexual abuse (CSA) is associated with greater levels of somatization in adulthood. Additionally, some studies also indicate that parents who experienced CSA are more likely to have children showing elevated levels of somatization symptoms (Glaus et al., 2022). However, the processes involved in this intergenerational transmission remain poorly understood. The current study examined 68 parents and their children ( $Mage = 32.95$  months,  $S.D = 17.5$ ) receiving services from child protection or community agencies. Parents completed the Childhood Trauma Questionnaire (Bernstein, 1994), the Brief Symptoms Inventory (Derogatis, 1983), and the Child-Behavior-CheckList (Achenbach, 2001). Regressions showed parent-to-child transmission of somatization ( $b = .27$ ) and an indirect effect of parents' somatization through*

parents' self-reported severity of CSA experiences ( $b = .07 [.02 -.14]$ ). These findings highlight the need of continued psychological care for parents with a history of CSA to reduce the intergenerational transmission of psychological symptoms such as somatization.

**Section:** Developmental Psychology

**Session ID:** 112041 - Printed Poster

*Just one more game! The role of family conflict in the association between parental mediation practices and children's video gaming time.*

**Main Presenting Author:** Wang, Doris

**Co-Presenting Author:** Zhang, Jasmine

**Additional Authors:** Browne, Dillon ; Czakó, Andrea; Király, Orsolya; Demetrovic, Zsolt

**Abstract:** *BACKGROUND: Video gaming among youth has been linked to socioemotional difficulties, prompting parents to adopt strategies to manage their children's gaming behaviour (i.e., parental mediation). However, it is unclear which parental mediation strategies are most effective. The present examined the links between three forms of parental mediation and children's video gaming time while considering the role of family conflict. METHOD: Participants were Canadian caregivers ( $N = 1003$ ,  $M_{age} = 42.4 \pm 6.5$  years, 49.7% female) of children aged 5–17 ( $M_{age} = 6.5 \pm 3.9$  years, 43% female). Parents completed the 21-item Media Parenting Scale (Lukavská et al., 2024), which assessed their use of active, restrictive, and overprotective media regulation practices. Caregivers also reported their child's gaming time and family conflict associated with this. RESULTS: Family conflict mediated the relationship between over-protective parental mediation and children's gaming time ( $B = 0.10$ ;  $p < .05$ ). No such effect emerged for models examining active and restrictive mediation strategies. IMPLICATIONS: Family conflict is a key mechanism to consider when evaluating the effectiveness of parental mediation strategies for children's video gaming. Parents should prioritize mediation strategies that support children's autonomy, as overprotective approaches may escalate conflict.*

**Section:** Developmental Psychology

**Session ID:** 113468 - Printed Poster

*Longitudinal Changes in Conceptions of Adulthood Amongst Early Emerging Adults*

**Main Presenting Author:** Saffaran, Pouria

**Additional Authors:** Li, Ruoyan ; Zoga, George ; Fathi, Arian ; Salehi, Paniz ; Goldstein, Abby

**Abstract:** *Emerging adults' conceptions of adulthood function as the yardstick by which successful attainment of maturation goals is determined. Previous studies have found perceptions of adulthood to be variable across age groups. However, there have yet to be studies investigating longitudinal changes in conceptions of adulthood. To address this gap, the current study examined 177 emerging adults' responses to the Conceptions of Adulthood Questionnaire (CAQ) across three time points, from 2017 to 2019. Using McNemar's tests, we analyzed change in endorsement of all 33 CAQ items between time points. Analyses revealed significant changes on 22 items from time 1 to time 2. Overall, items that were unlikely to be achieved by time point 2 were no longer endorsed by this time point.*

However, items related to norm compliance were more likely to be endorsed at time point 2. From time 2 to time 3, significant changes were only observed in the endorsement of four items. Three items exhibited a bounce back effect, with lower endorsement in time 2 compared to time 1, and increasing endorsement again in time 3. In conclusion, these results point to the early flexibility of emerging adults' conceptions of adulthood, as well as stability in later years. Future studies should seek out the causes of such patterns and their predictive validity for other consequential outcomes.

**Section:** Developmental Psychology

**Session ID:** 111955 - Printed Poster

### *Measuring invisible labor: Development and initial validation of a Mental Labor Scale*

**Main Presenting Author:** Ross-Plourde, Mylène

**Additional Authors:** Lachance-Grzela, Mylène ; Mashali, Nina Grace

**Abstract:** Mental labor represents activities that can occur independently from the physical performance of family-related tasks which, given their cognitive and emotional content, remain difficult to measure. Efforts have been made to measure this concept but have been insufficient to include its multiple dimensions. Two studies were conducted with parents of at least one child aged 0–12 years old, the first to develop a Mental Labor Scale, and the second to validate this scale. In Study 1, 33 parents evaluated each of the 71 items created to represent different mental labor tasks by indicating how well it represents mental labor. Results show that most parents considered the items to adequately represent their mental labor. Minor revisions were made to 5 items, according to participants' suggestions, and 1 item was added to the scale. In Study 2, 114 parents completed the revised Mental Labor Scale. Exploratory factor analyses were conducted for item reduction and to test the validity of the scale. The resulting measure comprises 22 items capturing various dimensions of mental labor and shows excellent internal consistency (Cronbach's alpha = .94; McDonald's omega = .95). This measure is the first to be developed based on a rigorous validation process and contributes to the growing research interest on mental labor.

**Section:** Family Psychology

**Session ID:** 111683 - Printed Poster

### *Meta-Analyzing Associations Between Parents' Adverse Experiences and Attachment Security in Children*

**Main Presenting Author:** Bury, Daniel J

**Additional Authors:** Pador , Paolo F.; Nivison, Marissa ; Park, Julianna ; Denault, Audrey-Ann; Madigan, Sheri

**Abstract:** PREVIOUS RESEARCH SHOWS THAT PARENTS' EXPERIENCES OF ADVERSITY CAN AFFECT THEIR CHILDREN, A NOTABLE CONTEXT BEING THE ATTACHMENT RELATIONSHIP BETWEEN PARENT AND CHILD. ALTHOUGH NUMEROUS STUDIES HAVE EXPLORED THIS ASSOCIATION, CONSENSUS ON STRENGTH AND DIRECTION HAS YET TO BE ESTABLISHED. THEREFORE, THE AIM OF THE PRESENT STUDY IS TO INVESTIGATE THIS ASSOCIATION META-ANALYTICALLY. 58 STUDIES WERE DRAWN FROM CASCADE

(MADIGAN, 2020), AN EXISTING META-ANALYTIC CATALOGUE FOR STUDIES OF CHILD ATTACHMENT. SOCIODEMOGRAPHIC (E.G., SES, MINORITY STATUS) AND METHODOLOGICAL (E.G., TYPE OF MEASURE, TIMING OF ADVERSITY) VARIABLES WERE ASSESSED FOR THEIR ROLE AS POTENTIAL MODERATORS. WE FOUND A SIGNIFICANT, NEGATIVE ASSOCIATION BETWEEN PARENTAL HISTORY OF ADVERSITY AND PARENT-CHILD ATTACHMENT SECURITY ( $R = -.10$ , 95% CI [-.13, -.07],  $P < .001$ ). EFFECT SIZES VARIED DEPENDING ON WHETHER ADVERSITY OCCURRED IN CHILDHOOD OR ADULTHOOD. OUR META-ANALYSIS FOUND THAT CHILDREN OF PARENTS WITH MORE LIFETIME ADVERSITY WERE AT GREATER RISK FOR INSECURE ATTACHMENT. FUTURE STUDIES SHOULD INTEGRATE WIDER DEFINITIONS OF ADVERSITY AND ASSESS MORE DIVERSE POPULATIONS, WHILE ACCOUNTING FOR THE TYPE OF MEASURE AND OVERARCHING INFLUENCES OF TIMING. THE PRESENT STUDY HIGHLIGHTS THE POSSIBILITY OF INTERVENING UPON PARENTS WITH A HISTORY OF ADVERSITY AS A METHOD OF DISRUPTING INTERGENERATIONAL RISK TRANSMISSION.

**Section:** Developmental Psychology

**Session ID:** 112487 - Printed Poster

*Parcours délinquant de jeunes contrevenants québécois sous la loupe de la mentalisation : éviter de penser pour se protéger*

**Main Presenting Author:** Machado da Silva, Tamara

**Additional Authors:** Laurier, Catherine ; Terradas, Miguel

Abstract: Jusqu'à 90 % des jeunes contrevenants ont vécu au moins une exposition traumatique au cours de leur vie (Dierkhising et al., 2013), pouvant perturber des processus développementaux essentiels comme la mentalisation, soit la capacité à réfléchir aux états mentaux de soi et d'autrui pour comprendre comportements et émotions. Les processus de mentalisation et les représentations de leur parcours délinquant étant peu étudiés, cette recherche a pour objectif d'explorer les représentations de jeunes contrevenants québécois concernant leur parcours délinquant à l'adolescence en s'appuyant sur la conceptualisation de la mentalisation de Fonagy et Target. Un entretien semi-structuré, inspiré du *\_Life Story Interview\_*, a été réalisé auprès de 10 jeunes contrevenants (*\_Mâge\_* = 17,87 ans; *\_ET\_* = 2,41; 2 filles) pris en charge selon la Loi sur le système de justice pénale pour adolescent. Une analyse phénoménologique interprétative a été effectuée. Elle révèle : (1) une compréhension de leur réalité environnante principalement basée sur des éléments concrets et observables ainsi que (2) des difficultés importantes à mentaliser à propos de leurs émotions, notamment liées à leur souffrance et à leurs expositions traumatiques durant l'enfance. Ces résultats soulignent l'importance d'interventions basées sur la mentalisation pour prévenir la délinquance et sa récidive.

**Section:** Students in Psychology

**Session ID:** 112644 - Printed Poster

*Perceived parenting style and emotion regulation style predict regulatory focus in adults*

**Main Presenting Author:** Abuswer, Ansam

**Additional Authors:** Vo, Tam ; Bowering, Elizabeth; Seguin, Daniel

**Abstract:** *The purpose of the study was to examine the relationship between perceived parenting style (i.e., authoritative, authoritarian, and permissive), emotional regulatory style (i.e., cognitive reappraisal and expressive suppression), and regulatory focus (i.e., motivational orientations of promotion-focus and prevention-focus). A sample of 100 participants ( $M_{age} = 23.7$  years,  $R = 17$  to 41) anonymously completed online the Parental Authority Questionnaire, Emotion Regulation Questionnaire, and Regulatory Focus Questionnaire. Pearson correlations indicated that the cognitive reappraisal scores were positively correlated with the permissive parenting scores ( $p < .05$ ) and promotion-focus scores ( $p < .05$ ). However, expressive suppression scores were positively correlated with the authoritarian parenting scores ( $p < .05$ ) and negatively correlated with promotion-focus scores ( $p < .01$ ). A multiple regression model accounted for 25% of the variance in promotion-focus scores ( $p < .001$ ), but was not significant for prevention-focus scores. Specifically, promotion-focus increased with decreased expressive suppression ( $p < .001$ ), increased cognitive reappraisal ( $p < .002$ ), and decreased permissive parenting scores ( $p < .01$ ). These findings suggest a complex interplay between the variables of interest, and may have implications for functioning during early adulthood.*

**Section:** Developmental Psychology

**Session ID:** 113973 - Printed Poster

### *Personal and Social Characteristic as Predictors of First-Year Students' Transition to University*

**Main Presenting Author:** Mitchell, John B

**Co-Presenting Author:** Pearce, Emily L

**Abstract:** *This study investigated personal characteristics (Five Factor personality traits, academic resilience, and academic engagement) and sense of school belongingness as predictors of first-year students transition to university, all factors known to impact the success of the transition to university. This study also included students' previous experience with school transitions by including the number of different elementary and high schools participants had attended as a factor. Although these factors impact the transition to university, how they interact with each other has not been explored. The sample consisted of 81 female and two non-binary-identifying students at a university in London, Ontario. Data was collected using an online survey. Students' sense of belongingness, academic resilience and engagement were positively and significantly correlated with a successful transition, whereas the personality trait of neuroticism had a significant negative relationship with a student's success in adjusting to higher education. Multiple regression analyses found that the combination of low neuroticism, academic resilience, sense of school belongingness, and number of schools previously attended produced the model that best predicted a successful transition to university.*

**Section:** Educational and School Psychology

**Session ID:** 112170 - Printed Poster

### *Retrieval-Induced Forgetting in Kindergartners: A Case for Interference*

**Main Presenting Author:** Briere, Jennifer L.

**Additional Author:** Marche, Tammy A.

**Abstract:** Repeated retrieval of some information ( $Rp+$ ) induces forgetting of related, un-retrieved information ( $Rp-$ ), which is an effect termed retrieval-induced forgetting (RIF). RIF is interpreted through interference (I)/competition (C) or inhibitory (INH) based theories often with studies that evaluate INH based principle in adults. Limited research involves children whose immature memory systems should be incapable of INH driven RIF. We evaluated INH in RIF among Kindergartners (Ks) in 2 experiments. In Exp. 1 ( $n=31$ ), 2 tasks examined cue independence (RIF persists in the absence of cues used during practice), I/C dependence (INH resolves I/C between the cue and  $Rp-$  items during practice), and strength-independence (RIF is not due to  $Rp+$  strengthening/ $Rp-$  weakening trade-off). Exp. 2 ( $n=40$ ) assessed retrieval-specificity (retrieval attempts are necessary to create the I/C responsible for triggering INH), output I independence (RIF persists when output I is controlled), and repeated tests of strength- and cue-independence. There was no support for strength-independence or I/C dependence. Retrieval-specificity held by finding RIF with retrieval-practice and not re-study. Importantly, RIF was eliminated with novel cues (Exp. 1) and cue-free recognition tests (Exp. 2). The cue-dependent nature of Ks RIF provides strong evidence against an INH account and favours C-based explanations.

**Section:** Developmental Psychology

**Session ID:** 113355 - Printed Poster

### *Stability of Adult ADHD: The Role of Trait Emotional intelligence Across 15-Years*

**Main Presenting Author:** Henning, Colin T

**Additional Authors:** Summerfeldt, Laura J; Parker, James D. A.

**Abstract:** Research has found ADHD symptoms to be moderately stable across adulthood, however investigations of the factors affecting this stability in adults has been limited. Our study examined relationships among trait emotional intelligence (TEI) and the stability of ADHD symptoms (i.e., inattention [IN] and hyperactivity-impulsivity [HI]) across a 15-year period – from emerging adulthood (ages 18 to 25) to early middle adulthood. University students ( $N=3688$ ) were initially assessed for ADHD symptoms using the Conners' Adult ADHD Rating Scale (CAARS) and TEI using the Emotional Quotient Inventory – Short Form (EQ-i:S). Fifteen years later, a subsample of participants was re-assessed using the same measures. Results showed TEI, and its four subdomains, were modestly associated with a decrease in ADHD symptoms across the 15-year period, with some gender differences in these associations. Additionally, individuals in a high TEI group showed decreasing ADHD symptoms over time, while individuals in a low TEI group showed increasing ADHD symptoms over time. Findings suggest lower TEI is associated with more severe ADHD symptoms and an increasing ADHD symptom trajectory across adulthood.

**Section:** Clinical Psychology

**Session ID:** 113246 - Printed Poster

### *The Cultural Generalizability of Emotional Intelligence: A Study of Canadian and Kazakh Children*

**Main Presenting Author:** Autalipova, Yelnura N.

**Additional Authors:** Van Rens, Samantha M.; Wills, Jordan D.; Parker, D. A. James

**Abstract:** The concept of emotional intelligence (EI) continues to attract interest from researchers working in various fields. However, as culture can influence the experience and expression of emotions, it is unclear whether the EI construct differs across cultures. The present study examined the generalizability of the youth version of a widely used self-report measure of Trait EI (EQi:YV-Short) in Canadian and Kazakh children. Families in Kazakhstan offer a useful comparison to Canada, since this Asian culture traditionally emphasizes social interdependence- a very different emotion socialization context from the emphasis on independence in Canadian families. A sample of 200 children (92 boys and 108 girls) between the ages of 9 and 11 from Kazakhstan were compared to a second sample of Canadian children ( $n = 200$ ) collected in several small to moderate communities in central and eastern Ontario. Canadian respondents who identified themselves as “white/Caucasian” were randomly matched with the Kazakh sample based on age and gender. For the intrapersonal scale, Kazakh children scored higher than Canadian children, while the opposite pattern was found for the interpersonal and stress management scales, as well as for total EI. There was no cultural difference for the adaptability scale. Results are discussed in the context of possible cultural differences in Kazakh and Canadian children.

**Section:** Social and Personality Psychology

**Session ID:** 113255 - Printed Poster

### *The High School Misfit's Guide to Academic Confidence in College (or Lack Thereof).*

**Main Presenting Author:** De Filippo Gallay, Daniella

**Abstract:** THE PRESSURES OF ADOLESCENCE ARE COMPLEX. MANY FEEL MISUNDERSTOOD, PARTICULARLY WHEN ENCOURAGED TO PRIORITIZE GETTING INTO A GOOD UNIVERSITY OVER EXPRESSING THEIR THOUGHTS, FEELINGS, AND INTENTIONS. HOWEVER, WHAT IMPACT DOES THIS SENSE OF MISUNDERSTANDING HAVE ON THEIR FUTURE? THE CURRENT STUDY EXAMINED THE RELATIONSHIP BETWEEN FEELING MISUNDERSTOOD IN HIGH SCHOOL AND ACADEMIC SELF-CONSCIOUSNESS IN POST-SECONDARY EDUCATION. THE STUDY INCLUDED 175 PARTICIPANTS, PREDOMINANTLY MEN (75%), AGED 21 TO 65 ( $M = 32$ ,  $SD = 6.67$ ). PARTICIPANTS COMPLETED A SELF-ASSESSMENT SURVEY IN WHICH DEMOGRAPHIC INFORMATION AND RESPONSES TO A TWO-PART QUESTIONNAIRE, EACH WITH SIX ITEMS. THE FIRST SCALE WAS DESIGNED BASED ON THE CONCEPTUAL DEFINITION OF FEELINGS MISUNDERSTOOD. THE SECOND SCALE WAS ADAPTED FROM THE ACADEMIC SELF-CONCEPT SCALE (ASCS) TO MEASURE ACADEMIC SELF-CONSCIOUSNESS. THE PILOT STUDY DEMONSTRATED STRONG INTERNAL CONSISTENCY FOR BOTH SCALES, WITH CRONBACHS ALPHA VALUES OF 0.777 FOR THE FEELINGS OF BEING MISUNDERSTOOD SCALE AND 0.778 FOR THE ACADEMIC SELF-CONSCIOUSNESS SCALE. THE ANALYSIS SHOWED THAT STUDENTS WHO FELT MISUNDERSTOOD IN HIGH SCHOOL WERE MORE LIKELY TO FEEL SELF-CONSCIOUS ABOUT THEIR ACADEMICS IN COLLEGE OR UNIVERSITY ( $P < .001$ ). THIS STUDY HIGHLIGHTS THE IMPORTANCE OF CREATING SUPPORTIVE ENVIRONMENTS PRIORITIZING HEALTHIER ACADEMIC AND PERSONAL DEVELOPMENT EXPECTATIONS.

**Section:** Educational and School Psychology

**Session ID:** 112363 - Printed Poster

## *The impact of external stressors on empathic responses in school-aged children with varying degrees of attention: Mediating role of heart rate variability*

**Main Presenting Author:** Tashakori, Shakiba

**Additional Author:** Schmidt, Louis

**Abstract:** *Empathy is essential for social connections. Children with higher empathy tend to have healthier long-term relationships than children with lower empathy. Impaired empathy and social difficulties occur in children with attention deficit hyperactivity disorder, yet little is known about empathy in typically developing children with varying levels of attention when under stress in different contexts. In the present study, we addressed how external stressors (e.g., focused attention while problem-solving) impacted empathic responses in 100 (45% boys) school aged children (aged 6–10 years), with varying attention levels in unfamiliar and familiar contexts. Self-report, autonomic activity (HRV), as well as attention and empathic responses were recorded during a puzzle task, where a RA (unfamiliar) and parent (familiar) feigned an injury. The analysis revealed that children who scored higher on the EmQue prosocial actions subscale were more likely to respond to a RA in pain while focused on the puzzle ( $p = 0.002$ ,  $R^2 = 0.11$ ). However, the relation was moderated by age (interaction term:  $p = 0.013$ ), indicating that the effect of prosocial actions scores on empathy was stronger in younger individuals. Understanding how children's empathic responses vary in different contexts is a first step to understanding how to manage issues that may arise from attention deficits in young children.*

**Section:** Developmental Psychology

**Session ID:** 111797 - Printed Poster

## *The Impact of Perceived Negative Teacher Attitudes on Openness Personality Traits in Adulthood*

**Main Presenting Author:** Tang, Julia Tzu Hsuan

**Abstract:** *Background. Literature has shown that negative teacher attitudes can impact a student's development. This study was interested in how perceived negative teacher attitudes during childhood (ages 7–13) relate to openness personality traits in adulthood. Methods. A cross-sectional survey using Qualtrics was conducted with 173 participants aged 24–63. Participants were asked 6 questions to assess perceived negative teacher attitudes during elementary school years, and 6 questions regarding their current openness personality trait. Data were analyzed using Pearson's correlation. Results. The analysis showed a significant positive correlation between perceived negative teacher attitudes and openness in adulthood ( $r = .26$ ,  $p < .001$ ). Conclusions. Contrary to the hypothesis, increased perceived negative teacher attitudes in elementary school years were linked to higher openness in adulthood. This suggests that negative teacher experiences may contribute to the development of adaptive traits, such as openness. Impact. These findings highlight the complexity of teacher-student dynamics, suggesting that negative early experiences may foster greater open-mindedness in adulthood. Further research is needed to explore contributing factors, and educators should reflect on the potential long-term impacts of their attitudes on students' personality development.*

**Section:** Educational and School Psychology

**Session ID:** 112119 - Printed Poster

## *The Long-Term Impact of Childhood Emotional Support from Friends on Social Anxiety*

**Main Presenting Author:** Song, Peiheng

**Abstract:** *Friends play a crucial role in child development, often serving as a primary source of emotional support. While friends support is widely perceived as beneficial, its long-term impact on mental health remains unclear. This study investigates whether emotional support from friends in childhood can protect against social anxiety in adulthood. Participants were 155 adults (89 females, 64 males, Mage = 39.63, SDage = 12.94). They completed the Friends Emotional Support Questionnaire (FESQ) and the Kutter Generalized Social Anxiety Disorder Scale (K-GSADS). The FESQ assessed emotional support from received from friends during childhood, while the K-GSADS measured the avoidance behaviors aspect of social anxiety in adulthood. Pearson correlation analysis revealed emotional support from friends in childhood was not related to social anxiety in adulthood ( $r=-0.009, p> 0.91$ ). This result suggests that children who receive emotional support from friends are still at risk of developing social anxiety later in life, highlighting the limitations of friends support, and encouraging a broader focus on factors that foster long-term mental wellness in children.*

**Section:** Developmental Psychology

**Session ID:** 112204 - Printed Poster

## *The Protective Effect of Believing Positive Emotions are Good in Older Adulthood*

**Main Presenting Author:** Smith, Ava Grace

**Additional Authors:** Curtain, Cayden R; Barlow , Meaghan A.

**Abstract:** *BACKGROUND: Previous research has found that the belief that 'positive emotions are good' is important to well-being, but there is limited literature examining their role in response to daily variations in perceived control, or across the adult lifespan. METHODS: The present research sought to examine the impact of the belief that 'positive emotions are good' on the association between daily control levels and positive and negative affect across the adult lifespan. To do so, we used data from a daily diary study (14 days) conducted with an adult lifespan community sample [N = 138, aged = 19-92]. Individuals emotion beliefs were assessed in the baseline survey, and perceived control and affect were assessed in the daily surveys. RESULTS: To address our objectives, we estimated multilevel models (days nested within people). The results revealed that on days in which older adults perceive lower levels of control over their lives, believing that positive emotions are good protected them from decreases in positive affect and increases in negative affect. CONCLUSIONS: In sum, this study demonstrates the protective impact of beliefs that positive emotions are good on days when people's perceived control is limited. IMPACT: This research informs theoretical and empirical work on emotion and aging and paves the way for the development of emotion belief interventions for older adults.*

**Section:** Aging & Geropsychology

**Session ID:** 113617 - Printed Poster

## *The Role of Gendered Traits in Self-Control Development During Adolescence*

**Main Presenting Author:** Yasiniyan, Sepideh

**Additional Authors:** Bosacki, Sandra ; Talwar, Victoria

**Abstract:** *Differences in self-control become more pronounced during adolescence as individuals navigate gendered social expectations (Jo and Bouffard, 2014). Research shows girls generally exhibit higher self-control than boys (Turner and Piquero, 2002). However, studies often use binary gender concepts, overlooking the role of gendered traits in self-control. This longitudinal study analyzed predictors of self-control using linear mixed-effects modeling with 287 adolescents across three time points ( $M_1 = 12.74$ ,  $SD = 1.00$ ;  $M_2 = 13.46$ ,  $SD = 0.90$ ;  $M_3 = 14.24$ ,  $SD = 0.87$ ). Measures included the Gender Role Inventory and the Brief Self-Control Scale (Tangney et al., 2004). Fixed-effects analysis revealed that femininity was positively associated with self-control ( $\beta = 0.23$ ,  $SE = 0.06$ ,  $p < .001$ ), suggesting higher levels of femininity exhibited greater self-control. Masculinity was negatively associated with self-control ( $\beta = -0.24$ ,  $SE = 0.07$ ,  $p = .001$ ), indicating higher levels of masculinity linked to lower self-control. Neutral traits did not significantly predict self-control ( $\beta = -0.09$ ,  $SE = 0.09$ ,  $p = .30$ ). Self-control remained stable over time ( $\beta = -0.05$ ,  $SE = 0.03$ ,  $p = .133$ ). Findings underscore role of gendered traits in shaping self-control, females' self-control is more socially influenced than males. This suggests the need for gender-sensitive Social Emotional Learning programs in adolescence.*

**Section:** Developmental Psychology  
**Session ID:** 113249 - Printed Poster

*Two-year trajectories of differential parenting and psychopathology in sibling pairs during COVID-19*

**Main Presenting Author:** Sloss, Imogen Moira

**Additional Authors:** Wade, Mark ; Prime, Heather; Browne, T Dillon

**Abstract:** *Child mental health problems have increased during the COVID-19 pandemic compared to pre-pandemic estimates. However, less is known about longer-term mental health trajectories, and how differential parenting (i.e. child favouritism) is associated with these trajectories. Therefore, the current study explored parenting as a predictor of parent-reported child mental health problems (anger, anxiety, depressive symptoms, and sleep problems). Data came from a longitudinal study that followed 549 caregivers and two of their children (aged 5-19) across seven waves (May 2020 to September 2022). Three-level multilevel models investigated mental health trajectories, and the variance in outcomes attributed to family differences, sibling differences, and change. Significant proportions of variance in mental health were attributed to these three levels. On average, mental health improved, although children displayed heightened distress in September 2021 and January 2022. Poorer family average parenting was associated with higher mental health problems for both siblings. Disfavoured siblings had greater mental health problems at baseline, and the highest anxiety across time points. Both shared and non-shared family processes play a role in child mental health during periods of stress, emphasizing the importance of considering parenting and mental health across layers of family organization.*

**Section:** Family Psychology  
**Session ID:** 112385 - Printed Poster

## *Unlocking Access: Facilitators and Barriers to Recommending Triple P Online for Baby in Prince Edward Island*

**Main Presenting Author:** Nolan, Alyssa G

**Additional Authors:** Gallant, Austin ; Lank, Patrick; Smith, Philip

**Abstract:** Parenting interventions are critical tools for enhancing parenting skills and promoting positive child development. Triple P Online for Baby (TPOB) is an evidence-based, online program designed to enhance parenting skills and promote healthy infant development. Limited previous research has explored factors influencing health practitioners recommendations of TPOB, particularly in rural communities. To address this gap, this qualitative study examined health practitioners experiences recommending TPOB in Prince Edward Island (PEI). Participants ( $n=8$ ) engaged in semi-structured interviews (virtually via Zoom). Reflexive thematic analysis identified five themes: practical considerations (e.g., cost, accessibility), delivery format (online vs. in-person), social support, cultural sensitivity, and program awareness. Findings suggest free access to TPOB removes financial barriers, but online delivery may limit use for families lacking reliable internet or preferring in-person formats. Practitioners valued TPOBs evidence-based approach, but also identified gaps in cultural sensitivity and public awareness. These results emphasize the need for flexible delivery methods, cultural competence, and targeted outreach to support integration of TPOB into PEIs healthcare system. Future research can refine these strategies to improve accessibility and program uptake

**Section:** Developmental Psychology

**Session ID:** 112752 - Printed Poster

## *Unresolved Loss during Childhood and Psychological Intimate Partner Violence: The Mediating Role of Anxiety*

**Main Presenting Author:** Myre, Gabrielle

**Additional Authors:** Dubois-Comtois, Karine ; St-Laurent, Diane; Tarabulsy, George; Bernier, Annie; Cyr, Chantal

**Abstract:** Loss of an attachment figure and abuse in childhood, if not attended to and fully processed, can result in psychological distress in adulthood and an unresolved attachment state of mind (Main and Hesse, 1990). We hypothesize that traumatic experiences during childhood may trigger altered relationship behaviors during adulthood, such as intimate partner violence (IPV), through symptoms of anxiety. This study examines the associations between unresolved loss in childhood, symptoms of anxiety, and psychological IPV. The sample comprised 56 parents reported for child maltreatment, of which 11 were also reported for IPV. Parents were administered the *Adult Attachment Interview* (George et al., 1985) to assess unresolved loss and abuse. They also completed the *SCL-90-revised* (Derogatis, 1994) and the *Conflict Tactics Scale* (Straus and al., 1996) to assess anxiety symptoms and psychological IPV, respectively. Results show a significant indirect effect of unresolved loss on psychological IPV through anxiety, which mediates the association between unresolved loss and psychological IPV ( $\beta = 2.25$ ; CI [0.2455, 5.7310], total model:  $R^2 = .19$ ,  $p = .003$ ). The direct effect and indirect effects of unresolved abuse on psychological IPV were non-significant. These results underscore the roles of unresolved loss and anxiety in IPV among parents reported for child maltreatment.

**Section:** Developmental Psychology  
**Session ID:** 112229 - Printed Poster

## Virtual Poster

### *Active Participation in Interparental Conflict During Adolescence Positively Correlated with Emotional Regulation in Adulthood*

**Main Presenting Author:** Davis, Aya P

**Abstract:** *BACKGROUND:* This study addresses a gap in understanding how active participation in interparental conflict (IPC) during adolescence shapes emotional regulation abilities in adulthood. Prior research focused on the risks of IPC but overlooked the potential developmental benefits of constructive child engagement. *METHOD:* A survey study was developed on Qualtics and distributed to 169 participants ( $M$  age = 31.92) recruited from Amazon Mechanical Turk. The survey items for emotional regulation were revised from the Difficulties in Emotion Regulation Scale (Gratz and Roemer 2004) ( $\alpha = 0.706$ ), and a novel scale for active IPC participation was developed and validated for reliability ( $\alpha = 0.783$ ). *RESULTS:* A statistically significant, moderate positive correlation ( $r = 0.589$ ,  $p < 0.001$ ) was found between active IPC participation during adolescence and emotional regulation in adulthood. Higher engagement with IPC correlated with better emotional regulation abilities, suggesting that constructive participation fosters emotional growth. *CONCLUSIONS:* Findings suggest that active participation in IPC during adolescence may enhance emotional regulation abilities in adulthood. *ACTION/IMPACT:* The findings inform parenting strategies to foster emotional regulation by encouraging constructive conflict participation and promoting resilience and adaptive coping in children from high-conflict families.

**Section:** Developmental Psychology  
**Session ID:** 112950 - Virtual Poster

### *Adolescent Sexual Identity Exploration and Adult Self-Compassion: Investigating the Relationship Between Early Identity Development and Psychology Well-Being*

**Main Presenting Author:** Zoga, George

**Abstract:** Adolescent sexual identity exploration is a critical developmental process that may influence psychological well-being into adulthood. While self-compassion is associated with positive mental health outcomes, little research has explored how early sexual identity exploration impacts adult self-compassion. This study examined the relationship between sexual identity exploration during adolescence (ages 11-17) and self-compassion in adulthood using a quantitative, correlational design. A sample of 60 adults completed self-report measures on retrospective sexual identity exploration and current levels of self-compassion. Pearson's correlation analysis revealed a modest but significant positive relationship ( $r = 0.290$ ,  $p = 0.025$ ), suggesting that individuals who engaged in higher levels of sexual identity exploration during adolescence reported greater self-compassion in adulthood. These findings suggest that sexual identity exploration may foster self-awareness and resilience, contributing to self-compassion. The study underscores the importance of inclusive environments that support sexual identity exploration during adolescence and recommends interventions to enhance self-compassion as a protective factor for LGBTQ+ mental health.

**Section:** Developmental Psychology

**Session ID:** 113797 - Virtual Poster

### *Approach and Avoidance Coping Strategies as mediators between Social Development Goals and Loneliness in Late Adolescence*

**Main Presenting Author:** Moffitt, Regan C

**Additional Authors:** Yasiniyan, Sepideh ; Talwar, Victoria; Bosacki, Sandra

**Abstract:** *Social Development Goals reflect motivation to build relationships (Ryan and Shim, 2006), while peer relationships reduce loneliness (Woodhouse et al., 2012). Adolescence introduces social stressors whose impact depends on coping strategies (Shin and Ryan, 2012), with gender differences noted in coping (Causey and Dubow, 1992). This study examined how Approach and Avoidance Coping mediate the relationship between Social Development Goals and Loneliness among 193 adolescents aged 15–18 (51.6% girls, 46.8% boys, 1% other). The direct effect of Social Development on Loneliness was non-significant ( $\beta = -0.06, p = .30$ ). Indirect effects showed Approach Coping reduced loneliness ( $\beta = -0.06, 95\% \text{ CI } [-0.15, -0.03]$ ), while Avoidance Coping increased it ( $\beta = 0.08, 95\% \text{ CI } [0.03, 0.14]$ ). Among females, social development goals reduced loneliness via approach coping strategies ( $\beta = -0.08, 95\% \text{ CI } [-0.15, -0.03]$ ) but increased it via avoidance coping strategies ( $\beta = 0.07, 95\% \text{ CI } [0.03, 0.14]$ ). For males, social development goal was not significantly associated with approach coping strategies ( $\beta = -0.04, 95\% \text{ CI } [-0.12, 0.01]$ ) but increased loneliness through avoidance coping ( $\beta = 0.08, 95\% \text{ CI } [0.03, 0.14]$ ). Indices of moderated mediation were non-significant. Therefore, how adolescents cope with social stressors is associated with loneliness rather than their social goals alone.*

**Section:** Developmental Psychology

**Session ID:** 113029 - Virtual Poster

### *Childhood Sibling Pranks and Their Association with Anxiety in Adulthood*

**Main Presenting Author:** He, Feiyang

**Abstract:** *BACKGROUND/RATIONALE: Sibling interactions can significantly influence mental health. This study explores whether negative emotional responses to sibling pranks in childhood are linked to higher anxiety levels in adulthood, providing insights into family dynamics and their long-term impacts. METHODS: Data were collected from 58 adults (ages 24-72,  $M = 34.00, SD = 9.70$ ). Participants completed a survey measuring negative emotional responses to sibling pranks experienced during childhood (ages 6-12) and current anxiety levels. Independent and dependent variables were assessed through Likert-scale questions, and data were analyzed using Pearson correlation. RESULTS: Analysis revealed a significant positive correlation ( $r = 0.471, p < 0.01$ ) between stronger negative emotional responses to childhood sibling pranks and higher anxiety levels in adulthood. Results support the hypothesis that negative early-life sibling experiences contribute to adult anxiety. CONCLUSIONS: This study highlights the potential impact of sibling interactions on lifelong mental health. Negative emotional responses to sibling pranks may act as a stressor that fosters anxiety in later life. ACTION/IMPACT: Findings emphasize the need for family-based interventions promoting healthier sibling relationships during childhood, potentially reducing mental health risks in adulthood.*

**Section:** Developmental Psychology

**Session ID:** 113799 - Virtual Poster

### *Navigating the Digital Divide: Exploring the Impact of Social Media on Mental Health and Well-Being During the Transition from High School to University*

**Main Presenting Author:** Fishback, Kaylee A

**Additional Author:** Jaber, Lindsey S

*Abstract: Adolescence is a crucial stage for developing good social connections and emotional habits within a supportive environment that promotes well-being. Although online connection provides opportunities for adolescents to socialize, it can also negatively impact their mental health. It is relatively unknown how social media use and mental health simultaneously affect adolescents' transition from high school to university. By gathering and analyzing the experiences of adolescents transitioning directly from high school to university regarding their social media use and mental health and well-being, the present study addressed how social media use has impacted adolescents' mental health and well-being during their transition to university. Semi-structured interviews were conducted with first- and second-year university students and the data were analyzed using reflexive thematic analysis. While some participants noted that social media was a distraction and hindered their well-being during the transition from high school to university, others indicated that social media use was instrumental in their transition to university and allowed them to foster connections. Strategies to enhance evidence-based recommendations for students, educators, parents, and mental health practitioners seeking guidance on managing social media use and mental health among university students are discussed.*

**Section:** Educational and School Psychology

**Session ID:** 112379 - Virtual Poster

### *The Moderating Effects of Self-Compassion and Gender on Social Anxiety and Social Demonstration-Avoidance Goals in Young Adolescents*

**Main Presenting Author:** Perkins, Sydney P

**Additional Authors:** Yasiniyan, Sepideh ; Talwar, Victoria; Bosacki, Sandra

*Abstract: Early adolescence is a period of significant social change, during which many individuals set social demonstration-avoidance goals to avoid appearing socially incompetent, a behavior linked to increased social anxiety (Csikszentmihalyi and Larson, 1984; Ryan and Shim, 2012). This study examined whether self-compassion buffers the relationship between these goals and social anxiety. A sample of 207 participants aged 10–14, consisting of 54.1% girls, 44.0% boys, and 2.0% identifying as non-binary or preferring not to disclose their gender, completed the Social Achievement Goals Questionnaire (demonstration-avoidance subscale), the Self-Compassion Scale–Youth Version, and the Social Anxiety Scale. A moderation analysis revealed a significant overall model,  $F(5, 201) = 20.74, p < .001$ , explaining 34.03% of the variance in social anxiety ( $R^2 = .34$ ). At lower levels of self-compassion, social demonstration avoidance was associated with increased social anxiety for both males ( $b = 0.45, p < .001$ ) and females ( $b = 0.33, p < .001$ ). With higher self-compassion, this association weakened, becoming non-significant for females ( $b = 0.11, p = .160$ ) but remaining significant for males ( $b = 0.22, p = .001$ ), indicating that self-compassion is protective but less*

effective for males. Therefore, self-compassion training in classrooms could help prevent social anxiety and promote prosocial relations.

**Section:** Developmental Psychology

**Session ID:** 112272 - Virtual Poster

## Section Featured Speaker Address

*Ageism as a Canadian Issue*

**Main Presenting Author:** Walsh, Susan

**Abstract:** *Ageism is a problem in Canada. The Advocate will address ways to minimize the damage done by it in society.*

**Section:** Psychologists and Retirement

**Session ID:** 113576 - Section Featured Speaker Address

## Snapshot

*Embodying Physical Activity and Positive Body Image: A Cross-Sectional Study*

**Main Presenting Author:** Dagenais, Matthieu

**Additional Authors:** Sullivan, Philip ; Klentrou, Panagiota; Locke, Sean; Gammage, Kimberley

**Abstract:** *Positive body image (PBI) is a multidimensional construct, including love and acceptance of the body. Research related to understanding ways to increase PBI including physical activity (PA) has predominately focused on young women, often excluding adults 65+ years. Based on the Embodiment Model of PBI (Menzel and Levine, 2011) and Developmental Theory of Embodiment (Piran, 2017), this study tested a model examining whether PA is indirectly related to PBI (functionality appreciation, body appreciation, and authentic body pride) through embodiment in a sample of men and women 18-86 years of age. Participants ( $n = 2065$ , 50% men) completed demographic information and measures of PBI and PA online. Using structural equation modelling, significant indirect effects of embodying physical activity on body ( $b = .09$ ,  $p < .05$ ) and functionality ( $b = .07$ ,  $p < .01$ ) appreciation through embodiment with good model fit ( $CFIs > .99$ ,  $RMSEAs < .038$ ). Findings supported Piran's Developmental Theory of Embodiment. Creating environments to promote embodying experiences could be useful to promote PBI in diverse samples. Research investigating mechanisms underlying improvements in PBI (e.g., through embodiment) must be more inclusive, particularly for men and adults 65+ years to bring equity to the field.*

**Section:** Sport and Exercise Psychology

**Session ID:** 113282 - Snapshot

*Examining Interparental Conflict, Parent-Child Conflict, and Child Emotion Regulation Within the Family Check-Up: A Randomized Controlled Trial*

**Main Presenting Author:** Abela, Katrina R.

**Additional Authors:** Gonzalez, Andrea R.; Andrews, Krysta R.; Bennett, R. Teresa

**Abstract:** *BACKGROUND/RATIONALE:* Emotion regulation (ER) is crucial for children's well-being and influenced by family dynamics like interparental (IC) and parent-child conflict (PCC). Poor ER is linked to behavioural issues, including internalizing (e.g., anxiety, depression) and externalizing (e.g., aggression, defiance) behaviours during childhood. This study aimed to evaluate the Family Check-Up (FCU) intervention's effect on child ER and its role in moderating IC and PCC. *METHODS:* A randomized controlled trial was conducted with 155 children (aged 2-5) and their caregivers in Ontario. Families were randomized to FCU or Community Control groups and assessed at baseline and 12 months post-intervention. ER was measured using the Locked Box task. Structural equation modelling analyzed the data. *RESULTS:* The FCU reduced maladaptive ER strategies in children at 12 months compared to controls and moderated the impact of IC and PCC on child ER, particularly benefiting families with high conflict. *CONCLUSIONS:* The FCU improved ER outcomes by reducing maladaptive strategies and mitigating the negative effects of family conflict. *ACTION/IMPACT:* Findings support using the FCU intervention in families exposed to adverse childhood experiences (ACEs) and at risk of developing emotion dysregulation, promoting children's emotional development and reducing long-term behavioural risks.

**Section:** Family Psychology

**Session ID:** 110132 - Snapshot

### *Experiences of solitude before and after COVID-19: An examination of time alone, motivations for solitude, and well-being in adolescents*

**Main Presenting Author:** McVarnock, Alicia

**Additional Author:** Coplan, Robert J

**Abstract:** "Too much" time alone can be risky for adolescents (Coplan et al., 2019). The COVID-19 global pandemic resulted in temporary lockdowns and social distancing in Canada and across the world. Still, researchers have yet to examine the potential long-term impacts of COVID-19 on adolescents' solitude experiences. Accordingly, the primary aim of this study was to investigate cohort effects in experiences of solitude pre- and post-pandemic among Canadian adolescents. Participants were 1798 adolescents ( $M_{age}=16.16$ ,  $SD=.52$ , age range=15-18, 68% female) attending high school in Ontario, Canada. The sample was comprised of four cohorts, with data collection taking place Sep-Jun, interrupted by the COVID-19 pandemic: Cohort 1  $n=404$ , 2017-18; Cohort 2  $n=395$ , 2018-19; Cohort 3  $n=365$ , 2022-23; and Cohort 4  $n=634$ , 2023-24. Results showed that time spent alone, solitude motivations (shyness and affinity for solitude), and negative affect increased after the pandemic. Results from regression analyses also revealed that before and after the pandemic, time alone and shyness predicted negative adjustment, whereas affinity for solitude predicted positive adjustment. Findings highlight (1) the potential long-term consequences of COVID-19 on adolescents' experiences of solitude and (2) the importance of examining how often and why adolescents spend time alone when understanding well-being.

**Section:** Developmental Psychology

**Session ID:** 111934 - Snapshot

## *Shy Like Me: Associations between Coaches' Shyness and Perceptions Towards Shy and Exuberant Children on Team Sports*

**Main Presenting Author:** DeGroot, Megan N

**Additional Author:** Coplan, Robert J

*Abstract: Team sports can provide numerous benefits to shy children. Coaches have a large role to play in the manifestation of these benefits. The aim of the current study was to examine the associations between coaches' shyness and their perceptions of shy and verbally exuberant children in a team sports context. Participants were N = 465 adults (379 males, 86 females) aged 18 to 78 years (Mage = 43.48 years, SD = 9.96) with experience coaching youth sports teams. Participants responded to a series of questions about hypothetical vignettes depicting shy and exuberant children in a team sports context. Hierarchical regression results indicated that coaches' shyness was significantly associated across both vignettes with worry ( $F(1, 406) = 5.40, p = .021$ ), greater anticipation that these children would experience peer difficulties ( $F(1, 401) = 4.39, p = .037$ ), and lower efficacy for working with these children ( $F(1, 405) = 6.12, p = .014$ ). These findings suggest that shyness among coaches may present as higher threat perception and lower confidence in the context of child behavioral management. As a result, children with behavioral difficulties may not reap all the benefits that team sports participation can provide. This highlights the potential impact of coaches' personality traits on the outcomes for shy and verbally exuberant team members and the need for support for shy coaches.*

**Section:** Developmental Psychology

**Session ID:** 112906 - Snapshot

## *Understanding the Intergenerational Narratives of Chinese Immigrant Families*

**Main Presenting Author:** Shi, Lisa

*Abstract: BACKGROUND: Intergenerational narratives are stories of personal experiences that parents share with their children. These stories are critical to teaching values, building relationships, and helping children understand themselves. Despite its significance, there is little research on their formation and meaning for Chinese immigrant families, hence the present study. METHODS: Eight semi-structured interviews are conducted with four first-generation Chinese immigrant parents and four second-generation adult children. Interviews are analyzed using a reflexive thematic analysis to gather key themes. Data collection is ongoing and will be completed in January 2025. RESULTS: Preliminary analyses suggest that discussions about parental experiences are sparse for adult children. Parents tend to share advice based on their personal experiences rather than the details of such experiences. Nonetheless, adult children form critical insights through these conversations. CONCLUSIONS: Intergenerational narratives are important for Chinese immigrants' understanding of themselves. The meaning of such narratives may be inferred rather than shared directly. IMPACT: This study is the first to study intergenerational narratives among Chinese Canadian immigrant families. It further sheds light on how Chinese immigrant families function and inform mental health support for this population.*

**Section:** Asian Psychology

**Session ID:** 113886 - Snapshot

## Standard Workshop

### *Engaging the Disengaged: 5 Alliance-Building Strategies for Young Adults Struggling to Achieve Independence*

**Main Presenting Author:** Kivilaslu, Trisha M.

**Co-Presenting Author:** Paterson, Randy

*Abstract: Clinicians increasingly see young adults struggling to achieve self-direction and independence - a population often referred to by the terms "failure to launch," "hikikomori," or "NEET" (Not in Education, Employment, or Training). The challenges these clients face, if left unaddressed, can have significant impacts on their own mental health, their families, and society as a whole. Psychotherapy can be an effective intervention to support these individuals in building the skills and habits essential for healthy adult functioning, but it requires engagement with the clinician and a commitment to the process. Difficulties establishing a productive work alliance, tolerating the challenges of change, and sustaining motivation over time can all prove to be significant barriers - as can continued attendance at therapy sessions. This presentation outlines some of the challenges in therapy working with clients struggling to achieve independence and offers five tips to enhance the alliance and improve retention. These include de-triangulation from the demands and expectations of parents, focusing on proximal rather than distant therapeutic goals, working well within the clients zone of tolerable discomfort, emphasizing and normalizing uncomfortable emotions during change, and conducting intersession follow-up. Clinical examples and vignettes of each are provided.*

**Section:** Clinical Psychology

**Session ID:** 112052 - Standard Workshop

### *From Thrills to Skills: Using a developmental lens to promote evidence-based emotion regulation skills among children, adolescence, and emerging adults*

**Main Presenting Author:** Rawana, Jennine

**Co-Presenting Author:** Harris-Lane, Laura

**Additional Authors:** Onorato, Paolina ; Lee, Kate; Bakken, Kaja

*Abstract: Children and youth face mental health (anxiety) and well-being (happiness) challenges, which have worsened after the COVID-19 pandemic. Compounding these challenges, young people experience unhealthy relationships (e.g., bullying) and social media content, and as a result experience feelings of loneliness and trauma. A common thread across these challenges is poor emotional coping and regulation (ER; difficulty managing negative emotions). These poor ER skills are often related to insufficient teaching and modelling of appropriate ER, as well as broader challenges in emotional development (negative stressors). To strengthen and support the ER of young people, this workshop will present a novel theoretical developmental framework that describes empirically based emotion regulation skills that can be fostered among young people. We will share research findings on the first known study to simultaneously test salient components of this framework, namely three major models of ER (processes, abilities, and interpersonal) using ecological momentary assessment in order to elucidate (a) the ways in which youth use ER on a daily basis, and, in turn, (b) identify how daily ER is associated with key outcomes salient to children and youth, namely well-being and mental health. Participants will apply workshop knowledge to case scenarios and key child and youth stakeholders (eg. policy).*

**Section:** Developmental Psychology  
**Session ID:** 113453 - Standard Workshop

## Symposium

### *Experiences of Solitude in Adolescence and Young Adulthood: Personalities, Places, and Perceptions*

**Moderator(s):** Coplan, Robert J

**Abstract:** Adolescence and young adulthood are unique and important development periods for considering the implications of solitude for well-being. For example, social isolation can promote loneliness and other serious mental health problems. However, in adolescence and young adulthood, solitude also emerges as a context for positive development, as a respite from social pressures, as well as offering opportunities for self-exploration, privacy, and restoration. Yet, experiences of solitude remain underexplored at this age. To address this gap, the first presentation in this symposium examines underlying conceptual mechanisms linking the personality trait of introversion, aspects of solitude (e.g., motivations for solitude, time alone) and indices of well-being in a sample of adolescents. The second presentation considers the complex interplay between social contexts (alone vs. others) and environmental contexts (indoors vs. in nature) in the prediction of solitude experiences among young adults. The final presentation explores age differences in beliefs about solitude between adolescents and emerging adults, using a measure of explicit attitudes, thematic analysis, and natural language processing. Taken together, this symposium explores a range of factors that may contribute towards the costs vs. benefits of spending time alone in adolescence and young adulthood.

**Section:** Developmental Psychology  
**Session ID:** 111769 - Symposium

### *The nature of solitude: An examination of softly fascinating environments in (social) context*

**Main Presenting Author:** McVarnock, Alicia

**Additional Authors:** Stone, Anna T; Coplan, Robert

**Abstract:** *BACKGROUND:* According to Attention Restoration Theory (ART), natural environments are restorative due to nature's ability to engage soft fascination (i.e., providing opportunities for self-reflection in the presence of fascinating stimuli). However, social context may also play a role. This study used hypothetical vignettes to examine the effects of environmental context (indoors vs. nature), social context (alone vs. with others), and motivations (affinity for solitude, nature relatedness) on soft fascination and well-being (high/low arousal positive/negative affect). *METHODS:* Participants were N=480 young adults (75% female) aged 18-28 years ( $M=19.72$ ,  $SD=1.98$ ). *RESULTS:* Between-subjects factorial ANCOVAs revealed that emerging adults perceived increased soft fascination when alone (but not with others) in nature. Compared to being indoors, being in nature alone was also associated with increased positive affect (high and low arousal) and reduced low arousal negative affect, whereas being in nature with others was associated with increased high arousal negative affect. *CONCLUSION:* Findings provide support for ART and speak to the social vs. solitary circumstances under which engaging with nature may enhance well-being in young adults. *ACTION:* Interventions targeted toward creating safe and accessible natural spaces for emerging adults to spend time alone may be worthwhile.

**Section:** Developmental Psychology

**Session ID:** 111895 - Paper within a symposium

*The Risks of Being a Wallflower: Exploring Links between Introversion, Aspects of Solitude, and Indices of Well-Being in Adolescence*

**Main Presenting Author:** Stone, Anna T

**Additional Authors:** Degroot, Megan ; McVarnock, Alicia; Cheng, Tiffany; Coplan, Robert

**Abstract:** *BACKGROUND: Introversion is robustly associated poorer well-being (although this relation remains underexplored in adolescence). However, the mechanisms that underpin this association remain unclear. The current study examined relations between introversion, aspects of solitude, and indices of well-being. METHODS: Participants were  $N = 1036$  adolescents ( $M = 16.19$  years,  $SD = 0.58$ ; 67% girls), who completed self-report measures assessing introversion, time alone, negative thinking while alone, motivations for solitude (shyness, affinity for solitude), and indices of well-being (i.e., loneliness, positive/negative affect, general well-being). RESULTS: Overall, introversion was linearly associated with poorer functioning across all indices of well-being. Results from a series of hierarchical regressions indicated that, after controlling for aspects of solitude, introversion: (1) remained significantly and negatively associated with well-being and positive affect; (2) was no longer significantly related to loneliness; and (3) was significantly and negatively related to negative affect. CONCLUSION: Introversion largely retains its negative associations with aspects of well-being in adolescence even after controlling for aspects of solitude. ACTION: Future research should continue to attempt to uncover why introversion impacts such risks.*

**Section:** Developmental Psychology

**Session ID:** 111892 - Paper within a symposium

*Using Natural Language Processing with Traditional Methods to Evaluate Developmental Differences in Attitudes Towards Solitude*

**Main Presenting Author:** Cheng, Tiffany

**Additional Authors:** Stone, Anna T; Coplan, Robert

**Abstract:** *BACKGROUND: Sentiment analysis from Natural Language Processing (NLP) quantifies emotional qualities of words and, although seldom tested empirically, may be an index of internal processes. The present study employed sentiment analysis to assess developmental differences in attitudes towards solitude. METHODS: Participants were  $N = 1,224$  adolescents ( $n = 367$ ,  $M_{age} = 16.13$ ,  $SD = 0.54$ ) and young adults ( $n = 857$ ,  $M_{age} = 19.75$  years,  $SD = 2.28$ ). Participants completed a measure of explicit attitudes towards solitude and provided descriptions of a hypothetical individual who ‘enjoys and values solitude’. Text responses were coded using qualitative content analysis yielding themes of Introvert, Ambivert, Neutral, Positive, and Negative. Lexicon-based sentiment analysis characterized responses in terms of emotional valence, arousal, and dominance. RESULTS: Across all three methodologies, young adults reported more positive views toward solitude than adolescents. Results also indicated complex inter-associations among methodological approaches. For example, whereas valence clearly differentiated attitudes along the positive-negative dimension, arousal appeared to reflect the strength of participants’ convictions. CONCLUSION: Attitudes toward solitude become more positive in emerging adulthood. IMPACT: Results inform the future use of NLP techniques as indices of internal processes.*

**Section:** Developmental Psychology

**Session ID:** 111896 - Paper within a symposium

*Harnessing the power of person-centered analyses and family-wide perspectives to understand the impacts of digital media use on child and youth well-being*

**Moderator(s):** Zhang, Jasmine

Abstract: Rapid technological innovation has made digital media use integral to daily life. Although screen-based devices (e.g., computers, smartphones, tablets, and televisions) can enhance children and youth's social, academic, and recreational activities, there are strong concerns that leading media-saturated lives is a root cause of developmental delays and declining well-being in young people. However, research findings in this area are highly inconsistent. Attempts to reconcile discrepant results have been hindered by vague screen time estimates, which do not capture the multifaceted and individualized nature of media use. Moreover, there is growing recognition that technology has drastically shifted the caregiving landscape, necessitating studies of how family factors such as parental device use interact with developmental processes and outcomes. This symposium integrates three studies that illustrate nuances in the links between children's well-being and digital media use. Presentations will illustrate the benefits of person-centered methods in understanding individual differences in media use. This will be combined with findings on caregivers' media use to inform a family-wide lens on development in the digital age. The discussant will reflect on how these findings can help create media use guidelines that cater to the unique needs of every child and family.

**Section:** Developmental Psychology

**Session ID:** 112588 - Symposium

*Parent technofeference and child internalizing and externalizing problems: A systematic review and meta-analysis*

**Main Presenting Author:** Eirich, Rachel

**Additional Authors:** Marsh, Abby ; Madigan, Sheri

Abstract: **BACKGROUND:** Technofeference, the interruptions to face-to-face parent-child interactions caused by digital device use, is a contextual aspect of the family media ecology that may negatively impact child mental health. This meta-analysis synthesizes existing research to quantify the link between parent technofeference and child mental health. **METHODS:** A systematic search of relevant databases (e.g., PsycINFO, MEDLINE, Embase) was conducted to identify relevant studies. Studies were included if they measured technofeference and externalizing/internalizing symptoms in children, were observational or experimental, in English, and reported data that could be transformed into an effect size. Of 3,558 non-duplicate articles screened, 11 met the inclusion criteria ( $N = 6,602$ ). Data were extracted and pooled using a random-effects model. **RESULTS:** Preliminary analyses revealed significant positive associations between parent technofeference and child internalizing ( $r = 0.26$ ,  $p$

**Section:** Developmental Psychology

**Session ID:** 112893 - Paper within a symposium

*Profiles of digital media use in Canadian youth: Associations with well-being and health behaviours*

**Main Presenting Author:** Zhang, Jasmine

**Additional Authors:** Sloss, Imogen ; Pearson, Allison ; Browne, Dillon

**Abstract:** *BACKGROUND: In recent years, digital media use has been deemed a key contributor to youth's well-being. Yet, empirical studies in this area show inconsistent findings, likely because most studies disregard the multifaceted nature of screen-based activities and the presence of individual differences in media use patterns. This, in turn, overlooks potential differential associations with well-being outcomes.* **METHODS:** The present study examines data from the 2023 Youth Impact Survey ( $N = 1867$ ). Youth aged 9–18 (50% female) reported their use of various devices (i.e., computers, cell phones, video game consoles, and televisions), mental health symptoms (i.e., low mood, irritability, and anxiety), and health behaviours associated with well-being (i.e., sleep, exercise, and time spent outdoors). Latent profile analysis will be used to extract patterns of media use, and groups will be compared on sociodemographic characteristics. **RESULTS:** It is expected that some profiles will exhibit uniform levels (high or low) of media use, whereas others will show variations across device types. Further, group membership will be evaluated as a predictor of well-being and health behaviours. **IMPLICATIONS:** The results will support multidimensional conceptualizations of digital media use and the implementation of corresponding strategies to support youth's well-being in online environments.

**Section:** Developmental Psychology

**Session ID:** 112891 - Paper within a symposium

*Prospective associations between parental screen use profiles and child executive functions*

**Main Presenting Author:** Fitzpatrick, Caroline

**Additional Authors:** Binet, Marie-Andrée ; Cristini, Emma ; Leroux-Maurais, Daphnée; Garon-Carrier, Gabrielle

**Abstract:** *BACKGROUND: Parental media use has consequences for child development. However, few studies have examined how different parent screen use behaviours simultaneously contribute to children's neurocognitive outcomes, particularly executive function (EF) skills.* **METHOD:** The participants were 315 parents of preschoolers in Canada. When children were aged 3.5 years, parents reported their own screen use behaviours and media parenting practices (i.e., screen time, cellphone use, digital emotion regulation, and management strategies). Children completed EF assessment tasks two years later. **RESULTS:** Latent class analysis showed three groups of parents: 1) Moderate screen users (21%), who had the lowest levels of parent screen use; 2) High parent monitoring (49%), who had intermediate levels of parent screen use and the highest levels of parental restrictive management; and 3) Intensive screen users (30%), who had the most parent screen use. In multiple regression models, children of Intensive and High monitoring parents scored lower on cognitive flexibility than children of Moderate parents ( $\beta = -.23, p = .024$  and  $\beta = -.25, p = .010$ , respectively).

**CONCLUSIONS:** Parental screen use plays an important role in children's EF skills. **IMPACT:** Interventions for supporting childrens EF skills should consider the influence of technology on caregivers and parent-child relationships.

**Section:** Developmental Psychology

**Session ID:** 112892 - Paper within a symposium

## *How Youth Communicate with Peers: Exploring the Associations between Youth Characteristics and Engagement Strategies Across Varying Communicative Contexts*

**Moderator(s):** Nilsen, Elizabeth

**Abstract:** *BACKGROUND: Effective communication is essential for forming and maintaining social relationships. This ability is especially important during late school-age/adolescence when peer relationships play a pivotal role for well-being. Addressing shifts in youths' communicative landscape, this symposium explores how youth navigate diverse contexts. Research aims include assessing how socio-cognitive skills have differential benefit based on youth characteristics (Study 1), the role of temperament and communicative strategies as youth meet (Study 2), and adolescent communicative behaviour while videogaming (Study 3). METHODS: Studies use complimentary methodology: dyadic behavioural observation, task-based analysis, simulated videogame chat, and self/parent reports. RESULTS: Stronger mentalizing relates to better social knowledge, but this depends on temperament (Study 1). Affiliative language supports social engagement for shy youth (Study 2). Modality of game communication affects adolescents' perceptions of players (Study 3). CONCLUSIONS: Together this work identifies key individual and contextual characteristics that relate to how youth engage with others across varying communicative environments. ACTIONS: Findings have implications for developing strategies to support youths' engagement with peers, a pressing area as youth increasingly report feelings of social disconnection.*

**Section:** Developmental Psychology

**Session ID:** 112958 - Symposium

*Adolescent Communication during Videogames: The Role of Game Features and Associations with Peer Relationships*

**Main Presenting Author:** Gallant, Kristen

**Additional Authors:** Esa, Moneka ; Nilsen, Elizabeth

**Abstract:** *As online interactions become more common for youth, the platforms they use are investigated as unique social contexts (Angelini et al., 2022). Despite the high rates of gaming in adolescence (Alanko, 2023), little is known about how the features of video games affect youths' communicative behaviour or how online behaviour relates to offline peer relationships. In this study, adolescents aged 15 – 19 ( $N = 85$ ) engaged in an immersive video game task wherein they received mildly provocative messages from teammates or opponents and responded verbally or via text. Participants also provided ratings of the message sender. Game communication varied widely from aggressive (e.g., “You're trash”) to prosocial (e.g., “Thanks Man”). Participants who were not prompted to consider other players' perspective were more likely to perceive teammates' vocal messages as meaner and more serious ( $p$ 's*

**Section:** Developmental Psychology

**Session ID:** 113544 - Paper within a symposium

*Knowing What to Say: The Differential Role of Mentalizing for Youth*

**Main Presenting Author:** Aitken, Charlotte

**Additional Authors:** Ledezma, Barbara ; Nilsen, Elizabeth

**Abstract:** *The ability to consider the mental states of others shows continued development throughout adolescence (Dumontheil et al., 2010) and has been associated with youths' friendship attainment (Gazelle et al., 2023). While mentalizing generally confers social benefit, it may be the case that for socially vulnerable youth, enhanced attention toward others' mental states may be less beneficial. Examining the interplay between temperament and mentalizing, youth ( $N = 94$ ) ages 10-12 ( $M_{age} = 11.6$  years, 47% girls) completed self-report (RFQ-Y) and task-based (TASIT-S) mentalizing measures. Youth completed task-based (CASL-2) and self-report (KIMC) indicators of social functioning and shyness (CSQ). Parents completed a composite of youth temperament (adapted from EATQ-R). There was a positive main effect of mentalizing for both social judgment and peer support. Hierarchical regressions yielded an interaction between youths' temperamental shyness and their mentalizing, such that at low levels of shyness, youth with stronger reported mentalizing demonstrated better social judgement, while at high levels of shyness, there was no association. Thus, when children have high levels of temperamental shyness, better mentalizing may not provide the same benefit as it does for children with low levels of shyness. Results underscore the importance of tailoring social supports to youths' temperament.*

**Section:** Developmental Psychology

**Session ID:** 113533 - Paper within a symposium

*The Role of Shyness and Affiliative Language in Supporting Communication and Social Engagement Among Unfamiliar Peers*

**Main Presenting Author:** English, Sarah

**Additional Authors:** Sosa-Hernandez, Linda ; Poole, Kristi; Henderson, Heather

**Abstract:** *Peer relationships are crucial for children's development (Hartup, 1996). In middle childhood, children increasingly rely on verbal communication (vs. play) to connect. Specifically, affiliative language – which conveys interest and warmth – may help foster social connections (Leaper and Smith, 2004). However, some children face social challenges. Shy children, for example, often struggle due to heightened sensitivity to social threats (Asendorpf, 1990). Here, we examined how shyness and affiliative language influence social engagement with unfamiliar peers. Children aged 9-12 ( $N = 186$ ; 93 dyads;  $M_{age} = 10.72$ ) participated in a 5-minute "get to know you" interaction with a same-age, same-sex unfamiliar peer (Usher et al., 2018). Shyness was measured via child- and parent-reports (Crozier, 1995; Ellis and Rothbart, 2001), and trained coders rated social engagement. Conversation transcripts were analyzed for word count and affiliative language (Pennebaker et al., 2015). Shyness was negatively associated with word count but positively associated with affiliative language ( $p$ 's*

**Section:** Developmental Psychology

**Session ID:** 113537 - Paper within a symposium

# THEME: HUMAN RIGHTS AND SOCIAL JUSTICE

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

## 12-Minute Talk

*"It made me question my worth": Examining intersectional experiences of weight stigma in Canada*

**Main Presenting Author:** Nutter, Sarah

**Co-Presenting Authors:** Esterhuizen, Rochelle; McSweeney, Tara

**Additional Authors:** Waugh, Rachel ; Biney, Lawrence; Chen, Cici

Abstract: While weight stigma has been identified as a social justice issue, there is a lack of research examining the intersectional experience of weight stigma. This research examined weight stigma among a diverse sample of individuals in Canada via an anonymous online qualitative survey administered across Canada. Enhanced Critical Incident Technique was used to elicit information on one previous experience with weight stigma. Participants also reported the contexts in which they have experienced weight stigma across the lifespan and the perceived impacts of these experiences on health as well as their perceptions of how self-identities influenced experiences with weight stigma. Data was gathered from 507 participants, with representation across gender, race, sexuality, disability, and socioeconomic status. Experiences with weight stigma were organized thematically by the nature of the experience (i.e., negative comments, dismissal, exclusion, dehumanization). Participants primary perceived weight stigma as impacting their mental health, but also recognized physical health consequences. Subtle but important differences emerged between demographic groups. This research elucidates trends in the intersectional impact of weight stigma in Canada. Further research is needed to better identify policy and practice options to reduce weight stigma across demographic groups. Angela S Alberga, Department of Health, Kinesiology, and Applied Physiology, Concordia University ; Mary Forhan, Department of Occupational Science and Occupational Therapy, University of Toronto; Sara FL Kirk, School of Health and Human Performance, Dalhousie University; Taniya S Nagpal, Faculty of Kinesiology, Sport, and Recreation, University of Alberta; Ian Patton, Obesity Canada; Ximena Ramos Salas, Bias180; Shelly Russell-Mayhew, Werklund School of Education, University of Calgary; Jacob Shelley, Faculty of Law, Western University

**Section:** Counselling Psychology

**Session ID:** 112017 - 12-Minute Talk

*A Scoping Review of Professional Activities of School Psychologists to Promote Social Justice*

**Main Presenting Author:** King, Colin B

**Co-Presenting Authors:** Beatty, Annie; Ibrahim, Israa

Abstract: Social justice continues to be promoted as both an essential process and goal in the work of school psychologists. Within school psychologists complex, nuanced roles, professionals may wonder how social justice relates to their consultation, assessment, and intervention practices. This study

sought to identify and summarize professional and practice recommendations within the role and scope of school psychologists in North America that can promote social justice for students and schools. Using a scoping review methodology, the study identified 720 possible articles across three databases (ERIC; PsychINFO; Education) that explicitly identified social justice in the work of school and educational psychologists. From a final sample of 77 articles, five prominent themes were identified. This included practice recommendations related to 1) Professional development and training, 2) Graduate training in school psychology, 3) Educational leadership and policy, 4) School policies and processes, and 5) Student-focused activities in school psychology. These themes will be discussed with an explicit focus on recommendations to advance social justice practices in school psychology that align with evidence-based and evidence-informed research.

**Section:** Educational and School Psychology

**Session ID:** 111789 - 12-Minute Talk

### *Bridging the gap on sexual assault prevention: An exploration of Kenyan women's sexual assault experiences.*

**Main Presenting Author:** Owaga, Laureen

*Abstract: Research in North America has established that women's understanding of sexual assault informs their responses to assault. These responses could also be barriers to effective resistance to sexual assault (Nurius et al, 2000; Cunningham, 2020). To compare patterns across geographical and cultural contexts and inform the adaptation of the EAAA TM sexual assault resistance program in a new context, this study conducted 18 semi-structured online interviews with 18 Kenyan women. The women discussed their sexual assault experiences, and their responses were analyzed using interpretative phenomenological analysis. Consistent with North American studies, the study found that Kenyan women assumed that strangers were more likely to assault them, and they held unrealistic optimism. However, the women understood sexual assault as synonymous with rape while other nonconsensual sexual activities were not, trivializing and normalizing these acts. These findings reflect the need to understand local definitions and contextualize meanings of sexual assault across cultures when adapting sexual assault interventions across contexts. The study concludes that local conceptualizations of sexual assault are key to understanding individual sense-making of sexual assault experiences, responses and coping strategies. The study informs part two of the project on adapting EAAA TM for Kenya.*

**Section:** Women and Psychology

**Session ID:** 113624 - 12-Minute Talk

### *Canadians' Understanding of the Not Criminally Responsible on Account of Mental Disorder Defence*

**Main Presenting Author:** Melnyk, Laura

**Additional Author:** Hobin, Grace

*Abstract: Background. The Not Criminally Responsible on Account of Mental Disorder (NCRMD) defence may be used to challenge criminal responsibility in cases in which mental disorder prevented an accused person from appreciating the nature of their criminal act or omission at the time it was committed. In the United States, research has established widespread misconceptions and negative*

*attitudes about the comparable Not Guilty by Reason of Insanity defence, but little is known about Canadians' understanding of the NCRMD defence. Methods. We examined Canadians' perceptions and attitudes regarding the NCRMD defence and the relationship between these perceptions and attitudes with mock juror decision-making. Jury-eligible Canadians ( $n = 238$ ) were surveyed regarding the NCRMD defence and acted as mock jurors for a fabricated case. Results. Participants demonstrated widespread misconceptions and negative attitudes about the NCRMD defence. Negative attitudes towards the NCRMD defence predicted a decreased likelihood of mock jurors finding an accused NCRMD. Action. The findings underscore the need for improving public understanding about the NCRMD defence.*

**Section:** Criminal Justice Psychology

**Session ID:** 113480 - 12-Minute Talk

### *Celebratory Theater: An Art-Based and Trauma-Informed Intervention to Promote Social Inclusion and Acceptance of Immigrants and Refugees*

**Main Presenting Author:** Li, Jie

**Additional Authors:** Costigan, Catherine L; Kandil, Yasmine; Eze, Elvis

**Abstract:** *BACKGROUND. Celebratory Theater (CT) is an arts-based and trauma-informed intervention aimed to promote social inclusion and acceptance for racialized immigrants and refugees to Canada. Grounded in social cohesion and inter-group contact theories, this study reports the impact of CT performances of The Salty Scent of Home on audience attitudes and understanding of newcomers. METHOD. CT transforms newcomers' stories from workshops into a theatrical performance, highlighting themes of hope, strength, and resilience. To evaluate its impact, quantitative data (pre- and post-show) and 15 qualitative interviews were collected from 156 audience members across four shows. RESULTS. CT made a positive shift in audience member's perception of newcomers. Paired t-test results reveal significantly higher empathy towards individuals of different racial and ethnic backgrounds and reduced zero-sum beliefs after the performance. Qualitative interviews revealed that the performance fostered empathy and encouraged reflections on both prejudices faced by newcomers and their resilience among audience members. CONCLUSIONS. The findings highlight the potential of CT as an impactful tool for fostering social inclusion and reshaping perceptions of newcomers. IMPACT. Arts-based and trauma-informed interventions can be used to foster inclusion and acceptance through inter-group engagement.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 112925 - 12-Minute Talk

### *Cognitive Interviews with People of Colour Past Applicants on a Survey Measuring Systematic Barriers in Getting into Professional Psychology Training Programs*

**Main Presenting Author:** Tze, Virginia

**Additional Authors:** Adeniji, Rosheedat ; Dorantes Moguel, Maika; Li, Johnson

**Abstract:** *Despite the advocacy momentum, professional psychology workforce still lacks diversity. One of the bottlenecks is the recruitment of ethnocultural diverse graduate students into the graduate*

*training programs. Nine people of colour (POC) past applicants who shared a common experience—being rejected for admission at least once—to professional psychology training programs were invited to comment on a measure to assess the severity of systematic barriers in admission and during undergraduate training. While most items were reported as clear, our preliminary results also indicated rewording some items are needed. For instance, they expressed questions inquiring about their identities (e.g., how easy/hard do you find it be as a self-identified POC student to receive mentorship from a psychology faculty member?) could inadvertently draw an invalid connection between rejection and POC identities. They also shared the difficulty in participating in research activities was due to a lack of available opportunities, which was unrelated to their POC status according to their experiences. Comparisons of original and revised surveys will be presented alongside comments shared by POC participants. This study further informs our understanding of what POC participants perceive are important to be included and worded when assessing barriers to get into professional psychology training.*

**Section:** Educational and School Psychology

**Session ID:** 112520 - 12-Minute Talk

### *Exploring (positive) body image experiences in young adult South Asian women living in Canada*

**Main Presenting Author:** Dhillon, Taranjot K

**Additional Author:** GAMMAGE, KIMBERLEY L

*Abstract: Most body image interventions are designed to reduce/prevent negative body image and often implicitly designed for White women. Given South Asian women's vulnerability to negative body image, these interventions address neither South Asian women's body image concerns (e.g., colourism) nor positive body image. These interventions lack the consideration of South Asian culture and its impact on body image. As part of a larger action research project rooted in feminist theory and intersectionality that will develop, design, and test a positive body image program for South Asian women, the purpose of this study was to understand body image experiences of South Asian women. South Asian women ( $n = 22$ ), age 20 to 30 years, took part in individual interviews. Preliminary findings (data analysis via reflexive thematic analysis is underway) highlight key themes: misconceptions of positive body image, negotiating the South Asian identity in the West and its impact on body image, the influence of relationships and spaces on body image, and the need for a positive body image program. Findings will inform of potential knowledge gaps about body image and provide insight into the nuances of navigating in South Asian and Western cultures and its impact on body image experiences in young South Asian women to help develop a positive body image program.*

**Section:** Women and Psychology

**Session ID:** 112135 - 12-Minute Talk

### *Exploring gender euphoria: Considerations for practice*

**Main Presenting Author:** Lefebvre, Danielle C

**Additional Authors:** Barbeau, Kheana ; Russell-Mayhew, Shelly

*Abstract: Much of the existing research and discourses on the experiences of transgender and gender diverse (TGD) individuals focus on deficits and pathology, including and especially in the field of*

psychology. While it is important to acknowledge challenges and provide support, it is also critical to consider and emphasize more hopeful counter-stories and narratives, particularly when working with TGD populations. Gender euphoria, or the joy, comfort, or peace of living in alignment with one's gender, is one such alternative and can encompass a variety of experiences. These experiences can include self-expression, community and relationships, and connection to cultural and historical conceptualizations of gender. Drawing upon the findings of a narrative inquiry with three TGD people of colour and their experiences of gender euphoria, recommendations will be provided for practitioners who work with TGD clients. Recommendations will focus on providing gender affirming mental health support and supporting in the exploration of gender euphoria for TGD clients. These findings add to a growing body of literature on gender euphoria, and illuminate an important direction for affirming practice. Given the role of psychology in creating and maintaining discourses of pathology for the TGD community, it is important that we instead work towards a role of support and empowerment of TGD clients.

**Section:** Counselling Psychology

**Session ID:** 113133 - 12-Minute Talk

*Inescapable bodies: Understanding how puberty shapes delayed coming out in trans-youth*

**Main Presenting Author:** Graham, MA, Kirsten M.J.

**Co-Presenting Authors:** Renko, MA, Teija ; Toews, MA, Julia B.

**Additional Author:** Wong, PsyD, Wallace

**Abstract:** \* **BACKGROUND/RATIONALE:** While some transgender youth show early signs of being gender variant, others do not exhibit indication of gender-related concerns until later adolescence. Without early indications, some parents may question the authenticity of their child's gender identity. This paper explored the reasons and rationale behind transgender youths delayed coming out. \*

**METHODS:** Thematic analysis was conducted on gender health assessment reports for youth between the ages of 12 and 19 (2014 to 2024). \* **RESULTS:** Coming out as transgender is a staged developmental process: 1) Feeling Different, 2) Intensification of Gender Awareness, and 3) Coming Out. How and when a youth moves through these stages is shaped by contextual factors. This paper highlights youths experience of puberty as part of the Intensification of Gender Awareness stage. \*

**CONCLUSIONS:** The development of secondary sex characteristics is a significant reminder of the misalignment between youths bodies and their gender. Sex characteristics are a constant internal reminder and external signal that their body's gendered characteristics are inescapable. \*

**ACTION/IMPACT:** As their body changes, the youth experience social responses that remind them they are in a gendered body. Youth may adopt various coping strategies, some of which appear counterintuitive, such as performing hyper-masculinity or femininity.

**Section:** Clinical Psychology

**Session ID:** 112547 - 12-Minute Talk

*Making Space for Inclusion: Insights from Affinity & Allyship Group Facilitators*

**Main Presenting Author:** Atay, Elaine J

**Additional Authors:** Keough, Jordan ; McArthur, Brae Anne; Protzner, Andrea; Murry, Adam; Exner-Cortens, Deinera

**Abstract:** *BACKGROUND: Affinity and allyship groups are an avenue for universities to advance equity, diversity, and inclusion by fostering connection through dialogue on shared experiences and identities (affinity) and skill development to support others (allyship). Understanding facilitator experiences can inform the implementation of these groups. METHOD: We evaluated affinity and allyship group offerings in a psychology department by interviewing group facilitators post-intervention about successes, surprises, and challenges they experienced. Responses were analyzed using content analysis. RESULTS: Affinity group facilitators found success in participants' bonding and increased self-expression and were surprised by participants' shared experiences despite diversity, but struggled to balance deeper discussion with session time constraints. Allyship group facilitators valued their increased self-efficacy and seeing participants evolve, were surprised by overcoming personal biases, but had challenges in managing group conflict. Both groups also struggled with navigating faculty-student power dynamics. CONCLUSIONS/RECOMMENDATIONS: Informing facilitators about the personal growth and development they will likely experience is important for effective implementation. Facilitator training should address managing interpersonal conflicts and power dynamics.*

**Section:** Teaching of Psychology

**Session ID:** 112943 - 12-Minute Talk

### *Reducing Ageism and Developing Age-Based Equity through Intergenerational Connectivity*

**Main Presenting Author:** Russell, Elizabeth

**Additional Author:** Wells, Tabytha

**Abstract:** *Background: Ageism against older adults is pervasive and harmful, creating an urgent need to understand how perceptions of older people can be improved, and universities could play an important role in reducing ageism. Methods: We created an intergenerational Psychology of Aging undergraduate course, which saw 13 people aged 65+ (classroom volunteers) integrated within all weekly lectures (alongside 60 students, all under age 30). Classroom volunteers and students, together, listened to and engaged with lecture content and connected informally. Following course completion, we conducted 33 individual interviews (13 with classroom volunteers; 20 with students), assessing how ageism was impacted, analyzed through an Iterative Collaborative Qualitative Analysis. Results: The intergenerational classroom (1) reduced ageism among both age groups, (2) facilitated perspectives of age-based equity across both groups, and (3) instilled a sense of hope for the future among classroom volunteers. Conclusions: An intergenerational psychology course is a useful tool in developing age-based equity and reducing ageism among people of all ages. Impact: Utilizing pre-existing scenarios such as university classrooms may be an efficient, effective way to reduce ageism across large numbers of people. Future research will explore the outcomes of intergenerational connections in community contexts.*

**Section:** Aging & Geropsychology

**Session ID:** 113162 - 12-Minute Talk

### *School Psychologists' Training, Competence, and Needs when Working with Indigenous Students in Nova Scotia: Implications for Training and Practice*

**Main Presenting Author:** King, Sara

**Additional Authors:** Leighton, Lindsay N; Ritchie, Krista C; McGonnell, Melissa; Doe, Christine; Barker, Conor; Yorke-Philip, Natasha

**Abstract:** *BACKGROUND: Indigenous students in Canada often underachieve academically, graduate at lower rates, and are disproportionately placed on IEPs compared to their non-Indigenous peers, despite efforts to meet their needs in a culturally responsive way. Many school psychologists report that they do not have the necessary competence to work effectively with Indigenous students, meaning that they might not receive adequate support.* **METHOD:** Forty-nine school psychologists completed a survey about their training, current knowledge, and knowledge needed to practice effectively with Indigenous students across six areas of cross-cultural competency. **RESULTS:** Friedman tests indicated that school psychologists felt that their graduate training did not adequately prepare them and that their level of current knowledge was not sufficient to practice effectively with Indigenous students and communities ( $p_s < .001$ ). The majority of respondents noted the importance of being knowledgeable about Indigenous students' backgrounds and culture. **CONCLUSION:** School psychologists in Nova Scotia do not feel adequately prepared to practice effectively with Indigenous students but are open to learning. **ACTION:** School psychology training must evolve to align with the TRC Calls to Action and the CPA accreditation standards, with a focus on transformative education and culturally responsive practices.

**Section:** Educational and School Psychology

**Session ID:** 113655 - 12-Minute Talk

### *Shame and coping at the intersection of racism, sexism, and Islamophobia: The case of Muslim women in Canada*

**Main Presenting Author:** Zare, Manzar

**Additional Author:** Williams, Monnica

**Abstract:** Muslim women in Canada navigate layered identities, confronting discrimination on multiple fronts—gender, race, and religion. This study sheds light on the interplay of racism, sexism, and Islamophobia shaping the lives of Muslim women in Canada while exploring the association between shame, discrimination, and racial trauma within this population. It further examines the coping mechanisms employed by Muslim women to address these challenges and the ways such strategies may interact with shame and racial trauma. A total of 91 Muslim women (ages 18–40) living in Canada responded to an online questionnaire measuring experiences of discrimination, shame, racial trauma, and coping styles. Unfair treatment by strangers emerged as the most prevalent form of discrimination, with 71.5% of participants reporting experiencing it 'at least sometimes.' Higher levels of ethnic and gender discrimination were significantly associated with increased racial trauma symptoms, with shame and avoidance coping mediating this relationship. These findings contribute to the academic understanding of the psychological and sociocultural factors affecting Muslim women, emphasizing the need for mental health interventions that target shame and avoidance coping to enhance resilience and empower this vulnerable demographic.

**Section:** Traumatic Stress

**Session ID:** 113773 - 12-Minute Talk

## *Survivors' Experiences of Accessing Support and Services for Intimate Partner Violence: An Intersectional Analysis*

**Main Presenting Author:** Milani , Asra

**Additional Author:** Sinacore , Ada

**Abstract:** *Survivors of intimate partner violence often experience barriers in accessing mental health services for IPV. Their access to services is influenced by their intersecting identities such as gender, dis(ability), religion, immigration status. Navigating life in the context of intimate partner violence while seeking help can be challenging, especially if the system of care has limited capacity to serve survivors with diverse identities and diverse needs. This qualitative study aimed to better understand the experiences of survivors who sought mental health and social support services for IPV.*

*Hermeneutic phenomenology was used to explore the experiences of 17 survivors, who left their abusive relationships and reflected retrospectively on their help-seeking choices, and how these choices were impacted by their sociocultural contexts, intersecting identities and the capacity of the services. Results indicated different pathways of getting connected to services including previous and ongoing relationships with other formal or informal support and self-referrals. Furthermore, their access was influenced not only by partner abuse, but also by the capacity of the system of care to provide timely, affordable, long-term, adequate and geographically accessible support. The role of cultural contexts and identity also influenced survivors' experiences of accessing services.*

**Section:** Counselling Psychology

**Session ID:** 113455 - 12-Minute Talk

## Conversation Session

### *A Case for Power-Informed Psychology*

**Main Presenting Author:** Librado, Andrea

**Abstract:** *Power-informed psychology is a proposed lens that examines human experiences with systematic attention to the power-specific processes that occur between parties. Like trauma-informed work, it has the potential to enhance psychological understanding in clinical and societal realms and could be used at various levels of analysis (e.g., between individuals, between systems and communities etc.). Its potential applications could be multifold: from informing case conceptualizations, to providing insights regarding equity issues, to illuminating entry points for change. Power-informed psychology, however, requires a building of power literacy. This requires unpacking common assumptions about power (e.g., it's zero sum, inherently oppressive) and building an expanded understanding of power (e.g., as a dialectic, it can be repressive and generative, conflictual and consensual etc.). Power literacy in psychology can be advanced by looking to and thoughtfully incorporating power-specific analysis and scholarship from disciplines that have rigorously examined the nuances and complexity of power (e.g., political science). Using guiding questions, this session invites feedback and discussion about opportunities, considerations or challenges in the development of this nascent lens, as well as an exploration of potential applications. No more than minimal psychological risk is anticipated.*

**Section:** Clinical Psychology

**Session ID:** 112993 - Conversation Session

## *Examining the sociocultural landscape of pediatric research: What are the gaps and where do we go from here?*

**Main Presenting Author:** Hou, Sharon

**Co-Presenting Authors:** Duong, Jenny; Zwicker, Hailey

**Additional Author:** Schulte, Fiona

**Abstract:** *Background: There is a history of oppression and power imbalance in the field of psychology. Specifically in the pediatric psychology literature, members of equity-deserving groups are significantly underrepresented. The lack of representation in pediatric research hinders the generalizability of research findings and in turn our ability to provide inclusive and accessible healthcare.* **Methods:** We will deliver a round table session on how we, as researchers and clinician-scientists in psychology can enhance the sociocultural landscape in pediatric research. The session will be comprised of a combination of short-form presentations, highlighting existing research initiatives in this area (10 minutes) and an interactive, semi-structured discussion (10 minutes), followed by a review of next steps/a roadmap for future research and engagement (5 minutes). **Results, Conclusions, and Impact:** Learning outcomes are to 1) Understand key challenges of current practices from a psychological perspective; 2) Identify opportunities to collaborate through an interdisciplinary lens in psychology so that ultimately, we can identify and apply evidence-based research, resources, and tools to bring sociocultural considerations to the forefront of pediatric psychology research.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113943 - Conversation Session

## *Federalizing Clare's Law (The Domestic Violence Disclosure Scheme) in Canada*

**Main Presenting Author:** Dada, Zuraida

**Abstract:** *FEDERALISING CLARE'S LAW (THE DOMESTIC VIOLENCE DISCLOSURE SCHEME) IN CANADA This conversation examines the feasibility of federalising Clares Law in Canada, which enables individuals to request police information about a partner's history of domestic violence. We will explore its effectiveness, challenges, and psychological implications within Canada's diverse legal and cultural landscape.* **PURPOSE:** The discussion aims to raise awareness, evaluate implementation barriers, foster interdisciplinary collaboration, and strategize ways to enhance public safety and empower survivors through informed decision-making. **RELEVANCE:** For practitioners, policymakers, and advocates, this topic aligns with trauma-informed care, risk assessment, and public safety goals. It reflects psychology's commitment to promoting resilience, justice, and well-being for domestic violence survivors. **RISKS:** Key concerns include privacy, potential misuse of disclosure data, re-traumatization of survivors, and legal inconsistencies across provinces. Addressing these challenges will ensure Clare's Law supports survivors effectively without unintended consequences. This session invites critical dialogue to explore Clare's Law as a tool for empowering survivors and preventing domestic violence across Canada.

**Section:** Counselling Psychology

**Session ID:** 113506 - Conversation Session

## How can BIPOC survivors of domestic violence overcome systemic racism to thrive?

**Main Presenting Author:** Dada, Zuraida

**Abstract:** *TOPIC OF CONVERSATION: This discussion will explore how BIPOC survivors of domestic violence can navigate systemic racism, addressing barriers like racial discrimination and lack of culturally competent support. We'll focus on community-based strategies and systemic changes to empower survivors.* **PURPOSE OF CONVERSATION:** *The goal is to raise awareness about the unique challenges BIPOC survivors face, discuss actionable steps for individuals and organizations, and advocate for policy changes that provide survivors with the resources and support needed to thrive.* **RELEVANCE TO DELEGATES:** *Delegates will reflect on their practices and improve services for BIPOC survivors through culturally sensitive, trauma-informed approaches.* **RELEVANCE TO PSYCHOLOGY:** *This discussion highlights the need for culturally competent therapy and how systemic racism impacts trauma recovery, urging better mental health services for diverse populations.* **RISKS:** *Potential risks include triggering emotional responses and discomfort discussing systemic racism, so creating a supportive, empowering space is essential.*

**Section:** Black Psychology

**Session ID:** 113792 - Conversation Session

## How can Psychologists Enhance Parental Involvement in Inclusive Education?

**Main Presenting Author:** Elliott, Katharine

**Additional Author:** Schroeder, Meadow

**Abstract:** *TOPIC OF CONVERSATION: Fostering effective parent-school collaboration in the Canadian special education system.* **PURPOSE OF CONVERSATION:** *To discuss how school psychologists can support parents in navigating the special education system and improve collaboration during the development of individualized programming for children with disabilities. The session will also discuss differences in parental experiences in Canadian and U.S. special education systems, emphasizing unique challenges faced by Canadian families.* **RELEVANCE TO DELEGATES:** *This session provides a space for practitioners to reflect on the unique challenges faced by parents in the Canadian special education system, share strategies to enhance collaboration, and explore ways to empower parents as equal partners in their child's education.* **RELEVANCE TO PSYCHOLOGY:** *This conversation highlights the critical role of psychology in supporting equitable educational practices and addressing systemic barriers, with a focus on advocacy, communication, and empowerment. It aligns with the profession's commitment to fostering inclusive and effective education systems across Canada.* **RISKS ASSOCIATED WITH THE TOPIC:** *Potential challenges include managing discussions of systemic inequities that may evoke strong emotions or disagreements. Strategies will be implemented to maintain a constructive and respectful dialogue.*

**Section:** Educational and School Psychology

**Session ID:** 113134 - Conversation Session

## *Indigenizing Psychology for Systems Change: Reviewing the Need and Reclaiming Approaches for Indigenous Mental Health Training and Interventions*

**Main Presenting Author:** Gabriel, Mikaela D

**Additional Author:** Stewart, Ethisi (Suzanne) L

**Abstract:** *INDIGENIZING PSYCHOLOGY FOR SYSTEMS CHANGE: REVIEWING THE NEED AND RECLAIMING APPROACHES FOR INDIGENOUS MENTAL HEALTH TRAINING AND INTERVENTIONS* Indigenous Peoples continue to suffer across all areas of healthcare when lacking appropriate history, cultural approaches, and engagement. While education efforts have begun addressing colonial history, there are few applied strategies in place for effective care interventions, most especially for mental health. The absence of historic context and colonial trauma on Indigenous Peoples is unethical; the absence of standardized, national, informed mental health care is dangerous. Without standards, protocols, and policies to protect and support Indigenous mental health approaches, the future of Indigenous Peoples - the first population in Canada, and still the fastest growing - poses complex, chronic risks for failing the future of Indigenous health. This discussion will address how Indigenous mental health approaches are crucial for mental health clinicians; advance the quality of care for the field of psychology; are both traditional and revolutionary; and will help more than may be expected. Clinical, personal, cultural, and political areas will be addressed to enrich Indigenous understanding, decolonize healthcare approaches, promote inclusive education, and advance clinical care in psychology for international application.

**Section:** Indigenous Peoples' Psychology

**Session ID:** 113132 - Conversation Session

## Panel Discussion

### *Moving Beyond Awareness: Psychology's Role and Responsibility for Responding to the MMIWG Calls for Justice*

**Moderator(s):** Murry, Adam

**Panelists:** Brozny, Alicia; Carter-Rogers, Katelynn; Efimoff, Iloradanon; Grier, Melanie; Sedgewick , Jennifer

**Abstract:** In 2019, The National Inquiry into Missing and Murdered Indigenous Women and Girls issued 231 Calls for Justice, urging action from all sectors to address systemic violence and discrimination against Indigenous women, girls, and gender diverse peoples. In 2021, CPA hosted a panel and published a Psynopsis on this topic to address progress related to the national inquiry. This discussion needs to continue. This panel will examine psychology's ethical and professional responsibility to be at the forefront of this discussion, contributing to reconciliation and systemic change. Indigenous scholars and allies from diverse backgrounds and experiences will discuss psychology's role advancing from awareness to action on this crisis through advocacy, accountability, and intergenerational and nation-to-nation healing. Panelists will explore how different subfields within psychology (e.g., clinical, counseling, industrial-organizational, social, criminal justice) can engage meaningfully with the Calls for Justice. Topics include identifying and dismantling harmful psychological practices, fostering resilience through trauma-informed care, and advancing culturally responsive research and practice protocols rooted in Indigenous perspectives. Attendees will gain

*actionable insights to support advocacy, equity, and culturally safe practices within their professional and academic spheres.*

**Section:** Indigenous Peoples' Psychology

**Session ID:** 113833 - Panel Discussion

## Printed Poster

### *A Psychological Framework for Understanding the Journey from Domestic Violence Victim to Corporate Thriver*

**Main Presenting Author:** Dada, Zuraida

**Abstract:** *RATIONALE: Domestic violence affects millions globally, including in Canada, with significant personal and professional impacts. While much research explores these effects, few studies examine how victims transition to professional success. This study addresses this gap, offering a psychological framework to understand the journey from domestic violence victim to corporate thriver, providing insights into recovery and growth. METHODOLOGY: Using constructivist grounded theory, the study explored the experiences of five ethnically diverse women (ages 40–60) in Calgary, Alberta, who overcame domestic violence and achieved professional success. Semi-structured interviews were recorded, transcribed, and analyzed through descriptive and axial coding, culminating in a psychological framework. FINDINGS: Five themes emerged: reclaiming identity, overcoming challenges, healing tools, professional resources, and thriving through resilience and purpose. CONCLUSIONS: The framework highlights how recovery and success are driven by self-reclamation, overcoming barriers, and leveraging support systems. IMPLICATIONS: Therapists can integrate this framework into interventions, organizations can develop supportive policies, and survivors can use it as a pathway to growth.*

**Section:** Counselling Psychology

**Session ID:** 113682 - Printed Poster

### *Addressing Curricular Inequities: The Effect of Anti-Racist Education on Black and Non-Black High School Students*

**Main Presenting Author:** Robinson, Kayla

**Additional Author:** Steele, Jennifer R

**Abstract:** *Black students encounter racism in their everyday lives, even in the education system (Matheson et al., 2021). Traditional curriculum centers Eurocentric values while omitting or misrepresenting the histories and contributions of Black people (Sleeter, 2017). In an exploratory study in a large urban Canadian city, high school students ( $N = 90$ ) were recruited from either a class focused on deconstructing anti-Black racism or a control class. These adolescent participants completed measures assessing their racial attitudes, academic orientation, and psychological well-being at the start (Time 1) and end (Time 2) of the semester. Using multilevel modelling (with random intercepts for school and class), this study will investigate the impact of an anti-Black racism focused course on Black vs. non-Black students perceptions and attitudes. Preliminary analyses using a repeated measures ANOVA indicate that Black students in the experimental course reported an increase in social fit by the end of the semester, a pattern not observed among non-Black students or*

those in control courses. The findings of this research may contribute to our understanding of how targeted educational interventions can be used to address systemic inequities and promote well-being among Black students. Further, results may inform future curriculum design and anti-racism initiatives in educational settings.

**Section:** Social and Personality Psychology

**Session ID:** 113734 - Printed Poster

*All Rainbows, No Responsibility: What Does it Really Mean to be an Ally to the 2SLGBTQ+ Community?*

**Main Presenting Author:** Kilbreath, Noelle

**Additional Author:** Offrey, Laura D

**Abstract:** In response to prominent social justice movements, the idea of allyship has gained traction. Outgroup allyship to the 2SLGBTQ+ community can create inclusive environments and challenge oppressive systems, but it can also be problematic. The present study investigated what meaningful allyship to the 2SLGBTQ+ means by examining how definitions of allyship are aligned with the actions of non-2SLGBTQ+ allies. Participants ( $N = 309$ ) recruited from a Canadian post-secondary institution completed a series of surveys capturing information surrounding beliefs about allyship and related actions. Our data revealed that, regardless of 2SLGBTQ+ status, most respondents identified the word 'ally' as a noun rather than a verb. 2SLGBTQ+ participants indicated allyship was valuable overall, including independent ally actions such as care and kindness and structural actions such as voting for supportive candidates. Predictors of ally action among non-2SLGBTQ+ participants that emerged from this study were self-identification, knowledge, skills, openness, and support. Finally, of concern were findings that indicated a high endorsement of problematic tendencies (e.g., "The duty of an ally is to stay out of the way") overall in 2SLGBTQ+ and non-2SLGBTQ+ participants. However, these findings may be better explored in future qualitative research. Implications and future directions are discussed.

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113165 - Printed Poster

*An Exploration of Student-Centered Perspectives on Inclusive Classroom Policies and Syllabus Design at University-Level Courses*

**Main Presenting Author:** Salehi, Paniz

**Additional Authors:** Ryan, William S. ; Desai, Roshni; Pan, Lesley

**Abstract:** A classroom's atmosphere fostered by the instructors course policies can either enhance or hinder students learning and sense of belonging. Despite growing commitments in Canada to Equity, Diversity and Inclusion (EDI) practices, there are still many gaps in understanding and implementation of inclusive practices. Many studies in this area either explore the perspective of instructors and professionals, or generalize the needs of one identity to the other. This study aims to capture the perspectives of students. Within semi-structured focus groups, participants from diverse backgrounds engage in discussions about their experiences with course policies and instructional practices within the University of Toronto. They then rate traditional vs. inclusive syllabi on

*inclusivity, accessibility, resource availability, sense of belonging, self-efficacy, attitude, opportunity to engage with peers, and cultural competency. Using Grounded Theory to identify emerging themes, the study is expected to provide depth to our understanding of helpful and inclusive policies. It highlights students' needs and barriers, offering actionable insights for designing inclusive course policies. The outcomes of this research aspire to support the development of inclusive pedagogical practices and inform institutional efforts to advance equity, diversity, and inclusion in higher education.*

**Section:** Educational and School Psychology

**Session ID:** 111969 - Printed Poster

### *Analyzing CBPR Components in Indigenous Occupational Health Psychology*

**Main Presenting Author:** Taylor, Kimberly

**Co-Presenting Author:** Atay, Elaine J

**Abstract:** *BACKGROUND: Community-based participatory research (CBPR) practices approach research as a collaboration between researchers and community members. It has been proposed as an effective method to engage Indigenous Peoples in research, due to their experiences of colonization and oppression from western research practices. This study analyzes components of CBPR practices present in the Indigenous occupational health psychology literature. METHODS: 73 articles were included in an ongoing systematic review of Indigenous occupational health psychology literature. These articles included Indigenous samples from Canada, the U.S., Australia, New Zealand, and Sweden/Greenland. Using a framework of 16 CBPR practices, articles were coded by reviewers based on component presence. RESULTS: Frequencies of the 16 different CBPR practices and mean scores of overall CBPR presence will be calculated across all articles. Correlations between CBPR scores and sample sizes and geographic location will also be calculated. CONCLUSION/IMPACT: Examining the presence of CBPR practices among studies of Indigenous peoples' occupational health psychology will contribute to an understanding of the status of the literature, and point to areas of research development when working with Indigenous samples on this topic.*

**Section:** Indigenous Peoples' Psychology

**Session ID:** 113380 - Printed Poster

### *Applying the Motivation-Facilitation Model of Sexual Offending to Explain Adolescent Sexual Coercion Perpetration*

**Main Presenting Author:** Holmes, Emma J

**Additional Authors:** Davidson, Myles ; Babchishin, Kelly M

**Abstract:** *The Motivation Facilitation (MFM) model suggests that adult-perpetrated child sexual abuse is more likely to occur when one's sexual motivation to offend intersects with factors that lower social barriers to offending (Seto, 2017). Seto (2019) further proposed that the MFM might also apply to other populations – such as adolescents – but that more research was needed to validate this extension. As such, we analyzed retrospective data from 415 men regarding their motivation (i.e., sexual compulsivity, atypical sexual behaviours, sexual interest in children), facilitation factors (i.e., antisociality, offence-supportive attitudes), and perpetration of sexual coercion before age 18. In our sample, the prevalence of sexual coercion perpetration was 29.9%. We found that atypical childhood sexual behaviours and greater sexual interest in male children (motivation factors), along with higher*

levels of antisociality and offence-supportive attitudes (facilitation factors), were significantly associated with an increased likelihood of sexually coercive behaviour during adolescence ( $p < .05$ ). Notably, sexual attraction to male children demonstrated the strongest relationship with sexual coercion ( $aOR = 1.39$ ). These findings suggest that the MFM is relevant to adolescent sexual offending and can inform prevention efforts targeting sexual coercion by adolescents.

**Section:** Criminal Justice Psychology

**Session ID:** 112630 - Printed Poster

### *Assessing Reading Fluency in English Language Learners: A Systematic Review*

**Main Presenting Author:** Ho, Jessica

**Additional Authors:** Geva, Esther ; Cunningham, Todd

**Abstract:** Reading fluency (RF) assessments are essential tools for evaluating students academic progress and readiness for advanced reading skills. However, the accuracy of RF measures in English Language Learners (ELLs) coming from diverse cultural and linguistic backgrounds has not been systematically examined. This systematic scoping review aimed to synthesize research on RF in ELLs and evaluate current assessment tools. 517 studies were identified through database searches. Ultimately, 16 studies met the inclusion criteria and were included in this review. Findings revealed that while difficulty level is often considered in RF assessments for ELLs, the relevance of passages and student engagement are frequently overlooked. Besides language proficiency and linguistic distance between students' first and second languages, differences in background knowledge and engagement may contribute to RF differences between ELLs and native English speakers, especially when reading contextualized texts. Although existing RF measures address essential skills, results for ELLs should be interpreted cautiously when using published test norms. This review identified potential factors affecting the validity of RF assessments in ELLs, and highlighted key observations, potential implications, and research gaps that could inform educators, practitioners, researchers, and policymakers.

**Section:** Educational and School Psychology

**Session ID:** 112114 - Printed Poster

### *Beyond the Individual: Exploring Systemic and Broader Influences on Addiction Recovery from the Perspectives of Treatment Providers*

**Main Presenting Author:** Reynolds, Gemma

**Additional Author:** Mudry, Tanya E

**Abstract:** Canada continues to experience elevated drug poisoning rates, highlighting the need for effective addiction treatment pathways. Residential addiction treatment is a common intervention, yet high relapse rates suggest gaps in support. Recovery Capital research identifies factors influencing recovery but often focuses on individual-level issues, with systemic influences receiving less attention. Workers in addiction treatment facilities offer unique insights into internal practices and broader systemic barriers, such as policies and resource availability, that shape recovery outcomes. This study explores how addiction service providers perceive external factors influencing recovery. Reflexive Thematic Analysis examined semi-structured interviews with Canadian providers, uncovering recurring themes. Results highlighted various factors at both the residential and systemic level that

*either facilitated or hindered recovery. Changes needed at the residential and systemic levels were discussed. Findings emphasized the need to address systemic barriers, such as various policies and practices, alongside individual factors in recovery. Identifying effective practices and areas for improvement provides actionable insights to strengthen treatment, inform policy, and enhance advocacy. These insights support equitable and holistic recovery approaches that advance social justice.*

**Section:** Counselling Psychology

**Session ID:** 111848 - Printed Poster

### *Breaking the Cycle of Shame: Psychedelic Experiences and Queer Self-Acceptance of Sexuality*

**Main Presenting Author:** Saxberg, Kellen Ross

**Additional Authors:** Williams, Monnica ; Skinta, Matthew; Bartlett, Amy; Munoz, Gabrielle

*Abstract: The journey towards self-acceptance is often an alienating and vulnerable period for queer individuals. The process of self-acceptance can be tainted by shame and fear, leaving queer individuals more vulnerable to mental illness. Recently, psychedelic research has revealed these substances potential to provide unique insights and healing; queer individuals, however, have largely been left out of the conversation. To address this gap, four self-identifying 2SLGBTQ+ individuals were interviewed to explore the potential for psychedelics to assist queer individuals in accepting their sexuality. Recruitment was done through advertisements on psychedelic and 2SLGBTQ+-related Facebook groups around Canada. Semi-structured interviews, lasting 60 to 90 minutes, were recorded and transcribed. Transcripts were analyzed using an Interpretive Phenomenological Analysis (IPA) framework. Four superordinate themes were identified: harmful stigmas and societal expectations, reconstruction of the ego, feelings of connection, and conquering shame. For all the participants, psychedelics offered states of consciousness that broke away from stigma and led to environments that offered the freedom to explore and reflect on ones sexual identity. As a result, all participants reported that their psychedelic experience led to greater self-acceptance and empowerment of their sexuality and queer identity.*

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113746 - Printed Poster

### *Conceptualizing the Experience Of Child Custody Loss Among Mothers With Problematic Substance Use: Grief Complicated by Trauma, Uncertainty, and Stigma*

**Main Presenting Author:** Rodrigues, Erica R

**Additional Author:** Milligan, Karen

*Abstract: The child welfare system aims to safeguard children and, when necessary, arranges out-of-home care or adoption. However, the experiences of biological caregivers who lose custody remain underexplored. A systematic review is essential to deepen understanding of these experiences and direct attention to the needs of at-risk caregivers, including pregnant or parenting individuals with problematic substance use. A systematic search was conducted (May 2023 to August 2024) through*

*PsycINFO, Social Work Abstracts, and PubMed. A total of 18 qualitative ( $n = 14$ ) and quantitative ( $n = 4$ ) articles were identified examining experiences of child custody loss among mothers who use substances. Studies revealed symptoms of prolonged grief (e.g., yearning for reunification, feelings of meaninglessness) and poor outcomes after custody loss (e.g., homelessness, overdoses). Common contributors to child welfare involvement and custody loss included systemic racism, stigma, socioeconomic disadvantage, and (intergenerational) trauma. These factors, along with uncertainty in child welfare processes and parental identity following their loss, played a role in complicating grief. A model that integrates structural, social, and individual factors associated with custody loss and can impact grief is presented to inform a multifaceted approach to preventative and intervention supports for these families.*

**Section:** Women and Psychology

**Session ID:** 112667 - Printed Poster

### *Conforming to a Warrior Ideal: A Study of Weight Bias in the Military Context*

**Main Presenting Author:** Febbraro, Angela

**Additional Authors:** Signal, Victoria ; Gibbon, Sarah; Peter, L. Erika ; Hendriks, Tonya

**Abstract:** *BACKGROUND/RATIONALE: Military culture emphasizes the physical appearance of its personnel, often demanding conformity to a masculinized-lean-muscular-warrior ideal. For instance, American military research has found that military personnel who are perceived as “overweight” are judged as less competent than “average weight” personnel. The present study examined in a Canadian military context potential weight bias against soldiers who appear overweight. METHODS: Eighty members of the Canadian Armed Forces were presented with an image of a white male soldier and a short vignette, and were asked to assess the soldier. In one condition, the image depicted a “normal weight” soldier; in a second condition, the image of the same soldier was altered to appear “overweight.” The vignette describing the soldier’s career achievements was identical in both conditions. RESULTS: A one-way ANOVA found that, overall, the average-weight soldier was judged more positively than the overweight soldier. CONCLUSIONS: Similar to previous American research, this Canadian study found statistically significant evidence of weight bias in perceptions of soldiers. ACTION/IMPACT: Given the potential impacts of biases on career outcomes, mental health, and operational effectiveness, more research is needed to understand the role of weight and other social-cultural biases on perceptions of military personnel.*

**Section:** Psychology in the Military

**Session ID:** 113681 - Printed Poster

### *Development of Graphic Narratives as a Knowledge Mobilization Strategy to Visualize Impacts of Water Insecurity Upon People with Substance Use Disorders in Winnipeg*

**Main Presenting Author:** Evans Mulvihill, Glenna

**Abstract:** *SUBSTANCE USE DISORDER (SUD) IS OFTEN MISUNDERSTOOD AND STIGMATIZED, WITH HISTORIC BIASES AND PUNITIVE POLICIES OVERSHADOWING TRAUMA-INFORMED APPROACHES. AMID RISING OPIOID-RELATED DEATHS IN CANADA, PUBLIC PERCEPTIONS OF PEOPLE WHO USE DRUGS (PWD) REMAIN NEGATIVE. INSPIRED*

BY PORTUGAL'S HARM REDUCTION MODELS, THIS STUDY INTEGRATES ARTS-BASED RESEARCH, TRANSFORMATIVE ADULT EDUCATION, AND MASLOW'S HIERARCHY OF NEEDS EXAMINING HOW GRAPHIC NOVELS CAN REDUCE STIGMA, SUPPORT HARM REDUCTION, AND HUMANIZE SUD. THE PROJECT EMPLOYS GRAPHIC NOVELS AS A KNOWLEDGE MOBILIZATION (KMB) TOOL TO HIGHLIGHT WATER INSECURITY'S IMPACT ON HOMELESS INDIVIDUALS WITH SUD. EXPANDING ON A 2024 PILOT PROJECT, THIS STUDY USES POSTCARDS AS A KMB STRATEGY TO REACH BROADER AUDIENCES. VISUAL STORYTELLING FOSTERS COMPASSIONATE DIALOGUE AND SUPPORTS ADVOCACY FOR INCLUSIVE POLICIES. VISUAL WARM DATA FROM PUBLIC OBSERVATIONS WILL CAPTURE LINKS BETWEEN WATER INACCESSIBILITY, DIGNITY LOSS, AND CYCLICAL HOMELESSNESS, AS DESCRIBED IN BALLARD'S 2002 STUDY. BY BLENDING VISUAL OBSERVATION WITH WATER ACCESS AND HOMELESSNESS LITERATURE, THE PROJECT CREATES A GRAPHIC NOVEL THAT HUMANIZES THE ISSUES, CHALLENGES SOCIETAL MISCONCEPTIONS, AND EMPOWERS EDUCATORS TO PROMOTE CHANGE. THE UN AFFIRMS WATER AS A BASIC RIGHT, MAKING THIS PROJECT'S ADVOCACY CRUCIAL IN PUSHING FOR HUMANE HARM REDUCTION AND SOCIAL POLICY IMPROVEMENTS.

**Section:** Addiction Psychology

**Session ID:** 111481 - Printed Poster

### *Discrimination and Harassment at work: Impacts on Indigenous Occupational Health and Wellbeing*

**Main Presenting Author:** Escobar, Sofia

**Co-Presenting Author:** Atay, Elaine J

**Abstract:** BACKGROUND: Inequities in employment and health, along with persistent oppression from the legacy of colonization, has implications for Indigenous peoples' occupational health and wellbeing. Drawn from a larger ongoing systematic review of the Indigenous occupational health psychology literature, the current study focuses on a subsample of papers specifically pertaining to workplace discrimination and harassment - as they relate to health and wellbeing. METHODS: Included articles cover Indigenous samples from Canada, Australia, New Zealand, and the United States; and are all empirical studies presented as journal articles, dissertations, or conference proceedings. RESULTS: Twenty-five articles will be qualitatively content analyzed in Winter 2025 to identify and conceptualize the types of discrimination and harassment faced by Indigenous peoples in occupational settings and their effects on workplace health and wellbeing. Additionally, the frequency of community-based participatory research practices used in these studies will be assessed. CONCLUSION/IMPACT: This review will contribute to a detailed view on how discrimination and harassment impacts occupational health and wellbeing for Indigenous peoples.

**Section:** Indigenous Peoples' Psychology

**Session ID:** 113144 - Printed Poster

### *Examining Adult's Attitudes and Associations Towards Children Who Differ by Race and Wealth*

**Main Presenting Author:** Colaco, Patricia

**Additional Authors:** Steele, Jennifer ; Cyr, Emily N

**Abstract:** *Wealth-based biases are often deeply entwined with perceptions of race; as one example, wealth is often associated with White people more than with their Black counterparts (e.g., Olson et al., 2012). To determine how social categorization influences these biases, in the current research we examined participants' associations using an Implicit Association Test (IAT) that presented Black children in front of richer houses and White children in front of poorer houses. Adult participants ( $N = 227$ ) were randomly assigned to complete a child-friendly Ambiguous-Categorization IAT (AC-IAT; Steele and Lipman, 2023) while being asked to categorize the faces by race, wealth, or both. When participants were asked to, or when they spontaneously, categorized by race, they showed a greater positive association with poorer White children. By contrast, they showed more positive associations with richer Black children when categorized by wealth. The findings illustrate the contextual and intersectional nature of racial and wealth biases, and the role that social categorization plays, even in adults' perceptions toward children. When seen as wealthier, Black (versus poorer White) children elicited more positive associations than when they were categorized by race.*

**Section:** Social and Personality Psychology

**Session ID:** 111854 - Printed Poster

### *Examining the Risk Factors of Sibling Sexual Contact Based on Sibling Gender and Sexual Preference*

**Main Presenting Author:** Cook, Natalie C

**Co-Presenting Author:** Holmes, Emma J

**Additional Author:** Babchishin, Kelly M

**Abstract:** *About half of sibling sexual contact occurs between same-gender siblings, yet few studies have explored if risk factors differ by sibling gender composition. This study examined risk factors for sibling sexual contact, focusing on the interaction of sibling gender and sexual preference.*

*Participants ( $N = 1164$ ) were categorized into four groups based on the concordance and discordance of their sexual preferences (opposite- or same-gender preferences) with their sibling's gender (opposite- or same-gender siblings). Hypothesized risk factors (i.e., self-reported sexual compulsivity, antisociality, and resemblance), and participants' disgust toward fictional sibling sexual contact were assessed via an online survey. We found that greater sexual compulsivity was significantly associated with decreased incest disgust ( $r = -.20$  to  $-.35$ ), except for individuals with same-gender preference and opposite-gender siblings ( $r = -.10$ ). Antisociality was not significantly related to disgust in any group ( $r = -.04$  to  $-.15$ ). Perceived physical resemblance was significantly negatively correlated with disgust among individuals with same-gender preferences and siblings ( $r = -.20$ ) but not among other groups ( $r = -.03$  to  $-.13$ ). This study addressed a gap in the literature and suggests that concordance between an individual's sexual preference and their sibling's gender may be risk-relevant.*

**Section:** Criminal Justice Psychology

**Session ID:** 113563 - Printed Poster

## *How Edutainment Shifts Attitudes, Feelings, and Behaviours Towards Indigenous Women and the Missing and Murdered Indigenous Women, Girls, and Two Spirit (MMIWG2S) movement*

**Main Presenting Author:** Madill, Kara L

**Additional Author:** Efimoff, Iloradanon

*Abstract: The Canadian government and others perpetrate heinous prejudice against Indigenous people. This has severely impacted Indigenous women, as evidenced by statistics about Missing and Murdered Indigenous Women, Girls, and Two-Spirit (MMIWG2S) people. As such, we must identify effective ways to reduce prejudice towards Indigenous women. In the current study, we will use an intervention combining education and entertainment to disseminate critical historical knowledge regarding misrepresentations of Indigenous women in Disney's *Pocahontas*. We will use the Indigenous-produced audio track *Missing Matoaka* which tells the true story of Pocahontas. We will randomly assign participants to one of three conditions: A control with no intervention, a colonized condition where participants watch the first ~14 minutes of Disney's *Pocahontas*, and a decolonized condition where participants watch the same clip of Disney's *Pocahontas* on mute while listening to *Missing Matoaka*. Participants will then complete measures of Indigenous-related feelings, attitudes, and behaviours. Using ANOVAs, we expect to find that participants in the decolonized condition have more favourable feelings, attitudes, and behaviours towards Indigenous women relative to the control and colonized conditions. The results will illustrate the efficacy of *Missing Matoaka* to reduce prejudice towards Indigenous women.*

**Section:** Indigenous Peoples' Psychology

**Session ID:** 111727 - Printed Poster

## *Impacts of Racial Trauma on the Relationship Between Peri-Migration Traumas and Depressive Symptoms Among Immigrants in Canada*

**Main Presenting Author:** Al-Khaz'Aly, Hawra

**Additional Authors:** Guo, Zixin ; Jin, Ling

*Abstract: BACKGROUND: Immigrants often face peri-migration trauma (i.e., trauma during the journey to a new country) and post-migration trauma (e.g., racial trauma). Both peri-migration and racial trauma are associated with more depressive symptoms. However, limited research examines the link of peri-migration trauma and depressive symptoms in the Canadian context. As such, we examined the possible conditional effect of racial trauma in the link of peri-migration traumas and depression. METHODS: 99 participants identifying as immigrants in Canada completed self-report measures. RESULTS: A moderation analysis (PROCESS Model 1) showed a significant moderating effect of racial trauma in the relationship between peri-migration trauma and depressive symptoms ( $B = -0.3$ ,  $SE = 0.01$ ,  $t = -2.24$ ,  $p = .027$ ). Predictor and interaction terms explained 13.3% of the variance in depressive symptoms ( $p = .002$ ). Notably, those experiencing more racial trauma report greater depressive symptoms, regardless of peri-migration traumas. In the low racial trauma group, depressive symptoms varied based on peri-migration trauma. CONCLUSIONS: Racial trauma significantly moderated the peri-migration trauma-depressive symptoms link. IMPACT: This study suggests the importance of considering racial trauma and one's history of migration to provide trauma-informed care for alleviating depressive symptoms among immigrants.*

**Section:** Counselling Psychology

**Session ID:** 113798 - Printed Poster

*Intersecting Oppressions: Gender-Based Violence and Structural Injustice in the Lives of Undocumented Afghan Refugee Women in Iran During the COVID-19 Pandemic*

**Main Presenting Author:** Golmohammad, Roxaneh

**Additional Author:** Abkhezr, Peyman

*Abstract: This qualitative study explores the intersecting realities of gender-based violence and structural oppression faced by undocumented Afghan refugee women in Iran, employing narrative inquiry and an intersectional lens to highlight the systemic forces shaping their lived experiences. Utilizing Interpretative Phenomenological Analysis, it draws on 13 in-depth narratives to explore how individual encounters with violence are intertwined with broader structural inequalities. These women's lives are defined by a continuum of gendered violence—spanning forced marriages, intergenerational abuse, and intimate partner violence—compounded by economic precarity, entrenched cultural stigmas, and systemic neglect. Fear of deportation inhibits their ability to seek legal or social protection, while deeply ingrained stigmas surrounding divorce reinforce their entrapment in abusive relationships. The COVID-19 pandemic exacerbated these challenges, deepening their isolation, economic instability, and emotional distress. Denied access to legal protections and essential support systems, these women experience economic instability not just as a consequence but as a recurring source of their suffering. This study urges policies tackling gendered violence through intersectional, culturally sensitive interventions to dismantle systemic oppression.*

**Section:** Women and Psychology

**Session ID:** 113426 - Printed Poster

*Measuring emotional reactions to social issues: A psychometric study*

**Main Presenting Author:** Fontaine, Aleah

**Additional Author:** Starzyk, Katherine

*Abstract: BACKGROUND: People who see social injustice may experience many different emotions that can motivate them to support change, yet there is little consistency among existing measures of such reactions. In this project, we combined and altered previous measures of discrete emotions and added our own items, with the goal of developing multi-item scales that measure people's emotional reactions to social issues. METHODS: In an online study, 280 university students learned about systemic discrimination against Indigenous families in the child welfare system. Then, they shared how they felt in an initial 40-item pool. RESULTS: Using factor analyses, we examined, identified, and retained items that measured the domains of love, anger, sadness, feeling sorry, and hope. Our final pool included 3 items for each emotional domain. Further, configural invariance testing suggested the factor structure was similar between men and women and Racialized and White participants. CONCLUSIONS/IMPACT: To address injustice, we must identify what drives support for social change, such as emotional responses to social issues. First, however, we must have the appropriate tools to measure such reactions. Future researchers may use these scales to better understand how*

different emotions predict other important outcomes, such as solidarity, collective action, and intergroup attitudes.

**Section:** Social and Personality Psychology

**Session ID:** 113602 - Printed Poster

### *Navigating Tensions and Transforming Practices: Culturally Safe Counselling for Indigenous Peoples in Canada*

**Main Presenting Author:** Wessel, Samara

*Abstract: Access to culturally safe mental health services for Indigenous Peoples remains limited due to the dominance of Western methodologies that often pathologize sociocultural challenges. Despite efforts in multicultural training, counselling psychology programs fall short in adequately preparing clinicians to work effectively with Indigenous clients. This study examines reflections from two Indigenous collaborators on the tensions faced by non-Indigenous counselling psychologists in these settings. Using concept mapping, the Indigenous collaborators reflected on data from a talking circle of five non-Indigenous psychologists, providing an Indigenous perspective on the data. They provide reflections on five key themes: barriers to service provision, approaches to counselling, Indigenous Peoples' hesitancy toward cultural services, formal education on Indigenous relations, and clinician biases. The collaborators emphasized systemic barriers, the need for authentic engagement, and the importance of integrating Indigenous knowledge and perspectives into therapeutic practice. These findings underscore the need for enhanced education on Indigenous history, increased representation, dismantling of colonial structures, and active decolonization efforts. Addressing these issues can lead to culturally safe, respectful, and effective care for Indigenous Peoples.*

**Section:** Counselling Psychology

**Session ID:** 113542 - Printed Poster

### *Participation in a Gender-Sexuality Alliance can Indirectly Moderate the Effects of Anxiety and Post-Traumatic Stress Disorder on Depression in Canadian University Students by Increasing Belongingness and Outness*

**Main Presenting Author:** Slattery, AmandaEve C

**Co-Presenting Author:** Shinbine, Danielle

**Additional Author:** O'Neill, Melanie

*Abstract: Gender-Sexuality Alliances (GSA) have been correlated with enhanced well-being among adolescents for social support, self-efficacy, and hope, as well as reduced depression and anxiety (Kaufman et.al., 2024, Poteat et.al., 2020 and 2021). Extending these findings to university settings, students were recruited to determine if participation in a GSA is linked to decreased negative mental health outcomes. A multiple regression analysis indicated that depression scores for LGBTQ+ university students can be predicted by anxiety ( $F_{3,89} = 50.19$ ,  $p <$*

**Section:** Clinical Psychology

**Session ID:** 111970 - Printed Poster

## Racial Microaggressions and Allyship: A Comparative Analysis of Canada and the United States

**Main Presenting Author:** Dasgupta, Annwesha

**Additional Authors:** Williams, Monnica ; Feng, Raymond

*Abstract: Racial microaggressions are linked to adverse mental health outcomes among people of color. While much research comes from the United States, less is known about Canada where multiculturalism is central to society and policy. This study compares the occurrence of racial microaggressions and their mental health impact in Canada and the US, and examines Canadians and Americans likelihood of engaging in racial allyship. Data from two cross-sectional surveys included 991 Canadians and 919 Americans. Measures included self-reports of racial microaggressions, anxiety, depression, microaggression commission and allyship behaviors. Microaggression experiences were analyzed for racial groups (Black, Asian, Latinx) while data for microaggression commission and allyship were analyzed for White participants. Results indicate that Americans experienced more microaggressions than Canadians ( $F=327.69, p$ )*

**Section:** Black Psychology

**Session ID:** 113013 - Printed Poster

## Reconceptualising Intimate Partner Violence: Going Beyond Individualistic Model of Care in Practice

**Main Presenting Author:** Choo, Ping Ying

*Abstract: BACKGROUND: The existing intimate partner violence (IPV) research and practice place great emphasis on attending to victims trauma. However, apart from trauma, survivors also experience varying losses, such as loss of identity, trust in others, and social connections. Furthermore, they face judgment from others in the community for experiencing IPV and grieving these losses. To better support victims healing, it is crucial to address these overlooked experiences of grief and judgment. METHOD: Informed by intersectionality, this critical narrative review examines the existing literature on IPV and explicates the multifaceted aspects of IPV experiences. RESULTS: This review attends to grief and loss as well as gender and other social inequalities associated with IPV. Furthermore, this review draws attention to epistemic injustice—the interlocking power relations beyond sexism that attribute to the silencing of victims and hinder their ability to share their experiences with others. CONCLUSION: "The personal is political." We need to go beyond trauma-informed, individualistic approach to IPV research and care provision to better address the deleterious and lasting impact of IPV on victims. ACTION: The findings from this review will be used to inform and conceptualise a constructivist grounded theory to investigate disenfranchised experiences of women who have survived IPV.*

**Section:** Women and Psychology

**Session ID:** 112254 - Printed Poster

## Reducing Anti-Indigenous Prejudice with Critical Historical Education and Humility

**Main Presenting Author:** Marshall, Savannah C

**Additional Author:** Efimoff, Iloradanon H

**Abstract:** Indigenous people in Canada experience widespread racism with harmful consequences. Psychologists have studied prejudice reduction for decades, however, Indigenous people are drastically underrepresented in this research. Burgeoning literatures on critical historical education and humility within psychology are promising to reduce anti-Indigenous prejudice. Critical historical education provides knowledge about historical and systemic racism, instead of interpersonal racism. The purpose of this research is to experimentally examine if critical historical education interacts with trait humility to impact anti-Indigenous prejudice and if critical historical education increases state humility. Participants will be randomly assigned to one of four conditions including an empty control, a condition in which participants learn about residential schools, a condition in which they learn about residential schools and interpersonal racism, and a condition in which they learn about residential schools and systemic racism. Using Analyses of Variance and moderation analyses, we expect that critical historical education will be most effective for those high in trait humility and that critical historical education will increase state humility. Findings have important implications for furthering anti-Indigenous racism education and prejudice reduction strategies.

**Section:** Indigenous Peoples' Psychology

**Session ID:** 111610 - Printed Poster

### *Sexual Health Education Needs and Experiences of 2SLGBTQINA+ Youth in Canada*

**Main Presenting Author:** Wood, Jessica

**Additional Authors:** McKay, Alex ; Byers, Sandra; Wentland, Jocelyn

**Abstract:** *BACKGROUND:* Sexual health education is often provided within a cisgender, heterosexual context, the voices of 2SLGBTQINA+ youth absent from discussions of program development. We assessed the SHE needs and experiences of 2SLGBTQINA+ youth in Canada and compared responses to cisgender, heterosexual youth where appropriate. *METHODS:* We surveyed 3551 youth in Canada, aged 16-24 about their SHE needs (e.g., desired topics) and experiences (e.g., perceived quality). Participants were recruited through Leger, a professional marketing and research company, to complete a 20-minute online questionnaire. Analyses focus on the 2SLGBTQINA+ youth who attended high school in Canada ( $n = 925$ ). *RESULTS:* Most 2SLGBTQINA+ youth (88%) want SHE to be inclusive, address homophobia (87%) and transphobia (86%), and introduce gender and sexual orientation in the elementary grades. On average, ratings for SHE quality were between "fair" and "good"; 2SLGBTQINA+ youth rated SHE quality significantly lower compared to cisgender heterosexual youth and only 38% of 2SLGBTQINA+ participants said that SHE met their needs. *CONCLUSIONS/IMPACT:* 2SLGBTQINA+ youth want inclusive, relevant, and comprehensive SHE. However, SHE is not sufficiently meeting the needs of 2SLGBTQINA+ youth in Canada. Results have significant implications for the development and implementation of educational programs.

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 112443 - Printed Poster

### *Stress Response Variations and Polygraph Testing*

**Main Presenting Author:** Rafuse, Abbygail L.

**Additional Authors:** Austen, Erin ; Rodela, Tamara

**Abstract:** *The polygraph relies on physiological indicators of stress (i.e., heart and respiration rate, galvanic skin response) to distinguish deceit from truthfulness. Research suggests that neurodivergent (vs. neurotypical) individuals with ADHD and/or anxiety respond differently to stress. In Study 1, 17 rural municipal police officers (9 with 10+ years experience) reported on their beliefs about factors that could influence polygraph results. Results showed that polygraph is still frequently used, and officers identified symptoms of ADHD and anxiety as possible influencing factors. In Study 2 (pilot study), we assessed whether ADHD or anxiety symptoms would influence mock polygraph responses during a stressful task (i.e., a timed, competitive, puzzle game) under controlled conditions (lab). Two female, first-year undergraduates observed that participants with high symptomology of ADHD and/or anxiety showed variable changes in heart and respiratory rates under acute stress. Results of this pilot study will inform the design of a larger study intended to assess how neurodiversity may influence the accuracy of the polygraph and to identify potential ways to enhance the polygraph's reliability and validity with neurodiverse clients.*

**Section:** Criminal Justice Psychology

**Session ID:** 113851 - Printed Poster

### *Systematic Barriers in Psychology and Equity, Diversity and Inclusive Practices: Scoping Review*

**Main Presenting Author:** Tze, Virginia

**Additional Authors:** Dorantes Moguel, Maika ; Adeniji, Rosheedat; Li, Johnson; Chan, Payton

**Abstract:** *While equity, diversity and inclusive (EDI) policies are listed in government, community-based, private organizations, it remains unknown whether EDI efforts and practices address the obstacles expressed by POC, especially in psychology and mental health settings. A scoping review was conducted to first identify shared barriers across settings experienced by POC as well as setting-specific obstacles, and second compare EDI practices utilized. Out of 561 records identified, 25 articles were included in the review. Published between 2008 and 2023, this review includes 12 qualitative, 11 quantitative, and 2 mixed-methods studies, with sample sizes ranging from 6 to 1449. Preliminary findings showed that major diversity issues across all studies are racial stereotypes and microaggressions leading to feelings of depression, anxiety, stress, somatization, and life dissatisfaction among POC. The presence of white supremacy and social hierarchy were found to influence the rate at which POC experience racial discrimination. While POC tend to recognize microaggressions and discrimination in different spaces across settings, certain practices, e.g., supportive mentors, and building meaningful relationships with peers and professors, tend to provide positive experiences for an equitable climate. This review sheds light on the key components to support POC in mental health training.*

**Section:** Teaching of Psychology

**Session ID:** 112698 - Printed Poster

### *The Dynamics of Hate: How Race, Immigration Status, and Gender Intersect*

**Main Presenting Author:** Sadika, Bidushy

**Additional Authors:** Mendes, Kaitlynn ; Pollack, Lauren

**Abstract:** Hate incidents and crimes are increasing in Canada, particularly in Ontario. Building on intersectional literature, this study explores how race, gender, and immigration status shape individuals' hate experiences in Ontario. Secondary data analysis was conducted using an open-access dataset from the Mosaic Institute's mixed-methods survey. Responses from 3,035 participants, including 1,440 open-ended entries, provided detailed insights into hate experiences over the past three years. Quantitative findings revealed that racialized or mixed participants—particularly newcomers and Canadian-born individuals—reported significantly higher mean scores for hate experiences than their White counterparts. Reflexive thematic analysis identified hate occurring both in-person and online, across contexts such as interpersonal relationships, public and community spaces, social institutions (e.g., employment), and systemic/government settings. Hate experiences were often linked to identities such as race, religion, gender, LGBTQ+ status, and political views, including COVID-19 opinions. This study highlights the importance of understanding hate within broader and intersectional contexts. Addressing the overlap between hate and other forms of bias is critical for improving recognition, reporting, and effective interventions against hate incidents.

**Section:** Social and Personality Psychology

**Session ID:** 112730 - Printed Poster

### *The importance of friendship and belonging among autistic post-secondary students: A participatory thematic synthesis*

**Main Presenting Author:** Santilli, Hannah

**Co-Presenting Authors:** Feltis, Lindsey E; Fellows, F. Mac

**Abstract:** *Background.* Autistic post-secondary (PS) students in Canada face persistent stigma, including harmful stereotypes suggesting they are uninterested in or incapable of meaningful friendships. Such misconceptions marginalize Autistic individuals and overlook the importance of peer relationships. While research has explored social connection for Autistic individuals, gaps remain in understanding friendship and belonging among this population. *Aim and Research Question.* Our research aimed to review qualitative studies on the experiences of friendship and belonging among Autistic students within PS institutions. Specifically, the research addressed the question: From participants' perspectives, what are the meaningful experiences of friendship and belonging among Autistic PS students? *Methods.* This study utilized a participatory thematic synthesis to analyze and summarize existing research on the intersection of friendship and belonging among Autistic PS students. Sources were selected based on their focus on social integration, peer support, and the psychosocial outcomes of friendships for Autistic PS students. *Results and Impact.* Key themes and their implications will be presented. This research enhances understanding of Autistic friendships and belonging, challenges misconceptions, and may inform interventions to support the well-being and success of Autistic PS students.

**Section:** Educational and School Psychology

**Session ID:** 113456 - Printed Poster

### *The Role of Gender in 2SLGBTQIA+ Willingness to Engage in Consensual Nonmonogamy*

**Main Presenting Author:** Law, Jillian D

**Abstract:** Previous research shows that more individuals in consensually nonmonogamous (CNM) relationships identify within the 2SLGBTQIA+ acronym than identify as cisgender and heterosexual. However, reasons for this difference remain underexplored. This study invited ( $N = 598$ ) 2SLGBTQIA+ participants in North America to complete an anonymous survey assessing gender identity, in-group identity, traditional gender role beliefs, attitudes towards heteronormativity and CNM, and willingness to engage in CNM. Results indicated that cisgender male participants were more likely than cisgender female participants to express willingness to engage in CNM when controlling for other predictors ( $p = .007$ ). Gender diverse participants reported higher mean willingness to engage in CNM ( $M_{genderdiverse} = 3.95$ ;  $M_{male} = 3.55$ ;  $M_{female} = 3.04$ ) but were not significantly more likely to indicate willingness than cisgender participants when other predictors were considered. Across the sample, low endorsement of traditional gender roles and positive attitudes toward CNM were the strongest predictors ( $p$

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 111760 - Printed Poster

### *The Role of Potentially Traumatic Events on the Mental Health of Refugees/Asylum Seekers in Canada and the United States: A Systematic Review*

**Main Presenting Author:** Al-Khaz'Aly, Hawra

**Additional Author:** Jin, Ling

**Abstract:** **BACKGROUND:** Canada and the United States (US) are world leaders in refugee resettlement, yet there is limited refugee mental health research in these Western contexts. Refugees/asylum seekers face traumatic events such as war and/or loss of loved ones, which are linked to poor mental health outcomes such as PTSD, depression, and anxiety. Understanding the role of potentially traumatic events on refugees is critical. We conducted this systematic review to examine the role of potentially traumatic events on the mental health of refugees/asylum seekers in Canada and the US. **METHODS:** Articles were identified through PubMED, PsycINFO, and Web of Science. **RESULTS:** Thirteen articles were included. Pre- (e.g., town evacuation, near-death experiences) and post-migration trauma (e.g., financial stress, discrimination) exposure are risk factors for PTSD, depression, psychological distress, and anxiety among refugees and asylum seekers in Canada and the US. Social support and resilience were the most commonly reported protective factors. **CONCLUSIONS:** Our study suggests that pre- and post-migration traumas play an influential role in the mental health of refugees and asylum seekers in Canada and the US. **IMPACT:** Trauma-informed treatment should be tailored to address refugee trauma and consider factors such as social support and resilience when working with refugees and asylum seekers.

**Section:** Counselling Psychology

**Session ID:** 113810 - Printed Poster

### *Transparency in Gender Discrimination: Comparing Experiences of Victimization, Discrimination, and Mental Health Outcomes in Canadian Cisgender and Trans\* LGBTQ+ University Students*

**Main Presenting Author:** Slattery, AmandaEve C

**Co-Presenting Author:** Shinbine, Danielle

**Additional Authors:** Sutherland, Tobias ; Annala, Jamilla; O'Neill, Melanie

**Abstract:** *Discrimination leads to increased mental health concerns for all students, but LGBTQ+ individuals experience higher rates of discrimination (Bostwick et al., 2014; Poteat et al., 2020). In addition, trans\* (i.e. transgender, nonbinary, genderfluid, genderqueer, agender) students experience transphobia from within the community (Nadal, 2018). However, research comparing harassment and mental health outcomes for LGBTQ+ cisgender and non-cisgender post-secondary students in Canada is lacking. Due to this, we investigated how mental health and discrimination experiences vary between Canadian LGBTQ+ cisgender and trans\* postsecondary students. Independent one-tailed t-tests indicated that cisgender LGBTQ+ students reported lower scores than their trans\* peers on measures of victimization ( $t = -85.31$ ,  $p = .04$ ), anxiety ( $t = 123 = -1.64$ ,  $p = .05$ ), and depression ( $t = 128 = -1.91$ ,  $p = .03$ ). Non-significant results reinforced that cisgender students also reported lower scores for discrimination/harassment and post-traumatic symptomatology, as well as higher scores for resiliency and social support. Findings indicate that trans\* students report higher frequencies of mental health concerns and discrimination experiences when compared to their cisgender counterparts. Future research should look to explore how post-secondary institutions can implement protective supports for trans\* students.*

**Section:** Clinical Psychology

**Session ID:** 112926 - Printed Poster

### *Understanding public perceptions of fetal alcohol spectrum disorder (FASD): An examination of stigmatizing attitudes in Canada and the influence of strengths*

**Main Presenting Author:** Gault, Siann

**Additional Authors:** Peters, Adrienne ; Day, Martin; Harris, Nicholas

**Abstract:** *Despite its notable prevalence, there is a scarcity of support for Canadians with FASD. Stigma may be a contributing factor. This study examined 1) if the label FASD elicits different stigmatizing attitudes than ADHD, Autism Spectrum Disorder (ASD), or no label, and 2) if including strengths when describing a character with FASD influences attitudes. Five hundred five Canadian adults were recruited online and randomly assigned to one of five vignettes describing a young adult character facing difficulties. Four vignettes varied in the character's diagnostic label (FASD, ADHD, ASD, or no label). A fifth vignette included a label of FASD with specific personal strengths added to the description. Responses to four stigma questionnaires were compared. ANOVAs and posthoc tests revealed "FASD" was perceived as more dangerous/unpredictable than "ADHD". Labels of ADHD and ASD, but not FASD, were associated with less stigmatizing attitudes than no diagnostic label. T-tests did not show differences in attitudes towards the FASD-plus-strengths and FASD vignettes. Findings show unique stigma towards FASD compared to ADHD and ASD. We also found that where labels of ADHD or ASD may be protective against stigma, the label FASD is not. Stigma against Canadians with FASD may contribute to their severe lack of supportive resources, suggesting an urgent need to develop anti-stigma interventions.*

**Section:** Clinical Psychology

**Session ID:** 111646 - Printed Poster

## Virtual Poster

### *Looking at Self-Efficacy Development in Graduate Students with Learning Disabilities*

**Main Presenting Author:** Gadsden, Amy Domenique

*Abstract: Students with learning disabilities (SLD) are increasingly present in post-secondary environments in Canada. Although current research examines fragmented components of their experiences, it remains reductive in scope, failing to holistically capture the multi-faceted dimensions of the disability experience. Using an interpretive case study approach guided by hermeneutics, the researcher attempted to address these themes more holistically. This involved interviewing three university students who self-identify with learning disabilities (LDs). A case study was developed for each student before studying similarities and differences within and among the cases. The case studies are interpretive in emphasis. This process was guided and informed by key ideas and metaphors in hermeneutics. I produced a holistic account of participant's experience in school. Results indicate that SLD struggled to develop self-efficacy in unsafe educational environments. The self-efficacy experiences of participants highlight the importance and role of supportive relationships and role models, the profound impact of accommodations, the importance of institutional support and ultimately, the effect of learning environments on self-efficacy beliefs. The significance lies in advancing understanding of SLD which can inform decisions regarding practices, pedagogy and policies to improve outcomes.*

**Section:** Educational and School Psychology

**Session ID:** 113693 - Virtual Poster

### *The Discrimination and Calibration Properties of the Violence Risk Appraisal Guide-Revised (VRAG-R) in a Not Criminally Responsible (NCR) Saskatchewan Population*

**Main Presenting Author:** Mackie , Piper A

*Abstract: Do individuals found Not Criminally Responsible on Account of Mental Disorder (NCRMD) present with the same risk for future violence (i.e., recidivism) as other mentally ill offenders? The NCRMD designation applies when courts determine that an offender lacked criminal intent. The individual is presented annually, before a Review Board (RB), who must issue a disposition that balances public safety with the individual's right to freedom. Risk assessment tools, such as the Violence Risk Appraisal Guide-Revised (VRAG-R), are used by forensic mental health professionals to assess an individual's risk for reoffending, and to guide risk management procedures. Further cross-validation of the VRAG-R is necessary to ensure its predictive accuracy and applicability to NCRMD populations. The study uses archival data from the Saskatchewan Review Board's jurisdictions, on individuals declared NCRMD, within the last forty years. Descriptive statistics and frequency distributions of VRAG-R scores will be calculated. Next, the study will evaluate the VRAG-R's discrimination (i.e., relative risk) and calibration (i.e., absolute risk) properties. The study findings will determine whether instrument norms overpredict or underpredict future violence for this population. If the VRAG-R norms produce higher estimates of future violence it would indicate the need for more realistic portrayals of risk.*

**Section:** Criminal Justice Psychology  
**Session ID:** 112474 - Virtual Poster

## Review Session

### *IBAPoC Counsellor Educator's Circle: Supporting Racialized Counselling Psychology Faculty Members in Canada*

**Main Presenting Author:** Villebrun, Gwendolyn Donna  
**Co-Presenting Authors:** Lin, Chi-Chun; Wong, Gina

*Abstract: There has been a resounding call at university institutions, particularly in counselling and psychology educational programs for anti-oppressive curriculum, social and racial justice initiatives, and the need for enhanced skills in cultural responsiveness with clients. Despite Equity, Diversity and Inclusion initiatives and stated commitment to the Psychology's Response to the Truth and Reconciliation Calls for Action, navigating institutions that are founded on colonial, white supremacist, and capitalist values comes with a cost. Racialized faculty deal with unique demands and pressures and can experience discrimination/microaggressions leading to stress, fatigue, and a greater likelihood of burnout. It is widely known that having a community of support is essential in helping faculty of colour who are working within academic institutions. The following review session will offer the perspectives of three such faculty members who formed a circle of support. These faculty members of counselling psychology and marriage and family therapy are from different cultural backgrounds and different institutions. To encourage the development of other circles for racialized faculty, we will share the process of how this one came to be. We will also share what has been most helpful and the qualities they believe are necessary to ensure that the circle remains both safe and sustainable.*

**Section:** Counselling Psychology  
**Session ID:** 112600 - Review Session

### *Social Psychological Research on Shifts in the Scope of Justice Over Time*

**Main Presenting Author:** Opotow, Susan

*Abstract: This talk on the \_Scope of Justice \_describes this theoretical construct and highlights key empirical findings that have emerged from my empirical research on conflictual social issues. This body of theoretical work is attentive to contexts in which the applicability of justice shifts at micro-, meso-, and macro-levels of analysis (e.g., individuals, groups, or nations). I began this research on the boundaries of justice during my doctoral studies and have continued studying the related dynamics of exclusionary and inclusionary change in contemporary social issues. Exclusionary change occurs when destructive conflicts, such as wars, normalized oppression, and environmental degradation give rise to \_moral exclusion. \_This narrowing of the Scope of Justice is enacted by limiting others' rights, their access to needed resources, and dispenses with concerns about their well being. I will also discuss the reverse process, when \_moral inclusion\_ extends rights, fairness, and resources that can increase well-being. I will include examples that illustrate when and how these shifts have occurred and are, of course, still occurring.*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section  
**Session ID:** 113770 - Review Session

## Section Featured Speaker Address

*Advancing Human Rights in Psychology: Intersectionality, Allyship, and the Path Towards Equity*

**Main Presenting Author:** Akbar, Maysa

**Abstract:** This presentation will explore the critical intersectionality within human rights, focusing on how issues of racism, disability inclusion, and LGBTQ+ rights intersect and often coexist. Through the lens of psychology, we will examine how the American Psychological Association (APA) has been at the forefront of advocating for these rights while recognizing the unique needs of each group. The conversation will also address the importance of approaching global issues with respect and dignity for the communities, emphasizing psychology's role in promoting diversity, equity, and inclusion. We will explore critical societal issues, such as the impact of artificial intelligence, through the lens of the communities we serve. Finally, the presentation will highlight the crucial role of allyship, discussing how the collective effort of the psychological community can drive meaningful progress in advancing human rights and equity.

**Section:** Black Psychology

**Session ID:** 112700 - Section Featured Speaker Address

*Emerging Perspectives on Intergenerational Trauma in the Asian Canadian Diaspora: Implications for Scholarship and Practice*

**Main Presenting Author:** Chou, Fred

**Abstract:** This presentation provides an overview of the emerging research on intergenerational trauma (IGT) and resilience in the Asian Canadian diaspora. IGT refers to the transmission of psychological trauma from one generation to the next and is considered a distal determinant of mental health outcomes; intergenerational resilience is the generational passing on of resilient responses to stress and adversity, and is a vital component of IGT. Since the COVID-19 pandemic, the IGT discourse in Asian communities has garnered growing interest in lay conversations, media, and clinical discussions (Lee and Yoon, 2024; Shah, 2022). Yet, despite the broader recognition of IGT in these spaces, the research has been relatively limited. In response to this limitation, there has been recent publications on IGT in Asian American contexts (Cai and Lee, 2022; Nagata et al., 2024), including research on the Hmong (Vue, 2021), Korean (Lee, 2024), Japanese (Nagata and Patel, 2021), and South East Asian (Yasui et al., 2023) communities. However, the research in the Canadian landscape is nascent. As a way to uplift the collective voices of Canadian researchers engaged in this topic, this presentation provides an overview of their emerging scholarship. Several research projects are reviewed in this presentation, along with the authors narrative study on Chinese Canadian families. Common trends across the studies are explored, as well as a discussion on possible reasons for this relative silence on this research topic in Canada. Implications and next steps for scholarship, practice, advocacy, and collective healing are discussed in the context of this presentation.

**Section:** Asian Psychology

**Session ID:** 112431 - Section Featured Speaker Address

## The Time is Now: Taking Action to Elevate Critical Social Justice in Psychology

**Main Presenting Author:** Kassan, Anusha

**Abstract:** Conversations about feminism, multiculturalism, social justice and human rights have been a critical part of counselling psychology's evolving history for well over 50 years. Yet, clients, students and psychologists from Historically, Persistently and Systemically Marginalized communities have (and continue to) face numerous barriers and challenges when engaging with the discipline. Despite a large body of research that indicates ways that psychology can be practiced, taught and researched in more inclusive ways, traditional approaches prevail, and as such, continue to uphold the status quo. Due to my own diverse upbringing and lived experience, along with meaningful mentorship, I have been on a quest for critical social justice in psychology for over 20 years. Unfortunately the journey has been arduous and discouraging, and I believe it has yielded minimal change. In this address, I will present some historical developments related to social justice in counselling psychology. I will also share my own experiences and struggles, advocating for more inclusivity and critical change across multiple areas of the discipline (eg. training, psychology organizations, governing bodies). I will also invite attendees to consider their own positionality and responsibility to leverage bold shifts in order to ensure that psychology is responsive to HPSM communities.

**Section:** Counselling Psychology

**Session ID:** 113992 - Section Featured Speaker Address

## Snapshot

### "But at what cost?": Resident resistance to COVID-19 response policies in Toronto long-term care homes

**Main Presenting Author:** Ruderman, Michael D.

**Co-Presenting Author:** Berman, David

**Abstract:** The COVID-19 pandemic resulted in the implementation of long-lasting lockdown policies and mandates in Canadian long-term care (LTC) homes. Little research has emphasized resident perspectives, reenforcing a dehumanizing perception of those living in LTC as voiceless, helpless, and without agency. In 2023, the cross-Canada touring art-research exhibit *\_Covid in the House of Old\_* addressed this gap, visiting Toronto to share and collect stories from two LTC homes and one community arts location. Defying narratives of helplessness, a notable minority of Toronto storytellers (13 participants) detailed their resistance to restrictive COVID-19 policies, through written stories and unstructured interviews. Using a collaborative, critical realist, reflexive thematic analysis, we explored how these residents understood, experienced, and resisted the COVID-19 response in LTC. Five themes were generated: (1) *\_resistance for survival,\_* (2) *\_loving and respectful resistance,\_* (3) *\_reclaiming agency from the margins of the age-disability-class nexus,\_* (4) *\_reframing risk,\_* and (5) *\_the future: "What are you gonna do about it?"\_* The results contribute to our understanding of the lived experience of COVID-19 in LTC, highlight the agentive personhood of residents, provide insight into the relationship between agency, resistance, and self, and has implications for LTC policy in Ontario.

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 112697 - Snapshot

## A Qualitative Exploration of Gender Diversity and Experiences of Cultural Humility in Counselling Relationships

**Main Presenting Author:** Rud, Kennedy C.

**Additional Author:** Ionita, Gabriela N.

*Abstract: Although cultural competency is encouraged in counselling psychology, it risks fostering counsellor superiority and creating the misconception that mastering skills has an endpoint when working with diverse clients. Cultural humility, an extension of cultural competency, encourages curiosity, open listening and treating clients as the experts. It has been demonstrated to strengthen the working alliance and improve therapeutic outcomes. Unfortunately, there is limited research on cultural humility in counselling gender-diverse clients. This is an important area to explore, as it has the potential to enhance care for these clients, who have historically been underserved and less likely to benefit from therapy. This study aimed to examine this using phenomenology to understand gender-diverse client's lived experiences with cultural humility (or absence of) in their counselling sessions, and identified aspects that contributed to identity affirmation. Ten self-identifying gender-diverse participants completed semi-structured interviews involving questions that were based on Hook et al.'s (2013) Cultural Humility Scale. Initial findings will be presented and suggestions for improving care with gender-diverse clients will be discussed.*

**Section:** Counselling Psychology

**Session ID:** 112615 - Snapshot

## Applying An Intersectional Framework to Explore Cumulative (Dis-)Advantages of Gender, Race/Ethnicity, and Fetal Alcohol Spectrum Disorder in the Youth Justice System

**Main Presenting Author:** McMahon, Isobel

**Additional Author:** Peters, Adrienne

*Abstract: Fetal alcohol spectrum disorder (FASD), a prevalent neurodevelopmental condition in Canada, contributes to daily, lifelong impacts and greater exposure to harmful life experiences. Youth diagnosed with FASD, particularly those who are Indigenous, are disproportionately represented in the Canadian youth justice system. The challenges of justice system contact are particularly heightened for gendered and racialized youth with complex diagnoses and needs. This study explored the intersection of gender, race/ethnicity, and FASD among youth on probation in Western Canada using secondary data from 254 probation case files (86% boys, 14% girls; 43% White, 33% non-Indigenous and non-White, 24% Indigenous). Thirty percent of the sample were impacted by FASD, and of those, 20% were Indigenous girls. Regression analysis using a stratified measure of intersectionality (gender, race/ethnicity, and FASD) revealed a significant association between these compounded factors and lifetime criminalization. These findings emphasize the cumulative disadvantage experienced by gendered and racialized youth, highlighting the impact of systemic racism, intergenerational trauma, and gendered expectations that shape justice outcomes for marginalized youth. Trauma-informed, anti-colonial, and intersectional approaches are needed to reduce over-criminalization and foster equity in the justice system.*

**Section:** Criminal Justice Psychology

**Session ID:** 112101 - Snapshot

### *Developing a Cultural Safety Measure for Indigenous Employees*

**Main Presenting Author:** Kwantes, Catherine T.

**Additional Authors:** Livingstone, Jacob T.; Ghadiri, Saba

**Abstract:** *BACKGROUND* Cultural safety (CS; Baba, 2013) in the workplace refers to the sense that one's cultural identity is accepted and respected and one is free to bring one's cultural ways of knowing and being into one's organization (Kwantes et al., *in press*). A scale designed to assess perceptions of cultural safety for Indigenous employees was developed and subjected to psychometric analysis in this research project. *METHOD* In an earlier phase of this project, Indigenous employees were asked about their experiences with cultural safety and what it means for them via interviews (Kwantes et al., 2023) and a follow-up survey. From these data, 22 items were developed as a tentative measure to assess CS. Based on survey responses from 300 Indigenous and non-Indigenous Canadian employees, psychometric analyses resulted in reducing the items to 18. *RESULTS* The results indicated a 2-factor structure with 18 items. The first factor included 11 items revolving around practical/environmental aspects, while the second included 7 items focused on the culture/climate of CS. *CONCLUSIONS* Reliability analysis showed strong internal consistency (Cronbach's alphas > .75), and the CFA results indicated a good model fit. *IMPLICATION:* Organizations can use this tool to evaluate CS in their workplace and use it to help craft strategies to create a culturally safe workplace for Indigenous employees.

**Section:** Industrial and Organizational Psychology

**Session ID:** 112218 - Snapshot

### *Do Sexual Minority Singles Experience Different Stereotypes than Heterosexual Singles?*

**Main Presenting Author:** Li, K. Colin

**Additional Authors:** MacDonald, Geoff ; Neel, Rebecca

**Abstract:** People who stay single can be associated with negative traits. While previous work found that single men and women are stereotyped in similar ways, this is likely due to heterosexual samples being treated as the default. In this work, we examine whether there are unique stereotypes of sexual minority singles. In Study 1, we recruited 313 singles (a roughly equal number of heterosexual, gay/lesbian, and bisexual participants) and asked them to self-report stereotypes associated with their sexual orientation. Qualitative analysis revealed that while the stereotypes of heterosexual single men and women largely align with those documented in prior research, unique stereotypes emerged based on sexual orientation and gender. For example, bisexual singles were the only groups associated with the stereotype of being "indecisive." Additionally, distinct stereotypes were identified across genders, such as "sexy" for bisexual women and "dishonest" for bisexual men. In Study 2, we are collecting data from coupled sexual minorities to determine whether the stereotypes identified are specific to sexual minority singles or apply to sexual minorities more broadly. This work highlights a potential limitation of the singlehood literature when sexuality is overlooked, suggesting that the challenges single people face may differ not only based on gender but also on sexual orientation.

**Section:** Social and Personality Psychology

**Session ID:** 112080 - Snapshot

### *Experiences of Racialized Youth with the Mental Healthcare System in Canada: A Scoping Review*

**Main Presenting Author:** Elgharbawy, Heba

**Additional Authors:** Dhari, Shivinder ; Kleinschmidt, Annika ; Storms, Keira ; Slement, Allie; Ames, Megan E.

**Abstract:** *BACKGROUND: Racism, discrimination, and economic disparities significantly hinder racialized youths' access to mental healthcare. A significant gap persists in understanding the specific needs, experiences and cultural factors critical to achieving equitable mental healthcare. This review asks: 1) What does the literature demonstrate about the experiences of racialized youth accessing mental healthcare in Canada? 2) Are there any models/frameworks in the literature on how to provide culturally informed care for youth and what are the strengths and gaps of these models?* **METHOD:** We will identify literature on the experiences of racialized youth (ages 15-24) within the Canadian mental healthcare system. Following the Arksey and O'Malley's methodology for scoping reviews, we will identify and analyze relevant literature using the PRISMA-ScR checklist to ensure rigor. The protocol and search criteria can be found at <https://osf.io/f65gx> [1]. **RESULTS:** Data extraction will capture key concepts, such as demographics, barriers to care, and recommendations for culturally informed practices. Preliminary results show a lack of research on the experiences or ways to support racialized youth within the Canadian context. **IMPACT:** Findings will contribute to more culturally responsive mental health interventions and inform future research and policy developments. **Links:**-----[1] <https://osf.io/f65gx>

**Section:** Black Psychology

**Session ID:** 112902 - Snapshot

### *Exploring Canadian Psychologists' Practices that Support 2SLGBTQIA+ Community Clients in Developing Self-Advocacy Skills: Implications for Practice*

**Main Presenting Author:** Ibarra-Alexanderson, Luis G

**Additional Author:** Domene, Jose F

**Abstract:** According to existing research, one of the challenges faced by psychology graduates in Canada is the lack of training and understanding when addressing specific populations, such as the 2SLGBTQIA+ community. Canada has globally emerged as a leader in incorporating the social justice framework into psychological theory and practice, particularly in supporting sexual minorities. This study explored the experiences of nine Canadian psychologists in promoting the development of self-advocacy skills in their clients using the enhanced critical incident technique (ECIT), an exploratory qualitative research method. Data analysis conducted following established ECIT protocols yielded 373 critical incidents (CIs) and Wish List items (WL) that have been categorized as follows: (1) 13 helpful CIs; (2) 8 hindering CIs; and (3) 6 WL. The findings suggest self-advocacy can be nurtured in one-on-one counselling sessions and throughout the therapeutic process. Additionally, the results indicate that creating safe spaces within counselling environments and in the broader

community significantly impacts the ability of 2SLGBTQIA+ clients to advocate for themselves. The study's implications and recommendations for psychologists in practice and research are discussed.

**Section:** Counselling Psychology

**Session ID:** 111642 - Snapshot

### *How Are Schools Supporting Cultural Identity in Urban Indigenous Youth? School-based cultural programs and their relationship with Indigenous youth identity development*

**Main Presenting Author:** Cain, Noah M

**Additional Author:** Sukhawathanakul, Paweena

**Abstract:** *Background: Culturally-affirming school practices can strengthen minority youth school belonging, and reinforce cultural identity. However, few studies have examined this relationship among urban Canadian Indigenous youth, who face unique challenges to connect with their culture. The Truth and Reconciliation Commission of Canada has called on schools to better support Indigenous youth's academic success and mental health. The current study examines how schools are supporting cultural identity among urban Indigenous high school youth on Vancouver Island.*

**Methods:** Semi-structured interviews were conducted with Indigenous high school students from the Greater Victoria Area ( $n=12$ ; ages 13-17). Participants described school practices related to supporting Indigenous students and culture. **Results:** Thematic analyses revealed eight interconnected themes, related to participants' school experiences as urban Indigenous youth. **Conclusion:** Results highlight variability between local schools in support services for Indigenous students, the degree of Indigenous representation, and the culturally-affirming practices offered. This was related to youths' sense of school belonging and willingness to engage in culturally-specific prosocial behaviours.

**Impact:** Findings indicate a need to address this variability between schools to better support Indigenous student success and cultural identity.

**Section:** Indigenous Peoples' Psychology

**Session ID:** 113854 - Snapshot

### *Using a person-centered approach to understand why youth do not report on bias-based bullying*

**Main Presenting Author:** Martin-Storey, Alexa

**Additional Authors:** Dirks, Melanie ; Holfeld, Brett; Exner-Cortens, Deinera; Craig, Wendy; Baker, Liz; Lamb, Laura; Farrell, Ann

**Abstract:** *Background. Understanding why youth do not report bias-based bullying (e.g., bullying based on a stigmatized identity like racist bullying or homophobic bullying) is a first step for addressing this behavior in school contexts. A person-centered approach was used to (a) identify profiles of youth based on why they did not report bias-based bullying to teachers or other school officials, and (b) examine the factors associated with these profiles. Method. Adolescents ( $N = 629$ ), ages 12 to 18 from a larger survey on bias-based bullying completed a measure detailing why they did not report bias-based bullying, as well as measures on individual and school-level characteristics. Results. Three classes were identified: a class who did not report because they handled the situation*

themselves (20%), a class that did not report because they did not want to be perceived as a snitch (50%), and a class that did not report because of concerns around educator competencies (30%). Youth who reported handling incidents of bullying themselves perceived their educators as the most efficacious in addressing bias-based bullying, and reported the lowest overall levels of bullying. Conclusions: Profiles suggest broad underlying patterns in why youth do not report bias-based bullying. Action/Impact: Interventions need to address norms around reporting bias-based bullying, and specifically snitching.

**Section:** Developmental Psychology

**Session ID:** 113085 - Snapshot

## Standard Workshop

*(Advancing Equity, Diversity, and Inclusion in Recruitment, Selection, and Onboarding: Tools, Strategies, and Insights)*

**Main Presenting Author:** Garant, Jessica

**Co-Presenting Author:** Lanteigne, Annie

Abstract: In this interactive workshop, participants will explore approaches and tools for integrating Equity, Diversity, and Inclusion (EDI) into personnel selection and assessment from a Public Service lens. Designed for novice and experienced psychologists, this session offers a mix of case studies, practical activities, and insightful discussions, ensuring that participants walk away with actionable knowledge and skills to apply in their work. Participants will a) learn how to leverage a specialized fairness tool to enhance inclusivity across the recruitment, selection, and onboarding processes, ensuring EDI considerations are embedded throughout the entire cycle leading to retention. Then, they will b) discover strategies for translating the latest research into practical, actionable tools for diverse clients, with a detailed case study to guide implementation. The session will c) explore effective strategies for incorporating accommodations into assessments to ensure accessibility for all test takers, and gain insights into applicants' perceptions to foster a more inclusive experience. Finally, participants will d) reflect on key takeaways from the session and engage in forward-thinking discussions about the future of EDI research and practice, addressing the challenges of intersectionality and the pressures faced by clients and stakeholders from public service to private sector.

**Section:** Industrial and Organizational Psychology

**Session ID:** 113653 - Standard Workshop

*(ALIGNing Together: Interactive Workshop to Create and Run Student-led Groups with JEDI Components)*

**Main Presenting Author:** Gerbeza, Matea

**Co-Presenting Author:** Norrie, Holden J

**Additional Authors:** Kaur, Jasleen ; Hagi Hussein, Siham

Abstract: University students may feel inclined to join student-led groups that pertain to their interests or to learn more about a certain area during their degree. However, when there is an absence of student-led groups at institutions, students may lack the knowledge or resources to create them. This

workshop is designed to provide students with the knowledge and skills to create and lead a student-led group. The organizers from the Advocacy, Learning, and Inclusion Group for Next-generation psychologists (ALIGN) have experience in creating and leading student-led groups that plan and host highly attended events advocating for Justice, Equity, Diversity, and Inclusion (JEDI) within psychology. The organizers will draw on their experiences to present the components needed to create a student-led group (e.g., group mandate, incorporating JEDI). Attendees will then work together in small groups to brainstorm and assess the needs for potential student-led groups at their institutions. They will discuss group roles, finances, university guidelines, potential events, and event advertisement strategies. Finally, attendees will share their ideas and receive feedback from presenters and other attendees. After the workshop, attendees will have knowledge and skills in: 1) developing a student-led group with JEDI components; and 2) successfully planning and executing events at their institution.

**Section:** Students in Psychology

**Session ID:** 112980 - Standard Workshop

### *Assessing Gender-Diverse Youth: Best Practices for Diagnosis and Care*

**Main Presenting Author:** Yli-Renko, Teija

**Co-Presenting Authors:** Toews, Julia Breanne; Graham, Kirsten

**Additional Author:** Wong, Wallace

*Abstract: Psychologists play a crucial role in advocating for youth seeking gender-affirming care, an area where access remains inequitable (Public Health Agency of Canada, 2024; Ontario HIV Treatment Network, 2017). Drawing on over 20 years of experience supporting gender-diverse youth, the team from the Diversity and Emotional Wellness Centre will present best practices in gender health. The workshop will integrate provincial and national guidelines, such as WPATH-8, and relevant research literature to provide a clinical context for practitioners. Participants will learn key terminology and processes for assessing gender dysphoria and diversity in young people. A developmental framework will be used to explore gender identity through adolescence, discussing the DSM-5-TR diagnostic criteria for Gender Dysphoria. This includes addressing common diagnostic errors and introducing assessment tools for clinical practice. Through case studies and practical examples, attendees will apply guidelines from both local and international guidelines of practice. By the end of the session, participants will have an overview of clinical practices in gender health assessments and will be equipped with tools to enhance their approach to working with gender-diverse youth. This workshop aims to foster a deeper understanding of gender identity and dysphoria, supporting better assessment and care.*

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 112258 - Standard Workshop

### *Building Positive Relationships Through Meaningful, Culturally Responsive Communication of Assessment Findings*

**Main Presenting Author:** Ford, Laurie

**Additional Author:** Nassari, Anisa

**Abstract:** *Caregivers, educators, and clients (child/youth/adults) are often overwhelmed by the volume and complexity of the information shared when psychologists communicate assessment findings. Subsequently, the accuracy of recall of critical details following feedback report meetings is often very low. Many consumers report that they often experience difficulty understanding the terminology and scores discussed by psychologists during feedback meetings. Many also report dissatisfaction with the resulting written reports. The depth of consumer understanding of assessment results has critical implications when it comes to adherence to recommendations and overall satisfaction with the assessment process. Taking into account consumer background and considerations when delivering assessment results is a key component of a psychologist's job. Cultural context including language and literacy are important factors when communicating psychological assessment results. Including visual representations of results and greater attention to culturally responsive ways of communicating assessment results also has been found to result in improved satisfaction with feedback meetings, as well as helping consumers recall significantly more information.*

**Section:** Educational and School Psychology

**Session ID:** 113648 - Standard Workshop

### *Supervision and Cultural Responsivity: Supervisor and Supervisee Collaborations*

**Main Presenting Author:** Ko, Gina

**Co-Presenting Authors:** Sohal, Pooja; Hart, Rachelle

**Abstract:** *A registered psychologist in Alberta and two provisional psychologists will present a workshop on cultural responsivity in a supervisory context. Many clients are from diverse cultural backgrounds with various intersectionalities of ethnicity, gender, sexual orientation, age, ability, education, socioeconomic status, religion, and more. We use Collins' (2018) definition of cultural responsivity to be a measure of the degree to which the counsellor and the counselling process are reflective of and influenced by the clients cultural identities, worldviews, and social locations. Self-awareness and cultural humility are needed to challenge assumptions and biases. In supervision, we process, dialogue, and offer nuanced ways to explore clients' challenges related to upbringing, dominant narratives, and systemic oppression. We co-create optimistic ways to support clients in advancing their self-growth by suggesting acts of resistance and helping to cultivate resilience. In many graduate programs, counselling psychology is taught from a Eurocentric lens. With such training, we propose more guidance and training to work with a culturally diverse clientele. We will provide composite case conceptualization and offer examples of how to work with such clients. We will share strengths-based, inclusive, and client-centred ideas.*

**Section:** Asian Psychology

**Session ID:** 112153 - Standard Workshop

### *Supporting the Journey: Promoting the Wellbeing and Ethical Care for Newcomer Children and Youth*

**Main Presenting Author:** Kerry, Amanda

**Abstract:** *RATIONALE: While newcomer children and youth may demonstrate the ability to respond to stressors with resilience, many require mental health support. These children may experience adversities before, during, and after their migration to Canada. Supporting Transition Resilience of Newcomer Groups (STRONG) was developed to promote strengths and reduce psychological distress*

among newcomers. Our team at Western University has been evaluating and scaling the program since 2019. **METHOD:** Attendees will receive an overview of STRONG, an evidence-informed program that applies cognitive behavioural therapy (CBT) and trauma-informed principles. This workshop will include experiential and interactive approaches to enhance attendees' understanding of (1) common psychological experiences of newcomer children and youth, (2) how to apply culturally responsive CBT approaches, and (3) ethical considerations when supporting newcomers. Preliminary findings from the research will be reviewed. Attendees will also be provided with relevant resources. **DESIRED OUTCOMES:** Through discussions and small group activities, attendees will develop their knowledge and skills to effectively and ethically support the mental health needs of newcomer children. **IMPACT:** Increasing psychologists' competence in supporting newcomer children's mental health can lead to more accessible, quality services for this population.

**Section:** Developmental Psychology

**Session ID:** 113554 - Standard Workshop

## Symposium

### *Exploring the Relationship Between Familial Context and Intrafamilial Sexual Contact and Abuse*

**Moderator(s):** Holmes, Emma J

**Abstract:** *Intrafamilial child sexual abuse (ICSA) by fathers or siblings is under-researched and poorly understood. This symposium presents the results from three studies, which examined different facets of the familial context and how these are related to ICSA and incest aversion. The first talk by Samithamby et al. examines how familial context variables (e.g., parental involvement) relate to fathers' propensity for and likelihood of engaging in father-daughter ICSA, based on an online survey of fathers ( $N = 1,579$ ). In the second talk, Holmes et al. presents a qualitative analysis comparing adolescent boys who sexually offended against their sister ( $n = 7$ ) to adolescent boys who offended against an unrelated girl ( $n = 6$ ), exploring how family dynamics shaped their sexual offending behaviour. Lastly, Davidson et al. presents findings from an online survey of siblings ( $N = 1,164$ ), investigating the relationship between sibling relationship quality and participants' propensity to engage in sibling sexual contact. Together, these talks address a gap in understanding how familial context influences both the likelihood and propensity for intrafamilial child sexual abuse.*

**Section:** Criminal Justice Psychology

**Session ID:** 113054 - Symposium

### *Assessing the Link Between Sibling Relationship Quality and Propensity for Sibling Sexual Contact*

**Main Presenting Author:** Davidson, Myles

**Co-Presenting Author:** Holmes, Emma J

**Additional Author:** Babchishin, Kelly M

**Abstract:** *The quality of sibling relationships may influence the likelihood of sibling sexual contact, with negative relationships (e.g., those lacking warmth) potentially increasing risk. Conversely, positive sibling relationships have been associated with prosocial behaviours toward siblings. This suggests that sibling relationship quality might contribute to risk for engaging in sibling sexual contact, particularly in cases of negative dynamics. However, the relationship between sibling*

relationship quality and sibling sexual contact remains underexplored, especially in community-based samples. To address this research gap, we examined online survey data from a community sample of 1,164 adults aged 18-30 on the quality of their relationship with their closest-in-age sibling, as well as their propensity for sibling sexual contact. Propensity was assessed using a vignette depicting participants and their sibling in a hypothetical sibling sexual contact scenario. Results revealed a significant negative relationship between sibling relationship quality and propensity for sibling sexual contact ( $b = -0.10$ ,  $p < .001$ ), indicating participants with higher-quality sibling relationships had lower levels of propensity for sibling sexual contact. These findings underscore the potential protective role of positive sibling relationships in reducing risk for sibling sexual contact.

**Section:** Criminal Justice Psychology

**Session ID:** 113062 - Paper within a symposium

*Family Dynamics from the Point of View of Adolescent Perpetrators of Sexual Abuse: A Qualitative Analysis*

**Main Presenting Author:** Holmes, Emma J

**Additional Authors:** Hilkes, Gabriella ; Babchishin, Kelly M; Leroux, J Elisabeth; Seto, Michael C

**Abstract:** Dysfunctional family dynamics are thought to be an important antecedent of sibling sexual abuse (SSA). This study qualitatively compared the family dynamics of adolescent boys aged 14 to 19 who had either committed a sexual offence against a sister ( $n = 7$ ), or an unrelated girl ( $n = 6$ ). Five interviews given by the parents of participants were also analysed ( $n = 3$  parents of boys who had committed SSA;  $n = 2$  parents of boys who had committed sexual abuse against an unrelated girl). All the participants were brothers, and the two groups were matched based on sibling type (biological versus socio-legal) and participant and survivor age. Qualitative analyses – a deductive codebook thematic approach – yielded four themes: *Family-System Functioning*, *Non-Normative Sexual Cultures*, *Participants' Personal Victimization*, and *Opportunities to Offend*. Participants who had caused SSA tended to report greater perceptions of family brokenness, early sexualization, and insufficient sexual education, compared to those who had sexually offended against an unrelated female. Both groups reported that access to the survivor was related to their sexual offending. This research highlighted that family dysfunction and factors related to sexuality may be related to the perpetration of SSA and thus could be targets for the prevention and treatment of SSA.

**Section:** Criminal Justice Psychology

**Session ID:** 113059 - Paper within a symposium

*Understanding Risk Factors for Intrafamilial Child Sexual Abuse Committed by Fathers*

**Main Presenting Author:** Samithamby, Abiraam

**Co-Presenting Author:** Holmes, Emma J

**Additional Authors:** Babchishin, Kelly M; Seto, Michael C

**Abstract:** This study aimed to clarify risk factors associated with intrafamilial child sexual abuse (ICSA) perpetrated by fathers against daughters. We sampled 1,579 fathers with at least one daughter ( $M = 1.77$ ) from North America and Germany via an anonymous online survey. Information was collected on ICSA behaviour and proclivity for incest, assessed by arousal and disgust to hypothetical vignettes depicting father-daughter ICSA. Potential risk factors included parental involvement,

*spousal relationship quality, paternity confidence, and individual psychological factors (e.g., antisociality). Biological fathers comprised 54.8% of the sample, with the rest being stepfathers. In our sample, 9.3% of fathers reported sexual contact with a daughter, 38.1% of fathers showed some arousal to incest vignettes, and 51.9% expressed less than complete disgust. Predictors identified through Area Under the Curve (AUC) analyses included: lower early-life supervision of daughters (AUC = .279,  $p < .001$ ) predicting ICSA behaviour; a history of physical violence towards the child's mother (AUC = .583,  $p < .001$ ) predicting arousal to vignettes; and lower perceived resemblance to the child (AUC = .463,  $p = .025$ ) predicting reduced disgust to vignettes. This study offers insights into risk factors for father-daughter ICSA in the community, with implications for prevention, assessment, and intervention.*

**Section:** Criminal Justice Psychology

**Session ID:** 113055 - Paper within a symposium

### *How the Canadian Psychological Association (CPA) is Advancing Human Rights in Psychology: A Critical Analysis*

**Moderator(s):** Antony, Martin

*Abstract: The Canadian Psychological Association (CPA) is Canada's largest organization dedicated to psychology. The CPA is committed to addressing human rights, social justice, and equity. Although the CPA has launched several initiatives to promote human rights in psychology, it has been urged to enhance its anti-racist, anti-oppressive, and decolonial practices and establish effective, measurable equity, diversity, and inclusion strategies. The objective of this collaborative symposium is to critically examine the CPA's role in the advancement of human rights within psychology. The first presentation will focus on the CPA's notable initiatives and identify key areas for improvement to confront and dismantle societal inequities. The second presentation will explore the establishment of the 2024 Affinity Room and provide insights into attendees' experiences of this initiative. The third presentation will emphasize five crucial intersections between psychology and human rights for the CPA to support its members. Lastly, the fourth presentation will outline how the CPA has addressed human rights, social justice, and equity in psychology. The symposium will conclude with a discussion on the implications of advancing human rights in psychology.*

**Section:** Black Psychology

**Session ID:** 113127 - Symposium

### *Equity in Psychology - Why This Work is as Critical as Ever in the Canadian Psychological Association*

**Main Presenting Author:** Sawyer, Kafui

**Co-Presenting Author:** McWilliams, Jennifer

**Additional Author:** Muyingo, Lydia

*Abstract: The Canadian Psychological Association (CPA) demonstrated a commitment to EDI by forming the Human Rights and Social Justice (HRSJ) Committee in 2021, comprised of six working groups. Despite these efforts, significant gaps remain in addressing systemic inequities within the organization. CPAs past communications, highlight critical work in areas like racism and decolonizing psychology, homelessness, poverty, food insecurity, societal and sexual violence, and climate change. Notable initiatives include the development of toolkits, policy statements, and fact sheets, as well as the 6th revision of CPA's accreditation standards. However, attrition among*

committee members and uneven progress across working groups has led to the consistent restructuring of EDI initiatives. The CPA has also not yet conducted an independent review of its policies, by-laws, and actions to ensure accountability and effective follow-through. To advance EDI, the CPA must prioritize race-based data within psychology, allocate resources for sections that represent historically oppressed groups, and provide honoraria for racialized speakers. Fostering equity in teaching and training programs, diversifying invited speakers, and honouring Black History Month is critical. CPA must recommit to addressing societal inequities. Equity in psychology remains critical for upholding the dignity and rights of all.

**Section:** Black Psychology

**Session ID:** 113342 - Paper within a symposium

*Five Connections Between Human Rights and Psychology*

**Main Presenting Author:** Huminuik, Kirby

Abstract: *A core function of scientific societies is the promotion and protection of human rights. The Canadian Psychological Association can support its members to enact five connections between human rights and psychology: 1) promotion of the human rights of psychologists; 2) application of knowledge and methods to the greater realization of human rights; 3) prevention of the misuse of psychological science; 4) ensuring access to the benefits of psychology, and 5) human rights advocacy. Implications are offered for research, practice and training, with recommendations for our national association.*

**Section:** Black Psychology

**Session ID:** 113406 - Paper within a symposium

*More Actionable and Measurable EDI Initiatives Needed Within CPA*

**Main Presenting Author:** Wong, Gina

Abstract: *The Canadian Psychological Association (CPA) has been openly challenged to strengthen their anti-racist, anti-oppressive, and decolonial practices and to provide meaningful, actionable, and measurable EDI policies and strategies. To this aim, CPA was urged to offer a new initiative for the 84th Annual Convention in Ottawa. Launching an Affinity Room was proposed by CPA members, one of whom is a founding member of the Asian Psychology section. The Affinity Room was intended to foster an inclusive and welcoming space and to meet the needs for community, support, and cultural celebration for Indigenous, Black, Asian, and People of Colour (IBAPoC) within an organization that has been historically rooted in colonialism. The 2024 Affinity Room was a resounding success. Feedback underscored sincere appreciation for a sense of community, belonging, and a perceivable decolonial shift at the convention. Participants strongly urged the continuation of such a space at future CPA conventions, which has been approved. Attendees also highlighted experiences of colonial harm and racial microaggressions while at the convention, revealing issues of systemic inequities that must be addressed in timely collaboration and consultation.*

**Section:** Black Psychology

**Session ID:** 113403 - Paper within a symposium

*Overview of the CPA's Corporate Activity to Address Human Rights*

**Main Presenting Author:** Votta-Bleeker, Lisa

*Abstract: The Canadian Psychological Association is committed to addressing human rights, social justice, and equity as the largest national association for the science, practice, and education of psychology in Canada. As part of this symposium, the CPA's Chief Executive Officer will speak to the various ways in which it has sought to address this commitment, speaking to the activity it has undertaken within its current strategic plan, its activity as relates to the science, practice, and education of psychology, its committee and board activity, its advocacy and policy work, its support of various CPA sections, and its external representation.*

**Section:** Black Psychology

**Session ID:** 113547 - Paper within a symposium

### *Psychology, Disability, and Policy*

**Moderator(s):** Okman, Selin

*Abstract: Psychologists have made efforts to study and understand the experiences of marginalized populations, including disabled people. To achieve this, they have drawn on valuable insights from other fields, such as critical disability studies, and have engaged with the disability community through participatory frameworks. However, one area that often remains overlooked is the power of policies and their enactment in relation to disabled people's lives. In this symposium, we will explore how policies interrelate with systemic structures and influence the everyday experiences of disabled people. The first presentation will demonstrate how policies impact the process of acquiring mobility aids in Ontario, shaping disabled people's lived experiences of using their mobility aids. The second presentation will turn to an empirical study on Ontario's school systems to explore how inclusion policies are enacted and how these practices influence disabled students' and their parents' understanding of "inclusive education." Finally, we will discuss a framework for a study that interrogates the gap between well-intended policies and the social practices they invoke in real-world situations. Ultimately, our goal is to demonstrate that psychological research can and should draw attention to these issues in the process of studying disabled people and their experiences.*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 112728 - Symposium

### *Navigating Inclusion/Exclusion Every Day: Disabled Students' Lived Realities in Different Ontario School Systems*

**Main Presenting Author:** Sharma, Riya

**Additional Author:** O'Doherty, Kieran

*Abstract: Special/segregated schools are often seen as undermining the social justice aims of inclusive education. Critics argue that funding special schools diverts resources from integrated ones, limiting their capacity to meet diverse student needs. Other scholars point to a gap between what is promised under the inclusion policy and the practices in integrated schools. This debate needs to be informed by the lived experiences of disabled students and their parents, who interact with these school systems in their everyday lives. Drawing on semi-structured interviews with 10 disabled high-school students in Ontario and 23 parents of disabled students, this study explores how these two key groups understand and experience inclusion and exclusion in different school systems. Preliminary analysis shows that*

*special schools, for some participants, serve as sanctuaries that mitigate distress and foster belonging. While offering support in a diverse classroom, integrated schools pose emotional and advocacy burdens on some families. Moving beyond the framing of inclusion as tied to physical location, this study foregrounds disabled students' and parents' perspectives to examine what makes a space inclusive for them. Our study invites scholars and practitioners to consider relational and embodied experiences to advance a more contextualized understanding of inclusion-exclusion.*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 112733 - Paper within a symposium

*Systemic barriers, disability, and human rights policy in Ontario: Bridging the gap between commitment and action*

**Main Presenting Author:** Bolgova, Anastasia

**Additional Author:** Yen, Jeffery

*Abstract: The issue of systemic barriers marginalizing disabled people is widely discussed in many places. In Ontario, the human rights policy puts the legal responsibility on government institutions and businesses to provide accommodations so that all people can freely participate in important aspects of life. Psychologists recommending accommodations as part of psychological assessments are among several implicated professionals. If the policy functioned properly, disabled people would be participating meaningfully in education, employment, and community. Yet, researchers raise concerns about the ongoing exclusion of disabled people, suggesting the promise of accommodations in the written policy lacks its realization as a social practice. While systemic barriers are often named as a contributing factor, they are described in vague terms, such as the lack of funding, not leading to addressing the problem. In this paper, I will discuss a framework for a study that will attempt to situate systemic barriers in what people do collectively as part of their professions to stimulate a more concrete pathway for action. The study aims to investigate how local policymakers, law practitioners, psychologists, and other implicated parties structure the social practice of human rights in Ontario when disabled people attempt to enact their rights for accommodations and participation in life.*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 112735 - Paper within a symposium

*The invisible "costs" of mobility aids: The role of the political context in shaping the experience of using mobility aids in Ontario*

**Main Presenting Author:** Hall, Catherine P.

**Additional Author:** Yen, Jeffery

*Abstract: Phenomenological approaches have been used to capture a range of experiences, including the experiences of disabled people. However, critical phenomenologists, who attend to ways in which power shapes lifeworlds, have raised concerns about classical phenomenologists' tendency to ignore the profound ways societal norms can impact lived experiences. As a result, classical phenomenologists often inadvertently frame disabled people's experiences in ways that trivialize or completely ignore the role of power in shaping lived experience. In this presentation, I will draw on an example of the policy research I have conducted to account for issues of power that may become evident in my phenomenological study exploring the disabled experiences of using mobility aids. The*

*example I will provide will showcase how the implementation of the policies surrounding the Assistive Devices Program, which funds the acquisition of assistive devices in Ontario, can inadvertently impact the relationships disabled people form with their mobility aid. Further, I will discuss some potential ways the policies surrounding the ADP could impact disabled people's experiences of using their mobility aid(s). Additionally, I will demonstrate how the examination of relevant policies can be important for other psychological research to account for our current historical and political context.*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 112732 - Paper within a symposium

# THEME: IMPROVING AND PROMOTING HEALTH

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

## 12-Minute Talk

*A partnered research approach in evaluating a Student Wellbeing Framework in a large school district in Alberta: Celebrations, Challenges, and Data Insights*

**Main Presenting Author:** Barbeau, Kheana

**Additional Author:** Russell-Mayhew, Shelly

*Abstract: In response to calls to address school, student, and teacher well-being, the Well-Being Framework, modelled on the Canadian Healthy School Standards, was introduced by the Calgary Board of Education (CBE) across the entire school district. This partnered research between the CBE, Werklund School of Education, and community partners (Ever Active Schools, Alberta Health Services) who supported the implementation of the Well-Being Framework across CBE schools, sought to examine the impact of the introduction of the Student Well-Being Framework in CBE schools over a two-year period. This presentation describes the process, celebrations and challenges of partnered research between academic, school, and community partners, and the implications of an evolving dynamic education system on research methods and outcomes. This will be situated within the context of this 2-year mixed-method partnered research project evaluating a Student Wellbeing Framework in K-12 schools. Data insights will consist of triangulated data sources from interviews with staff about perceived wellbeing ( $N = 15$ ), staff longitudinal surveys ( $N = 81$ ), and school development plans ( $N = 87$ ). Implications for research processes and measuring wellbeing at different levels of the school ecosystem in K-12 school settings, and lessons learned in the partnered research process, will be discussed.*

**Section:** Educational and School Psychology

**Session ID:** 113758 - 12-Minute Talk

*A Review of Gender Differences in Sports-Related Child Maltreatment*

**Main Presenting Author:** Shiau, Annie YA

**Additional Authors:** Schick, Kayla ; McWilliams, Kelly; Dewit-Williams, Shanna

*Abstract: Sports-related child maltreatment (CM) has emerged as a global issue in the past few decades. Despite evidence for gender differences in how children experience and report CM, this literature is fragmented and limited to sexual abuse in sports. This systematic review synthesized evidence on the prevalence, perpetrators, outcomes, and disclosures of various sports-related CM to determine whether these experiences differ across genders. Systematic searches were conducted in three databases (i.e., PsycInfo, MedLine, Scopus) for studies published between the earliest date of each database to May 2024. A total of 509 unique articles were returned, and 22 met inclusion criteria (i.e., examined children or adults who participated in sports before 18 and compared a quantitative measure of sports-related CM across genders). Findings highlight gender differences in the type of CM children experienced, who the perpetrators were, and who the children told in sports.*

*Despite that, sports-related CMs bring serious consequences and are likely underreported by both boys and girls. The results call for future research to establish standardized measurements of sports-related CM and examine gender differences in barriers to disclosure. This knowledge may guide the development of gender-informed policies to prevent and identify sports-related CM, safeguarding sports for children of all genders.*

**Section:** Traumatic Stress

**Session ID:** 112005 - 12-Minute Talk

### *An Umbrella Review of Adult Attachment Studies*

**Main Presenting Author:** Nivison, Marissa

**Additional Author:** Madigan, Sheri

**Abstract:** *BACKGROUND Adults' recollections of caregiving experiences, or "adult attachment," influence mental health (van IJzendoorn et al., 1999) and parenting (Verhage et al., 2016). Despite growth in studies and meta-analyses, a comprehensive synthesis is lacking. We conducted an umbrella review to systematically summarize findings from all meta-analyses on adult attachment, which offer concise research overviews and inform policy and practice. METHODS In May 2024, we searched databases for adult attachment, identifying 8,588 studies. Abstracts were screened and studies were included if they (1) were meta-analyses and (2) examined adult attachment. All studies were double coded. RESULTS We identified 18 meta-analyses. Key findings include that adult attachment predicts next-generation attachment security ( $r = .31$ ; Verhage et al., 2016), is associated with fewer depression symptoms ( $r = -.10$ ; Dagan et al., 2018) and is moderately stable from infancy to adulthood ( $r = .28$ ; Opie et al., 2021). Comprehensive results will be presented. CONCLUSION Adult attachment significantly affects mental health and parenting across generations. Its moderate stability suggests attachment quality may change across the lifespan, warranting study beyond childhood. ACTION This review positions adult attachment as a critical target for interventions to improve intergenerational wellbeing.*

**Section:** Developmental Psychology

**Session ID:** 113012 - 12-Minute Talk

### *Application-based exercise for healthcare workers: Secondary analyses examining multidimensional well-being*

**Main Presenting Author:** Gosselin Boucher, Vincent

**Additional Authors:** Haight, Brook ; Hives, Benjamin; Zumbo, Bruno; Beauchamp, Mark R.; Puterman, Eli

**Abstract:** *BACKGROUND: The aim of this study was to perform secondary analyses of a recent 12-week mHealth exercise intervention for healthcare workers (HCW), to examine treatment effects on multidimensional ill-being and well-being outcomes. METHODS: The COVID-19 Pandemic and Exercise for Healthcare Workers trial was a two-arm randomized controlled trial for low-active Canadian HCWs ( $N$  intervention=142;  $N$  control=146). Participants in the exercise arm received access to a suite of exercise applications and asked to complete 80 minutes/week for 12 weeks. We examined treatment effects on flourishing, resilience, work-to-personal life (WTPL) interference, WTPL enhancement, mental health, life satisfaction, physical health, physical symptoms, and stress.*

**RESULTS:** Most participants identified as women (85.4%) and the mean age was 41.0 ( $\pm 10.8$ ) years. Results revealed significant biweekly treatment effects starting at week 2 for all outcomes (except for the Interference and Resilience variables which emerged as significant at weeks 6 and 8, respectively). Adherence to the intervention decreased over time. **CONCLUSIONS/IMPACTS:** Findings will help inform future workplace well-being interventions by identifying targets for improvement (e.g., adherence to mHealth exercise) and by providing evidence that mHealth exercise can be used as a modality to reduce ill-being and improve well-being of HCWs.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112097 - 12-Minute Talk

### *Barriers and Facilitators Influencing Help-Seeking Behaviours of Canadians Adults Impacted by Technology-Facilitated Sexual Violence*

**Main Presenting Author:** Aucoin, Anita M

**Additional Authors:** McArthur, Jennifer L; Goruk, Kayla J; Blais, Julie

**Abstract:** Although technology-facilitated sexual violence (TFSV) can have severe impacts, victim/survivors are often hesitant to seek help for their experiences. The current study used a sequential mixed-methods design to estimate help-seeking rates and to identify key factors influencing help-seeking behaviours of TFSV victim/survivors in Canada. Thematic analysis of in-depth interviews with service providers ( $n = 12$ ) and TFSV victim/survivors ( $n = 15$ ) suggests that formal help-seeking is rare, with victim/survivors more likely to disclose to peers. Commonly reported barriers to help seeking, including the normalization of TFSV, shame/self-blame, fear of repercussions, service inaccessibility and distrust in service providers. Those who sought help did so to stop the behaviour, address emotional distress, or prevent future instances of TFSV. A large-scale online survey, informed by these findings, is currently underway. A sample of 500 Canadians, aged 18-30, who are at high risk for TFSV victimization, will identify the most salient factors that influenced their disclosure decisions. Results from the survey are anticipated to corroborate the themes uncovered in interviews. Together, the findings will establish estimated rates of help-seeking, and inform service provider strategies to address victim/survivors' needs and promote help-seeking for TFSV.

**Section:** General Psychology

**Session ID:** 113040 - 12-Minute Talk

### *Coping strategies and perception about surgical treatment among patients with breast cancer: Relationship with psychological distress and wellbeing*

**Main Presenting Author:** Lu, Bonnie

**Additional Authors:** Bioku, Ayodeji A.; Harris, Paige; Jimeta-Tuko, D. Jummai ; Sarimiye, Foluke O.; Olagunju, Tinuke O.; Ostermeyer, Britta K.; Olagunju, Andrew T.

**Abstract:** *Background:* Breast cancer remains a global health challenge, with rising cases in Nigeria. This study examines coping strategies and their determinants among patients after breast surgery.

**Methods:** Seventy-two patients with breast cancer post-surgery in Northern Nigeria were interviewed with a designed questionnaire (clinicodemographic and perspectives), the World Health Organization Quality of Life (WHOQOL-BREF), the General Health Questionnaire (GHQ-12) and Coping Strategy

*Inventory (CSI-32). Results: The mean age of patients was 45.94(SD=9.05) years. Common coping strategies include expression of emotions, wishful thinking, and problem avoidance. Disengagement was linked to feelings of incompleteness and dissatisfaction with clothing fit. Significant predictors of disengagement included satisfaction with clothing fit ( $\beta=7.92$ ,  $p$ )*

**Section:** Clinical Psychology

**Session ID:** 113689 - 12-Minute Talk

### *Coping with past and future social stress: Benefits and barriers of self-compassion and reappraisal writing exercises*

**Main Presenting Author:** Burnham, Cortney

**Additional Author:** Kocovski, Nancy

*Abstract: Individuals with high social anxiety have been shown to benefit from self-compassion training. The primary goal of this research was to compare inducing self-compassion with reappraisal and a control condition for different social stressors. In Study 1 (online), participants ( $N=323$  with high social anxiety) recalled a past social situation where they felt judged and were randomly assigned to one of three writing conditions: self-compassion ( $n=110$ ), reappraisal ( $n=105$ ) or control ( $n=108$ ). Compared to control writing, self-compassion and reappraisal led to significantly higher state self-compassion and reappraisal, and lower distress. In Study 2, participants ( $N=163$  with high social anxiety) came to the lab and completed the same protocol as in Study 1, but were told they would be giving a speech. Only those in the reappraisal condition reported significantly lower distress when compared to control. Further, among those with high fear of self-compassion, those in the self-compassion and reappraisal conditions reported significantly lower state self-compassion than those in the control condition, but the opposite pattern was found among those low in fear of self-compassion. Overall, Study 1 supports self-compassion and reappraisal for past social judgement, and Study 2 suggests that fear of self-compassion may be a barrier for using these strategies for upcoming social stress.*

**Section:** Social and Personality Psychology

**Session ID:** 112387 - 12-Minute Talk

### *CULTIVATING POSITIVE BODY IMAGE: RECOMMENDATIONS FOR CLINICAL PRACTICE FROM BUDDHIST ASCETICS AND SCHOLARS*

**Main Presenting Author:** Edirisinghe, Savie

**Additional Author:** Cassin, Stephanie

*Abstract: Buddhist-derived interventions, such as mindfulness-based interventions, have demonstrated effectiveness in improving well-being. However, there are concerns about the authenticity and accuracy to which the Buddhism has been applied in contemporary psychology. Considering the nature of Buddhist knowledge and practice (e.g., non-attachment, acceptance, gratitude, compassion), it may be beneficial in supporting those experiencing disordered eating and negative body image. In exploring the benefit of the Buddhadharma in helping people develop positive body image, we interviewed eight Buddhist ascetics and scholars with the goal of understanding the Buddhist conceptualization of positive body image, the teachings and practices Buddhist ascetics and scholars*

would recommend for improving body image, and these experts' attitudes towards Buddhist-derived interventions (BDIs) currently used in disordered eating intervention. We conducted a reflexive thematic analysis and organized interview data into six themes: 1) Foundational Buddhist Paradigms, 2) General Buddhist Practices Cultivate Wellness, 3) There are Buddhist Conceptualizations of the Body, 4) Teachings and Practices for Body Image and Eating, 5) Dialectical Relationships of Buddhism and Psychology, and 6) Recommendations for Clinicians. These themes demonstrate significant implications for culturally-informed practice.

**Section:** Clinical Psychology

**Session ID:** 112415 - 12-Minute Talk

### *Directing Self-Compassion toward Maladaptive Self-Beliefs in Social Anxiety*

**Main Presenting Author:** Szczyglowski, Kamila A.

**Additional Author:** Kocovski, Nancy L.

**Abstract:** *Maladaptive self-beliefs in social situations are associated with greater social anxiety and poor interpersonal functioning. The goal of the present research is to investigate the impact of self-compassion on these maladaptive self-beliefs. For Study 1 ( $N = 442$  university students) and Study 2 ( $N = 229$  with high social anxiety) participants reported endorsement of three types of maladaptive self-beliefs (high standards: "I need to be liked by everyone"; conditional: "If people don't accept me, I'm worthless"; unconditional: "People don't respect me") and reflected on them through a self-compassion (or control) writing task about a future situation. In both studies, participants in the self-compassion condition significantly reduced their maladaptive self-beliefs, felt less anxious, and felt more positive about the future situation. Study 3 (current  $n = 17$ ,  $n = 100$  expected April 2025), aims to replicate these effects in lab for a conversation with a stranger. It is hypothesized participants in the self-compassion condition will be less anxious during the conversation and will show a reduction in maladaptive self-beliefs. Overall, reducing maladaptive self-beliefs through self-compassion has beneficial impacts for social situations. Future research will examine whether these benefits extend to greater social connection.*

**Section:** Social and Personality Psychology

**Session ID:** 112162 - 12-Minute Talk

### *Driving Impact through Evidence and Practice: A Participatory Approach to Advancing Integrated Youth Services in Quebec*

**Main Presenting Author:** Kaltsidis, Gesthika

**Additional Authors:** Boisvert-Viens, Jérémie ; MacDonald, Kathleen ; Richard, Myriam ; Rudaz, Pauline ; Iyer, Srividya ; Bentayeb, Naïma

**Abstract:** *BACKGROUND: Integrated youth services (IYS) like headspace (Australia), Jigsaw (Ireland), and Foundry BC (Canada) aim to meet the needs of youth (12-25). In Quebec, IYS has been implemented since 2018, with pilot sites showing that managers and clinicians need support for local implementation. This study proposes a participatory process with stakeholders (youth, clinicians, decision-makers) to evaluate IYS effectiveness in improving youth mental health and well-being.*

**METHODS:** *A systematic review of scientific and grey literature (up to Dec 2023) was conducted, alongside consultations and deliberative processes with stakeholders. RESULTS:* *The 44 analyzed*

*studies suggest IYS effectiveness in reducing psychological distress (including self-harm, suicidal ideation), and improving social/occupational functioning; effects on service use and substance use were also discussed. Nine key components for successful IYS delivery emerged. CONCLUSIONS: The review supports the IYS model for improving youth mental health, while stakeholder input helps adapt it for local contexts. It would be helpful to confirm findings in larger, more diverse studies, considering how key components contribute to IYS effectiveness. IMPACT: Findings emphasize importance of participatory approaches in developing IYS models based on global evidence and local needs, ensuring effective youth mental health services.*

**Section:** Community Psychology

**Session ID:** 113557 - 12-Minute Talk

### *Evaluating the Impact of an ACT-Based Intervention on Sexual Distress and Relationship Satisfaction in Individuals Experiencing Infertility*

**Main Presenting Author:** Balsom, Ashley A

**Additional Authors:** Gerbeza, Matea ; Gulash, Sarah K; Gordon, L Jennifer

*Abstract: BACKGROUND: Sexual difficulties worsen infertility-related distress and reduce intercourse frequency, decreasing conception likelihood. The Infertility ACTion program, a tailored Acceptance and Commitment Therapy intervention, has shown effectiveness in reducing depression, anxiety, and improving quality of life for the intended pregnant partner. However, its impact on relationship satisfaction and sexual distress is unknown. METHODS: Eighty-nine women from Canada and the United States were recruited for a randomized controlled trial, with 64 completing the 7-week intervention. Measures of relationship satisfaction and sexual distress were collected at baseline, post-intervention, and one-month follow-up. RESULTS: The intervention group had a non-significant reduction in sexual distress post-intervention ( $p = .055$ ), which became significant at one-month follow-up ( $B = 0.21$ ,  $SE = 0.03$ ,  $p = .003$ ). Changes in relationship satisfaction were not significant compared to the waitlist control at both post-intervention and follow-up ( $ps > .05$ ). CONCLUSION: The Infertility ACTion program significantly reduced sexual distress at one-month follow-up but did not impact relationship satisfaction. IMPACT: This intervention shows promise as a low-cost, accessible resource for individuals experiencing infertility. Future adaptations, such as a couples-based format, may enhance its effectiveness.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113463 - 12-Minute Talk

### *Exploring the help-seeking narratives of couples in intimate relationships in which there has been high conflict.*

**Main Presenting Author:** Johnson, Alanna E.S.

*Abstract: Low levels of relationship satisfaction and high levels of conflict in relationships are connected to negative physiological and psychological health outcomes (Slatcher and Selcuk, 2017). Despite the known benefits of help-seeking behaviour for this population (Trillingsgaard et al., 2019), only a small percentage of couples seek help and many delay seeking help for years (Doherty et al., 2021). To better understand how couples decide to seek help, 10 high-conflict couples who sought couples therapy were interviewed for this study. In a novel qualitative design, three narrative*

interviews were conducted with each couple: one with each member of the couple individually as well as a conjoint interview with both members of the couple together. Narrative interviews were analyzed through an intersectional feminist lens (Cole, 2001) using a modified version of Fraser's narrative method (2004). The complex framing of narrative elements (e.g. the impact of conflict, what needs to change in the relationship, the role of social support) across interviews illuminates how couples negotiate understanding their high-conflict relationships and their experiences with help-seeking, both as individuals and together as a couple. The findings have important methodological, theoretical, and clinical implications, and will be discussed from both narrative theory and clinical practice perspectives.

**Section:** Clinical Psychology

**Session ID:** 113629 - 12-Minute Talk

### *Helping the Helper: Effectiveness of the Cumulative Stress Management Program in managing cumulative impacts of high occupational exposure to traumatic stress*

**Main Presenting Author:** Kannan, Lakshmipriya

**Abstract:** Canada faces a healthcare and social services crisis, with professionals leaving due to the cumulative impact of stressors at micro, meso, and macro levels. These high-stress roles expose workers to traumatic stress, leading to burnout, compassion fatigue, absenteeism, conflict, and diminished well-being. The *\_Helping the Helper\_* program addresses these challenges by recognizing the individual, organizational, and societal costs of unaddressed cumulative stress. It provides a comprehensive framework to support frontline professionals in healthcare and social services. The program aims to: \* Educate participants on cumulative stress and its impacts. \* Offer safe spaces for decompression and sharing experiences. \* Teach evidence-based stress management, self-care, and resiliency strategies. The program begins with a psycho-educational launch, followed by six semi-structured group sessions and one-on-one consultations with trained counselors. Pre- and post-program evaluations confirm its effectiveness, showing improvements in stress awareness, self-care practices, and camaraderie. Participants report renewed passion and purpose for their work. This initiative highlights proactive strategies for individuals and leaders to mitigate stress impacts and build resiliency in high-exposure professions.

**Section:** Industrial and Organizational Psychology

**Session ID:** 113719 - 12-Minute Talk

### *iCANSleep App for Insomnia in Cancer Survivors: Preliminary Feasibility, Acceptability, and Efficacy Outcomes*

**Main Presenting Author:** Piedalue, Katherine-Ann Laura

**Additional Authors:** Greeley, Krista ; Lee Dauz, Rachel; Garland, Sheila

**Abstract:** Cancer survivors experience insomnia 2-3 times more than the general population. Cognitive Behavioral Therapy for Insomnia (CBT-I) is the recommended treatment but remains largely inaccessible due to a shortage of providers. The iCANSleep smartphone app, co-designed with patients, delivers CBT-I and may increase accessibility. This study reports interim feasibility, acceptability, and efficacy outcomes of iCANSleep. METHODS Cancer survivors with insomnia

disorder were recruited to assess the iCANSleep App. The Acceptability E-Scale measured acceptability, Insomnia Severity Index assessed insomnia, and PROMIS measured fatigue, cognitive function, anxiety, and depression pre- and post-intervention. Descriptive statistics and paired t-tests analyzed within-group differences. Qualitative exit interviews were conducted to explore app experiences and will be analyzed using the acceptability framework. RESULTS 54 participants have been recruited ( $M_{age}=54.56$  years, 94% women). Participants reported high acceptability ( $M=27.5$ ). Significant improvements were seen in insomnia ( $t=7.92, p$

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113472 - 12-Minute Talk

*Implications for clinical practice with peaceful activists who described lived experience of long term commitment to social and environmental justice*

**Main Presenting Author:** Hollis-Walker, Laurie

Abstract: Given the difficult, long term nature of their activities, burnout can adversely impact the sustainability of activism (Drury and Reicher, 2005; Maslach and Gomes, 2006). Nine peaceful activists participated in a series of dissents known as ‘Redwood Summer,’ to protect the integrity and ecological diversity of the Pacific northwestern rainforest. Utilizing a community-based fieldwork study and modified grounded theory analysis, emergent categories described this group’s lived experience of their long term commitment to social and environmental justice (average length=25.5 years; range=17-43 years). The focus will be on the mental health challenges to sustainability these participants described. Results cannot be generalized to the larger group of engaged citizens. However, in terms of sustainability, long-term activism should be viewed as a “marathon and not a sprint” (Cheyenne, 2020), and a growing number of “activist clients” are counting themselves among the community of activism (Samuels, 2017). This presentation provides lived experience from nine long-term, peaceful practitioners of resistance. It is hoped it will be of interest to professionals who are motivated to become aware of the realities, perils, potential longevity, and mental health challenges some among the activist community may endure, with intention to build their toolkits accordingly.

**Section:** Clinical Psychology

**Session ID:** 113761 - 12-Minute Talk

*In God(lessness) We Trust? Comparing Atheists' and Non-Atheists' Resilience*

**Main Presenting Author:** Yang, Stanford

**Additional Author:** Speed, David

Abstract: Resilience, the capacity of individuals to cope with and recover from adverse circumstances, is crucial for the promotion and retention of adaptative psychological functioning. A plethora of sociocultural factors were found to cultivate resiliency, one of which is speculated to be religion/spirituality (R/S), as people who report higher levels of R/S often report higher levels of resilience. If true, atheists should report lower levels of resilience than religious or spiritual individuals, although this has never been explicitly tested. The current study aimed to address this research gap using a nationally representative dataset of Canadians from the 2016 General Social Survey ( $N > 14,000$ ). We examined how changes in religiosity predicted changes in resilience relative to the atheist across nine religious identities. We distinguished between determinants of resilience

(i.e., protective factors) and outcome resilience (i.e., reported recovery). Our results suggested that 1). Highly religious individuals report better determinants of resilience than atheists, but 2). Paradoxically, Atheists reported comparable or better outcome resilience than highly religious individuals. While perplexing, this discrepancy highlights the potential context-dependent effect of resilience determinants and provides valuable insights for future studies on the R/S-resilience relationship.

**Section:** Social and Personality Psychology

**Session ID:** 112251 - 12-Minute Talk

*Individual and environmental risk factors in childhood and adolescence associated with the development of pathological borderline personality traits in early adulthood in women and men.*

**Main Presenting Author:** Lapalme, Mélanie

**Additional Authors:** Rivard, Geneviève ; LeCorff, Yann

**Abstract:** The risk factors associated with the development of borderline personality disorder (BPD) are well documented. However, little is known about the importance of each of these factors for men and women separately, or how these factors are associated with each of the personality traits characteristic of BPD. The aim of this study is therefore to determine the relative contribution of each of these factors, beyond the presence of CP in childhood, in the development of BP traits in young adults according to gender/sex. The sample is composed of 563 adults (50% women) aged 19 to 23, the majority of whom had CP in childhood as reported by parents and teachers. They were recruited between the ages of 6 and 10 from 155 schools in the province of Quebec, Canada, and followed for 13 years. Preliminary results show that the presence of CP in childhood is associated with all BP traits in early adulthood. However, the strength of these associations varied between men and women for most traits. Further analysis will determine whether, beyond a history of CP in childhood, the contribution of other risk factors, possibly more specific to certain traits and variable between gender/sex. A better understanding of the determining factors in the development of BP traits may enable us to qualify the weight upon the shoulders of the parents of these children, and to specify intervention.

**Section:** Developmental Psychology

**Session ID:** 113909 - 12-Minute Talk

*Investigating acculturation challenges of immigrant entrepreneurs using the theory of sociocultural models*

**Main Presenting Author:** Naimi, Azadeh

**Additional Author:** Chirkov, Valery

**Abstract:** *RATIONALE:* This study explores the acculturation process of immigrant entrepreneurs in the western Canadian province, focusing on how they adapt to the new cultural business environment. It aimed at extracting the mechanisms of entrepreneurial acculturation using the theory of sociocultural models (TSCM) (Chirkov, 2020, 2023). *METHODS:* Researchers used a case-based design with qualitative semi-structured interviews of seven immigrant women entrepreneurs.

**RESULTS:** Participants faced tensions adapting to Canadian sociocultural model of entrepreneurship based on individualistic values and indirect communication, contrasting with their home countries collectivism, directness, and competitive values. Challenges related to relational dynamics and regulations were most significant. Participants used these challenges as opportunities for business, undergoing personal transformations throughout the acculturation process. **DISCUSSION:** Results reveal the entrepreneurial acculturation mechanisms: facing ontological tension, going through different stages of learning, experiences through interaction with locals, but also how individual agency played a critical role in the process. **IMPACT:** The study offers insights on better supporting immigrant entrepreneurs in their adaptation process.

**Section:** Industrial and Organizational Psychology

**Session ID:** 112380 - 12-Minute Talk

### *Long Term Results from a Multisite Randomized Controlled Trial Examining Telephone-Based Cognitive Behavioural Therapy (Tele-CBT) for Bariatric Surgery Patients*

**Main Presenting Author:** Cassin, Stephanie

**Additional Authors:** Leung, Samantha ; Park, Katey; Ma, Clement; Wnuk, Susan; Hawa, Raed; Sockalingam, Sanjeev

**Abstract:** **BACKGROUND:** Surgical interventions are effective in treating patients with severe obesity; however, up to 50% will experience weight regain within the first 2 years. Post-operative eating pathology and psychological distress predict poorer outcomes. The current multisite RCT examined whether a brief Telephone-Based CBT intervention delivered 1-year post-surgery was efficacious in sustaining improvements in eating pathology and psychological distress at 3-years post-surgery. **METHODS:** Bariatric surgery patients ( $N = 306$ ) were recruited and randomized to Tele-CBT ( $n = 152$ ) or standard bariatric care ( $n = 154$ ). Outcome variables included the Generalized Anxiety Disorder-7 (GAD-7), Patient Health Questionnaire-9 (PHQ-9), Emotional Eating Scale (EES), and Binge Eating Scale (BES) administered at baseline (1-year post-op), post-intervention, 1.5 years, and 3 years post-surgery. **RESULTS:** There were significant improvements on the GAD-7 ( $p <$

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112278 - 12-Minute Talk

### *Longitudinal and sex-differentiated associations between maternal parenting styles and child externalizing behaviours*

**Main Presenting Author:** Chetner, Rowan J

**Abstract:** **Background:** Children's externalizing behaviours are linked to several adverse outcomes and can be influenced by parenting styles. However, few studies have investigated the longitudinal, sex-differentiated associations between these factors. **Methods:** The current study included 1,449 mother-child dyads participating in the All Our Families cohort study in Calgary, Canada. Through maternal self-report questionnaires, maternal positive and ineffective/hostile parenting styles were measured at child age 36-months, while child externalizing problems (aggression, hyperactivity, and conduct problems) were measured at 8 years. Analyses comprised of linear regressions, controlling for demographic factors and stratifying by child sex. **Results:** Positive parenting was negatively

*associated with boys', but not girls', hyperactivity, aggression, and conduct problems. Ineffective/hostile parenting was positively associated with boys' and girls' hyperactivity, aggression, and conduct problems. Conclusion: Findings suggest that maternal parenting styles are strongly associated with children's externalizing behaviours. Notably, associations between positive parenting and externalizing behaviours were stronger for boys. Action: Findings may inform future research and potential interventions to improve parenting behaviours and enhance children's well-being.*

**Section:** Developmental Psychology

**Session ID:** 111554 - 12-Minute Talk

### **Mixed-Method Approach to Evaluating a Suicide Stigma Reduction Program for Postsecondary Students**

**Main Presenting Author:** Lindsay, Brittany L.

**Additional Author:** Szeto , Andrew

**Abstract:** *BACKGROUND/RATIONALE: As suicide is a growing topic of concern in postsecondary communities, I co-created a suicide stigma reduction program for students in collaboration with people with lived experiences. METHODS: Using an overall mixed-method design, Study 1 evaluated the core aspects of this program by experimentally manipulating components (i.e., remove key aspects for certain conditions) and comparing to a control condition. Focus groups (Study 2) will be conducted (January 2025) to collect further information on program content and implementation. RESULTS: For Study 1, those who participated in any of the program conditions (full or partial) had significantly less stigmatizing attitudes than those in the control. This included lower stigma towards suicide survivors ( $p <$*

**Section:** Students in Psychology

**Session ID:** 112921 - 12-Minute Talk

### **Motivational and Volitional Correlates of Diabetic Retinopathy Screening Attendance: A National Study**

**Main Presenting Author:** Nagi, Snimer

**Additional Authors:** Umaefulam , Valerie ; Gibson, Emily; Dowson, Mackenzie; van Allen, Zack; Presseau, Justin

**Abstract:** *Diabetic retinopathy is the primary cause of blindness in adults with diabetes. To promote early detection, annual diabetic retinopathy screening (DRS) is recommended. However, DRS attendance rates are low. We sought to identify motivational and volitional correlates of DRS intention and behaviour using the Health Action Process Approach (HAPA) model and any intention-behaviour gap. Baseline and 12-month follow-up survey data were collected from 435 Canadian adults with diabetes assessing motivational predictors of intention (outcome expectancies, risk perception, self-efficacy, social support) and volitional predictors of behaviour (action plans, coping plans, action control) from HAPA. Self-reported DRS attendance behaviour was assessed at 12 months. Data were analyzed using multiple linear and binary logistic regressions. Motivational and volitional predictors explained 18% and 32% of the variance in DRS intention and behaviour, respectively. Outcome expectancies ( $B = .60$ ,  $p < .01$ ) and action control ( $B = .71$ ,  $p < .01$ )*

were the strongest motivational and volitional predictors, respectively. 23% had an intention to attend DRS that they did not follow through on. Motivational and volitional factors are associated with DRS intention and behaviour which can inform novel behaviour change strategies to support regular DRS attendance behaviour and reduce the risk of vision loss.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112591 - 12-Minute Talk

*Prevalence and determinants of anxiety among a racially diverse sample in Canada: The major role of racial discrimination in racialized and Indigenous populations*

**Main Presenting Author:** Moshirian Farahi, Seyed Mohammad Mahdi

**Additional Author:** Cénat, Jude Mary

**Abstract:** Despite the country's great racial diversity, no study has yet compared the prevalence and determinants of anxiety symptoms among different racial groups in Canada. This study aims to investigate the prevalence and determinants associated with anxiety symptoms among different racial groups in Canada, comparing Arab, Asian, Black, Indigenous, and White individuals. A total of 4,220 participants (55.9% women) completed the questionnaires, assessing sociodemographic information, anxiety, everyday racial discrimination, and resilience. The prevalence of severe anxiety symptoms was 33.65% in the sample. Severe anxiety prevalence was highest among Indigenous participants (47.58%), followed by other racial identity (42.25%), Arab (38.99%), Asian (35.92%), Black (30.12%), White (27.74%), and mixed racial participants (24.56%),  $\chi^2 (6) = 101.66$ ,  $p < .001$ . Despite the protective role of resilience, the results reveal a strong association between racial discrimination and anxiety across all racialized groups, highlighting the broad impact of racism on mental health. It is critical to recognize the traumatic potential of racism on racialized individuals that needs to be addressed in care, by providing anti-racist mental health care and in the development and implementation of programs aimed at preventing and eliminating race-based discrimination.

**Section:** Clinical Psychology

**Session ID:** 112712 - 12-Minute Talk

*Prevalence and factors associated with perceived executive functioning deficits in cancer survivors*

**Main Presenting Author:** Greeley, Krista M

**Additional Authors:** Bursey, Krystal ; Garland, Sheila N

**Abstract:** *Background:* A cancer diagnosis can cause many negative symptoms, including perceived deficits in executive functioning (EF). This study examined the symptom- and demographic-related factors that are associated with experiencing deficits in EF after cancer. *Method:* Post-treatment cancer survivors with insomnia and perceived cognitive impairment were recruited as part of a randomized controlled trial. EF was measured by the Behavioural Rating Inventory of Executive Function–Adult Version using the behavioural regulation (BR) and metacognition subscales, and the global composite. Deficits in EF were scores  $\geq 1.5$  SD above established cutoffs. Binary logistic

regressions were used to examine associations with EF. Results: Nearly one-third (29%) of participants ( $N=132$ ) reported deficits in EF. Greater levels of emotional fatigue ( $OR=1.04$ ,  $p < .05$ )

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112047 - 12-Minute Talk

**Problematic Sexual Behaviours in Children and Adolescents: A Meta-Analysis of Sexual Content Exposure as a Risk Factor and an Exploratory Evaluation of a Clinical Population Receiving Treatment**

**Main Presenting Author:** Mori, Camille

Abstract: *B/R: Problematic Sexual Behaviour (PSB) in youth is defined as developmentally inappropriate and potentially harmful sexual behaviours. Gaps in the literature include identifying associated risk factors and evaluating characteristics and treatment outcomes of PSB populations. Objectives were to: 1) Examine associations between sexual content exposure and PSB; 2) Describe characteristics of a clinical PSB sample; 3) Evaluate outcomes of a PSB intervention.* *M: Associations were examined using a systematic review and meta-analysis ( $N=16,200$ ). Characteristics and treatment outcomes were examined via a retrospective case file review of children and families who attended a PSB intervention ( $N=61$ ).* *R: Significant associations were found between sexual content exposure and likelihood of engaging in PSB. Characteristics of children who attended an intervention group varied widely. Outcome analyses revealed decreases in sexual behaviours and caregiver stress following intervention.* *C: Children with PSB and their families evidence heterogeneous characteristics. PSB interventions exist that are well-suited to meet their needs. Participants could benefit from incorporating education on sexual content exposure into treatment.* *A/I: Results were shared and recommendations developed in partnership with clinicians working directly with PSB populations at a local Child and Youth Advocacy Centre.*

**Section:** Clinical Psychology

**Session ID:** 112791 - 12-Minute Talk

**Qualitative analysis of a Virtual Mindfulness-based Stress Reduction Program in Older Canadian Immigrants**

**Main Presenting Author:** Fiocco, Alexandra J

**Co-Presenting Author:** Hytman, Lauren J

**Additional Authors:** Raja Rao, Sanjana ; Ueberholz, Rhiannon

Abstract: *Background: Chronic stress is associated with poor health outcomes in later life. While mindfulness-based interventions (MBIs) are found to support the wellbeing of older adults, a majority of studies have focused on the white and affluent, with a paucity of research examining more diverse subsamples. As 30% of the older adult population in Canada are represented by Canadian immigrants, the objective of this study was to evaluate a 9-week MBI in older Canadian Immigrants.*

*Methods: Participants were randomized to MBI or a control group. Participants in the MBI completed a semi-structured interview to share their experiences, benefits, and challenges with the MBI. Transcribed interviews were analyzed using thematic analysis. Results: Four themes were generated including, Perceived Benefits, Challenges, Moving Beyond the Program, and Program Feedback. Perceived Benefits included subthemes that align with the teachings of mindfulness, including focused*

attention and awareness, emotional insight and equanimity, and common humanity. The group setting was very important, fostering a sense of social connection. Language barriers were a notable challenge for some participants. Conclusion: Mindfulness programming is well received by older Canadian immigrants who experience stress in their daily lives. Action: Cultural adaptations should be considered for enhancing potential benefits.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 111972 - 12-Minute Talk

### *Reclaiming the Neglected Body: Women's Narratives of Embodiment after Sexual Assault*

**Main Presenting Author:** Janzen, Jaenjira

Abstract: Globally, sexual violence is one of the most prevalent forms of lived trauma (World Health Organization, 2013). Despite advocacy and empirical support for trauma-focused therapies in treating sexual trauma, much of the research has focused on the consequences of sexual assault, such as PTSD, depression, anxiety, dissociation, and shame. Notably, there has been limited research on the direct, lived experiences of women post-assault, particularly regarding bodily experiences. This study addressed an important gap concerning bodily experiences following sexual assault. Using a constructivist paradigm with a critical feminist lens, the study employed an embodiment framework to situate women's experiences of sexual assault within their sociocultural contexts. Embodiment is the way one experiences, perceives, and understands their body within their physical and cultural contexts (Piran, 2017). Narrative inquiry was used to capture five women's experiences of embodiment throughout the healing process. Reflexive thematic analysis was then conducted to identify themes across participants' narratives. The findings are discussed with a focus on the implications for counselling psychology and future research directions.

**Section:** Counselling Psychology

**Session ID:** 112567 - 12-Minute Talk

### *Reducing Barriers to Care: Perspectives and Recommendations for Integrated Treatment of Co-occurring Eating Disorders and Substance Use*

**Main Presenting Author:** Sheppard, Sarah L

**Additional Author:** Lacroix, Emilie

Abstract: Eating disorders (EDs) and substance use disorders (SUDs) are the deadliest psychiatric conditions. They frequently co-occur, leading to greater symptom severity and poorer treatment outcomes. Existing treatment approaches for individuals with both EDs and SUDs have shown limited effectiveness. Integrated treatment, in which both disorders are addressed simultaneously by a multidisciplinary team, is often used as a treatment for other psychiatric comorbidities and has been proposed as an alternative for co-occurring EDs and SUDs. A systematic review and two qualitative interview studies were conducted to examine the literature on integrated treatment and understand perspectives from individuals with lived experience and healthcare providers. A thematic content analysis was conducted in each study to explore themes relating to benefits and barriers to implementing integrated treatment. Findings from each study highlighted common benefits such as improved psychosocial outcomes and better individualization of care. Common themes in barriers

to implementation were limited clinician expertise, insufficient treatment availability, and unique challenges to recovery when these conditions co-occur. Collectively, these findings emphasize the potential advantage of integrated treatment. Still, widespread adoption will require addressing barriers at systemic and individual levels.

**Section:** Addiction Psychology

**Session ID:** 111976 - 12-Minute Talk

*Screening For Dementia and Community Reintegration Needs Among Older People in Custody*

**Main Presenting Author:** Stoliker, Bryce

**Additional Authors:** Kent-Wilkinson, Arlene ; Lagimodiere, Krista; Tetreault, Christie; Jewell, Lisa

**Abstract:** *BACKGROUND/RATIONALE:* Older individuals represent a growing demographic in correctional institutions, many of which are living with complex health needs. In our multi-phased study, we examined (1) the utility of cognitive screening tools for detecting suspected cases of dementia and (2) community reintegration needs of older people in custody. *METHODS:* The studies took place at a forensic psychiatric treatment centre in Saskatchewan. Collectively, data collection included administering cognitive screening tools to older people in custody ( $n = \sim 29$ ), a self-report questionnaire for correctional health care professionals ( $n = 20$ ), and a diagnostic assessment for dementia ( $n = 18$ ). *RESULTS:* Findings revealed that (a) varying supports may be required for older individuals' successful community reintegration, (b) correctional health care professionals lack training to adequately support older people in custody, (c) approximately 39% were diagnosed with dementia and 17% with mild cognitive impairment, and (d) some screening tools perform better in classifying cases of dementia. *CONCLUSIONS:* A considerable number of older people in custody may experience age-related challenges, including dementia. *ACTION/IMPACT:* There is a need to implement effective screening and diagnostic practices, as well as programming, to address the needs of older people in custody.

**Section:** Criminal Justice Psychology

**Session ID:** 112804 - 12-Minute Talk

*Spotting the Signs: Identifying Suicidality in Individuals with Fetal Alcohol Spectrum Disorder (FASD)*

**Main Presenting Author:** McMorris, Carly A

**Additional Authors:** Howe, Stephanie J; Gill, Bhavana; Pei, Jacqueline; Harding, Kelly; McFarlane, Audrey

**Abstract:** *BACKGROUND:* People with fetal alcohol spectrum disorder (FASD) are at high risk of suicide attempts and death by suicide; however, it's unknown if risk assessment tools are valid for people with FASD. Using a community-based participatory research approach, we identified risk assessment tools and ways to adapt them, to reliably assess risk in people with FASD. *METHODS:* This study included: 1) systematically reviewing risk assessment tools; 2) surveying clinicians to identify tools used and adaptations; and 3) interviewing people with FASD to determine best practices in assessing risk. *RESULTS:* Our systematic review determined that no risk assessment tools exist that

are valid for people with FASD. 24 clinicians ( $M_{age} = 41.3$  yrs; 96% cis-gender women) completed the survey and reported being somewhat confident in assessing suicide risk in people with FASD ( $M = 4.02/5$ ) and primarily used clinical interviewing and judgement. Several challenges such as, impulsivity underemphasized in existing tools, changes in suicidal ideation, and abstract nature of measures, were noted. Recommendations from clinicians and people with living experience related to best practices for risk assessment will be provided. CONCLUSIONS and IMPACT: Accurately identifying individuals with FASD who are experiencing suicidality is an essential aspect in preventing premature mortality in this vulnerable population.

**Section:** Clinical Psychology

**Session ID:** 113478 - 12-Minute Talk

***Target validation in Dialectical Behavior Therapy skills group: Emotion Regulation, mindfulness, and distress tolerance as mediators of outcome***

**Main Presenting Author:** Amestoy, Maya E

**Additional Author:** Uliaszek, Amanda A

**Abstract:** BACKGROUND: THERE IS GROWING INTEREST IN UNDERSTANDING THE MECHANISMS OF CHANGE IN DIALECTICAL BEHAVIOUR THERAPY (DBT), PARTICULARLY WITHIN ITS BROADER FRAMEWORK AND THE SPECIFIC PROCESSES OF ITS SKILLS GROUP. THIS STUDY EXPLORED WHETHER DBT'S CORE SKILLS—EMOTION REGULATION, DISTRESS TOLERANCE, AND MINDFULNESS—MEDIATE THE RELATIONSHIP BETWEEN GROUP THERAPY AND BPD SYMPTOMS IN A RANDOMIZED CONTROLLED TRIAL. IT WAS HYPOTHEZED THAT THESE SKILLS WOULD MEDIATE THE TREATMENT-SYMPTOM RELATIONSHIP, HIGHLIGHTING DBT'S ABILITY TO ENHANCE THESE SKILLS AND IMPROVE OUTCOMES. METHODS: FIFTY-TWO PARTICIPANTS WERE RANDOMLY ASSIGNED TO A 12-WEEK DBT OR POSITIVE PSYCHOTHERAPY (PPT) GROUP. THEY COMPLETED BASELINE ASSESSMENTS AND POSTTREATMENT EVALUATIONS OF TREATMENT-SPECIFIC FACTORS. RESULTS: IMPULSE CONTROL DIFFICULTIES AND LIMITED ACCESS TO EMOTION REGULATION STRATEGIES ARE KEY MEDIATORS IN THE THERAPY-BPD SYMPTOM RELATIONSHIP. ACTING WITH AWARENESS, A MINDFULNESS SKILL, ALSO MEDIATED THIS RELATIONSHIP, WHILE OTHER MINDFULNESS ASPECTS AND DISTRESS TOLERANCE WERE NOT SIGNIFICANT MEDIATORS. CONCLUSIONS: THESE FINDINGS EMPHASIZE THE IMPORTANCE OF TARGETING IMPULSE CONTROL, EMOTION REGULATION, AND ACTING WITH AWARENESS IN BPD TREATMENT. DISCUSSIONS WILL ADDRESS HOW TAILORED INTERVENTIONS MAY IMPROVE OUTCOMES AND GUIDE FUTURE CARE PLANNING AND TREATMENT PATHWAYS.

**Section:** Clinical Psychology

**Session ID:** 113344 - 12-Minute Talk

***Testing the efficacy of the 'Coping with Infertility' self-help program: A randomized controlled trial***

**Main Presenting Author:** Poulter, Megan M. L.

**Additional Authors:** Kiviharju, Maija ; Wahl, Taryn; Gordon, L. Jennifer

**Abstract:** *BACKGROUND: Affecting one in six couples in Canada, infertility is associated with severe psychological consequences, yet current interventions are of limited efficacy. METHODS: This parallel randomized controlled trial recruited 172 women experiencing infertility from across Canada. Participants were randomly assigned to the online 7-week self-help Coping with Infertility program or a waitlist/treatment as usual control. ANALYSES: Quality of life (QoL), infertility-related distress, depression, anxiety, and relationship quality were assessed at baseline, midway, and post-treatment, then biweekly for 16 weeks. Multilevel modelling compared outcomes, nesting by time and with baseline score as a covariate. Moderation analyses assessed differences in effect by baseline score. RESULTS: Overall, the program improved QoL, depression, and anxiety compared to waitlist/TAU ( $d = 0.3-0.5$ ,  $p$ )*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112874 - 12-Minute Talk

### *The SafeCare® Program for Child Neglect: Description and Impact on Parenting Behaviours*

**Main Presenting Author:** Romano, Elisa

**Additional Authors:** Bah, Rougui ; Zak, Sarah

**Abstract:** *About 1 in 5 substantiated Ontario child welfare investigations is related to a primary concern around neglect, which often occurs alongside other forms of trauma/adversity and can have longstanding negative impacts on children's development. SafeCare® is an evidence-based, home visitation parenting program that targets proximal risk factors for child neglect among families with children from birth-5 years. I will describe the program (modules, structure, length, research) and collaboration developed with child welfare/community agencies based on an identified need to provide a program addressing concerns around child health, home safety, and the child-parent relationship. I will also explain the related, on-going research project that evaluates outcomes among parents who complete SafeCare. The current sample of 34 parents who completed SafeCare have an average age of 27 years, are of various racial backgrounds, and are primarily mothers (88.2%) in single-parent households (52.9%). I will present preliminary findings on parenting outcomes from pre- to post-SafeCare based on self-report and observational measures, and I will consider these findings within the context of caregiver (e.g., childhood experiences) and family circumstances (e.g., health, support). There will be preliminary recommendations put forth around the implementation and impacts of the SafeCare program.*

**Section:** Traumatic Stress

**Session ID:** 113305 - 12-Minute Talk

### *Through their eyes: An umbrella review of the experiences of siblings navigating life with autistic individuals and interventions to support them*

**Main Presenting Author:** Andreasen, Stephanie

**Additional Authors:** McMorris, Carly ; Redquest, Brianne

**Abstract:** *BACKGROUND: As people with disabilities outlive their parents, it is common for siblings to take the primary caregiving role for their autistic brother or sister. To ensure that siblings feel*

equipped to take this role, research understanding both positive and negative experience of siblings is critical. Existing research reviews have highlighted that in order to ensure siblings understand their autistic siblings' needs and develop community supports for themselves, interventions, such as psychoeducation and peer support, are needed to maintain their own mental health. However, no study has summarized the evidence on interventions for siblings of autistic people. **METHODS:** We conducted an umbrella review to collate findings from existing reviews using a systematic process as well as a critical appraisal of the included studies. **RESULTS:** Our review included 8 intervention review papers and found primarily group-based psychoeducation and peer support models have been provided to siblings. Yet there was limited effectiveness of the interventions due to poor study quality and implementation challenges, and interventions addressed few issues reported by siblings. **DISCUSSION:** While the intervention programs addressed some issues nonautistic siblings face, many areas remain minimally impacted or unaddressed. Recommendations for future research and clinical implications will be provided.

**Section:** Family Psychology

**Session ID:** 113247 - 12-Minute Talk

*Using Web-based CBT-I to Improve Sleep to Prevent Depression and Anxiety in Adolescents at High Risk: A Randomized Control Trial Protocol*

**Main Presenting Author:** Spiropoulos, Athina M

**Additional Authors:** Vincent, Norah ; Tomfohr-Madsen, Lianne; MacKinnon, L Anna; Kopala-Sibley, Daniel C

**Abstract:** Internalizing disorders are a leading cause of disability in adolescents, with poor sleep linked as a contributing factor. The present trial examines if brief, web-based Cognitive Behavioral Therapy for Insomnia (CBT-I) reduces insomnia symptoms, improves sleep quality, and improves subthreshold internalizing symptoms in adolescents with sleep problems who are at high familial risk for internalizing disorders. This trial uses a two-arm, single blinded, parallel group randomized controlled design ( $N = 50$ ). Treatment group participants will complete web-based CBT-I comprised of six adolescent sessions and one parent session. Control group participants will receive a psychoeducational pamphlet about sleep hygiene. Insomnia severity, sleep quality, and depressive and anxiety symptoms will be assessed at three time points (baseline, immediately post-treatment, and three months post-treatment). Clinically significant internalizing disorders will be assessed using diagnostic interviews. Recruitment is ongoing. Web-based CBT-I is a non-invasive, economical, and easily administered intervention targeting sleep which is a potentially modifiable risk factor for the onset of depression and anxiety. Trial results will inform larger trials to examine if sleep interventions can prevent healthy, but high-risk, adolescents with sleep problems from developing internalizing disorders.

**Section:** Clinical Psychology

**Session ID:** 113036 - 12-Minute Talk

*We Don't Have Enough Direction, Support and Time: An Overview of Wellstream's Pan-Canadian Substance Use Harm Prevention Initiative in K-12 Schools*

**Main Presenting Author:** Dmytro, Dana

**Additional Author:** Jenkins, Emily

*Abstract: Drug toxicity (overdose) has become a leading cause of death for youth in Canada. Schools are ideally situated to lead upstream preventative efforts; however, a lack of coordination has resulted in systems inequities. Leveraging this opportunity, Wellstream: The Canadian Centre for Innovation in Child and Youth Mental Health and Substance Use is leading a pan-Canadian initiative to support coordinated, evidence-aligned education systems transformation through upstream prevention, education and intervention in K-12 schools. School psychologists are well-positioned to assist with this effort. This project uses an implementation science approach grounded in participatory methods. Preliminary initiatives have included a systematic review and meta-analysis of school-based prevention programming, a discourse analysis of Canadian news media, and a baseline survey of Canadian school administrators. Preliminary results of this multi-phase project highlight current practices, resource gaps, and system needs that will be used to co-develop national standards and systems-transformation approaches to promote student and staff well-being and reduce substance use harms. This project will relieve system burdens by providing guidance and resources, shifting substance use trajectories, and enhancing the wellbeing of students, families, and communities now and across the lifespan.*

**Section:** Educational and School Psychology  
**Session ID:** 113354 - 12-Minute Talk

## Conversation Session

### *Adventures in Book Publishing: Psychology for the Popular Press Market*

**Main Presenting Author:** Paterson, Randy J

*Abstract: Cognizant of George Miller's urging to "give psychology away," many in psychology have an interest in presenting information and insights for a broader audience in book format. But what's the path? How does it work? And is it worth the effort? In this informal roundtable discussion participants will have the opportunity to set the agenda, identifying topics they would like to learn about, potentially including: Primary players in the psychology and self-help markets. Things to look for in a publisher. Pitching an idea to a publisher. Should you write your book first or get a contract first? Structuring the writing process. Defining your audience. Working with an acquisitions editor. Responsibilities of the author and the publisher. The editing sequence. Promoting your book. Royalties and how they work – and where the primary benefit of publishing comes from. Participants are invited to bring their own ideas for potential books and receive feedback and recommendations. Those who have published in the popular press (or who are in the process) are likewise invited to share their own experiences. You may leave inspired, or you may leave satisfied that this is one quest you need not embark upon.*

**Section:** Clinical Psychology  
**Session ID:** 111218 - Conversation Session

### *Improving Men's Mental Health and Male Engagement with Psychological Services: Challenges, Innovations and Opportunities*

**Main Presenting Author:** Whitley, Rob

**Abstract:** Evidence suggest that a substantial number of Canadian men and boys are facing significant psychosocial difficulties. For example, men account for 75% of suicides, while rates of substance use disorder are around three times higher in men compared to women. Other research indicates that males have elevated rates of loneliness, high-school drop-out and social isolation, which can negatively affect their mental health. Psychologists have considerable potential to ameliorate this situation. However research indicates that males are around three times less likely to use mental health services than females. This implies the need for reform and innovation in service-offerings to ensure practices and approaches better engage males and properly serve their needs. Given this situation, the purpose of this round table is to discuss limitations and gaps regarding current approaches to men's mental health, while brainstorming innovative and alternative approaches that can facilitate service-engagement, recovery and healing in males. In introducing the round table, I will give a brief overview of research regarding the role of masculinity, stigma and societal pressures in men's mental health, drawing on material discussed in my two recent books on the topic: *La santé mentale au masculin - Notions essentielles* (Robert Laffont, 2024) and *Men's Issues and Men's Mental Health* (Springer, 2021).\_

**Section:** General Psychology

**Session ID:** 111432 - Conversation Session

### *Navigating Burnout and Job Satisfaction in Corporate Women: Unveiling the Critical Role of Work-Life Balance as a Mediator.*

**Main Presenting Author:** Khan, Muhammad Zohaib

**Additional Author:** Batool, Dr. Iffat

**Abstract:** NAVIGATING BURNOUT AND JOB SATISFACTION IN CORPORATE WOMEN: UNVEILING THE CRITICAL ROLE OF WORK-LIFE BALANCE AS A MEDIATOR 1. HIGHLIGHT THE CHALLENGES corporate women face due to burnout and its impact on job satisfaction. 2. Emphasize the importance of work-life balance in mitigating burnout and enhancing satisfaction at work. 3. Propose actionable strategies to improve corporate policies and empower women, leading to better workplace inclusivity and career sustainability. THIS TOPIC IS DIRECTLY RELEVANT TO CORPORATE LEADERS, HR PROFESSIONALS, POLICYMAKERS, AND MENTAL HEALTH ADVOCATES WHO ARE SEEKING EVIDENCE-BASED INSIGHTS AND PRACTICAL SOLUTIONS TO: • Address employee well-being. • Reduce burnout in diverse workplaces. • Enhance gender inclusivity and equity in corporate settings. Delegates can take away strategies to create supportive organizational cultures tailored to women's needs. GLOBALLY, CORPORATE WOMEN ENCOUNTER SIMILAR CHALLENGES, making this a universal topic that contributes to organizational psychology, feminist psychology, and the study of occupational well-being. OVERSIMPLIFICATION OF CHALLENGES: THERE IS A RISK OF OVERLOOKING THE NUANCED, culturally specific experiences of women in corporate settings. For instance, intersectionality (e.g., race, ethnicity, and socioeconomic factors) may not be adequately addressed.

**Section:** Women and Psychology

**Session ID:** 111913 - Conversation Session

## Panel Discussion

### *Navigating Academia: Practical Stress Management for Students*

**Moderator(s):** McLaughlin, Chloé

**Panelists:** Oliogu, Etnosa; Nasseri, Anisa ; Ilie, Alzena ; Frenette, Joey

**Abstract:** *Being a student at the post-secondary and graduate level often feels like a balancing act between striving for academic success and maintaining personal well-being, a challenge that can easily become overwhelming. The realities of academia can be daunting, especially when many of the stressors are only fully realized once you're already immersed in the experience. What if you could hear about the challenges you are likely to face before they arrive? Even more, what if you could gain valuable tips and tricks from individuals who have experienced these challenges firsthand and are currently navigating them? This panel discussion will bring together four graduate students who will share their personal encounters with common stressors, such as imposter syndrome, procrastination, perfectionism, and work-life balance. They will offer firsthand strategies they used to manage these issues, discussing what worked, what did not work, and how they navigated the ups and downs of graduate school. This interactive session will allow attendees to ask questions and receive practical, actionable answers. Whether you are considering graduate school, just starting your graduate journey, or are already deep into your studies, this panel will equip you with the tools and insights to manage stress effectively, excel academically, and safeguard your mental health throughout your academic career.*

**Section:** Students in Psychology

**Session ID:** 113447 - Panel Discussion

## Printed Poster

### *"I don't have the answers, but I can tell my story": How women with polycystic ovary syndrome (PCOS) narrate their health care experiences, and strive for health equity in Canada*

**Additional Authors:** Curran, Chloe ; Soucie, Kendall; Citron, Noelle; Tapp, Kenzie; Biderman, Carly; Vanier, Jeannette

**Abstract:** *Polycystic Ovary Syndrome (PCOS) is the most common endocrine syndrome in individuals assigned female at birth. Symptoms include reproductive, metabolic disruptions, and psychological impacts. Despite its ubiquity, PCOS is underdiagnosed and/or misdiagnosed, and has significant impacts on quality of life. To understand the lived experience of PCOS, we utilized McAdams' (2001) life story methodology. Participants ( $N=24$ ; range 30-58 years, 76% white) first sketched out the chapters of their PCOS story, filled in the details with scenes that stood out as memorable, and then reflected on their next chapter. We utilized a holistic-form analytical approach to capture various narrative plot structures (Lieblich et al., 1998). Two dominant plotlines were constructed: (1) the 'restoration' and (2) the 'stagnation' plotline. While both plotlines began by grappling with the ambiguity and uncertainty symptoms, coupled with dismissal, healthcare fatigue, disenfranchisement and the duality of a diagnosis (as good/bad), participants in plotline 1 ended their narratives with acceptance, self-compassion, kindness, growth/reflection, and advocacy for future generations. Participants within the second plotline, however, ended their stories with defeat, burnout, pessimism,*

and uncertainty about their futures. These findings provide a fruitful avenue for exploring health equity in women with PCOS. — — —

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112903 - Printed Poster

### *A Longitudinal Examination of Associations Between Co-Morbid Mental Health Symptoms and Craving in Women Undergoing Residential Addictions Treatment*

**Main Presenting Author:** Punia, Kiran

**Additional Authors:** Costello, Jean ; Taisir, Radia; Rush, Brian; Remers, Shannon; Chorny, Yelena; MacKillop, James

*Abstract: Concurrent Disorders (a co-occurring mental health condition with a substance use disorder) require specialized treatment. Despite the high co-occurrence, there is a dearth of longitudinal research examining mental health indicators in relation to craving in treatment. Craving is an important outcome as it is a predictor of relapse and substance use. The aims were to examine 1) baseline co-morbid mental health condition status (depression, anxiety, PTSD) as predictors of changes in craving, and 2) how changes in mental health conditions influence changes in craving, from pre-to-post treatment. Participants were  $N=351$  women in residential treatment. Linear Mixed Effects models revealed that both individuals meeting clinical cut-offs and those subclinical on anxiety and PTSD measures at baseline exhibited significant reductions in cravings across treatment. Those who met the clinical cut-off for depression experienced greater reductions in craving than subclinical individuals. Latent change score modelling revealed that mental health at baseline significantly predicted decreases in craving, however baseline craving did not predict changes in mental health. Findings underscore the importance of targeting baseline mental health symptoms to improve craving. This work has implications for clinicians and researchers to identify key therapeutic targets to enhance treatment efficacy.*

**Section:** Addiction Psychology

**Session ID:** 113826 - Printed Poster

### *A Smartphone Study: The Role of In-The-Moment Anxious Mood and Context in the Social Anxiety Pathway to Pre-Drinking*

**Main Presenting Author:** Ly, Dimitri

**Additional Authors:** Badawi, Ghislaine ; Morin, Alexandre J. S.; O'Connor, M. Roisin

*Abstract: BACKGROUND: People high in social anxiety (SA) are at elevated risk of pre-drinking (i.e., drinking before going out) to reduce anticipatory anxiety before social events. Because different pre-drinking contexts provoke varying levels of anxiety, the risk of pre-drinking in people with high SA may depend on specific contexts. Insight on the real-time associations between pre-drinking, anticipatory anxiety, and social context is therefore needed. METHODS: 223 university students completed hourly Ecological Momentary Assessments on their smartphones every Thursday, Friday, and Saturday evening for 4 weeks, answering questions about their mood, location, and alcohol use. RESULTS: Multilevel Zero-Inflated Poisson regression models revealed that the combined effect of anxious mood and context moderated the effect of SA on pre-drinking likelihood and quantity. Group*

context (vs intimate context) negatively moderated SA's association with pre-drinking quantity.

**CONCLUSIONS:** When anxious mood is high, individuals high in SA are more likely to be in contexts with low familiarity during pre-drinking, but they do not pre-drink more heavily. This highlights the need to incorporate context and anticipatory anxiety into theoretical models of SA and pre-drinking.

**IMPACT:** Findings can guide the development of contextual interventions to reduce SA and prevent/treat alcohol abuse in young adults.

**Section:** Addiction Psychology

**Session ID:** 113822 - Printed Poster

### *Adapting the Facing Your Fears Anxiety Intervention for Children and Adolescents with Attention-Deficit/Hyperactivity Disorder*

**Main Presenting Author:** Andreasen, Stephanie

**Additional Authors:** Howe, Stephanie ; Drummond, Kelley; McMorris, Carly

**Abstract:** *BACKGROUND:* Anxiety disorders are highly prevalent in youth with attention-deficit/hyperactivity disorder (ADHD), exacerbating symptoms of both disorders, leading to reduced quality of life (QoL). There are currently no evidence-based, non-pharmacological anxiety interventions targeted for youth with ADHD. Facing Your Fears (FYF) has been shown to effectively reduce anxiety in autistic youth; however, FYF has never been used to treat anxiety in youth with ADHD. **OBJECTIVES:** This poster will: (1) describe the adaptations made for ADHD; (2) report changes in child anxiety and QoL pre- to post-intervention; and (3) discuss the feasibility of the adapted FYF intervention. **METHODS:** Seventeen youth with ADHD aged 8-12 years and their caregivers were recruited from the Complex ADHD Treatment Team (CATT) clinic to participate in an adapted version of FYF. Youth and caregivers completed measures of anxiety and QoL pre and post-intervention. Interviews with facilitators were analyzed using thematic analysis to assess the feasibility of the adapted intervention. **CONCLUSIONS/IMPACT:** The significant impact of anxiety on children with ADHD and their families highlights the need to identify feasible, appropriate, cost-effective, and evidence-informed interventions. The present study provides insight into whether FYF may be an appropriate intervention for addressing anxiety in youth with ADHD.

**Section:** Clinical Psychology

**Session ID:** 112790 - Printed Poster

### *Addressing the Opioid Crisis: Outcomes from a Canadian Inpatient Treatment Facility*

**Main Presenting Author:** Remers, Shannon

**Additional Authors:** Rossi, Emily ; Waterman, Robert; Chorny, Yelena; Ahmed, Sarah

**Abstract:** *RATIONALE:* For decades, opioid-related harms have impacted Canadian communities. The mortality rate for those with opioid use disorder (OUD) is 6 to 20 times greater than the general population. The prevalence of depression, anxiety and post-traumatic stress disorder (PTSD) in this population is 36.1%, 29.1% and 18.1%, respectively. **METHODS:** Self-reported assessments were completed at intake and discharge by patients at two addiction treatment facilities. From 2019 to 2020, 252 patients self-reported misuse of opioids prior to intake and completed discharge

assessments. Changes in assessment scores (PHQ-9, GAD-7, PCL-5, ADCS, perceived mental health and quality of life) were assessed using paired t-tests, Cohen's d, and clinical success ratios. **RESULTS:** Significant improvements ( $p < 0.0001$ ) and large clinical effect sizes ( $d > 0.8$ ) in all assessment areas were found. Clinical success ratios on the PHQ-9, GAD-7, and PCL-5 were 92%, 84%, and 86%, respectively. **CONCLUSIONS:** In the midst of the opioid crisis, inpatient treatment, which combines medical and psychosocial care, is a promising approach for OUD. **ACTION:** The use of Measurement-based Care (MBC) for OUD should be considered. MBC can support clinicians with pharmacotherapy and psychosocial decision-making.

**Section:** Addiction Psychology

**Session ID:** 113476 - Printed Poster

### *Adolescents' Solitude Preferences and Social Connection: Role of Natural Environments in Well-being*

**Main Presenting Author:** Sovegjarto, Breah

**Additional Authors:** Bosacki, Sandra ; Talwar, Victoria

**Abstract:** Research suggests that exposure to nature improves one's well-being, enriches solitude experiences, and reduces loneliness. This study examined adolescents' preference for natural environments as a condition for seeking solitude alongside views of solitude and well-being. Links among solitude preferences, emotional reactivity, ruminative thinking, social anxiety, social connection, and affect were explored. Two hundred and thirty-seven adolescents ( $M_{age}=14.48$ ,  $SD=2.22$ ) completed online self-report measures and open-ended questions about solitude as part of a larger longitudinal study on adolescents' social cognition and social relations. Results revealed that many adolescents thought nature to be a positive condition for seeking solitude (49.79%,  $n=118$ ), however few participants reported spending time alone in nature (3.38%,  $n=8$ ). Adolescents with high preference for solitude were more likely to react emotionally, ruminate, and demonstrate higher social anxiety and negative affect. Adolescents with high preference for nature-based solitude reported more positive appraisals of time spent alone. Females and late adolescents were most likely to report a preference for natural environments. Findings encourage educators to offer safe program elements or spaces for youth to spend alone time connecting with nature.

**Section:** Educational and School Psychology

**Session ID:** 111882 - Printed Poster

### *Anxiety sensitivity as a risk factor for posttraumatic stress disorder in first responders: A cross-lagged panel model*

**Main Presenting Author:** Connell, Emma M

**Additional Authors:** Olthuis, Janine V ; Kim, Andy; Stewart, Sherry

**Abstract:** *RATIONALE.* First responders are likely to encounter multiple traumatic events and are thus more likely to develop posttraumatic stress disorder (PTSD) than the general population. Understanding modifiable risk factors may help us develop preventative treatments. Anxiety sensitivity (AS; the fear of arousal sensations) is one such potential modifiable risk factor for PTSD. However, research on the longitudinal association between AS and PTSD in those experiencing multiple

*traumas is needed. This study investigated the associations between AS and PTSD in first responders over the course of 1 year. METHOD. First responders ( $N = 272$ ) completed self-report measures of PTSD symptoms, trauma exposure, and AS at baseline, 6 months, and 1 year. RESULTS. Cross-lagged panel modeling revealed that baseline AS did not predict future PTSD symptoms nor did baseline PTSD predict future AS. Strong auto-regressive associations (e.g., baseline PTSD predicting future PTSD) were observed which may have impacted the ability to detect cross-lagged effects. CONCLUSIONS. The association between AS and PTSD may be more difficult to disentangle in populations that have already experienced multiple traumatic events. ACTION. Future research should investigate this relation among first responders who have not experienced traumas at baseline to further elucidate whether AS is a pre-trauma risk factor for PTSD.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112036 - Printed Poster

### *Are we actually making waves? A Preliminary evaluation of Waves of Change bystander intervention training at StFX*

**Main Presenting Author:** Stewart, Emilia G

**Additional Authors:** Walker, Madison ; Prusaczyk, Elvira; Landry, Olivia; Blackburn, Heather; N/A, Antigonish Women's Resource Centre and Sexual Assault Services; Lambe, Laura

*Abstract: Sexual violence is very prevalent in postsecondary settings, with approximately three-quarters of all students witnessing such behaviors within a given year. Many universities have attempted to combat campus sexual violence using bystander intervention programs. Such programs promote bystander intervention by addressing norms and providing bystanders with the knowledge, skills, and self-efficacy to intervene in risky situations. At smaller universities, such as St. Francis Xavier University (StFX), bystanders may be less likely to intervene due to fears of social repercussions. To tackle these unique needs, StFX developed a homegrown bystander intervention training, Waves of Change (WoC). The present study evaluated the effect of WoC participation on bystander intervention behaviour using a two-wave longitudinal design in Fall 2024. Participants consisted of 255 undergraduate students. Using a retrospective pre-post design, students who received WoC reported significantly higher knowledge about sexual violence and how to intervene, all  $p < .001$ . WoC participation was also correlated with self-efficacy to intervene and self-reported bystander intervention behavior. Findings provide preliminary evidence of the effectiveness of WoC and underscore the importance of bystander intervention training in combatting campus sexual violence.*

**Section:** Community Psychology

**Session ID:** 112952 - Printed Poster

### *Assessing the acceptability and feasibility of oxytocin nasal spray for the management of chronic pain: a qualitative analysis of patient perceptions*

**Main Presenting Author:** Marriott, Emily

**Additional Authors:** Osmond, Claire ; Rash, Joshua

**Abstract:** Chronic pain is prevalent, and no available treatments provide complete resolution. Recent research suggests that oxytocin may be a safe and effective intervention for the management of chronic pain. A subset of participants enrolled in a clinical trial evaluating the effects of intranasal oxytocin on pain completed interviews to understand perceptions about the acceptability, feasibility and utility of administering oxytocin nasal spray, and to help refine processes within the trial. The interview guide was developed using the Theoretical Framework of Acceptability. Thirteen individuals participated in the interviews. Thematic analysis revealed that: 1) engagement was high throughout the trial; oxytocin nasal spray was viewed as an acceptable treatment; and 3) pain mitigation was variable. Barriers to trial participation were identified, including the length of the surveys, inconvenient survey distribution times, difficulty administering the nasal spray, and challenges with remembering the timing of nasal spray administration. Results inform our understanding of patient perceptions of using oxytocin for pain management and barriers to trial participation.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 111702 - Printed Poster

### *Assessing the Reliability of the HEADS-ED to Screen Child and Youth Mental Health and Addictions*

**Main Presenting Author:** Cloutier, Paula

**Additional Authors:** Cappelli, Mario ; Polihronis, Christine; Robson, Scott; Beaudin, Kayla

**Abstract:** *Background:* The HEADS-ED is a communimetric mental health and addictions (MHA) screening and triage tool that helps clinicians identify and communicate clinical needs and determine care recommendations. The HEADS-ED is currently used across Canada. We assessed whether the HEADS-ED is consistently scored by trainees, experienced users, and expert users. *Method:* 28 trainees and 30 experienced users scored two semi-randomly assigned clinical vignettes (from a set of four) using the HEADS-ED. Three expert users scored all four vignettes. Intraclass correlations (ICC [2, k]) assessed reliability between trainee, experienced, and expert user scores. *Results:* We observed moderate-to-good reliability for the HEADS-ED (ICC=0.618, 95%CI- 0.499-0.751), regardless of experience level. While reliability increased from trainees (ICC=.597, 95%CI- 0.474-0.737) to experienced users (ICC=.625, 95%CI- 0.504-0.758) to expert users (ICC=.741, 95%CI- 0.580-0.859), overlapping confidence intervals indicate that these groups do not differ significantly. *Conclusions:* The HEADS-ED is valid and reliable, and new users can be quickly trained to near-expert level tool use. *Action/Impact:* The HEADS-ED meets the need for reliable and easily implemented screening tools, which has grown in response to increasing demand for MHA services.

**Section:** Clinical Psychology

**Session ID:** 112647 - Printed Poster

### *Association Between Adverse Childhood Experiences and Traumatic Brain Injury: A Systematic Review and Meta-Analysis*

**Main Presenting Author:** Ilangovan, Aditi

**Additional Authors:** Zhu, Jenney ; MacIsaac-Jones, Maya A.C; Jenkins, Serena; Yeates, Keith O; Madigan, Sheri

**Abstract:** *Adverse childhood experiences (ACES) and traumatic brain injuries (TBI) are both widespread and linked to adverse health outcomes across the lifespan. However, existing literature on the association between ACES and TBI has yielded inconsistent results. To address this gap, a systematic review and meta-analysis were conducted to determine the association between ACES and TBI in all published research to date. Additionally, we sought to strengthen our understanding of this relationship by investigating moderators including participant age, sex, and geographical location. Searches were performed in PsycINFO, MEDLINE, Embase, and CINAHL for studies published from January 1, 1998, to February 19, 2024. Screening of 127 full-text articles against inclusion criteria (i.e., measure of ACES, TBI occurrence, effect size for the association between ACES and TBI) yielded 10 studies and 12 samples ( $N = 6,192$ ) included in the meta-analysis. Data were analyzed using a random-effects multilevel meta-analysis, revealing a moderate positive association between the number of ACES and TBI occurrence,  $r = .25$ , 95% CI [0.09, 0.40],  $p = .01$ . Moderator analyses were not significant. These findings suggest that individuals with ACES exposure are more likely to report having sustained a TBI, underscoring the need for trauma-informed strategies to prevent TBI and its associated adverse outcomes.*

**Section:** Clinical Psychology

**Session ID:** 113093 - Printed Poster

**Association Between Psychopathy and Inpatient Aggression Among Forensic Psychiatric Inpatients**

**Main Presenting Author:** Tilley, Cameron M

**Additional Authors:** Ruocco, Anthony C; Leung, Pauline

**Abstract:** *BACKGROUND/RATIONALE: Inpatient aggression (IA) can reduce patient and staff mental health and quality of life. Despite a well-established link between psychopathy and aggression, the ability of the Psychopathy Checklist—Revised/Screening Version (PCL-R/SV) to predict IA has to date been inconclusive. METHODS: The present study will determine which psychopathy facets most predict IA, and the extent to which age, sex, psychiatric diagnosis, and index offence characteristics explain additional variance in IA above and beyond psychopathy. Incidents of IA over the past 5 years will be examined through retrospective review of patient charts from a forensic program of a tertiary care mental health hospital. RESULTS: Receiver operating characteristics will assess the ability of the PCL-R/SV to predict IA. Hierarchical multiple regression will examine age, sex, diagnosis and index offence characteristics on IA above and beyond psychopathy. CONCLUSIONS: The present study will yield new insights into the relationship of psychopathy with IA, demographic variables, psychosis and index offence characteristics. ACTION/IMPACT: The results of this research can help identify inpatients at a heightened risk of IA and inform practices to reduce their occurrence and impact on patients and staff.*

**Section:** Criminal Justice Psychology

**Session ID:** 113445 - Printed Poster

**Athletic Burnout, the Coach-Athlete Relationship, and Athletic Performance**

**Main Presenting Author:** McAuslan, Pam

**Additional Authors:** Scott, Olivia M; Siefert, Caleb

**Abstract:** *Athletic performance is influenced by various factors, with burnout playing a significant role. While athletic burnout is known to impact performance negatively, few studies have examined mitigating factors. This study investigates the relationship between burnout and performance, focusing on the coach-athlete relationship as a potential mediator. Collegiate student-athletes in Michigan were recruited via email, distributed by the University of Michigan-Dearborn's athletic director. Participants completed an anonymous 15-minute Qualtrics survey on athletic performance, burnout, and the coach-athlete relationship. Participants then entered a lottery to win one of 10 \$50 Visa gift cards. Data analysis is ongoing with 176 participants. Correlations, regression, and mediation analyses will be conducted to analyze the relationship between variables. We expect to find a link between burnout and performance, with positive coach-athlete relationships mitigating burnout's effects. Athletes with strong relationships may report higher performance and motivation and lower stress. Findings could highlight the critical role of coach-athlete dynamics in high-pressure environments and inform future interventions to support athlete well-being. Open-ended responses may guide further research on factors influencing collegiate athletes' experiences.*

**Section:** Social and Personality Psychology

**Session ID:** 113157 - Printed Poster

### *Biopsychosocial Considerations in Youth Substance Use Education: Teachers' Perspectives on Approaches and Challenges*

**Main Presenting Author:** Dalton, Kathryn

**Additional Authors:** Donnan, Jennifer ; Harris, Greg; Bishop, Lisa

**Abstract: Background/rationale:** The Biopsychosocial Model of Addiction can be used to explore the interconnected factors contributing to youth vulnerability to substance use (SU) and their receptiveness to SU education. The purpose of this study was to explore teachers comfort with delivering inclusive SU education, their perspectives on the biopsychosocial factors influencing students vulnerability and receptiveness, and strategies for adapting education to diverse needs.

**Methods:** 20 educators in Newfoundland and Labrador provided consent to participate in qualitative semi-structured interviews. Inductive thematic analysis was carried out using NVivo. **Results:** To date, 6 interviews have been completed, with data collection expected to be completed by May 2025.

**Preliminary findings suggest that teachers support delivering inclusive SU education and reported family-related biological factors and neurodiversity contributing to student hesitation in engaging with SU education. Ensuring safe spaces for non-judgemental conversations was suggested as a way to compassionately connect with students. Conclusion:** This study highlights the importance of addressing biopsychosocial factors in SU education. Preliminary findings stress the need for safe, compassionate approaches. **Action/Impact:** This research will ensure biopsychosocial models are incorporated appropriately into SU education for youth.

**Section:** Educational and School Psychology

**Session ID:** 113045 - Printed Poster

### *Biopsychosocial Correlates of Nicotine Vaping in Adolescents and Emerging Adults: A Research Domain Criteria (RDoC) - Informed Systematic Review and Meta-analysis*

**Main Presenting Author:** Soleimankhan, Arshia (Ali)

**Additional Authors:** Keough, Matthew ; Turner, Gary; David, Jonathan; Hewan, Patrick

**Abstract:** Nicotine vaping has surged among adolescents and emerging adults, raising significant public health concerns. While its role as a smoking cessation aid and potential gateway remains debated, its health risks are well-established. Given its multifaceted etiology and association with biopsychosocial factors, nicotine vaping warrants systematic investigation. The RDoC framework offers a neuroscience-driven, transdiagnostic approach to examine the mechanisms underlying nicotine vaping. This systematic review and meta-analysis will synthesize research on RDoC six domains related to nicotine vaping among adolescents and emerging adults, as well as environmental factors to identify predictors, consequences, and protective factors. Following PRISMA guidelines, a systematic search of databases (e.g., PubMed, PsycINFO) using nicotine vaping-related keywords (e.g., "e-cigs") will identify peer-reviewed empirical studies published since 2000. Data will be extracted and mapped to the RDoC matrix. Preliminary results will be presented at the conference. By applying the RDoC framework, this study provides a comprehensive understanding of the transdiagnostic biopsychosocial correlates of nicotine vaping. It aims to enhance harmonization and reduce methodological variability across studies, offering insights to inform public health interventions and future research.

**Section:** Addiction Psychology

**Session ID:** 112631 - Printed Poster

### *Burnout among medical students and physicians during time of war in Sudan: A cross-sectional study*

**Main Presenting Author:** Jaber Amin , Mohammed Hammad

**Abstract:** \* **BACKGROUND/RATIONALE:** The ongoing war in Sudan has severely impacted the healthcare system, placing immense strain on medical professionals. This study investigated the prevalence and impact of burnout among medical students, interns, and physicians during this period of conflict. \* **METHODS:** A cross-sectional study was conducted from February to June 2024, involving 420 participants from major medical colleges in Sudan. Data were collected using online questionnaires, including the DASS-21 (for depression, anxiety, and stress), Maslach Burnout Inventory-Student Survey, and WHOQOL-BREF (for quality of life). \* **RESULTS:** Elevated levels of depression, anxiety, and stress were observed, particularly among female participants. Burnout and emotional exhaustion were prevalent, significantly correlated with the challenges posed by the ongoing war, including displacement and resource limitations. Gender and academic year significantly influenced mental health and burnout levels. \* **CONCLUSIONS:** The war in Sudan exacerbates burnout among medical students and physicians. The study highlights the vulnerability of female medical professionals and the need for targeted interventions. \* **ACTION/IMPACT:** The findings underscore the urgent need for comprehensive support systems for medical professionals in conflict zones. Recommendations include reducing workload.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113071 - Printed Poster

### *Cannabis Coping Motives Mediate the Association Between PTSD Symptom Severity and Trauma Cue-Elicited Cannabis Craving*

**Main Presenting Author:** Atasoy, Pars

**Additional Authors:** Stewart, Sherry Heather ; Lambe, Laura; Cosman, Tessa; DeGrace, Sarah; Romero-Sanchiz, Pablo

**Abstract:** *Conditioned cannabis craving to trauma cues, arising through coping-motivated cannabis use, may contribute to PTSD—cannabis use disorder comorbidity. However, prior work unexpectedly failed to support negative affect-specific coping motives as a mediator of the PTSD symptom severity—trauma cue-elicited cannabis craving association. We re-examined this mediation after combining negative affect-specific with PTSD symptom-specific coping motives. Fifty trauma-exposed cannabis users completed measures of PTSD symptoms, both types of cannabis coping motives, and a standardized interview about their most severe trauma as a cue-reactivity paradigm. Following the interview, participants completed a measure of trauma cue-elicited cannabis craving. The composite cannabis coping motive measure, but neither cannabis coping motive measure alone, mediated the association between PTSD symptom severity and trauma cue-elicited craving. Thus, those with more severe PTSD symptoms may be at heightened risk of trauma cue-elicited cannabis craving via their greater tendency to use cannabis to cope with various aversive internal experiences.* **Keywords:** PTSD · Cannabis use motives · Cue reactivity paradigm · Cannabis craving · Coping motives

**Section:** Addiction Psychology

**Session ID:** 113503 - Printed Poster

### *Cannabis Literacy Among Canadian Cancer Survivors Who Use Cannabis for Sleep*

**Main Presenting Author:** Baker, Maria K

**Additional Authors:** House, Chloe L; Lee, Rachael M; Peach, M. Payton; White, Emily N.; Garland, Sheila N.

**Abstract:** *OBJECTIVE: Cancer survivors often use cannabis to manage sleep despite a lack of evidence and guidance. This study explored their knowledge of cannabis content in products used for sleep. METHODS: Canadian cancer survivors (N=1492) completed a self-report questionnaire about using cannabis for sleep, socio-demographic information, and medical history. Descriptive statistics assessed how participants use cannabis for sleep. RESULTS: Of the 344 (23%, Mage=61.1; 50% women; 91% White) who used cannabis for sleep in the past 30 days, 66.2% (N=227) informed their medical providers and 19.2% (N=66) obtained it through them. Notably, 8.5% were unaware of the cannabinoid content of their cannabis. Among 148 participants smoking dried flower, 28.4% (N=42) and 42.6% (N=63) were unaware of its THC and CBD content, respectively. Among 112 vaporizer users, 29.5% (N=33) and 42.9% (N=48) were unaware of THC and CBD percentages, respectively. Among 229 participants using capsules or edibles, 26.2% (N=60) and 31.9% (N=73) were unaware of THC and CBD percentages, respectively. CONCLUSIONS: Of Canadian cancer survivors using cannabis for sleep, between 26-43% did not know the type and proportion of cannabinoids in their cannabis, depending on ingestion methods. These findings emphasize the need for better education and research to optimize the safety and efficacy of cannabis for sleep.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113531 - Printed Poster

### *Caregiver ACEs and Sensitivity: A Meta-Analysis*

**Main Presenting Author:** Tayyab, Sarah

**Additional Authors:** Nivison, Marissa D. ; Madigan, Sheri

**Abstract:** *Adverse Childhood Experiences (ACEs) are traumatic events endured before the age of 18. These events are implicated in a number of detrimental developmental and relational outcomes. Concerningly, the effects of ACEs on caregivers present a significant challenge as they impede the ability to provide sensitive care. Caregiver sensitivity, the ability to accurately perceive and respond to a child's needs, is integral for fostering secure attachments and healthy child development.* Although numerous individual studies and systematic reviews exist, no comprehensive meta-analysis has been conducted to identify the association between these two constructs. Drawing on the ACEs catalogue, a robust repository of all studies conducted on ACEs, 146 studies examined ACEs and caregiver sensitivity. Using the `r_package_metafor`, we expect to find a moderate negative association between ACEs and sensitivity, consistent with the existing literature. Extractions are underway and analyses will be completed by January. By consolidating existing knowledge, this meta-analysis aims to provide critical insight into the pathways by which ACEs affect parenting behaviors. These findings will help to identify individuals at risk for negative parenting and guide interventions to enhance caregiver sensitivity, ultimately promoting better developmental outcomes for children.

**Section:** Developmental Psychology

**Session ID:** 113229 - Printed Poster

### *CBT for Anxiety Sensitivity VS. Disorder-Specific CBT: Does Treatment Condition Predict Dropout*

**Main Presenting Author:** Khanifam, Mehrdad

**Additional Authors:** Olthuis, Janine ; McAulay, Taylor Laine; Watt, Margo; Stewart, Sherry Heather

**Abstract:** *Transdiagnostic CBT (tCBT) approaches are increasing in popularity. We were interested in whether treatment dropout differs for tCBT as compared to the disorder-specific approach. Treatment dropout is important to understand as it can dampen CBT's efficacy. This study investigated whether treatment condition predicted dropout in those receiving disorder-specific CBT and anxiety sensitivity-focused CBT (a tCBT) as part of a larger trial. Participants were 120 treatment-seeking, community-recruited adults aged 19 to 75 years ( $M = 33.41$ ) with high anxiety sensitivity and a diagnosis of anxiety, depression, or posttraumatic stress. They completed self-report measures of anxiety sensitivity, depression, and anxiety at baseline. Binary logistic regression revealed that higher depression and lower anxiety sensitivity at baseline significantly predicted treatment dropout, but treatment condition did not. Follow-up moderation analysis, however, showed that treatment condition interacted with anxiety sensitivity such that anxiety sensitivity predicted treatment dropout in disorder-specific CBT but not CBT for anxiety sensitivity. Findings highlight an important clinical observation: the match between personal characteristics (i.e., AS) and intervention (CBT for AS) may create motivating conditions for participants resulting in higher treatment retention.*

**Section:** Clinical Psychology

**Session ID:** 112814 - Printed Poster

### *Childhood Trauma and Internalizing Problems in Adolescents Living in Residential Care: the Mediating Role of Emotion Regulation*

**Main Presenting Author:** M. Lannes, Émilie E.

**Additional Authors:** Couture, Sophie ; Laurier, Catherine

**Abstract:** *Youth living in residential care present with multiple challenges, including internalizing problems which can be traced back to childhood trauma. Some researchers point to emotion regulation as a mediating factor, however, the mechanisms linking childhood trauma and internalizing problems have rarely been studied in residential care youth specifically. This study examined the mediating role of emotion regulation in the association between childhood trauma and internalizing problems among residential care youth. 199 male adolescents aged 15-17 were recruited from residential care centers and completed self-report questionnaires. Mediation analyses revealed that emotional abuse and emotional negligence were both associated with internalizing problems, the former through higher use of maladaptive emotion regulation strategies and the latter through a reduced use of adaptive emotion regulation strategies. This study highlights the importance of considering the role of emotional regulation in our understanding of the impacts of childhood trauma among residential care youth. Childhood trauma and emotion regulation strategies should be considered in the prevention, assessment, and treatment of internalizing problems in this population.*

**Section:** Traumatic Stress

**Session ID:** 113020 - Printed Poster

### *Cleaning Out the Closet: Protective Factors Mitigating Internalized Homophobia*

**Main Presenting Author:** Kostiuk, Jared L.

**Co-Presenting Author:** Offrey, Laura D.

**Additional Author:** Offrey, Laura D.

**Abstract:** *Internalized homophobia, typically emerging in societies characterized by heteronormativity, poses adverse consequences for sexual minority individuals. Exposure to heteronormative standards and negative portrayals of sexual minorities can lead individuals, regardless of orientation, to internalize discriminatory and stigmatizing attitudes, fostering internalized homophobia. To improve efforts to support the well-being of sexual minorities, this study examined protective factors mitigating internalized homophobia, including exposure to sexual minorities, social support, self-esteem, and education level. Participants (307) completed demographic and self-report measures assessing internalized homophobia, exposure to sexual minorities, social support, self-esteem, and education level. While findings on social support, self-esteem, and education were mixed, exposure emerged as a significant protective factor. Specifically, people with greater exposure to sexual minorities—through media, friendships, or collaborations in school or work—are less likely to view sexual minorities as unnatural or immoral. Identifying exposure to sexual minorities as a protective factor highlights the importance of inclusive environments and interactions across diverse sexual orientations. These findings have key implications for creating interventions to support the well-being of sexual minorities.*

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113791 - Printed Poster

### *Clinical Graduate Students' Approaches to Challenging Parenting Scenarios*

**Main Presenting Author:** Wiedrick, Hannah A

**Additional Author:** Romano, Elisa

**Abstract:** Clinical graduate students training to work with children and families often address challenging child-parent situations. In this study, we examine graduate students' recommendations and potential associations with their clinical training, attitudes towards children's rights, and attitudes toward child punishment. A sample of 97 students (89.7% self-identified women;  $M = 27$  years) in CPA-accredited clinical psychology programs completed an online questionnaire on their training, child rights attitudes, and punishment perspectives. Three typical challenging parenting scenarios were presented, and students were asked an open-ended question on how they would respond as clinicians. Responses were coded along dimensions that map onto punitive and positive disciplinary strategies. The most recommended strategies were structure (34%), parents' own regulation before addressing the challenging scenario (24%), and warmth (17.6%). Notably, physical punishment was not recommended, although non-physical strategies were mentioned (5.8%). The next step is to examine the impact of training variables as well as child rights and punishment attitudes on the recommended parenting strategies using regression analyses. The preliminary descriptive results suggest an emphasis on more positive forms of discipline and highlight the evolving perspectives of future clinicians on parenting strategies.

**Section:** Family Psychology

**Session ID:** 112881 - Printed Poster

### *Comorbidity of Anxiety and Related Disorders in Children and Youth with ADHD: A Meta-Analysis*

**Main Presenting Author:** Wheeler, Matthew

**Additional Authors:** Vaziri, Ada ; Fawcett, Jonathan; Fawcett, Emily; Harris, Nick ; Coles, Ashlee; Bishop, Olivia; Cumben, Robyn

**Abstract:** When ADHD and anxiety and related disorders (ADs) co-occur, symptoms become more pronounced and result in greater impairment in functioning, highlighting the need for a more tailored treatment approach. The prevalence of ADs in young people with ADHD is not well documented with prevalence rates varying broadly. To address this, we conducted a systematic review and meta-analysis of the prevalence of comorbid ADs in representative samples of youth aged 5 to 18 years old with a primary diagnosis of ADHD, verified by structured interview or an empirically validated screening tool. An online search of PsycINFO, PubMed, and Web of Science was conducted with a Boolean search phrase incorporating keywords related to ADs, ADHD, comorbidity, prevalence, and epidemiology, producing 3901 articles. Once coded, data were logit-transformed and analyzed via random- and mixed-effects model. Preliminary evidence suggests that almost a third of minors with ADHD in a typical sample were diagnosed with a co-morbid anxiety disorder, 27.9%, 95% CI [19.9, 37.5], although the precise prevalence varied broadly across samples. Our findings will offer insight into the true prevalence of individual ADs in relation to ADHD subtype of child and adolescent populations and those populations at greatest risk. It is our hope that these findings can better inform practitioners and populations with ADHD alike.

**Section:** Clinical Psychology

**Session ID:** 113053 - Printed Poster

## *COVID-19 Impacts on the Mental Health of the General Canadian Adult Population in the Late Pandemic Period*

**Main Presenting Author:** Muscoby, Mikaela K

**Additional Author:** MacLennan, Richard

*Abstract: During the COVID-19 pandemic, research in Canada reported increased rates of depression, anxiety, post-traumatic stress disorder (PTSD) and suicidal ideation. Pandemic impacts, including infection or hospitalization of oneself or a loved one or death of a loved one, have been associated with negative mental health symptoms. Most research investigating COVID-19 impacts on Canadian mental health collected data during the height of the pandemic (2020-2021), with less research from 2022 and early 2023. Moreover, most research focuses on specific populations (e.g., healthcare workers) and not on the general Canadian adult population. The present study aims to address these research gaps by exploring COVID-19-associated mental health impacts on the general Canadian adult population within the late stage of the pandemic. Cross-sectional data from Statistics Canada's Survey on COVID-19 and Mental Health (SCMH) Cycle 3 (Feb. 23–May 31, 2023) will be used, which invited 36,000 households to participate and resulted in a 46.5% response rate. The SCMH uses the PHQ-9, GAD-7 and PCL-5 to assess symptoms of depression, anxiety, and PTSD (respectfully), and a single question regarding suicidal ideation. The results of this study will inform the degree to which COVID-19 pandemic impacts influenced specific mental health symptoms within the late stage of the pandemic.*

**Section:** Clinical Psychology

**Session ID:** 113664 - Printed Poster

## *Cultural Adaptations of Mindfulness-Based Interventions for Psychosocial Well-Being in Ethno-Racial Minority Populations: A Systematic Narrative Review*

**Main Presenting Author:** Amestoy, Maya E

**Co-Presenting Author:** Hytman, Lauren

**Additional Authors:** Ueberholz, Rhiannon ; Fiocco, Alexandra J

*Abstract: Research on Mindfulness-Based Interventions (MBIs) has predominantly focused on homogeneous groups, with limited studies investigating the benefits of MBIs in ethno-racial and culturally diverse populations. Standardized MBIs often lack alignment with the unique needs of these groups. This review synthesized literature examining the impact of culturally adapted group-based MBIs on psychosocial outcomes in individuals aged 18+ from ethno-racial minority populations. Studies were evaluated for cultural adaptations across eight dimensions: language, persons, metaphors, content, concepts, goals, methods, and context. Following systematic review standards, ten studies were included. Culturally adapted MBIs were linked to improvements in depressive symptoms, stress, and anxiety among ethno-racial minorities, though findings on mindfulness indices were inconsistent. The most common adaptations involved content and language (60% of studies), reflecting efforts to align interventions with cultural values, customs, and traditions. Conversely, adaptations involving goals and concepts were the least employed, suggesting limited alignment of treatment goals with clients cultural values. Cultural adaptations enhance the relevance and delivery of evidence-based treatments for diverse populations. However, further research is necessary to strengthen and validate these findings.*

**Section:** Clinical Psychology

**Session ID:** 113549 - Printed Poster

*Deliberate Self-Harm and Suicidality Among Adolescents with Primary and Secondary Callous-Unemotional Traits*

**Main Presenting Author:** Larche, Sydney N

**Additional Authors:** Stearns, Natalie ; Craig, Stephanie G

**Abstract:** *Callous-unemotional (CU) traits (i.e., lack of empathy, callousness) are thought to be genetically based and are linked to aggression towards others. Recent research has found two distinct presentations of CU traits: primary CU traits stemming from a genetic predisposition to hypoarousal and low anxiety, and secondary CU traits, developed as a trauma response to abuse resulting in hyperarousal and high anxiety. The relationship between CU traits and self-oriented aggression, namely deliberate self-harm (DSH) and suicidality, remains largely unexplored. This study aims to fill these research gaps and examine the association between CU traits and DSH and suicidality across primary and secondary CU variants. Participants include 335 Canadian adolescents ages 12-18 ( $M = 15.72$ ). Measures include CU traits, maltreatment, anxiety, affect dysregulation, affect suppression, and instances of DSH and suicidality. Using latent profile analysis, theoretically relevant indicator variables (e.g., CU traits, maltreatment, anxiety, affect dysregulation, and affect suppression) will be used to identify primary and secondary CU traits. The BCH method will be used to examine whether rates of DSH and suicidality differ across the CU variants. Findings will contribute to the emerging literature on psychopathology among primary and secondary CU traits. Clinical implications will be discussed.*

**Section:** Clinical Psychology

**Session ID:** 113140 - Printed Poster

*Developing a protocol for measurement-based care in Ontario school mental health settings.*

**Main Presenting Author:** Jamieson, Kate

**Additional Authors:** Dryburgh, Nicole ; Duong, Linda; Short, Kathy; Georgiades, Kathy

**Abstract:** *Schools are the most common setting for youth mental health care in Ontario. The use of evidence-informed methods, such as measurement-based care, is important to ensure youth are receiving high-quality care, yet less than 20 percent of providers report using consistent measurement in practice. Barriers to implementation include lack of consistency and guidance in the use of measures. To address this gap, a co-creation process will be used to determine (1) what to measure, (2) how to measure, (3) when to measure, and (4) how to display results. Iterative focus groups with youth and mental health professionals from across Ontario will be conducted using consensus building techniques to prioritize ideas. Follow-up surveys will be used to gather agreement ratings, while qualitative analysis will be used to combine ideas within and across groups. Three focus groups with 16 youth (grades 8-12) were held in August, followed by three focus groups with 15 mental health professionals held in October to prioritize what to measure. Four additional sets of focus groups are planned between December and March 2025, with analysis concluding in April 2025. In collaboration with School Mental Health Ontario, an implementation support team, this work will inform the*

*creation of a unified approach to measurement, with the ultimate goal of improving mental health care for youth.*

**Section:** Clinical Psychology

**Session ID:** 112228 - Printed Poster

**Digital Harassment and Post-Traumatic Growth: The Effects of Perceived Social Support and Perceived Control**

**Main Presenting Author:** Annala, Cala N

**Additional Authors:** Snaychuk, Lindsey A; O'Neill, Melanie L

**Abstract:** *Technology-facilitated sexual violence (TFSV) is a form of digital harassment (DH) that involves a range of harmful sexually aggressive behaviours conveyed through the use of technology (Powell and Henry, 2020; Snaychuk and O'Neill, 2020). Past research suggests that both perceived social support and perceived control are significant predictors of post-traumatic growth in victims of interpersonal trauma (Brooks et al., 2017; Kirkner and Ullman, 2020). However, no research has examined this relationship in the novel context of DH. The present study hypothesized that perceived social support and perceived control would predict post-traumatic growth in DH victims. Participants ( $N = 91$ ) completed validated scales measuring their perceived social support, perceived control, and post-traumatic growth. A multiple regression analysis revealed that perceived social support ( $b = .43$ ) and perceived control ( $b = 1.76$ ) were significant predictors of post-traumatic growth, accounting for 11.3% of the variance,  $F(2, 88) = 5.63, p = .005$ . Both perceived social support ( $p = .02$ ) and perceived control ( $p = .005$ ) were needed in the model. These results suggest that the development of post-traumatic growth may be influenced by the presence of perceived social support and perceived control in DH victims.*

**Section:** Clinical Psychology

**Session ID:** 112911 - Printed Poster

**Digital Harassment and Self-Esteem: The Moderating Role of Perceived Social Support**

**Main Presenting Author:** Annala, Cala N

**Additional Authors:** O'Neill, Melanie L; Snaychuk, Lindsey A

**Abstract:** *Digital harassment (DH) refers to a range of harmful interpersonal behaviours communicated via technology (Powell et al., 2020). One form of DH is technology-facilitated sexual violence (TFSV), which is associated with low self-esteem (SE) in victims (Powell and Henry, 2020; Snaychuk and O'Neill, 2020). However, the Buffering Effect Hypothesis posits that social support may reduce the impact of such negative effects of victimization (Cohen and Wills, 1985). The present study investigated whether perceived social support (PSS) moderated the relationship between TFSV victimization (TFSV-V) and SE. Participants ( $N = 100$ ) completed the Technology Facilitated Sexual Violence-Victimization scale (Powell and Henry, 2016), the Multidimensional Scale of Perceived Social Support (Zimet et al., 1988), and the Rosenberg Self-Esteem Scale (Rosenberg, 1965). A moderated regression analysis revealed that TFSV-V and PSS significantly predicted SE ( $R^2 = .41, F(3, 96) = 22.17, p < .001$ ). However, TFSV-V was only a significant predictor of SE through the*

moderating effect of PSS ( $b = -0.01$ , 95% CI [-0.03, -0.012],  $t(99) = -2.22$ ,  $p = 0.03$ ). At PSS ratings of 42.44 or less the relationship was significant. Results suggest that the relationship between TFSV-V and SE may be partially dependent on PSS, indicating that PSS may serve as a protective factor against the negative effects of victimization.

**Section:** Clinical Psychology

**Session ID:** 112896 - Printed Poster

### *Echoes of experience: A meta-analysis on the association between adverse childhood experiences (ACEs) and parenting stress in caregivers*

**Main Presenting Author:** Li, Han Yu

**Additional Authors:** Zhu, Jenney ; Lunney , Carole ; Madigan , Sheri

**Abstract:** Adverse childhood experiences (ACEs) are potentially traumatic events experienced before age 18. ACEs are a widespread issue linked with numerous detrimental outcomes later in life, including problematic downstream implications for family systems. Early adversity experienced by primary caregivers predisposes them to parenting stress, undermining coping mechanisms relied on in the stressful caregiving role, resulting in negative interactions and poor mental health in the family system. While past studies have investigated ACEs and parenting stress, a meta-analysis delineating the overall association has yet to be done. This study identified 52 studies on the association between the two constructs. Data extraction is ongoing, and analysis will be completed by January 2025. A pooled effect size will be obtained utilizing the Robumeta package in R, and moderators will be analyzed to assess for populations of risk. Following the trend in the literature, it is hypothesized that a significant positive association between ACEs and parenting stress will be found. meta-analysis aims to provide the best available evidence for the impact that ACEs can have on later parenting stress. These findings can then inform upstream targeting of ACEs in both prevention and intervention efforts for caregivers experiencing high parenting stress, fostering healthier dynamics within the family system.

**Section:** Developmental Psychology

**Session ID:** 113944 - Printed Poster

### *Equestrian Trauma: The Role of Multiple Falls on Posttraumatic Symptomatology and Well-Being*

**Main Presenting Author:** Leynard, Stephen

**Additional Authors:** O'Neill, Melanie ; Pinfield, Megan

**Abstract:** Equestrianism involves risks that impact psychological well-being (PWB; Davies et al., 2023). Prior research has assessed the relationship between depression, anxiety, and equestrian accidents; however, the interplay between recurrent falls, posttraumatic symptoms (PTS), and PWB remains underexplored (Davies et al., 2023). The current study aims to address this gap by focusing on PTS while also considering anxiety, stress, and depression among Canadian equestrians. According to Stats Canada, 8% of Canadians screened positive for moderate to severe PTS (Canada, 2024), yet 14.8% ( $N = 51$ ) of this equestrian sample ( $N = 345$ ) met similar PTS criteria. This study investigated how falls in the past year (zero, one, two, and three or more) relate to PWB. A one-

way between-subjects ANOVA revealed a significant relationship between PTS scores and fall frequency,  $F(3, 331) = 3.7$ ,  $p = 0.01$ . A Bonferroni correction indicated that riders who fell three or more times ( $M = 20.54$ ,  $SD = 18.22$ ) had significantly higher PTS than those who fell once ( $M = 13.04$ ,  $SD = 14.8$ ,  $p = .03$ ) or not at all ( $M = 12.49$ ,  $SD = 12.89$ ,  $p = .007$ ). These riders also exhibited significantly higher anxiety ( $p = .02$ ) and stress ( $p = .002$ ), while depression was not significant ( $p = .58$ ). These findings highlight the psychological toll of repeated falls and the need for mental health interventions in equestrian contexts.

**Section:** Clinical Psychology

**Session ID:** 112946 - Printed Poster

*Evaluation of Teacher Feasibility and Acceptability of a School-Based Mental Health Literacy Program: Open Parachute*

**Main Presenting Author:** Sin, Glorianna

**Additional Authors:** Snyder, Kaisha ; McArthur, Brae Anne

**Abstract:** *BACKGROUND: Mental illnesses often emerge in childhood and adolescence, where critical stages of social and emotional development occur. School-based prevention efforts can provide aid to youth who face unique barriers to accessing resources. However, teachers often report insufficient training and competency in delivering mental health programs in schools. AIMS: The objectives of this study were to engage students in the Open Parachute program, which is designed to improve mental health literacy in youth, and evaluate program acceptability and feasibility in teachers. METHODS: Teachers from Kindergarten to Grade 10 in Canada (N=17) delivered the Open Parachute Program and completed pre- and post-intervention surveys. RESULTS: Most teachers (88%) felt prepared to run the Open Parachute program, endorsing a high level of feasibility and a significant improvement in teachers' confidence levels to manage students' mental health concerns. Teachers' reports post-intervention showed a significant change in their perception of how equipped students are to manage the well-being challenges they face. CONCLUSIONS AND IMPACT: Results from this study show that a school-based skill-building program, Open Parachute, is feasible and acceptable for teachers to implement within Canadian schools, and thus increasing exposure to emotional health literacy in children and adolescents.*

**Section:** Educational and School Psychology

**Session ID:** 112402 - Printed Poster

*Evaluation of the Alliance against Violence and Adversity (AVA) Online Training Program: Addressing Gender Violence and Adverse Childhood Experiences (ACEs) through Academic-Community Collaboration and Training*

**Main Presenting Author:** Flis, Joshua

**Additional Authors:** Letourneau, Nicole ; Stewart-Tufescu, Ashley; Yercich, Sarah; Nixon, Kendra; Deane, Andrea; Pohl, Carrie; Ross, Khara

**Abstract:** *BACKGROUND/RATIONALE: The Alliance against Violence and Adversity (AVA) Online Training Program is a micro-credentialed curriculum addressing gender violence, ACEs, implementation science, and EDIA issues. It was developed to bridge knowledge gaps and enhance*

*academic-community collaboration for professionals addressing these complex social issues.*  
**METHODS:** Launched in January 2024, AVA Online includes 70+ modules in English and French. Satisfaction surveys collected data on user demographics (e.g., sex, gender, race/ethnicity, location) and assessed module usefulness, applicability, and novelty. Data were analyzed using SPSS, focusing on cross-sectional differences among trainees, academics, and professionals. **RESULTS:** Feedback from 45 users indicated modules were highly useful (3.4/4), novel (3.5/4), and applicable to professional settings (3.3/4). Results varied significantly across demographics and roles ( $p < 0.025$ ), with most participants identifying as trainees (55%) or academics (33%), and female (71%).  
**CONCLUSIONS:** Findings demonstrate the value of AVA Online as a scalable and impactful training tool. **ACTION/IMPACT:** Results will guide iterative improvements, ensuring AVA Online continues to address training gaps and expand its reach to diverse communities.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113469 - Printed Poster

### *Examining Disordered Eating and Mental Health Characteristics in Youth: A Profile Analysis*

**Main Presenting Author:** Mistry, Niyati

**Additional Authors:** Bradley, Abigail ; Hudek, Natasha; Goldfield, Gary; Buchholz, Annick; Obeid, Nicole

**Abstract:** *BACKGROUND: Disordered eating is prevalent among adolescents and is associated with mental health outcomes. Prior research has examined complexities of youth eating profiles, with many adolescents presenting with mixed presentations of eating disorders. Less research has examined patterns of disordered eating and mental health characteristics in youth, limiting our ability to phenotype these risk factors to tailor prevention services. OBJECTIVES: This study sought to identify different profiles of comorbidity based on fourteen mental health and eating disorder risks that were examined together. A secondary goal was to examine these profiles by gender. METHOD: Cross sectional data (2006 to 2010) from the Research on Eating and Adolescent Lifestyle (REAL) study were analyzed using latent profile analysis (LPA). Participants were students ( $n = 2,526$ ) from grade 7 to 12 who completed a subset of measures from a battery of questionnaires. RESULTS: Two profiles emerged for adolescent males and six profiles emerged for females ranging from nearly healthy to reporting elevated levels of mental health and eating risk factors. IMPACT: The findings extend research on phenotypes among youth and may help inform which profiles are more likely to benefit from disordered eating interventions. More research is needed to determine if these eating patterns change across adolescent development.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 111593 - Printed Poster

### *Examining strengths in adults with ADHD: A scoping review*

**Main Presenting Author:** Feehan, Angela

**Additional Authors:** Climie, Emma ; Dhillon, Simran; Callahan, Brandy

**Abstract:** *Background: Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental condition associated with deficits in behaviour and attention; however, factors that lead to success in*

those with ADHD have received little attention. Methods: We conducted a scoping study focused on factors associated with success in adults with ADHD using a systematic search to locate literature from four databases, gathering published and unpublished research. Of 1367 studies screened, 74 studies met inclusion criteria: (1) presents primary quantitative data on adults with ADHD, (2) presents results about successes, (3) published in English, and (4) published after 2012. We extracted the following data: article characteristics (year, author, title, design) population descriptors (N, age, sex, co-occurring conditions), positive factor variables, and findings. Results: Article characteristics, population descriptions, and variables will be reported descriptively. We will synthesize study findings in a narrative summary organized by topic. Conclusions: Study findings will be synthesized to determine what is known about strengths in adults with ADHD and identify gaps that exist in current research. Impact: A comprehensive understanding of strengths and factors that can support success in individuals with ADHD can help clinicians to improve the lives of these individuals.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 111835 - Printed Poster

### *Examining the Relationship between Social Media Use and Addiction and Body Dysmorphic Disorder Symptoms: A Meta-analytic Review*

**Main Presenting Author:** Hiscock, Brooke B.

**Additional Authors:** Sheehy, Mitchell R. ; Vora, Tanvi ; George, C. Anna; Swab, Michelle; Fawcett, Jonathan M.; Fawcett, Emily J.

Abstract: RELATIVE TO BODY IMAGE, COMPARATIVELY LESS RESEARCH HAS EXAMINED THE RELATIONSHIP BETWEEN SOCIAL MEDIA (SM) USE AND BODY DYSMORPHIC DISORDER (BDD). THE CURRENT META-ANALYTIC REVIEW EXAMINED THE CORRELATION BETWEEN BDD SYMPTOMS AND BOTH SM USE AND ADDICTION, AND POTENTIAL MODERATORS OF THIS RELATIONSHIP. OF THE 1619 STUDIES INITIALLY IDENTIFIED, 16 STUDIES ULTIMATELY MET INCLUSION CRITERIA. RESULTS REVEALED A MODERATE AGGREGATE CORRELATION BETWEEN SOCIAL MEDIA ADDICTION AND BDD SYMPTOMS ( $R = .38, P < .001; N = 9$ ), THAT WAS ITSELF SIGNIFICANTLY STRONGER THAN THE WEAK AGGREGATE CORRELATION REVEALED BETWEEN FREQUENCY OF SOCIAL MEDIA USE AND BDD SYMPTOMS ( $R = .18, P < .001; N = 10$ ). FURTHER, ALTHOUGH ONLY 3 STUDIES EXAMINED MUSCLE DYSMORPHIA, THEY PRODUCED SIGNIFICANTLY SMALLER CORRELATIONS COMPARED TO BDD SYMPTOMS, WHEN FREQUENCY AND ADDICTION EFFECTS WERE COMBINED ( $P < .001$ ). OF THE MODERATORS EXAMINED, ONLY BDD MEASURE WAS SIGNIFICANT, WITH A STRONGER CORRELATION BETWEEN BDD SYMPTOMS AND SM ADDICTION WHEN STUDIES USED THE BICI. CLINICAL IMPLICATIONS AND FUTURE RESEARCH ARE DISCUSSED, SUCH AS INVESTIGATING WHETHER ADDRESSING SM USE DURING BDD TREATMENT WOULD IMPROVE TREATMENT EFFICACY.

**Section:** Clinical Psychology

**Session ID:** 111454 - Printed Poster

## *Explainable deep learning model to predict the first lifetime onset of depression in high-risk youth*

**Main Presenting Author:** Hoang, Gia-Huy L.

**Additional Authors:** Kopala-Sibley, Daniel C; Wilms, Matthias

**Abstract:** *BACKGROUND: Incidence of depression rises sharply during adolescence. Youths with a familial history of depression are 3-5 times more likely to develop the condition, leading to long-lasting personal and societal consequences. Identifying biomarkers that can reliably predict the first lifetime onset of depression in this group is essential for early intervention and prevention. However, existing studies often lack longitudinal designs, focus on isolated risk factors, or rely on statistical methods with limited clinical applicability. Neuroimaging-based studies face challenges such as high costs, low predictive power, and over-reliance on univariate analyses. APPROACH: This study leverages data from the Adolescent Brain Cognitive Development (ABCD) study to form a large dataset to study depression risk factors in high-risk adolescents. Using deep learning (DL), we aim to predict the first onset of depression, evaluate and rank key risk factors, and improve the predictive power of neuroimaging features. Machine learning (ML) enables personalized predictions relevant for clinical settings, while DL excels at handling complex, non-linear data. By combining psychosocial and neuroimaging features, the study seeks to improve predictive accuracy. The results can be used to inform effective prevention strategies for high-risk youth.*

**Section:** Developmental Psychology

**Session ID:** 113673 - Printed Poster

## *Exploring Community Experiences of Gender Euphoria: A Qualitative Analysis of Reddit Data*

**Main Presenting Author:** Mittertreiner, Em JE

**Additional Author:** Lacroix, Emilie

**Abstract:** *RATIONALE: Myriad studies show that rates of disordered eating and body image concerns are elevated among transgender and non-binary people, but few have focused on how trans people cultivate positive relationships with their bodies. This study explored how trans people's body image and self-image are impacted by gender euphoria, which describes positive emotions stemming from gender-affirming psychosocial or embodied experiences. METHODS: We extracted online posts from Reddit to explore how trans users describe gender euphoria. In total, 849 comments from 15 posts were analyzed using reflexive thematic analysis. We employed an experiential lens to forefront trans individuals' lived experiences. RESULTS: We constructed five themes to describe Redditors' experiences of euphoria: (1) A rollercoaster of pleasant emotions, (2) Improved self-image, (3) Sources of euphoria, (4) Feelings of rightness and authenticity, and (5) An absence of negativity. Generally, gender euphoria was described as a wave of comfort, relief, or joy that occurs when an individual accepts or changes the ways in which they express their gender. CONCLUSIONS AND IMPACT: This community-driven understanding of gender euphoria will enhance the consistency and validity of future research efforts and may generate hypotheses about how experiences of gender euphoria relate to body image and self-image.*

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113633 - Printed Poster

### *Exploring Coping Motives for Cannabis Use in Postsecondary Students*

**Main Presenting Author:** Downey, Molly K

**Additional Authors:** Bishop, Olivia C; Bishop, Lisa D; Donnan, R Jennifer; Harris, Nick

**Abstract:** *Background:* Canadian postsecondary students frequently report using cannabis to manage psychological distress. Coping motives for cannabis use are associated with worse mental health outcomes and more problematic cannabis use. The purpose of this study was to explore 1) postsecondary student experiences using cannabis to cope with distress and 2) factors that may influence coping motives (i.e., risk and protective factors). *Method:* This qualitative study included Newfoundland and Labrador postsecondary students aged 18-29 who used cannabis at least weekly and reported coping motives for use. In semi-structured interviews, 14 participants answered open-ended questions exploring the research objectives. Interview transcripts underwent an inductive thematic analysis. *Results:* Preliminary data analysis highlights students' use of cannabis to mitigate diverse concerns, including anxiety, negative mood, sleep problems, and academic stressors such as balancing academic and personal demands, limited supports, and social isolation. The inaccessibility of mental health services and healthcare provider attitudes toward cannabis emerged as barriers to treatment. *Conclusion:* Preliminary findings expand our knowledge of the motivations underlying postsecondary student cannabis use, underscoring the need to increase access to mental health services and resources in academic institutions.

**Section:** Clinical Psychology

**Session ID:** 112330 - Printed Poster

### *Exploring Resilience and Its Impact on Mental Health in Patients with Kidney Diseases*

**Main Presenting Author:** Gaudio, Kathleen

**Additional Authors:** Le, Anh ; Paparella, Alessia N.; Sullivan, Michael; Cantarovich, Marcelo; Sandal, Shaifali

**Abstract:** *BACKGROUND/RATIONALE:* Kidney patients face challenges that affect their quality of life and health. Identifying those at risk of psychological decompensation can help allocate resources. *Resilience*, the ability to cope with adversity, may be key. We aimed to summarize existing evidence on resilience in kidney patients. *METHODS:* We performed a scoping review across seven databases, with no limits on publication year. Two reviewers completed the screening, full-text assessment, data extraction, and synthesis. *RESULTS:* We reviewed 64 studies, with the earliest published in 2011. None originated from Canada. Connor-Davidson Resilience Scale was the most used. Resilience scores averaged 68.4, significantly lower than the general public's average of 80.4. Quality of life, social support, and spirituality were correlated with high resilience. In contrast, depression, anxiety, high creatinine levels, and long dialysis commutes were correlated with low resilience. Low resilience is linked to worse medical outcomes. *CONCLUSION:* Resilience in kidney patients is low compared to the general population. This has significant implications for their psychological well-being. *ACTION/IMPACT:* Integrating resilience assessment into clinical care could identify patients at risk

of mental disorders and improve well-being. Future work will focus on resilience-enhancing interventions in a pilot study.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113367 - Printed Poster

### *Exploring Student Perspectives on the Use of Artificial Intelligence in Mental Health Settings*

**Main Presenting Author:** Bhangu, Amreen

**Additional Authors:** Le, Jenny ; Yildirim-Erbasli, Seyma

**Abstract:** The use of Artificial Intelligence (AI) has significantly increased in recent years, particularly with advancements in its applications within clinical practice. These advancements in mental healthcare require further exploration, as their impact on psychology is unclear. This study explored psychology students' views on AI use in mental health settings. A survey was developed and administered to undergraduate students from Concordia University of Edmonton's Applied Emphasis in Psychology program. Their practicum experiences provide insights into the practical implications and limitations of using AI in mental health settings. Survey results showed mixed opinions on AI use and familiarity, with both positive and negative perceptions. Most disagreed that their practicum improved their understanding of using AI. An ordinal logistic regression analyzed if practicum understanding or use of AI was influenced by two factors: whether practicum sites offered human-driven diagnostic services or treatment for mental disorders. The model was statistically significant ( $p = .031$ ), suggesting these factors together explained differences in AI understanding/use (Cox and Snell  $R^2 = .271$ ). However, neither factor alone significantly predicted practicum understanding or use of AI. This suggests the combination of both factors is important for influencing AI understanding in practicum settings.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113432 - Printed Poster

### *Exploring the Impact of Injury Severity in Equestrian Sports on the Relationship Between a Coach and Their Athlete's Mental Health*

**Main Presenting Author:** Wutke, Jordan

**Additional Authors:** Pinfield, Megan ; O'Neill, Melanie; Aoki, Liam

**Abstract:** Sports injuries significantly impact athletes' mental health, with 75% experiencing psychological challenges following an injury (Rogers et al., 2024). Injury severity influences psychological responses, often exacerbating distress (Ruffault et al., 2023). Supportive relationships, such as those with coaches, mitigate the psychological effects of an injury (Wayment and Huffman, 2020). The present study hypothesizes that athletes with a stronger coach-athlete relationship will have less depression, anxiety, and stress, depending on the severity of their sports injury. The researchers examined 161 equestrian athletes across Canada, 85 of whom had sustained severe equestrian-related sports injuries and 76 who received minor injuries. The correlational research analysis suggests that the coach-athlete relationship showed a significant negative relationship with depression, anxiety, and stress for equestrian athletes with minor injuries ( $r = -.304$ ,  $p = .008$ ).

*According to the linear regression, the coach-athlete relationship affected depression, anxiety, and stress for equestrian athletes with minor injuries ( $b_i^* = -0.249$ , 95% CI [-0.43, -0.07],  $p = .008$ ). In conclusion, with minor injuries, the stronger the coach-athlete relationship, the less depression, anxiety, and stress that equestrian athletes experience.*

**Section:** Sport and Exercise Psychology

**Session ID:** 113009 - Printed Poster

*Exploring the intersections between adverse childhood experiences, emotion dysregulation, and resiliency in adults with Attention-Deficit/Hyperactivity Disorder*

**Main Presenting Author:** Robertson, Sydney

**Additional Authors:** Jiang, Yuanyuan ; Yamin , Stephanie

*Abstract: Adverse Childhood Experiences (ACEs) are associated with emotion dysregulation (Poole et al., 2017), and resiliency may be a protective factor in this linkage (Sciarappa et al., 2017). However, more studies are needed to understand these interconnections among adults with Attention-Deficit/Hyperactivity Disorder (ADHD). This study examined the relationship between ACEs with emotion dysregulation, resilience, and ADHD symptoms among adults with ADHD. Three hundred and six adults between the ages of 18 to 55 years meeting criteria for ADHD completed online questionnaires regarding ACEs, ADHD, emotion regulation, and resilience. Bivariate correlations show that having more early ACEs were related to having more difficulties in emotion regulation,  $r = .36$ ,  $p < .05$ , that a higher level of ACEs was associated with lower resilience,  $r = -.60$ ,  $p < .05$ , and that greater ACEs were marginally related to higher ADHD symptoms,  $r = .36$ ,  $p < .10$ . Higher ADHD symptoms were associated with more difficulties in emotion regulation,  $r = .14$ ,  $p < .05$ . Further results regarding potential mediating and moderating roles of resiliency in the linkages between ACEs and emotional dysregulation among adults with ADHD will be presented. Results will contribute to improved theoretical and clinical understanding of the intersections between ACEs, emotion dysregulation, and resilience, in adults with ADHD.*

**Section:** Clinical Psychology

**Session ID:** 113209 - Printed Poster

*Exploring wholistic risk and protective factors for alcohol use among First Nations peoples living in Canada*

**Main Presenting Author:** Skov, Brittany

**Co-Presenting Author:** Hicks, Lydia Janette

**Additional Authors:** Lynds, Trent ; Mushquash, Christopher

*Abstract: BACKGROUND: Many First Nations (FN) communities in Canada have identified reducing alcohol use as a health priority. As FN health frameworks emphasize factors across individual, family, community, and broader levels that contribute to wellness, the aim of this review paper was to identify and synthesize risk and protective factors for alcohol use among FN peoples in Canada that map onto these various levels for wellness. METHOD: We systematically searched ten peer-reviewed databases*

for quantitative and/or qualitative studies examining risk factors, protective factors, and alcohol use correlates among FN peoples in Canada. Findings from the thirty-five included studies are detailed. **RESULTS:** We identified various risk factors, protective factors and correlates of alcohol use (e.g., age, gender, mental health disorder diagnoses, family substance use, happiness, and self-compassion). These factors and correlates were mapped onto individual, family, community, and national levels using a FN health and wellness model. **CONCLUSIONS:** This is the first review to identify and synthesize the existing literature on drinking behavior risk factors, protective factors, and correlates among FN peoples living in Canada. **IMPACT:** Results from this review may help to guide holistic interventions and policy aimed at reducing alcohol use and resulting difficulties in FN peoples in Canada.

**Section:** Indigenous Peoples' Psychology

**Session ID:** 112493 - Printed Poster

### *Factors Associated with Fertility-Related Distress Among Young Adult Women Cancer Survivors*

**Main Presenting Author:** Lee, Rachel M

**Additional Authors:** Garland, Sheila N; Greeley, Krista; George, Reanna; Crotty, Pam; Eaton, Geoff

**Abstract:** *BACKGROUND:* Fertility is often a key aspect of future life plans for young adult (YA) women that can be impacted by cancer. This study examined factors associated with increased fertility-related distress among YA women cancer survivors. *METHODS:* A multiple linear regression examined factors associated with increased fertility-related distress on the cancer distress scale among 315 women survivors aged 35 or younger from the Young Adult Cancer Canada Recover study. *RESULTS:* Of participants ( $\text{Mage} = 33.2, 80\% \text{White}$ ), 43% ( $N = 135$ ) reported experiencing distress related to fertility concerns. The regression model was significant,  $F(16, 298) = 4.175, p$

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113475 - Printed Poster

### *Factors Associated with Resilience in Young Adults with Cancer*

**Main Presenting Author:** George, Reanna

**Additional Authors:** Crotty, Pam ; Eaton, Geoff ; Garland , Sheila

**Abstract:** *PURPOSE:* Young adults (YAs) with cancer experience significant stressors that can impact wellbeing. As such, resilience, or the ability to withstand and recover from stressful experiences is highly relevant to this population. The current study used data from the Young Adults Cancer Canada (YACC) Recover study to examine factors associated with resilience.

*METHODS:* Canadian YAs diagnosed with cancer aged 19-39 completed an online survey. The Brief Resilience Scale was used to measure resilience. Univariable and multivariable linear regressions were used to examine demographic, cancer-related and psychological variables associated with resilience. *RESULTS:* Participants ( $N=431$ ,  $\text{Mage}=33.45$ , 413 women) completed the survey. At the multivariable level, less fear of cancer recurrence ( $b=-0.138$ ,  $p=.003$ ), lower levels of distress ( $b=-0.367$ ,  $p=$

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113582 - Printed Poster

*Feasibility of telehealth-delivered written exposure therapy, facilitated by paraprofessional coaches, for teenagers with post-traumatic stress disorder: A randomized controlled trial*

**Main Presenting Author:** Gazit, Tamar

**Additional Author:** McGrath, Patrick

**Abstract:** *BACKGROUND: PTSD in teenagers disrupts mental health, social, and academic functioning, yet access to evidence-based treatments is limited. Written Exposure Therapy (WET) is a brief intervention shown to reduce PTSD symptoms, but its application to teenagers and telehealth delivery is underexplored. Using telehealth can overcome barriers like geographic inaccessibility, and training paraprofessional coaches offers a scalable model to increase access. This study evaluated the feasibility and acceptability of telehealth-delivered WET facilitated by paraprofessional coaches for teenagers with PTSD. METHODS: This randomized, waitlist-controlled trial enrolled 50 teenagers aged 13–19 with PTSD. WET was delivered via Zoom for Healthcare in five weekly 60-minute sessions. Feasibility was assessed through session attendance, dropout rates, and protocol adherence. Acceptability was evaluated using the Client Satisfaction Questionnaire (CSQ-8). PTSD symptoms, anxiety, depression, and functional impairment were measured pre- and post-intervention, and at a 1-month follow-up. RESULTS: Data collection is ongoing. We anticipate findings will demonstrate the feasibility, acceptability, and preliminary effectiveness of this intervention. CONCLUSION: This study highlights an innovative treatment approach to address critical gaps in mental health service delivery for trauma-affected teenagers.*

**Section:** Traumatic Stress

**Session ID:** 113887 - Printed Poster

*For whom does awe promote greater meaning in life? Exploring trait authenticity and curiosity as potential moderators*

**Main Presenting Author:** Gouthro, Evan

**Additional Author:** MacInnis, Cara

**Abstract:** *Awe is an emotion that occurs in response to vast stimuli that challenge mental frameworks. The relationship between awe and meaning in life can vary based on situational factors (e.g., whether awe is induced by threatening versus non-threatening stimuli) and individual factors (e.g., one's level of trait curiosity). In two studies, we investigated both the former (Study 1) and the latter (Study 2) to clarify this relationship. In Study 1, awe was induced experimentally by threatening or non-threatening stimuli. Multiple regression analyses demonstrated that the both threatening and non-threatening stimuli induced awe, which was positively associated with greater meaning in life. Effects were stronger, however, in the non-threatening awe condition. In Study 2, we examined the association between experimentally induced non-threatening awe and meaning in life including trait authenticity and curiosity as potential individual difference moderators. Multiple regression analyses revealed that awe experienced following exposure to non-threatening stimuli versus control was associated with meaning in life, and that this relationship was influenced by the individual difference*

*moderators. Specific associations will be detailed, and implications for the literature and potential wellness intervention will be discussed.*

**Section:** Social and Personality Psychology

**Session ID:** 113128 - Printed Poster

### *From Self-Stigmatization to Self-Affirmation: Plurisexual People's Experiences with Internalized Sexual Stigma and Positive Identity Attitudes*

**Main Presenting Author:** McNamee, Clara

**Additional Authors:** Gillis, J. Roy ; Goldstein, Abby L.

*Abstract: Plurisexual people – individuals with sexual orientations characterised by attraction to more than one gender (e.g., bisexual, pansexual) – form the majority of the 2SLGBTQ+ population in Canada and face significant mental health disparities compared to heterosexual, lesbian and gay populations. The positive and negative attitudes of plurisexual people towards their sexual orientations, termed positive identity attitudes (PIA) and internalized sexual stigma (ISS), respectively, have been associated with numerous mental health outcomes, yet little is known about the subjective experience of these phenomena in plurisexual people. This study explored the experiences of ISS and PIA in plurisexual people through qualitative interviews with n=18 plurisexual adults and n=3 expert mental health clinicians. Reflexive Thematic Analysis revealed the following themes: 1) Doubting vs. Validating Myself; 2) Avoiding My Truth vs. Owning It; and 3) Shaming vs. Celebrating Myself. Overall, participants held primarily positive attitudes towards their sexual orientations at present but had experienced more negative attitudes in the past. This study elucidates the unique manifestations of ISS and PIA in plurisexual people, as well as intrinsic resilience strategies used to foster positive attitudes. These results may inform future assessment and intervention development.*

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 111451 - Printed Poster

### *Health Care Service Use Outcomes of a Community Mental Health Program for Frequent Emergency Department Users*

**Main Presenting Author:** Samosh, Jonathan

**Additional Authors:** Agha, Ayda ; Pettey, Donna; Sylvestre, John; Aubry, Tim

*Abstract: Hospitals often struggle to treat the complex and chronic health and social needs of patients with mental illness or addiction who repeatedly visit emergency departments (ED). This challenge can lead to increased ED visit frequency, wait times, and costs, while failing to address patient needs. The Familiar Faces program in Ottawa was developed to assist this patient population of frequent ED users by referring them to more relevant community-based services providing system navigation and case management supports. A quantitative study to evaluate health care service use outcomes of this program (e.g., number of ED visits, number of hospitalizations, number of outpatient visits) was conducted. Data were collected from the Ontario Institute for Clinical Evaluative Sciences province-wide health care service use databases, including patient data spanning two years prior to two years after their intake into the program, as well as three matched comparison groups composed of individuals who did not receive program services in Ottawa, Hamilton, and across Ontario. The data*

were subsequently analyzed statistically in accordance with a quasi-experimental pre-test/post-test design with comparison groups. This poster will present the study results along with related recommendations for continuing to best support frequent ED visitors coping with mental illness or addiction in Canada.

**Section:** Community Psychology

**Session ID:** 111374 - Printed Poster

### *Hope, Time Perspective and the Mental Health of Cancer Patients in Active Treatment and Early Survivorship*

**Main Presenting Author:** Whelton, William

**Co-Presenting Author:** Sharpe, Donald

**Additional Author:** McElheran, Jesse

*Abstract: With survival rates improving for many types of cancer, it is important to understand how the phases of survivorship relate to time perspective, perceptions of hope, and mental health. The purpose of the present study was to determine if a balanced time perspective is linked to well-being in cancer patients in two different phases of their treatment and recovery. Cancer patients in active treatment and early survivorship completed measures of time perspective, hope, and depression and anxiety. Hope was positively associated with past positive and positive future time perspectives, and negatively associated with past negative, negative future and present fatalism time perspectives. Those in early survivorship were less hopeful compared to those in active treatment. An advantage found for a balanced time perspective cluster in predicting anxiety and depression diminished in the presence of hope. Findings are discussed in term of how influencing time perspectives may support cancer patients.*

**Section:** Psychologists in Hospitals and Health Centres

**Session ID:** 111757 - Printed Poster

### *How are general levels of parenting stress related to physiological signals in parents of children with ADHD?*

**Main Presenting Author:** Robertson, Sydney

**Additional Authors:** Picciano, Bianca ; Jiang, Yuanyuan; Rogers , Maria ; Climie, Emma ; Mah , Janet

*Abstract: Parenting a child with Attention-Deficit/Hyperactivity Disorder (ADHD) oftentimes involves high stress, which can significantly impact well-being (Theule et al., 2013). There is a need for further study of the way in which parenting stress is related to the physiological markers of stress, which include (1) heart rate, (2) movement, (3) skin conductance, and (4) skin temperature. This study examined the relationship between general parental stress experienced, as measured by the Parenting Stress Index (PSI; Abidin et al., 2006), and the four aforementioned physiological markers for parents of children (ages 8-12) with a diagnosis of ADHD. Study participation involves completion of the PSI along with wearing a medical-grade smartwatch to collect continuous physiological data during daily life for at least 12 hours per day for seven days. Data collection is ongoing, with a sizable sample size expected to be analyzed by the time of the conference. Analyses on existing data show significant*

*levels of parenting stress (>90th percentile) in the child domain, the parent domain, and the life stress domain, along with data showing a mean level of 13 hours and 2 minutes of the smartwatch being correctly worn per day. Findings will provide insights into the physiological impacts of general parenting stress, to inform targeted clinical treatments to support parents of children with ADHD.*

**Section:** Family Psychology

**Session ID:** 112500 - Printed Poster

### *How Do Meaning in Life and Personality Traits Impact Suicide Ideation in Middle-Aged and Older Adults?*

**Main Presenting Author:** Vowels, Paige A

**Additional Authors:** Heisel, Marnin J; Flett, Gordon L

**Abstract:** *BACKGROUND: Suicide is a global health issue that disproportionately impacts middle-aged and older adults, necessitating research on psychological processes by which dispositional factors may impact suicide risk. METHODS: Secondary data analyses from a 2-year longitudinal study investigating risk and resiliency to suicide ideation (SI) in 173 community-residing older adults. Participants completed a demographics form, measures of Meaning in Life (MIL) and the Five Factor Model of personality 6-12 months post-baseline and of SI 12-18 months post-baseline. Multiple regression analyses tested direct and mediated effects models, controlling for age, sex, and cognitive functioning. RESULTS: Attitudinal MIL was correlated positively with Extraversion ( $r=.54$ ,  $p$*

**Section:** Aging & Geropsychology

**Session ID:** 112467 - Printed Poster

### *How do Parents Respond to Challenging Child-Parent Situations?*

**Main Presenting Author:** Turner, Nolan L

**Additional Authors:** Niyonkuru, Ghislaine ; Romano, Elisa

**Abstract:** *Research shows that parental use of emotional punishment negatively impacts children's development similar to physical punishment yet both forms of punishment are commonly used in Canada. The Positive Discipline in Everyday Parenting (PDEP) program aims to deter parents from punishment by increasing child development knowledge and strategies like warmth and structure to respond to challenging situations. This study is part of a larger quasi-experimental PDEP evaluation; 33 parents (96.8% self-identified women;  $M=36$  years) were asked to respond to three typical, challenging situations. Responses were audio-recorded, transcribed, and coded into non-PDEP (punishment) and PDEP categories. Across all scenarios, the most common strategies were structure (45.3%), warmth (36.3%), and understanding how children think/feel (33%) so parents reported positive discipline strategies more often than emotional punishment (yelling, time-out). No parent responded with the use of physical punishment. Situation 3 (child jumping on the couch) was relatively more difficult for parents; they provided significantly fewer responses of parental warmth (0% vs 54.5% across situations 1 and 2) and self-regulation (36% vs 45.5%). Future research will focus on post-PDEP responses to assess program-specific changes in response to parenting situations.*

**Section:** Family Psychology

**Session ID:** 113254 - Printed Poster

*How Preschoolers' Media Use Contributes to Later Weight Outcomes at the Start of Elementary School*

**Main Presenting Author:** McNeil, Jaclyn A

**Additional Authors:** Fitzpatrick, Caroline ; Asbridge, Mark

**Abstract:** *BACKGROUND: Preschool children increasingly use screens, often exceeding recommended limits, particularly before bedtime—a trend worsened during COVID-19. Screen time may disrupt sleep, crucial for weight regulation, and is linked to unhealthy weight gain. This study examines how total and bedtime media use at ages 3.5 and 4.5 impact BMI at 5.5, exploring moderating factors like child sex and parental education. METHODS: Data from 315 children in the Nova Scotia Media Use Study were analyzed. Parents completed screen use questionnaires at 3.5 and 4.5 years. At 5.5, accelerometers measured activity, and weight/height were recorded. Screen use was categorized as light, moderate, or heavy, with BMI outcomes classified as normal or overweight. Logistic and multiple regression assessed associations, adjusting for familial factors. RESULTS: Screen use at 3.5 was unrelated to BMI. However, each additional daily hour at 4.5 increased overweight odds by 23.4% ( $OR=1.23$ , CI 1.008–1.509,  $P=0.041$ ). University-educated parents reduced overweight odds by 35.5% ( $OR=0.355$ , CI 0.154–0.819,  $P=0.015$ ). Bedtime screen use was not a significant predictor. IMPACT: This study highlights the importance of monitoring screen use, particularly during early childhood, and the protective role of parental education against obesity risks.*

**Section:** Developmental Psychology

**Session ID:** 113991 - Printed Poster

*How should we promote mental health treatment-seeking in distressed postsecondary students? A randomized controlled trial examining the relative effects of providing resources, building mental health literacy, and fostering self-compassion*

**Main Presenting Author:** Kelly, Allison

**Additional Authors:** Kraus, Giselle E.; Katan, Aleece; Gilchrist, Jenna

**Abstract:** *Mental health literacy programs have had limited success in increasing the low treatment-seeking of distressed postsecondary students. We hypothesized that guiding students to cultivate self-compassion would promote more help-seeking than building their mental health literacy (MHL) indirectly by putting them in greater contact with their emotions. Distressed undergraduates ( $N=216$ ) with no prior treatment-seeking were randomly assigned to one of three online workshops: (1) mental health resources only (control); (2) resources + information on mental illness symptoms (MHL); or (3) resources + a guided practice to cultivate self-compassion for a source of distress. Mediation analysis revealed an indirect effect of workshop condition on outcomes two weeks later. Due to greater distress engagement during the workshop, self-compassion and MHL participants had greater treatment-seeking motivation than controls, and self-compassion participants took more steps to improve their mental health than MHL participants. Results failed to support the hypothesis that*

*self-compassion would promote more treatment-seeking than MHL; instead, both approaches fostered more distress engagement than learning about resources, and distress engagement facilitated help-seeking. Thus, efforts to promote help-seeking should invite distressed individuals to attend to and experience their feelings of distress.*

**Section:** Clinical Psychology

**Session ID:** 112208 - Printed Poster

### *I Speak to the Trees Because Nature is My Friend: Conceptualization and Assessment of Connection to Nature in Solitude*

**Main Presenting Author:** Stone, Anna T

**Additional Authors:** Cheng, Tiffany ; Coplan, Robert

**Abstract:** *BACKGROUND: Spending time alone in nature has been found to benefit well-being, but the causal mechanisms underlying this effect are not well understood. The current study validated an assessment of the novel construct of connectedness to nature in solitude (CNS) and evaluated a model linking CNS, time spent alone in nature, and indices of well-being. METHODS: Emerging adults ( $N = 834$ ,  $M = 19.45$ ,  $SD = 1.87$ ) completed a series of self-report measures assessing CNS, time alone in nature, affinity for solitude, nature connectedness, loneliness, aloneness, and life satisfaction. RESULTS: Factor analysis of the 7-item CNS scale indicated a one-factor solution with high reliability. Among the results, CNS was positively related to affinity for solitude and nature connectedness, but not time alone. Regression analyses indicated that at low levels of CNS, time alone in nature was significantly and positively related to loneliness and aloneness, but at higher levels of CNS, this relation was attenuated. CONCLUSIONS: The current study provides initial evidence for the importance of CNS as a moderator of the links between time alone in nature and well-being. IMPACT: Those with low in CNS may benefit more from spending time in nature with others.*

**Section:** Environmental Psychology

**Session ID:** 111746 - Printed Poster

### *Identifying factors predicting infant sleep across the first year of life*

**Main Presenting Author:** Konkin, Avaline N. M.

**Additional Authors:** Matin, Mahtab ; Dewsnap, Kyle; Michon, Tai-Lin; Tomfohr-Madsen, Lianne; Lebel, Catherine; Giesbrecht, Gerald F.; Keys, Elizabeth

**Abstract:** *High quality infant sleep is essential for development and familial well-being. While many studies explore the factors influencing infant sleep, fewer investigate the variables that impact parent perceptions of the quality of their infant's sleep. This study investigates predictors of change in parental perceptions of infant sleep quality between 3- and 12-months using data from the Pregnancy During COVID-19 Pandemic Study. Secondary analysis of the Brief Infant Sleep Questionnaire-Revised Short-Form identified four sleep perception groups: consistent no problem ( $n = 2412$ ), improving ( $n = 251$ ), worsening ( $n = 190$ ), and consistent poor sleep ( $n = 67$ ). Poorer infant sleep quality was associated with increased infant crying bouts, parents' perceptions of infant negative affect, prenatal symptoms of anxiety and depression, parental intolerance of uncertainty, and parent-identified racialized group. Conversely, social support and couple satisfaction was associated with higher ratings of infant sleep quality. Decision tree learning will explore how these variables can be*

*used to make clinically relevant predictions. Knowing what factors contribute to parental preferences of infant sleep quality will help researchers and clinicians identify families at-risk for perceived worsening sleep health and better allocate resources to those most in need.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113494 - Printed Poster

### *Impact of Cognitive Behavioural Therapy for Insomnia on Perceived Executive Functioning in Cancer Survivors*

**Main Presenting Author:** Kelly, Kate

**Additional Authors:** Greeley, Krista M; Bursey, Krystal; Garland, Sheila

**Abstract:** *Background: Executive functioning (EF) refers to inter-related higher-order cognitive abilities involved in self-regulatory functions that organize, direct, and manage cognitive activities, emotional responses. Poor sleep can negatively impact EF. This study examined the impact of Cognitive Behavioural Therapy for Insomnia (CBT-I) on perceived EF deficits among cancer survivors. Methods: Data from a randomized controlled trial of CBT-I for cancer survivors with insomnia and perceived cognitive impairment was used. The Behavior Rating Inventory of Executive Function for Adults, composed of three subscales (behavioural regulation [BR], metacognition, and global) was used to measure EF. Paired samples t-tests and mediation analyses were used to assess change in EF. Results: Participants ( $n=132$ , Mean age=60yrs) reported significant improvements in BR ( $p$*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113802 - Printed Poster

### *Impacts of Early Dignity Therapy on Quality of Life in Patients with Brain Tumours: A Between-Groups Pilot Study*

**Main Presenting Author:** Palachi, Aaron

**Additional Authors:** Habib, Mahiya ; Korman, Melissa B; Moroney, Claire; Isenberg-Grzeda, Elie; Fitch, Margaret; Esplen, Mary Jane; Ellis, Janet

**Abstract:** *Background: Dignity Therapy (DT) is a brief intervention for patients at end-of-life (EOL) that consolidates a sense of self, and results in a legacy document. DT yields positive results for increased meaning, quality of life (QOL), and reduced distress, but limited data exists on DT use early in the illness trajectory (non-EOL). This pilot study evaluated the efficacy and feasibility of DT for non-EOL patients with brain tumours. Methods: Using a quasi-experimental pre-post design, participants were assessed for QOL, spiritual well-being, connection with others, posttraumatic growth, dignity, and death anxiety at baseline, 1- and 5-weeks post-intervention. Results: The intervention completion rate was high, with 39 (93%) participants completing DT (EOL = 21; non-EOL = 18). Linear regressions fitted with generalized estimating models showed significant changes across domains in both groups, highlighting significant between-group differences in death anxiety and dignity. Conclusion: Findings indicate that compared to those at EOL, DT was particularly beneficial for non-EOL participants, mitigating dignity-related distress and death anxiety. Completion rates and attrition suggest that this intervention is feasible for both groups. Impact: This study*

highlights the need to implement DT earlier on for those with terminal diagnoses to reduce distress and improve dignity.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112861 - Printed Poster

*Individual and family factors influencing the intergenerational transmission of anxiety*

**Main Presenting Author:** Therriault, Danyka

**Additional Authors:** Bégin, Vincent ; Harvey, Elizabeth; Lemelin, Jean-Pascal; Déry, Michèle

**Abstract:** Anxiety disorders are prevalent disorders that produce significant effects on functioning. While the intergenerational transmission of anxiety is well-known, factors that are likely to protect children from experiencing their parents' anxiety have been overlooked. Using data from 631 children (46.9% girls, Mage = 11.32), we examined the association between parental and child anxiety and explored the moderating roles of child temperament and parental practices and attitudes in this association. Multivariate regression analyses revealed a positive association between parental and child anxiety one year later, controlling for child sex and age, psychostimulants and anxiolytics use, externalizing behavior problems and baseline level of anxiety. Moderation analyses revealed that this association was significant only for children with low and mean levels of effortful control and whose parents reported high levels of hostility and neglect. No moderating effects were found for child negative affect, extraversion and affiliativeness, nor for parental warmth, rejection and practices (i.e. supervision, discipline and corporal punishment). These findings highlight the importance of promoting the development of effortful control in children exposed to anxious parents and positive parental attitudes in parents suffering from anxiety to mitigate the intergenerational transmission of anxiety.

**Section:** Developmental Psychology

**Session ID:** 111588 - Printed Poster

*Innovative mental healthcare on campus: Student perceptions regarding integrated primary care and barriers to treatment*

**Main Presenting Author:** Dickson, Lacey R

**Additional Authors:** Lutes, Lesley D; Fountaine, Alex

**Abstract:** The integration of psychological services into the familiar primary care setting (i.e., integrated primary care [IPC]), is a model that has been successfully utilized within healthcare systems globally for decades. Within the university context, IPC has the potential to provide timely and effective mental healthcare to students. However, assessing the student perspective regarding implementation and understanding barriers to care is critical. A survey captured indices of psychological distress (PHQ-8, GAD-7, SWLS), campus mental health service utilization, barriers to accessing care (BACE v.3), and perceptions of IPC. Participants ( $N = 215$ ) were mostly undergraduate students (96.7%) in their first (43.7%) or second (21.6%) year of study. On average, most students reported symptoms of depression and anxiety, with only 17.7% having accessed a campus service for mental health reasons over the past year. Half of the top 10 major barriers

endorsed were related to stigma. Most of students (86.3%) reported that IPC on campus would be at least “slightly beneficial” or “very beneficial” or higher (60.8%). Current resources on campus are underutilized, despite most students reported symptoms of depression and anxiety. Barriers endorsed by students should be used to inform the implementation of psychological services into the primary care system on campus to increase service use.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112583 - Printed Poster

### *Intergenerational Effects of Early Life Adversity: The Mediating Role of Parenting Behaviours on Internalizing Symptoms in Youth*

**Main Presenting Author:** Macfarlane, Megan Noelle

**Additional Authors:** Jameson, Taylyn ; Grocott, Bronwen ; Hong, Seonwoo; Rnic, Katerina; LeMoult, Joelle

*Abstract: Parental early life adversity (ELA) is a risk factor for psychopathology in youth. Though, the mechanisms underlying this intergenerational transmission remain unclear. One promising mechanism is parenting behaviours, a well-established contributor to the development and maintenance of internalizing symptoms in youth. However, this association has yet to be investigated in the context of the Dimensional Model of Adversity and Psychopathology (DMAP), a leading framework aimed at elucidating the mechanisms linking ELA and psychopathology. As such, this work will be the first to employ DMAP to investigate the mediating role of parenting behaviours (i.e., acceptance/rejection, psychological control/psychological autonomy, and firm control/lax control) on the association between parental ELA and internalizing symptoms in youth. Specifically, we will explore whether associations differ as a function of parental ELA dimensions, distinguishing between experiences of threat (e.g., sexual abuse) and deprivation (e.g., emotional neglect). These analyses will be completed in a sample of  $N=50$  parent-child dyads recruited from diverse neighbourhoods across Vancouver. We are in the final stages of data preparation. Results will provide insight into the nuanced relationship between dimensions of parental ELA, parenting behaviours, and child internalizing symptoms.*

**Section:** Clinical Psychology

**Session ID:** 113864 - Printed Poster

### *Interpersonal Trauma, Gender, and Psychiatric Symptom Severity: Insights from Forensic Psychiatric Inpatient Data in Ontario, Canada*

**Main Presenting Author:** Thompson, Bailey J

**Additional Authors:** Hilton, N. Zoe; Ham, Elke; Ornstein, J Tisha

*Abstract: Recent research examined relationships among interpersonal trauma factors and psychiatric symptoms, including aggression, psychosis, depression, and mania, in psychiatric inpatients. Trauma, especially recent (within the past year), was associated with greater symptom severity. These relationships have not been investigated in forensic psychiatric inpatients and gender differences remain unexplored. This study extends recent work by examining associations among trauma-related factors (history, timing, type), psychiatric symptom severity, and gender differences. Data from 5,105*

individuals (83% men, aged 17-95,  $M = 37$ ) admitted to forensic beds in Ontario hospitals in 2013-2024 were analyzed using the Resident Assessment Instrument-Mental Health. Trauma exposure correlated with greater symptom severity, particularly for recent trauma, with gender-specific patterns across types and timing. Compared to one trauma, men with multiple traumas had more positive symptoms, while women experienced greater mania severity. Depression symptoms increased in both genders, with women more affected by remote ( $> 1$  year ago) and men by recent trauma. Only women exhibited higher aggression symptoms with trauma exposure, particularly emotional abuse. These findings underscore the need for trauma-informed, gender-sensitive care in forensic psychiatry to address distinct symptom profiles.

**Section:** Traumatic Stress

**Session ID:** 113334 - Printed Poster

### *Interventions of Caregiver Sensitivity and Attachment Security: An Umbrella Review*

**Main Presenting Author:** Marsh, Abby

**Additional Authors:** Nivison, Marissa D.; Fearon, Pasco; Ramchandani, Paul; Madigan, Sheri

**Abstract:** Caregiver sensitivity is the ability to respond effectively to a child's signals and is linked to child attachment security. Although several meta-analyses have examined the efficacy of various interventions on caregiver sensitivity, no overarching synthesis has yet been conducted. Therefore, an umbrella review (i.e., a review of reviews) was conducted to effectively summarize intervention research on sensitivity and attachment security. Databases were searched and five studies met full inclusion criteria. Results demonstrated that attachment-based parenting interventions consistently improved attachment quality ( $rs = .14$  to  $.3$ ) and caregiver sensitivity ( $rs = .17$  to  $.29$ ). Interventions that promoted sensitivity were more effective than those that did not focus on sensitivity. One meta-analytic report examined whether effect sizes varied for typical versus clinical samples, however no significant differences were found between typical and clinical samples. These results demonstrate that attachment-based parenting interventions consistently improve caregiver sensitivity and attachment security, and that interventions focused on promoting caregiver sensitivity are more effective. This evidence underscores the importance of caregiver sensitivity as a target for interventions and policy aimed at promoting healthy child development.

**Section:** Developmental Psychology

**Session ID:** 113153 - Printed Poster

### *Intrapersonal and Interpersonal Predictors of the Imposter Phenomenon*

**Main Presenting Author:** McLaughlin, Daniel W

**Additional Author:** DiTommaso, Enrico

**Abstract:** This study aimed to examine the role of recollected caregiver sensitivity, attachment style, self-esteem, and sense of self in relation to the imposter phenomenon. A total of 207 participants from undergraduate psychology courses at the University of New Brunswick in Saint John completed a series of measures via Qualtrics. These measures assessed recollected caregivers' sensitivity, attachment style, self-esteem, sense of self, and imposter phenomenon. The results revealed that the imposter phenomenon was associated with lower scores on recollected caregiver sensitivity, self-

esteem, and sense of self, as well as higher scores on attachment anxiety and avoidance. Further mediation analyses revealed that while recollected caregiver sensitivity did not directly influence the imposter phenomenon, its impact was mediated by both attachment anxiety and self-esteem. This suggests that individuals with low recollected caregiver sensitivity are more susceptible to experiencing the imposter phenomenon when they concurrently report higher attachment anxiety and lower self-esteem. This study's findings are discussed in terms of the impact that recollected caregiver sensitivity has on the imposter phenomenon among undergraduate students. Its implications extend to the development of targeted interventions aimed at mitigating the imposter phenomenon among undergraduate students.

**Section:** Clinical Psychology

**Session ID:** 112157 - Printed Poster

### *Investigating the Effect of the 'Coping with Infertility' Self-Help Program on Non-Gestational Partners*

**Main Presenting Author:** Kiviharju, Maija J

**Additional Authors:** Poulter, Megan M L; Wahl, Taryn D; Gordon, L Jennifer

**Abstract:** *BACKGROUND: Infertility is often accompanied by psychological distress. The Coping with Infertility (CWI) program was developed to support individuals struggling with infertility and was recently tested in a randomized controlled trial. The impact of the program on participants' romantic partners was examined. METHODS: 172 participants reported the extent to which they shared the program's content with their romantic partner. Thirty-eight male partners also completed surveys assessing pre- and post-program psychological outcomes. RESULTS: Eighty percent of trial participants reported discussing the program with their partner and the mean degree of program involvement was rated 45 on a scale from 0-100. Partners of those assigned to the treatment arm ( $n = 20$ ) experienced medium to large improvements in fertility quality of life relative to those assigned to the waitlist control condition ( $n = 18$ ;  $M(SD) = 64.7(10.9)$  vs.  $59.8(12.3)$ ;  $p = .043$ ). This overall effect appeared to be driven by improvements in the social aspects of quality of life and was unrelated to changes in their partners' benefit from the program ( $p > .05$ ). CONCLUSION: Despite only modest direct involvement with the program, the romantic partners of individuals completing the CWI program experienced medium to large improvements in quality of life, driven by improvements in social functioning.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112142 - Printed Poster

### *Investigating the relation between sexual anxiety sensitivity and sexual well-being*

**Main Presenting Author:** Bell, Louise

**Additional Authors:** Olthuis, Janine ; Byers, Sandra; O'Sullivan, Lucia; Connell, Emma

**Abstract:** *RATIONALE. Research suggests that anxiety sensitivity (AS), a fear of arousal-related sensations, is associated with worse sexual well-being. Sexual AS is a domain-specific variation of AS that captures AS in the context of sexual activity. Though AS and symptoms of distress (i.e., anxiety*

and depression symptoms) have been shown to predict sexual well-being, sexual AS may be a better predictor of sexual well-being. This study examines how sexual AS is uniquely associated with sexual well-being above and beyond general AS and distress. **METHOD.** Participants ( $N = 484$ ;  $M_{age} = 32$  years) were recruited through social media to complete a survey that included measures of sexual AS, AS, psychological distress, and sexual well-being. **RESULTS.** A series of linear and logistic regressions revealed that sexual AS was uniquely associated with frequency of genital SA, sexual self-esteem, sexual distress, sexual function, and sexual avoidance above and beyond symptoms of distress and general AS. **CONCLUSIONS.** Findings highlight that considering AS in a specific context (i.e., sexual AS) adds more explanatory power in understanding the negative outcomes in the context of intimacy. **IMPLICATIONS:** As a distinct construct relevant to sexual well-being, sexual AS could serve as an intervention target to improve and enhance overall sexual well-being.

**Section:** Clinical Psychology

**Session ID:** 112107 - Printed Poster

### *Is the transdiagnostic internalizing factor associated with cardiometabolic disease?*

**Main Presenting Author:** Forget, Genevieve C

**Additional Author:** Burns, Rachel J

Abstract: The internalizing spectra, defined by the Hierarchical Taxonomy of Psychopathology, has been linked to health outcomes but its association with cardiometabolic disease (CMD) remains inconsistent. This inconsistency may reflect young samples (18+), overcontrolling for health factors, and unclear factor-level justifications (spectra vs. subfactors). This study examines whether the association between internalizing and CMD varies by factor level among middle-aged and older adults. Data were taken from MIDUS I to examine cross-sectional associations between latent transdiagnostic factors (i.e., internalizing spectra, distress subfactor, and fear subfactor) and CMD ( $n = 6,225$ ). A one-unit increase in the internalizing spectra was associated with a 154% increase in CMD odds ( $OR = 2.54, p < .001$ ), holding age, sex, ethnicity, education, marital status, and health insurance constant. Similarly, one-unit increases in distress and fear subfactor scores increased CMD odds by 145% ( $OR = 2.45, p < .001$ ) and 168% ( $OR = 2.68, p < .001$ ), respectively. Future research will explore whether the internalizing spectra predict CMD beyond subfactor- and disorder-specific variance. Optimizing CMD risk prediction by clarifying the utility of internalizing factor levels could aid prevention efforts, advancing research and theory by directly comparing predictive accuracy across internalizing constructs.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112738 - Printed Poster

### *Le pouvoir de la répétition mentale dans la réadaptation des blessures sportives : utiliser l'esprit pour guérir le corps*

**Main Presenting Author:** Taktek, Khaled

Abstract: Les principaux objectifs de cette étude consistent à : (a) explorer les effets de la physiothérapie combinée à l'imagerie mentale sur l'amélioration du processus de réadaptation des blessures sportives au genou; et (b) déterminer l'imagerie mentale (visuelle ou kinesthésique) qui

avait le plus d'impact sur le développement des stratégies de rééducation. 30 étudiants étaient répartis proportionnellement dans 3 groupes expérimentaux avec des types de blessures homogènes : (a) Groupe de pratique physique spécifique (SPPG); (b) Groupe de pratique physique combinée à l'imagerie mentale kinesthésique (PPKMIG); et (c) Groupe de pratique physique combinée à l'imagerie mentale visuelle (PPVMIG). Les participants du SPPG devaient exécuter 15 séances de 10 flexions du genou chacun. Quant aux participants du PPKMIG ou PPVMIG, ils devaient exécuter le même nombre de flexions du genou. Néanmoins, ils devaient alterner après chaque essai entre la PP et l'imagerie mentale (kinesthésique ou visuelle). Les résultats ont démontré que les performances obtenues par PPKMIG et PPVMIG étaient équivalentes mais chacune était significativement meilleure que celle produite par SPPG. Ainsi, ces résultats offrent aux athlètes, aux entraîneurs, aux psychologues et aux physiothérapeutes des stratégies pertinentes pour développer en profondeur des habiletés dynamiques de réadaptation des blessures sportives.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112827 - Printed Poster

*Les facilitateurs et les barrières impliqués dans l'implémentation de la thérapie pour la peur de la récidive (FORT) en milieu hospitalier canadien*

**Main Presenting Author:** Gourges, Florence

**Additional Authors:** Chu, Alanna ; Prudent, América; Kearns, Emma; Beattie, Sara; Garland, Sheila; Harris, Cheryl; Lebel, Sophie

Abstract: La peur de la récidive du cancer (PRC) peut se définir par la peur, l'inquiétude ou la préoccupation liée à la récurrence ou la progression d'un cancer (Lebel et al., 2016). L'implémentation de la thérapie pour la peur de la récidive (FORT) vise à soutenir les survivants face à la PRC. 20 participants ont été questionnés, incluant cliniciens et preneurs de décisions. Ces participants proviennent des cinq hôpitaux participants, soit The Ottawa Hospital, NL Health Services, McGill University Health Centre, Princess Margaret Cancer Centre et Tom Baker Cancer Centre. Toutes les entrevues ont été basées sur le \_Consolidated Framework for Implementation Research\_ (CFIR) et intégrées dans le logiciel NVivo14. Suite à l'analyse inductive et déductive des données qualitatives, le CFIR a permis d'identifier des codes et des thèmes pour chaque entrevue. Les principaux facilitateurs incluent le support clinique, l'expérience en thérapie de groupe et un bon coordonnateur du triage. En revanche, les barrières communes concernent le manque de personnel, despace physique et de financement. Ces éléments basés sur le CFIR offrent l'occasion de considérer ce qui est commun ou unique à certains sites quant à l'implémentation d'une thérapie basée sur l'évidence en milieu hospitalier canadien. Cela permettra de faire progresser la recherche sur la thérapie pour les individus ayant survécu au cancer.

**Section:** Students in Psychology

**Session ID:** 113543 - Printed Poster

*Lived experience engagement in a complex clinical trial of a self-stigma intervention for youth with mental health conditions: Impacts on trial design*

**Main Presenting Author:** Hawke, Lisa D

**Additional Authors:** Phi, Thalia ; Gibson, Jamie ; Amartey, Abigail; Orson, Joshua; Jordan, Adam; Husain, Ishrat; Szatmari, Peter

**Abstract:** *BACKGROUND.* Self-stigma is pervasive among youth with mental health conditions and has negative implications for recovery. We are testing a youth adaptation of Narrative Enhancement and Cognitive Therapy (NECT-Y), a stigma-reduction intervention, in a randomized pilot basket trial. People with lived experience have been engaged throughout the project. *OBJECTIVE.* We describe how lived experience engagement has impacted a complex clinical trial. *RESULTS.* A youth with lived experience led the intervention adaptation, with a 5-member youth advisory group (YAG). Changes included 1) wording revisions; 2) new quotes; 3) a youth-friendly graphic design; 4) a goal-setting module; and 5) peer co-facilitator role clarification. The trial was funded, with one youth and one adult peer support worker as co-investigators. A new 7-member YAG was formed. They provided feedback on 1) outcome measures, 2) a study flyer and information leaflet, 3) study scripts and flow, 4) the qualitative interview guide, 5) recruitment and retention, 6) survey style and design, and 7) group-building activities. Youth feedback improved the study design. The result is a lived experience co-created youth-friendly study that is currently in recruitment. *CONCLUSIONS and IMPACT.* Youth can make valuable contributions to a complex clinical trial. Youth engagement facilitates strong research practices.

**Section:** Clinical Psychology

**Session ID:** 111859 - Printed Poster

### *Longitudinal Correlates of Infant Attachment Disorganization: The Interaction of Sociodemographic Risk and Observed Maternal Disrupted Caregiving*

**Main Presenting Author:** Cooke, Jessica E.

**Additional Authors:** Racine, Nicole ; Plamondon, André; Giesbrecht, Gerry; Letourneau, Nicole; Hart, J. Martha; Campbell, Tavis; Madigan, Sheri

**Abstract:** Disrupted caregiving behaviors (e.g., dissociation, intrusiveness) are implicated in the development of attachment disorganization. However, Bernier and Meins (2008) also proposed sociodemographic risks (e.g., low income) and factors that may affect caregiving (e.g., maternal psychopathology) may directly, or indirectly through the amplification of disrupted caregiving, lower an infant's threshold for developing attachment disorganization. The combined and interactive effects of sociodemographic risks (i.e., low education, low income, minoritized race/ethnicity), observed maternal disrupted caregiving, and self-reported maternal depression, substance use, psychosis, posttraumatic stress, and childhood maltreatment history on observed infant attachment disorganization were explored in a low-risk Canadian pregnancy cohort (the APrON study) of 285 mother-infant dyads (52% boys; 80% white). Multiple regression results indicated that only sociodemographic risk ( $\beta = .15$ ), disrupted caregiving ( $\beta = .27$ ), and their interaction ( $\beta = .24$ ) were associated with attachment disorganization. Sociodemographic risk was related to greater attachment disorganization when disrupted caregiving was high, but not low. Thus, interventions should address both the unique and interdependent roles of disrupted caregiving and sociodemographic risks to mitigate the risk of infant attachment disorganization.

**Section:** Developmental Psychology

**Session ID:** 113685 - Printed Poster

## Longitudinal Psychological Impact of Psoriasis: A Comparative Study between Adults and Children

**Main Presenting Author:** MacKinlay, Persephone B

**Additional Authors:** Chiang, Madeline ; Syed, Hiba; Carpenter, Jenny; Chan, Josh; Lau, Jana; Arshad, Mariam; Sun, Devlyn; Xu, Joy

**Abstract:** *Background/Rationale: Psoriasis impacts 1 million Canadians and over 8 million Americans, posing significant psychological challenges. Children with psoriasis face social isolation, bullying, and lower self-esteem, while adults report impaired productivity and comorbidities like depression and anxiety. This review explores the longitudinal psychological impact of psoriasis across age groups. Methods: Studies from the U.S. and Canada were identified from PubMed, Scopus, ProQuest, PsycINFO, Dermatology Online Journal, JMIR Dermatology, and Embase. Longitudinal studies on psychological impacts in children and adults with psoriasis, focusing on quality of life and mental health outcomes ≥1 year were included. Results: Adults with severe psoriasis had significant DLQI declines (up to 8 points), with depression affecting 18-22%. In children, visible symptoms led to bullying and stigma, lowering self-esteem. Nearly 60% of patients reported psoriasis as a daily burden, with women and younger populations disproportionately affected. Conclusion: Psoriasis impairs psychological well-being across age groups, with unique challenges for children and adults. Interventions addressing stigma, mental health, and treatment satisfaction are needed to improve outcomes. Action/Impact: This review highlights the need for age-specific strategies in psoriasis management, shaping future clinical approaches.*

**Section:** General Psychology

**Session ID:** 113433 - Printed Poster

## Longitudinal Trends in Post-Traumatic Stress Disorder Among Recovered COVID-19 Patients

**Main Presenting Author:** Pavilanis, Antonina

**Additional Authors:** Dowd, Madeline ; Jang, Heewon; Sullivan, Michael

**Abstract:** *The COVID-19 pandemic has profoundly impacted mental health, yet the prevalence and risk factors of Post-Traumatic Stress Disorder (PTSD) in affected individuals remain poorly understood. This review aims to fill this gap by evaluating PTSD in those exposed to SARS-CoV-2, considering the unique stressors of the pandemic. We conducted a systematic review of observational studies across MEDLINE, PsycINFO, SCOPUS, Embase, and PubMed (March 2020–October 2024). Studies were analyzed to assess PTSD prevalence, associated risk factors, and methodological quality. Findings reveal an average PTSD prevalence of 26.94%, with rates ranging from 1% to 96.2%. Major risk factors include COVID-19 severity, social isolation, stigma, demographic factors (age, gender, race), and pre-existing psychological or health conditions. PTSD prevalence was primarily influenced by infection severity, social and psychological stressors, and cultural context. Mixed results regarding hospitalization suggest that longer stays may increase PTSD risk, while timely care may reduce it. The findings underscore the need for targeted mental health interventions, particularly for vulnerable populations, and recommend addressing stigma, enhancing social support, and tailoring interventions to cultural and regional contexts.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113268 - Printed Poster

### *Mapping the Relationships between Anxiety Cause and Treatment Beliefs*

**Main Presenting Author:** Leclair, Dani

**Additional Authors:** Mayotte, Edwige ; Ouimet, Allison J

*Abstract: Beliefs about the cause of an illness are crucial to the selection, adherence, and success of a treatment (Carter, 2007). However, little research has explored beliefs about anxiety causes. We mapped the relationships between beliefs about anxiety causes and treatments beliefs, with a hypothesis that biological cause beliefs are positively related to medication treatment beliefs. 303 undergraduate participants ( $M_{age} = 19.3$ , 19.1% men, 76.9% women, 4.0% gender-diverse) answered Likert-type and ranking questions examining causal beliefs (biological, psychological, environmental, combination), and treatment beliefs (medication, psychotherapy, lifestyle, combination) of anxiety. We found that people who endorsed stronger biological cause beliefs also endorsed stronger medication treatment beliefs ( $r = .16$ ,  $p = .006$ ,  $p_{adj} = .025$ ). Additionally, people's top ranked treatment for anxiety differed based on the cause they ranked most highly ( $\chi^2(4) = 15.14$ ,  $p < .05$ ,  $V = .16$ ). Specifically, participants who selected a biological cause were significantly more likely to select medication treatments. We will report and discuss additional findings related to people's beliefs about anxiety causes and treatments. Overall, our findings suggest that beliefs about anxiety causes relate to the selection and success of treatments, which may be relevant to individualizing treatment plans for anxiety.*

**Section:** Clinical Psychology

**Session ID:** 112362 - Printed Poster

### *MODERATED MEDIATION MODEL OF SUBJECTIVE HAPPINESS AND GENDER BETWEEN FINANCIAL STRAIN AND MENTAL HEALTH OF UNIVERSITY STUDENTS*

**Main Presenting Author:** Fagbenro, Dare Azeez

**Co-Presenting Author:** Olasupo, Mathew Olugbenga

*Abstract: Background/rationale: The study investigated the link between financial strain and mental health, as well as the mediating effect of subjective happiness in the association between financial strain and mental health among university students. The study also explored the moderated mediation role of gender in the association. Methods: The cross-sectional study that use self report measures of mental health scale, financial strain scale and subjective happiness scale for data collection. A total of 196 university students aged 18-29years(Females= 51.5%; mean age = 21.11 years, SD=1.64) participated in the study. Data was analysed with IBM PROCESS Macro plungin by Hayes Results: A negative association was linked with financial strain and mental health. Further, subjective happiness mediated the link between financial strain and mental health while gender did not moderate the indirect effect of subjective happiness and mental health. Conclusion: The study concluded that financial strain negatively linked with mental health and subjective happiness mediated the link between financial strain and mental health with no moderating effect of gender in the association. Action/impact: Intervention policies aimed at reducing financial strain as well as educational programs aimed at improving positive affect among university students should be tailoured toward enhancing students mental health*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 111997 - Printed Poster

### *Motivation and self-efficacy across stages of change prior to participating in a 12-week lifestyle intervention*

**Main Presenting Author:** Coulombe Raymond, Florence

**Additional Authors:** Saint-Jean Miron, Fanie ; Lavoie, Kim L.; Bacon, L. Simon

**Abstract:** *Background/rationale: Motivation, self-efficacy, and a person's stage of change (SoC) (Trans Theoretical Model) are all strong predictors of behaviour change. However, the nature and magnitude of their associations remains unknown. This study explored the relationship between pre-intervention levels of motivation and self-efficacy as function of SoC. Methods: 423 Canadians at risk of developing a chronic disease and about to start a behaviour change intervention were included. Perceived importance (motivation) of and confidence (self-efficacy) to change diet or physical activity (PA) were assessed using a 10-point scale and SoC using a 5-point scale. One-way ANOVAs were used to estimate motivation and self-efficacy according to SoC. Results: Motivation (9.4 vs. 8.4-8.8, p=.002) and self-efficacy (8.9 vs. 6.8-7.8, p*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113863 - Printed Poster

### *My Hopeful Bento Box: A strength and hope-based virtual lesson for grade-two students*

**Main Presenting Author:** Rabbie, Sophie M

**Additional Authors:** Larsen, Denise J; Hudson Breen, Rebecca; Hobbs, Chelsea; Murdoch, Kenneth; Kuhn, Natalie; Badger, Amy

**Abstract:** *The COVID-19 pandemic has negatively impacted students learning outcomes and well-being while increasing student hopelessness and distress (Barnette, 2023). Hope serves as a protective factor against student stress (Marques, 2016) and is a strong predictor of future healthy development (Ciarrochi et al., 2015). The Strengths, Hope and Resourcefulness Program for School Mental Health is a participatory action research project that implemented hope-focused lessons within the classroom during the pandemic to promote psychological wellness among teachers and students (Hope Studies Central, 2021). This project explores a virtual hope-focused lesson titled- My Hopeful Bento Box, designed to increase hope and develop emotional regulation strategies. Employing interpretative phenomenological analysis the research asked: how is the lived experience of hope for grade-two children described in a Bento Box online activity? Seven grade-two French immersion students participated in English focus group interviews about their experience participating in the hope activity. Preliminary themes in the data include relationships as vital sources of hope and the effectiveness of arts-based methods in helping children discuss it. Findings from this study hold potential implications in the development and delivery of hope-focused classroom interventions and will be integrated into future research.*

**Section:** Counselling Psychology

**Session ID:** 112076 - Printed Poster

## *Navigating Perfectionism: The Role of Interpersonal Emotion Regulation in Enhancing Mental Health*

**Main Presenting Author:** Harris-Lane, Laura

**Additional Authors:** Bakken, Kaja ; Lee, Kate; Onorato, Paolina; Rawana, Jennine

*Abstract: Research suggests that perfectionism is associated with negative outcomes, including psychopathology, decreased well-being, and maladaptive intrapersonal emotion regulation. However, little is known about the relationship between perfectionism and interpersonal emotion regulation (utilizing others to regulate one's own emotions; IER). Adaptive IER strategy selection (e.g. enhancing positive affect, perspective taking, soothing, social modeling) is associated with increased positive mental health. Considering the negative impact of perfectionism, it is vital to understand mechanisms that promote positive mental health for these individuals. This study investigated IER as a mediator in the relationship between perfectionistic self-presentation and positive mental health. A diverse sample of 1202 emerging adults ( $M_{age} = 20.21$ ) completed the Interpersonal Emotion Regulation Questionnaire, Perfectionism Self-Presentation Scale, and the Mental Health Continuum Short-Form. Four bootstrapped mediation analyses were computed to explore the role of IER strategies in the relationship between non-display of imperfection and positive mental health. Increased use of enhancing positive affect, soothing, and social modelling partially mediated the negative relationship between non-display of imperfection and positive mental health. Future directions and clinical implications will be discussed.*

**Section:** Clinical Psychology

**Session ID:** 113825 - Printed Poster

## *Navigating the Perinatal Period After Primary Breast Cancer Treatment: A Scoping Review Identifying Understudied Areas of Interest and Concern*

**Main Presenting Author:** Vanstone, Ruth

**Additional Authors:** Fergus, Karen ; Peres, Dalia

*Abstract: RATIONALE: A breast cancer history introduces challenges for those who wish to conceive after treatment. There is a dearth of accessible, empirically supported information to address survivors' concerns such as genetic risk factors, hormone therapy cessation, and screening while breastfeeding. Further, information gaps are a significant source of distress for this population. OVERVIEW: A scoping review, following the PRISMA-ScR guidelines was conducted to reveal understudied themes in the literature related to the perinatal period following primary breast cancer treatment. A search strategy was generated, and search results were synthesized using thematic constructions. RESULTS: Scoping review themes included: the safety of pregnancy after breast cancer treatment for estrogen receptor positive vs. negative patients, the safety of assisted reproductive technologies after primary breast cancer treatment, and screening guidelines during breastfeeding. CONCLUSIONS: The results of the scoping review reveal understudied areas of concern for patients and healthcare providers that may help inform treatment decisions. IMPACTS: The current study is intended for use in the development of a novel online educational tool. The goal of which is to bolster knowledge translation and communication between young breast cancer survivors in the perinatal period and their healthcare providers.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113721 - Printed Poster

### No Risk, No Reward: Does Shame Impact Youth Risk-Taking Behaviours and its Outcomes?

**Main Presenting Author:** Anthony, Taylor A

**Additional Author:** Eastabrook, Jennifer

*Abstract: Adolescence is a critical period for developing behaviours relevant to one's health. Risk-taking for instance (e.g., dangerous driving) rises during adolescence and can result in a variety of both adaptive consequences (e.g., social acceptance) and maladaptive consequences (e.g., premature death). Adolescents also experience an increase in self-conscious emotions, including shame. Shame-prone adolescents may engage in risk-taking to cope with negative self-perceptions. Previous research is contradictory, however, finding shame and risk-taking to be positively correlated, negatively correlated, or not related at all. One reason for this may be that shame was assessed as an overall construct. Some conceptualizations of shame dictate that people can experience several types of shame, including body (e.g., shame about physical appearance), character (e.g., shame of personal habits), and behavioural (e.g., shame about doing something wrong). Our study fills this gap by examining how different types of shame are related to different types of risk-taking behaviours and subsequent outcomes. Understanding how different forms of shame relate to different forms of risk-taking behaviour (and whether the outcome will be adaptive or maladaptive) will help us tailor prevention programs to adolescents. Preliminary data has been collected and is in the process of being cleaned and analyzed.*

**Section:** Developmental Psychology

**Session ID:** 113853 - Printed Poster

### Nurturing the Self: Positive Body Image and Self-Compassion in Women with Polycystic Ovary Syndrome

**Main Presenting Author:** Tapp, Kenzie

**Additional Authors:** Soucie, Kendall ; Hammoud, Alia; Vanier, Jeannette; Biderman, Carly; Citron, Noelle

*Abstract: Polycystic Ovary Syndrome (PCOS) is one of the most prevalent endocrine disorders diagnosed in individuals assigned female at birth, with global prevalence rates estimated to be between 6% to 20%. PCOS is classified as a hormone imbalance that is associated with reproductive, metabolic/endocrine, and psychological/mental health impacts. In particular, self-identified women with PCOS frequently report significant levels of distress and low body image in relation to their physical symptoms due to a great misalignment with Western ideals. The purpose of this qualitative study was to gain a strength-based understanding of the lived experiences of women diagnosed with PCOS. A total of 55 PCOS-diagnosed Canadian women were interviewed about the challenges they faced with PCOS and how they made sense of the changes to their bodies. Reflexive thematic analysis techniques, situated with a feminist social constructionist lens, were employed to explore these accounts. Four major themes were generated, including (1) Breaking the Body Image Barrier, (2) Cultivating Mind and Body Integration, (3) Engaging in Empowering Self-Talk, and (4) Acceptance of*

*Uncertainty and Unpredictability. This study contributes to a broader conversation about body positivity, as well as challenging stigma and advocating for a more inclusive understanding of women with PCOS.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 111504 - Printed Poster

*Online self-directed mental health interventions: A meta-analysis and systematic review*

**Main Presenting Author:** Alsaidi, Tia

**Additional Authors:** Joyce, Kayla ; Bremner, Kenzie; Simpson, Kaeley; Martinez, Ariana; Roos, Leslie E

*Abstract: Access to mental health care is limited by financial, time, and resource restraints. Massive open online interventions (MOOIs), a form of online self-directed mental health interventions, work to address these barriers by providing evidence-based interventions to large samples at little to no cost. The present meta-analysis and systematic review examined the efficacy of MOOIs on mental health outcomes using random-effect models across 31 studies to inform the development of future MOOIs for mental health. Additionally, person- (age, gender, continental location) and program-level (control type, inclusion criteria, therapeutic orientation, treatment components, treatment format, time to follow-up, treatment duration) moderators were examined with mixed-effect or meta-regression models. MOOIs were more effective at reducing mental health symptoms versus controls. Small intervention effect sizes were observed for anxiety, depression, sleep, and stress at post-treatment. Subgroup analyses indicated that studies had a larger effect size at post-treatment if they had an inactive control (vs. active), were conducted in Europe (vs. other continental locations), and delivered the intervention through web-based formats (vs. mobile applications). This meta-analysis demonstrates the positive potential impact of MOOIs in reducing mental health symptomology across various populations.*

**Section:** Clinical Psychology

**Session ID:** 111813 - Printed Poster

*Optimizing Recruitment, Retention, and Engagement in Digital Mental Health Intervention Trials: Insights from the JoyPop™ App RCT*

**Main Presenting Author:** Mann, Vamika

**Additional Authors:** Dsouza, Melinda ; Stewart, Heidi; McQueen, Mackenzie; Mushquash, Aislin

*Abstract: BACKGROUND: Recruitment and retention in randomized controlled trials (RCTs) involving digital mental health interventions (DMHIs) requires tailored strategies. This study examined recruitment approaches, retention rates, and participant engagement with a DMHI. METHODS: The JoyPop™ apps effectiveness in improving emotion regulation among university students was evaluated using a RCT. Participants completed assessments at baseline, two, four, and eight weeks. App usage data were analyzed descriptively. RESULTS: Recruitment combined physical (e.g., flyers, classroom announcements) and online (e.g., emails, department research sign-up system) strategies. Retention strategies involved reminders (up to three per assessment) and compensation.*

*Intervention participants received daily app engagement reminders. All participants (100%, n = 160) completed baseline assessments, with follow-up assessment rates between 87-94%. On average, participants used the app for 22.1 days of the 28-day intervention period. CONCLUSIONS: A targeted recruitment and retention strategy was implemented to optimize enrollment, retention, and engagement in the JoyPop™ app RCT. ACTION: Diverse recruitment and retention strategies effectively enhance participant engagement and data completeness in DMHI studies. Reminder emails with incentives promote strong follow-up rates.*

**Section:** Educational and School Psychology

**Session ID:** 112727 - Printed Poster

### *Orthorexia Nervosa and Disordered Eating Behaviors in Young Adult Females with Cancer*

**Main Presenting Author:** George, Brianna E

**Additional Authors:** Carter, Jacqueline ; Garland, Sheila

*Abstract: Orthorexia Nervosa (ON) is an unhealthy obsession with healthy eating. This research investigates the relationship between ON and disordered eating behaviors (DEBs) and factors contributing to these concerns among young adult (YA) females with cancer. YAs aged 19-39 completed an online survey. The Dusseldorf Orthorexia Scale assessed ON symptoms, and the Eating Habits Questionnaire assessed DEBs. Univariate and multivariate regressions examined relationships between ON, DEBs, uncertainty, online diet/nutrition resource use, cancer type, and body image. Participants (n=93; Mage = 31) were predominantly white (82%), normal weight (44.1%), and had either breast (24.7%) or blood (30.1%) cancer. Clinically significant ON was reported by 36.7%, and moderate DEBs ( $M = 34.8$ ) were observed. ON and DEBs were significantly associated ( $p < 0.001$ ). At the univariate level, uncertainty, online resource use, and cancer type were significantly associated with ON and DEBs ( $p < 0.001$ ). In the multivariate model ( $R^2 = 0.574$ ,  $p < 0.001$ ), greater uncertainty ( $\beta = 0.080$ ,  $p < 0.001$ ), and greater use of online resources for diet/nutrition ( $\beta = 6.652$ ,  $p < 0.001$ ) remained significantly related to ON. No factors remained significantly related to DEBs. Although ON is not clinically recognized, it overlaps with DEBs. While ON and DEBs share commonalities, the underlying factors may be different.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112149 - Printed Poster

### *Parent Coaching and Parent-Adolescent Relationship Quality Interact to Predict Adolescents Seeking Help from their Mother and their Father*

**Main Presenting Author:** Sears, Heather

**Co-Presenting Author:** Levins, Naomi

*Abstract: Background : Coaching is a key socialization mechanism parents use to promote their children's use of specific coping strategies. However, it is not clear whether parents coaching adolescents to use help seeking adds to or interacts with parent-adolescent relationship quality, a primary predictor of help seeking, to predict youth seeking help more often from each parent. We evaluated the unique contributions of and interaction between parent coaching and parent-adolescent relationship quality for youth seeking help from their mother and their father. Method : Anonymous*

*survey data were collected at school from 404 youth (214 girls, 190 boys, Grades 9-11). Results : Hierarchical regression analyses showed that adolescents' reports of higher relationship quality and parent coaching to use help seeking, in that order, predicted seeking help more often from their mother and their father. A significant two-way interaction in each analysis revealed that parent coaching to use help seeking was linked to youth seeking help more often when relationship quality was higher but had less impact (mothers) or no impact (fathers) when relationship quality was lower. Conclusion : Parents coaching youth to use help seeking has more effect in the context of a higher quality parent-adolescent relationship. Impact : Parenting programs should highlight ways that parents can promote help seeking by youth.*

**Section:** Family Psychology

**Session ID:** 111362 - Printed Poster

### *Parental Sensitivity and Psychopathology: An Umbrella Review and Meta-Analysis*

**Main Presenting Author:** Hong, Cindy

**Additional Authors:** Nivison, Marissa D; Fearon, Pasco; Jenkins, M Jenny; Madigan, Sheri

*Abstract: Parental sensitivity is how well a caregiver responds to a child's signals. Many meta-analyses have examined the relationship between sensitivity and parent and child psychopathology, however, no synthesis exists on the overarching associations. Therefore, we conducted an umbrella review (i.e., a review of reviews) of all meta-analyses examining sensitivity and psychopathology. We searched several databases and 6 meta-analyses met our inclusion criteria. Analyses were conducted via the \_metaumbrella\_ package in \_r\_. Parental psychopathology symptoms were consistently associated with lower quality caregiver sensitivity, specifically parental depression ( $r = -.16$ ), internalizing symptoms ( $r = -.12$ ) and higher illicit substance use ( $r = -.22$ ). Caregiver sensitivity was also meta-analytically associated with ADHD ( $r = -.15$ ), internalizing ( $r = -.07$ ) and externalizing ( $r = -.06$ ) symptoms. These results suggest that caregiver sensitivity may be an important factor in the intergenerational transmission of psychopathology. Targeting sensitive caregiving in clinical contexts may help reduce the transmission of psychopathology.*

**Section:** Developmental Psychology

**Session ID:** 113819 - Printed Poster

### *Parental stress and attachment: The mediating role of parent sense of competence*

**Main Presenting Author:** Kempe, Samantha

**Additional Authors:** Barriault, Sophie ; Deneault, Audrey-Ann; Pillai Riddell, Rebecca; Madigan, Sheri; Racine, Nicole

*Abstract: A strong parent-child relationship is crucial for setting the foundation for optimal child development. Several factors contribute to a parent's perception of their attachment relationship with their child, including parental stress and sense of competence. Limited research has investigated these factors on perceived parent-child attachment in a community sample. The current sample is comprised of 237 primary caregivers (87% female, 71% between 30-39 years) with children between the ages of*

0-3 from Ontario. The data was taken from a larger intervention study. This study examines the relationship between parent stress (Parent Stress Scale) and parent attachment (Maternal Postnatal Attachment Scale), with a focus on whether parent sense of competence (Parent Sense of Competence Scale) mediates this relationship. Results indicated a positive correlation between parent stress and parent attachment ( $r=.33, p$

**Section:** Clinical Psychology

**Session ID:** 112178 - Printed Poster

*Parenting Your Adolescent (PYA) parent training program: Examining changes in parental behaviours and parental self-efficacy and their associations with changes in parent reported adolescent externalizing and internalizing outcomes*

**Main Presenting Author:** Halleran, Maria

**Additional Authors:** Hallett, Darcy ; Oldford, Jim; Singleton, Derek; Harris, Nick

**Abstract:** *BACKGROUND: Parent training (PT) programs help parents learn strategies to implement with their children. Participation in PT has been associated with increased parental self-efficacy and ratings of improved parenting skills. This study examined if changes in these parental factors predict improvements in adolescent internalizing and externalizing behaviour following the completion of PYA PT program. METHODS: Fifty-five participants engaged in an eight-week PT group. Parental ratings of adolescent internalizing and externalizing behaviour, parenting behaviours, and parental self-efficacy were collected at three time points: pre-group, post-group, and 3-months post-group. Regressions were used to examine changes in parental factors as predictors of adolescent outcomes at post-group and follow up time points. RESULTS: Improvements in positive parenting behaviours, poor monitoring, personal agency, and parental self-efficacy were associated with improvements in adolescent externalizing behaviour. In contrast, only improvement in parental involvement was significantly associated with improvements in adolescent internalizing behaviour. CONCLUSIONS: Findings suggest that different parental factors may be associated with changes in adolescent externalizing and internalizing behaviour. ACTION: A RCT comparing different PT interventions while examining the current variables is warranted.*

**Section:** Clinical Psychology

**Session ID:** 113487 - Printed Poster

*Passion, Affect, and Health: Exploring the Links to Physical Symptoms in Athletes*

**Main Presenting Author:** St-Cyr, Jany

**Additional Author:** Vallerand, Robert J.

**Abstract:** *Passion can play a major role in health, and one way it does so is through its influence on affect. According to the Dualistic Model of Passion, obsessive passion fosters negative affect, whereas harmonious passion can prevent negative affect while promoting positive affect. Negative affect, in turn, has been linked to physical health problems in previous research. The present research examines the mediating role of negative and positive affect in the relationship between passion and physical symptoms among athletes. We conducted two studies with elite athletes. In Study 1, high school basketball players completed a questionnaire assessing their passion, affect, and physical symptoms*

during a provincial tournament. Study 2 extended these findings prospectively with water polo and synchronized swimming athletes over a five-month period. Structural equation modeling analyses supported the hypothesized model, confirming the mediating role of negative and positive affect in the relationship between passion and health outcomes. Obsessive passion exacerbates health issues through increased negative affect, whereas harmonious passion appears protective against minor illnesses by reducing negative affect. These findings underscore the importance of fostering harmonious passion in athletes to prevent negative affective states and deleterious health effects.

**Section:** Social and Personality Psychology

**Session ID:** 112508 - Printed Poster

*Perception and Treatment Practices of Youth with Khat Chewing in Dessie Town, Ethiopia*

**Main Presenting Author:** Bayleyegn, Seyfu Chekole

**Abstract:** *BACKGROUND:* Chewing khat is becoming a cultural tradition in Ethiopian youth. Despite its extensive usage, there is a great deal of disagreement in the research about its impact on health and how users seek therapy. Many users have a good perception of khat and frequently underestimate its hazards, despite studies constantly reporting its negative effects. The purpose of this study is to investigate these attitudes and users disinterest in available therapeutic methods. *METHODS:* To acquire a variety of perspectives on khat use and treatment methods, a qualitative approach was used, employing key informant interviews ( $n=2$ ), focus groups ( $n=15$ ), and in-depth interviews ( $n=6$ ). To find key topics pertaining to user experiences, thematic analysis and purposeful sampling were used. *RESULTS:* While participants acknowledged khats negative health effects, they also described it as a social facilitator. Interestingly, while being aware of the negative consequences, the majority relied on personal coping mechanisms, indicating a lack of knowledge in the necessity of professional treatment. *CONCLUSIONS:* The discrepancy between youths recorded health concerns and treatment-seeking behaviors suggests the urgent need for focused interventions. *ACTION:* Educate the public, and encourage additional research to help develop effective policies and support networks for young people.

**Section:** Addiction Psychology

**Session ID:** 111284 - Printed Poster

*Perfectionism and Mental Health Help-Seeking: An Extension of the Social Disconnection Model*

**Main Presenting Author:** Brierley, Noah

**Additional Author:** Arpin-Cribbie, Chantal

**Abstract:** Perfectionism is a multi-faceted personality trait characterized by a tendency to set impossibly high standards and the negative self-evaluation that results from a failure to live up to these standards. Individuals higher in perfectionism have been shown to be at an increased risk of a wide range of mental health concerns, and additionally tend to hold more negative attitudes towards mental health help-seeking. Despite this, little is known about the mechanisms underlying the relationship between perfectionism and help-seeking. The current study aims to examine this relationship using the framework of the Perfectionism-Social Disconnection Model with three

*research questions: 1. Does perfectionism predict lower levels of actual mental health help-seeking behaviour? 2. Does social disconnection mediate the relationship between perfectionism and help-seeking behaviour? 3. Does perfectionism moderate the relationship between help-seeking attitudes and actual help-seeking behaviour? To address these questions, a large online sample of university students was collected from across Ontario. This study offers the first examination of the relationship between perfectionism and actual help-seeking behaviour and findings may help guide interventions targeted at improving mental health help-seeking.*

**Section:** Clinical Psychology

**Session ID:** 113716 - Printed Poster

### *Perfectionism, Coping, and Mental Health Outcomes in Collegiate Student-Athletes*

**Main Presenting Author:** Bearden, Anomi G.

**Additional Authors:** Prowse Turner, Jamie ; Dunlop, Benjamin; McDonald, Keith

**Abstract:** *BACKGROUND: Sport-related multidimensional perfectionism was assessed in post-secondary student-athletes to investigate the relationship between perfectionism types and mental health. METHODS: Athletes ( $n = 90$ ) completed a survey consisting of Sport Multidimensional Perfectionism Scale - 2, Depression-Anxiety-Stress Scale - Short form, Coping Self-Efficacy Scale, and Athlete Burnout Questionnaire. RESULTS: Participants were placed into groups based on adaptive and maladaptive perfectionism types: 1. high maladaptive/low adaptive, 2. high maladaptive/high adaptive, 3. low maladaptive/low adaptive, 4. high adaptive/low maladaptive. Findings revealed maladaptive perfectionism predicted low coping self-efficacy (CSE), and low CSE predicted greater depression, anxiety, and stress. Maladaptive perfectionism had a positive relationship with burnout. Adaptive perfectionists had high scores on CSE, which predicted lower burnout and better mental health. CONCLUSIONS: Some athletes consider striving for perfection as part of participation in sport, but the present study outlines the negative impact certain forms of perfectionism can have. IMPACT: This research has implications for coaches, sport psychologists, parents, and athletes, as it contributes to a better understanding of athlete mental health and the prevention of athlete burnout.*

**Section:** Social and Personality Psychology

**Session ID:** 112907 - Printed Poster

### *Personal Experiences of Medical Gaslighting in a Canadian Healthcare Context*

**Main Presenting Author:** Rakus, Marissa M

**Co-Presenting Author:** Soucie, Kendall

**Additional Authors:** Kichler, Jessica ; Getty, Emma; Grandi, Brianna; Curran, Chloe; Venugopal, Niksha; Sood, Ananya

**Abstract:** *Medical gaslighting (MG) is characterized by the dismissal, downplay, or ignorance of a patient's lived experience with illness. Women, and gender diverse individuals, especially those in marginalized and racialized groups, have been found to be the most vulnerable to MG (Sebring, 2021) and those seeking medical assistance for understudied and/or contested conditions that involve chronic pain (e.g., endometriosis, fibromyalgia) also report greater experiences of MG (Adebayo et*

al., 2022). The consequences of MG are pervasive, and range from medical mistrust, institutional betrayal, self-doubt, and increased mortality (Davis, 2022). While a ubiquitous experience, MG research is scarce, particularly in a Canadian context. In this study, we captured the experience of MG through a narrative framework (McAdams, 2001). We launched a Canada-wide survey and asked participants to write about an experience of MG and then respond to open-ended questions about its impact on several domains (e.g., identity, willingness to seek future care). Narratives are being coded via a reflexive thematic analysis within a critical feminist lens (Braun and Clarke, 2021). Preliminary data illustrate the intersectional, and interlocking nature of power and advocacy. The implications of these results will be discussed in relation to health equity.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113304 - Printed Poster

### *Preliminary Effect of Cognitive Behavioural Therapy for Insomnia on Objective Sleep Outcomes in Breast Cancer Survivors*

**Main Presenting Author:** White, Emily A

**Additional Authors:** Matheson, Heath ; Zendel, Benjamin Rich; Garland, Sheila

**Abstract:** *BACKGROUND/RATIONALE:* Breast cancer (BC) survivors experience high rates of insomnia and Cognitive Behavioural Therapy for Insomnia (CBT-I) is the recommended treatment. However, there is limited research using polysomnography to assess CBT-I outcomes. *METHODS:* Women who completed primary treatment for BC used the Cerebra Sleep System (CSS; in-home polysomnography device) to measure sleep outcomes in response to 7 sessions of CBT-I. Preliminary change scores are described for the Insomnia Severity Index (ISI), Sleep Diaries, and the CSS. *RESULTS:* Participants ( $N=6$ ,  $\bar{M}_{age}=54.83$ ) reported a 11.17-point improvement on the ISI ( $SD=2.79$ ). Sleep diary measured Total Sleep Time (TST) did not change, but Sleep Onset Latency (SOL) decreased by 22.2 minutes (min;  $SD=21.06$ ), Wake After Sleep Onset (WASO) decreased by 16.75 min ( $SD=13.03$ ), and Sleep Efficiency (SE) increased by 7.3% ( $SD=6.76$ ). According to the CSS, participants TST increased by 45 min ( $SD=102.90$ ), SOL decreased by 25 min ( $SD=42.62$ ), WASO decreased by 62.3 min ( $SD=41.29$ ), and SE increased by 16% ( $SD=13.64$ ). *CONCLUSION/ACTION/IMPACT:* Participants reported a clinically meaningful reduction in insomnia severity. Although preliminary, CBT-I appears to have a greater impact on TST, WASO, and SE when measured by the CSS compared to sleep diaries. Objective sleep measures may provide valuable information to understand treatment outcome.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113479 - Printed Poster

### *Preliminary Effect of Cognitive Behavioural Therapy for Insomnia on Psychological Outcomes in Breast Cancer Survivors*

**Main Presenting Author:** Peach, Payton

**Additional Authors:** White, Emily ; Zendel, Benjamin Rich; Matheson, Heath; Garland, Sheila

**Abstract:** *BACKGROUND/RATIONALE:* Insomnia is a common side effect of breast cancer and its associated treatments. Cognitive Behavioural Therapy for Insomnia (CBT-I) is the recommended

*treatment for insomnia disorder. CBT-I may also be useful in improving comorbid fatigue and psychological measures.* METHODS: The present study examines the psychological outcomes of 7 sessions of CBT-I in a sample of breast cancer survivors. We investigated change scores from the Insomnia Severity Index (ISI), Multidimensional Fatigue Symptom Inventory (MFSII), Hospital Depression and Anxiety Scale (HADS), and Difficulties in Emotion Regulation Scale (DERS). RESULTS: Participants ( $N=6$ ,  $M_{age}=54.83$ ) demonstrated a 11.17-point improvement on the ISI ( $p$

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112721 - Printed Poster

### *Prior Mental Distress and Problematic Use Predicts Mental Health Benefits from Reduced Social Media Use: A Moderation Analysis of a Randomized-Controlled Trial*

**Main Presenting Author:** Lopes, Marcus V. V.

**Co-Presenting Author:** Goldfield, Gary

**Additional Author:** Davis, Christopher G.

Abstract: BACKGROUND: Mentally distressed youth are more vulnerable to the psychological effects of social media use (SMU), but evidence on how distress predicts SMU reduction outcomes is limited. This study examined whether SMU restrictions impact psychological health differently based on problematic SMU and mental distress levels. METHODS: In this RCT, youth (17–25 years old) assigned to behavioural treatment ( $n = 115$ , 78% women) were instructed to reduce SMU to 60 min/day, while controls ( $n = 101$ , 74% women) had no constraints. Psychological health (depression, anxiety, fear of missing out – FoMO, appearance esteem) was assessed with validated scales. SMU was measured via smartphone apps. Problematic users and prior mental distress were identified using clinical thresholds. RESULTS: Problematic users had greater improvements in anxiety ( $\beta: -2.53$ ), FoMO ( $\beta: -0.38$ ), and appearance esteem ( $\beta: 0.34$ ) versus controls. Reductions in anxiety were also greater for participants above clinical thresholds for depressive ( $\beta: -2.25$ ) or anxiety symptoms ( $\beta: -2.67$ ) but not for those below. Improvements in all outcomes except depressive symptoms were absent for participants below clinical cut-offs. CONCLUSIONS: SMU reduction improved psychological health in problematic users and distressed youth but not in their counterparts. ACTION: Efforts for SMU reduction should prioritise these vulnerable subgroups.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 111880 - Printed Poster

### *Psychological Distress, Emotion Regulation, and Problematic Cannabis Use in Young Adults*

**Main Presenting Author:** Perry, Jenna K.

**Additional Authors:** Coles, Ashlee R. L.; Rowe, Emily C.; Harris, Nick

Abstract: BACKGROUND: Young adults are at greater risk of developing problems with emotion regulation and cannabis. Past research has found that individuals with emotion regulation and cannabis use problems are at increased risk of experiencing higher psychological distress. This study explores the extent to which emotional dysregulation, problematic cannabis use, and sex predict

young adult psychological distress. **METHOD:** Canadians aged 18-29 years ( $N = 136$ ) completed an online survey that included the Cannabis Use Disorders Identification Test-Revised (CUDIT-R), the Depression Anxiety Stress Scale-21 (DASS-21), the Difficulties in Emotion Regulation Scale-18 (DERS-18), and demographic items. **RESULTS:** Hierarchical regression analysis revealed that emotional dysregulation ( $\beta = .61$ ,  $p < .001$ ) and problems with cannabis use ( $\beta = .28$ ,  $p = .008$ ) were both strongly linked to higher levels of psychological distress. Together, these variables accounted for 46% of the variance in psychological distress, adjusted  $R^2 = .46$ . **CONCLUSION:** These findings provide further support that problems with emotion regulation and cannabis use are associated with higher levels of psychological distress among young adults.

**Section:** Addiction Psychology

**Session ID:** 112393 - Printed Poster

### *Psychological Predictors of Physical Activity Intensity in a High Anxiety Sensitivity and Clinical Sample*

**Main Presenting Author:** Whitsitt, Jonathan

**Additional Authors:** Olthuis, Janine ; Watt, Margo; Connell, Emma; Stewart, Sherry

**Abstract:** Physical activity (PA) is increasingly being prescribed as an evidence-based, accessible, and low barrier treatment for anxiety and depression. Although scarce, research shows benefits for anxiety and depression at any level of PA intensity, even low intensity, which may be more accessible and pose less risk. Thus, it is important to explore psychological predictors of PA involvement at all PA intensities to optimize PA interventions for clinical populations. In this study, we examined psychological predictors of involvement in three levels of PA intensity (low, moderate, vigorous) in individuals with high anxiety sensitivity and an anxiety disorder, depression, or posttraumatic stress disorder diagnosis. Participants ( $n = 103$ ;  $M_{age} = 32.17$  years) reported the number of days per week they participated in low, moderate, and vigorous PA, and the usual amount of time spent in each PA intensity. Participants also completed predictor measures of generalized anxiety, anxiety sensitivity, social anxiety, and depression. Multiple linear regressions showed that greater social anxiety symptoms significantly predicted less low and moderate intensity PA involvement. Social anxiety may be a unique barrier to low and moderate intensity PA in clinical samples. Future research aimed at identifying reasons for this association may help inform efforts to encourage PA in clinical populations.

**Section:** Clinical Psychology

**Session ID:** 112695 - Printed Poster

### *Psychosocial Factors and Recovery Outcomes in Acute Care Cardiac Inpatients: A Sex-Based Analysis*

**Main Presenting Author:** Ponto, Nicole D

**Additional Authors:** Horne, Gabrielle ; Thakrar, Sulaye; Cox, Jafna; Shephard, Dominique; King, Caroline E

**Abstract:** **BACKGROUND:** This study investigates the impact of depression, anxiety, resilience, and empowerment in acute cardiac care (ACC) from admission to discharge, to understand the influence

on patient outcomes and recovery. **METHODS:** Validated scales PHQ-9, GAD-7, CD-RISC-10, and TES were administered at enrollment and discharge. Data Analysis included descriptive statistics, t-tests, and logistic regression models. **RESULTS:** Ongoing recruitment ( $n = 431$ ). Preliminary analysis shows significant improvements in mental health, resilience, and empowerment. Females demonstrated greater improvements in treatment empowerment and resilience than males. Logistic regressions showed higher PHQ-9 depression scores were associated with higher mortality risk at discharge. Anxiety, sex, and cognitive scores were not significant predictors. **CONCLUSIONS:** ACC patients show improvement from admission to discharge. Depression is a predictor of mortality risk and follow-up measures completion, highlighting the importance of addressing acute mental health. **IMPACT:** Data suggests that tailoring care to target higher depressive symptoms could improve recovery, reduce readmission, and lower mortality risks. Exploring how to tailor care based on sex differences in resilience and empowerment can further enhance patient outcomes and should be a topic for discussion in future studies.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113768 - Printed Poster

### *Psychosocial Mediators of Cognition in Parkinsonism and Mobility Disability: Results from the Rush Memory and Aging Project*

**Main Presenting Author:** Chung, Alison F

**Additional Author:** Paterson, Theone SE

**Abstract:** Cognition declines as parkinsonism progresses. The cognitive reserve theory suggests protective psychosocial factors (e.g., leisure activities) mitigate these declines. However, there is a current gap in the literature examining synergistic effects of psychosocial factors on cognition in parkinsonism and mobility disability. Relationships between parkinsonism, mobility disability, psychological wellbeing (PW; e.g., depression), social wellbeing (SW; e.g., participation, support), and impacts on cognition across domains (e.g., memory, perceptual speed) are explored via mediation path analyses using Rush Memory and Aging Project data (MAP; R01AG017917; Bennett et al., 2018; N=1634; Mage= 80.04, SDage= 7.53, Meducation= 14.99, SDeducation= 3.41, 73.74% Female, 93.63% White). MAP was approved by the Rush University Medical Center IRB. PW and SW partially mediated relationships between mobility disability and episodic ( $\beta_{PW} = -.02$ ,  $\beta_{SW} = -.04$ ,  $p < .01$ ), working ( $\beta_{PW} = -.03$ ,  $p < .01$ ), and semantic memory ( $\beta_{PW}$  and  $\beta_{SW} = -.02$ ,  $p < .01$ ) and perceptual speed ( $\beta_{PW} = -.02$ ,  $\beta_{SW} = -.05$ ,  $p < .01$ ). Reducing anxiety, depression, and negative mood and increasing social participation may benefit individuals with more severe mobility disabilities across episodic, semantic, and working memory, and perceptual speed. Results inform psychosocial interventions and community infrastructure for older adults.

**Section:** Clinical Neuropsychology

**Session ID:** 111670 - Printed Poster

### *Rewiring Perceptions: The Influence of Integrated Neurocognitive Therapy in Shaping Cognitive Biases in Schizophrenia*

**Main Presenting Author:** Roy, Mihikaa

**Additional Authors:** Bains, Supriya ; Shvetz, Cecelia; Khalesi, Zahra; Schmidt, Louis; McNeely, Heather

**Abstract:** *Biased cognitive schemas are implicated in the onset and maintenance of schizophrenia by reinforcing distorted beliefs, such as delusions and paranoia. Overcoming these cognitive biases may improve schizophrenia symptom severity, thereby enhancing functional outcomes. Integrated Neurocognitive Therapy (INT), a group social-cognitive remediation treatment, was administered to people with schizophrenia (PWS) at St. Joseph's Healthcare Hamilton. The present study aims to investigate the influence of INT in reducing cognitive biases in PWS and the moderating effects bias may have on functioning. Twenty participants ( $M_{age} = 40.2$  years,  $SD = 9.89$ ; 6F and 14M) with schizophrenia or schizoaffective disorder have been recruited. Assessments completed pre- and post-intervention include the Ambiguous Intentions Hostility Questionnaire (AIHQ), Beck Cognitive Insight Scale (BCIS) and World Health Organization Disability Assessment Schedule 2.0 (WHODAS 2.0). Comparative statistics are in progress and will be presented. Cognitive biases, as measured by AIHQ and BCIS, are expected to reduce post-intervention, with their severity influencing the reduction in functional disability, as measured by WHODAS 2.0. The results of this study will offer recommendations to improve therapy delivery to PWS and aim to destigmatize schizophrenia by providing a comprehensive understanding of the underlying biases.*

**Section:** Students in Psychology

**Session ID:** 113366 - Printed Poster

### *Self-stigma and comorbidity: A systematic review of the literature*

**Main Presenting Author:** Hawke, Lisa D

**Additional Authors:** Szatmari, Peter ; Amartey, Abigail

**Abstract:** *BACKGROUND. The experience of self-stigma is commonly observed among people with severe mental illness. This systematic review synthesizes the literature on self-stigma among people with multiple co-occurring mental health and/or substance use conditions, or comorbidities.*

*METHOD. A systematic search was conducted of multiple scientific databases. A total of 9246 records were found. After title and abstract screening and full-text screening, the search process led to 11 final included documents. RESULTS. Self-stigma has been examined in the comorbidity between mental illness and substance use disorders, as well as between mental illnesses. Self-stigma seems to be high when comorbidities are present, in the case of depression, anxiety, and personality disorders, although results are mixed and inconclusive. Substance use disorders as a whole may confer an additional burden of self-stigma, but not cannabis use disorder. Higher self-stigma is associated with symptoms and illness severity, and lower functioning. CONCLUSIONS and IMPACT. Substantial self-stigma exists in individuals with comorbid mental health conditions, and comorbid mental health and substance use conditions. However, the literature has yet to be developed to understand whether there is an additive effect of multiple mental health conditions ("multimorbidity") on self-stigma.*

**Section:** Clinical Psychology

**Session ID:** 111862 - Printed Poster

## Shame Motivates Self-Improvement More Than Self-Compassion and Offers Comparable Distress Relief

**Main Presenting Author:** Hanson, Sophie  
**Co-Presenting Author:** Johnson, Edward

**Additional Author:** Sukovieff, Alyse

*Abstract: Contrary to leading views of shame as wholly maladaptive, some research suggests shame in response to failure, may motivate self-improvement efforts. A study of 169 undergraduate students explored this hypothesis by randomly assigning participants to recall either a sad or shameful event, followed by questions related to mood and their preference for a self-improvement (SI) or self-compassion (SC) writing intervention task. Participants in both recall groups were then randomly assigned to either an SI or SC writing condition, followed by a post-intervention measure of mood. In support of the hypothesis, the results of a Chi-square test showed that participants in the shame condition relative to those in the sadness condition expressed a significantly stronger preference for the SI over the SC task. A follow-up multivariate ANCOVA found that both tasks were similarly effective in reducing negative affect, for participants in both recall conditions. These results suggest shame can not only motivate a desire for self-improvement, but that writing about how one could engage in self-improvement with respect to a failure experience can relieve failure-related distress to a degree comparable to that offered by self-compassion. Future research might compare the long-term efficacy of both types of interventions.*

**Section:** Clinical Psychology

**Session ID:** 112412 - Printed Poster

## Sleep and Psychological Well-Being: Exploring the Differences Between LGBTQ+ and Non-LGBTQ+ Older Adults

**Main Presenting Author:** Jankouk, Mojdeh

**Additional Authors:** Courtice, Erin L; Dermody, Sarah S

*Abstract: Research suggests that, due to minority stressors, LGBTQ+ people are more likely than non-LGBTQ+ people to experience psychological distress, mental health disorders, and sleep difficulties. However, few studies have examined how these disparities unfold over time; research also has not examined these disparities among older adults. To address this gap, we used data from two waves of the Canadian Longitudinal Study on Aging (CLSA), which includes national data collected from 2010 to 2021. The CLSA is a unique data source because of its large sample and use of sociodemographic measures that assess diverse gender and sexual identities. Participants ( $N = 51,338$ ;  $n_{LGBTQ+} = 954$ ), aged 45 to 85, completed measures to evaluate various factors related to psychological distress and sleep quality. We will describe results from a linear mixed model analysis, comparing LGBTQ+ and non-LGBTQ+ people's trajectories of psychological distress, satisfaction with life, and depression by age, with sleep quality as an interaction term. We will also conduct separate regression analyses with data from each wave to compare the extent to which sleep quality is predictive of psychological distress factors for LGBTQ+ and non-LGBTQ+ people. Implications for researchers, clinicians, and healthcare providers will be discussed.*

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 112760 - Printed Poster

### *Stigma and Selfies: The Role of Weight Bias Internalization in the Relationship Between Social Media Use and Body Dissatisfaction*

**Main Presenting Author:** Anthony, Taylor G. J.

**Additional Authors:** Valois, Darcie D.; Carter, Jacqueline C

*Abstract: While past research has found a relationship between social media use (SMU) and body dissatisfaction (BD), research on potential mechanisms is limited. Weight bias internalization (WBI) may be one such mechanism, as unrealistic beauty standards are frequently presented and perpetuated on social media. The aim of the current study was to examine the role of WBI as a possible mediator of the relationship between SMU and BD. 224 undergraduate students from a Canadian university completed an online survey about SMU, BD, and WBI. Selfie-taking and photo editing were significantly positively correlated with BD. Photo editing was significantly positively associated with WBI. WBI significantly mediated the relationship between photo editing and BD. Specific aspects of social media use may be harmful to body image such as selfie-taking and photo editing. Education on potential negative effects of selfie-taking and photo editing in young adults may be helpful in prevention and interventions regarding mental health and body image. This may involve informing young people on which social media activities are high risk and may be related to negative experiences such as WBI and BD which are risk factors for eating disorders.*

**Section:** Clinical Psychology

**Session ID:** 111354 - Printed Poster

### *Talking All Things JoyPop™: Qualitative Examination Using the Unified Theory of Acceptance and Use of Technology*

**Main Presenting Author:** Neufeld, Teagan

**Additional Authors:** Traer, Amelia ; Ranta-Diegel, Anastasia; McQueen, Mackenzie; Wyman, Jennifer; Malik, Ishaq; Mushquash, Aislin

*Abstract: BACKGROUND: Post-secondary student mental health (MH) difficulties are common and increasing. Unfortunately, barriers prevent access to treatment. Mobile health (mHealth) tools like MH smartphone applications offer a promising solution. However, challenges like low user engagement persist. OBJECTIVE: Understand post-secondary student users perspectives on a mHealth app to help determine its acceptance and intention of use. METHODS: Using a descriptive approach, participant perspectives on the innovated mHealth app JoyPop™ were examined using a semi-structured interview guided by The Unified Theory of Acceptance and Use of Technology 2 (UTAUT2) framework. RESULTS: Using a deductive-inductive content analysis, the interview transcripts were deductively organized into six UTAUT2 categories, then inductively organized into 14 general categories, and further into 36 specific subcategories. CONCLUSIONS: Various factors influence acceptance and use of the JoyPop™ app, with participants expressing an overall positive experience using the JoyPop™ app and perceived increase of coping skills during times of stress suggesting continued use. IMPACT: The results contribute to the multimethod evidence base*

*supporting the JoyPop™ app as a beneficial intervention; and with the use of the UTAUT2 framework, the results transferability is enhanced and contributes to the broader mHealth literature.*

**Section:** Clinical Psychology

**Session ID:** 112391 - Printed Poster

*The association between childhood neglect, inflammatory conditions, inflammatory markers, and chronic pain in adulthood: a scoping review of the quantitative literature.*

**Main Presenting Author:** Kay, Sebastian

**Additional Authors:** Beaudette, Sophie ; Langevin, Rachel

**Abstract:** *BACKGROUND/RATIONALE:* Childhood neglect (CN) is associated with long-term health issues, including bio-inflammation, inflammatory diseases, and chronic pain. Prior reviews often examined these outcomes separately, with few specifically focusing on CN. This review aims to address this gap by examining associations between CN and these health conditions. *METHODS:* A systematic search in four major databases was conducted (PsycINFO, MEDLINE, Scopus, and ProQuest Dissertations and Thesis Global). An initial sample of 1376 articles were identified; following screening and deduplication, a final sample of 20 quantitative studies which presented original data exhibiting connections between CN and bio-inflammation, chronic pain, or inflammatory diseases were retained. *RESULTS:* Findings were mixed; however, some evidence suggests that CN survivorship may be associated with elevated systemic inflammation over time, prevalence/severity of psoriasis/arthritis, and heightened pain experiencing. *CONCLUSIONS:* CN survivors may face increased risk of prolonged inflammation, inflammatory diseases, and pain symptoms. *ACTION/IMPACT:* Findings suggest the need for more targeted research on CN's impact on health. Policymakers should promote CN prevention, and health care practitioners may benefit from appraising CN victimization status in assessing health risks.

**Section:** Counselling Psychology

**Session ID:** 111705 - Printed Poster

*The associations between parent physiological responses with parent and child mental health among families of children with ADHD*

**Main Presenting Author:** Jiang, Yuanyuan

**Additional Authors:** Robertson, Sydney ; Picciano, Bianca; Rogers, Maria; Climie, Emma; Mah, Janet

**Abstract:** Parenting children with Attention-Deficit/Hyperactivity Disorder (ADHD) frequently involves stressful parent-child interactions and co-occurring parent and child mental health challenges. Understanding how parents physiologically respond in context of such mental health difficulties is important. This study examined heart rate, skin conductance, skin temperature, and movement among parents of 8- to 12-year-old children with ADHD. Parents completed questionnaires and wore a medical-grade smartwatch for at least 12 hours a day in their daily lives for a week. Data collection is ongoing, and completed analyses will be presented at the conference. Existing data so far shows parent mental health difficulties in the areas of anxious/depressive and somatic symptoms

(>94th percentile), and attention problems (>96th percentile). Child co-occurring mental health difficulties include anxious/depressive symptoms (>94th percentile), social problems (>92nd percentile), and externalizing difficulties (>94th percentile). While adjusting for movement, higher heart rate, lower heart rate variability, lower skin temperature, and higher skin conductance are expected to be related to worse mental health difficulties of both parents and children. Study results inform understanding of parent physiological responses, and have the potential to enhance parent-based clinical treatment for child ADHD.

**Section:** Clinical Psychology

**Session ID:** 112550 - Printed Poster

*The Contextual Motivations Model: Expanding Understandings of Sexual Orientation Identity Development in Adulthood*

**Main Presenting Author:** Hymers, Meaghan J.

**Additional Author:** Holmberg, Diane

**Abstract:** A small body of recent research has addressed factors that may influence changes in sexual orientation identity (SOI; i.e., the conscious understanding of sexual orientation in context) during adulthood. However, current models conflict in the way they group mechanisms of change, and none functionally differentiate between identity development factors that may map onto disparate health outcomes. In the current study, 25 LGBTQ+ individuals (approximately half gender diverse individuals) completed in-depth interviews about their journey towards their current SOI. We then used a Multi-Grounded Theory approach to analyse the data. The Contextual Motivations Model (CMM) developed from this analysis broadens the understanding of factors influencing change or maintenance of one's SOI label, especially as they may relate to health outcomes. The CMM contains five levels of influence (Sociocultural Context, Interior Context, Relevant Events, Motivations, and Responses) organized as a series of concentric nested circles, with each level further represented by a visual map. The model is bidirectional, wherein each level of influence may interact with its counterparts. The CMM may be used in future research to compare individuals' trajectories through the model and their motivations for changing or maintaining their SOI labels with health and well-being outcomes.

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113271 - Printed Poster

*The Effect of Social Media Reduction on Mental Health: A Protocol for a Systematic Review and Meta-Analysis of Randomized Controlled Trials*

**Main Presenting Author:** Lopes, Marcus V. V.

**Co-Presenting Author:** Goldfield, Gary

**Additional Authors:** Branje, Karina ; Toor, Balmeet; Gennara, Anamarie; David, Athourina; Haidt, Jonathan; Rausch, Zach

**Abstract:** *BACKGROUND:* Research on the effects of social media use (SMU) on mental health (MH) is largely observational, offering limited causal evidence. Experimental studies show mixed results on the benefits of reducing SMU, highlighting the need to understand these varied outcomes. Thus, this

review aims to summarise evidence of the effects of reducing SMU (through time constraints or complete abstinence) on MH outcomes in clinical and non-clinical populations. METHODS: This systematic review protocol, designed based on PRISMA-P guidelines, was registered on PROSPERO. A comprehensive search strategy covering mental health outcomes and social media reduction interventions was applied across Ovid/MEDLINE, Embase, PsycINFO, and Cochrane CENTRAL. Inclusion criteria required randomized controlled trials with interventions restricting SMU for at least 24 hours, and a control group without constraints. Cochrane Risk of Bias tool will assess quality. Meta-analyses will estimate pooled effects, and meta-regressions will explore heterogeneity. ANTICIPATED RESULTS AND IMPACT: Findings, being presented for the first time at the CPA conference, will include an overview of SMU reduction experiments and reveal whether SMU constraints may improve MH. This review supports efforts to develop targeted approaches for mitigating mental health distress in a generation of highly engaged social media users.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113561 - Printed Poster

### *The Effects of Video and App Games on Emotion Regulation in Youth: A Scoping Review*

**Main Presenting Author:** Charlton, Jaidyn

**Additional Authors:** Ashley, Angela ; Wekerle, Christine; Mushquash, Aislin

Abstract: Emotion regulation (ER) is a transdiagnostic construct applicable to a range of difficulties in youth. Generalized video and app games have a mixed impact on youth well-being. However, as therapeutic interventions, video and app games aimed at improving ER may lead to viable ways to provide vulnerable youth with ER tools and reduce mental health difficulties. Previous reviews have not focused on the ER aspects that video and app game interventions provide to clinical and non-clinical youth. This review summarized research on the effects of ER-oriented video and app games on mental health symptoms in youth. A systematic search of three databases was conducted. Screening and data extraction was completed by four reviewers. Relevant data were synthesized (e.g., game/app, ER strategies). Thirty-seven studies met inclusion, and five themes emerged as possible benefits of ER-oriented video and app game interventions: Overall Emotion Regulation, Improving Mood/Mood Repair, Reducing Stress/Anxiety, Reducing Symptoms of a Diagnosed Mental Health Disorder, and Emotional Intelligence. Most studies reported improvements in ER and mental health symptoms, suggesting that video and app games targeting ER could become a beneficial adjunct to traditional interventions. Overall, video and app games may serve as creative, engaging, and accessible resources to foster youth emotional resilience.

**Section:** Clinical Psychology

**Session ID:** 112099 - Printed Poster

### *The experiences of mid-to-late life adults seeking self-improvement after a late ADHD diagnosis*

**Main Presenting Author:** Feehan, Angela

**Additional Authors:** Flynn-Lowry, Susan ; Jackson, Lanea ; Baker, Heather; Gaber, Jaime; Cullen, Emma; Dimitropoulos, Gina; Callahan, Brandy

**Abstract:** *Background:* While most diagnoses of Attention-Deficit/Hyperactivity Disorder (ADHD) occur in children, more adult diagnoses are occurring. As such, it is important to understand the experiences of those who receive a later diagnosis of ADHD. *Methods:* Using a qualitative descriptive approach, we conducted semi-structured interviews with 11 adults age 40+ years who had received a late diagnosis and had completed a 7-week behavioural intervention program. Participants were asked to describe their ADHD and their experiences accessing the program. Interviews were transcribed and coded and themes were co-constructed by team members who brought a variety of perspectives based on stages of adulthood, clinical background, and lived experience. *Results:* Themes included “discovery,” “coping without a diagnosis,” and “compounding complexities.” Participants described how their diagnosis provided an understanding of past experiences and new opportunities for personal growth, discussed both helpful and unhelpful coping mechanisms, and described how they had taken on greater financial/care responsibilities, experienced major life changes, and navigated complex mental/physical health challenges. *Conclusions:* These adults with ADHD had several commonalities in their experiences. *Impact:* Receiving a diagnosis of ADHD in adulthood provides opportunities for self-understanding and personal growth.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113241 - Printed Poster

### *The Longitudinal Effects of Observed Maternal Negative-Intrusive Behaviors on Attachment Disorganization and Children's Behavior Problems in a Low-Risk Sample*

**Main Presenting Author:** Cooke, Jessica E.

**Additional Authors:** Racine, Nicole ; Plamondon, André; Giesbrecht, Gerry; Letourneau, Nicole; Hart, J. Martha; Campbell, Tavis; Madigan, Sheri

**Abstract:** Emerging research suggests disrupted caregiving behaviors (e.g., dissociation, intrusiveness) confer risk for offspring externalizing problems, but their impact on internalizing problems remains unexplored. Moreover, the role of specific subdimensions of disrupted caregiving on children's behavior problems is less understood. We examined the longitudinal effects of observed maternal disrupted caregiving and its subdimensions on children's behavior problems via infant attachment disorganization in a low-risk subsample of 285 Canadian mother-child dyads (52% boys, 80% white) from the APrON study. Measures included the Atypical Maternal Behavior Instrument for Assessment and Classification at 6 months, the Strange Situation Procedure at 18 months, and the Child Behavior Checklist at 24 and 36 months. Overall disrupted caregiving and three subdimensions (i.e., affective communication errors, fearful-disoriented behaviors, negative-intrusive behaviors) were linked to attachment disorganization. Only negative-intrusive behaviors were directly related to childrens externalizing problems at 24 and 36 months and internalizing problems at 36 months. Attachment disorganization did not mediate these associations. Interventions rooted in both social learning, coercion, and attachment theories may help mitigate the various negative sequelae of negative-intrusive caregiving behaviors.

**Section:** Developmental Psychology

**Session ID:** 113698 - Printed Poster

## *The Longitudinal Relationship Between Green and Blue Spaces and Perinatal Maternal Mental Health Outcomes.*

**Main Presenting Author:** Singh, Samarpreet

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

**Abstract:** *Introduction. Green spaces and blue spaces associate positively with mental health outcomes. However, research on their effects within the perinatal population is limited. The current study investigates how proximity to green spaces and blue spaces relate to perinatal depression and anxiety symptoms and if the strength of this relationship varies over the perinatal period (prenatal, and 3, 6, 12, and 24 months postpartum). Methods. Green (NDVI, tree canopy) and blue space (distance from the nearest water body) measures from the Canadian Urban Environmental Health Research Consortium were linked to depression and anxiety symptoms data from the pan-Canadian Pregnancy during the COVID-19 Pandemic (PdP; n = 10,866) cohort study using 6-digit postal codes. Results. Greater NDVI and shorter distance to water bodies were associated with fewer perinatal depression symptoms. On probing interactions with time, the relationship between tree canopy and NDVI varied over time for both depression and anxiety symptoms, with significant effects noted at the prenatal time point. Effects of distance to water bodies did not vary over time. Conclusion. Green spaces and blue spaces are linked to fewer perinatal depression and anxiety symptoms, particularly during pregnancy. Action. Promote regular access to green and blue spaces for expectant individuals to reduce symptoms of depression and anxiety.*

**Section:** Environmental Psychology

**Session ID:** 111714 - Printed Poster

## *The predictive validity of risk tools for men with intellectual disability and a history of sexual offending: A meta-analysis*

**Main Presenting Author:** Hanson, R Karl

**Additional Authors:** Reid, Benjamin ; May, Kelsey; Babchishin, M. Kelly

**Abstract:** *Effective correctional interventions align services to the clients' recidivism risk. This requires knowledge about risk factors, ideally organized into validated risk tools. Although there are established risk factors and risk tools for men with a history of sexual offending, less is known about recidivism risk tools for the men with intellectual disability/developmental delay (ID/DD). This meta-analysis examines the predictive validity (discrimination) of age and recidivism risk tools for men with ID/DD and a history of sexual offending. The risk tools included those designed for general recidivism (e.g., GSIR, BARR-2002R), violent recidivism (e.g., VRAG) and sexual recidivism (e.g., Static-99R) in the overall (largely non-ID/DD) population. Database searches in the fall of 2024 identified more than a dozen relevant studies (combined sample size > 800). The effect sizes (Cohen's d) were aggregated using both fixed-effect and random-effects models. Although there was variability across studies, the younger men were, as expected, more likely to reoffend than the older men. As well, the predictive accuracies of the measures were generally similar to those observed for non-ID/DD samples. One measure specifically designed for men with ID/DD and history of sexual offending (ARMIDILO-S) showed a large effect size ( $d > .80$ ) in the prediction of sexual recidivism.*

**Section:** Criminal Justice Psychology

**Session ID:** 112578 - Printed Poster

### *The Prevalence of Cannabis Use Disorder in Individuals with Anxiety or Related Disorders: A Systematic Review*

**Main Presenting Author:** Coles, Ashlee R. L.

**Additional Authors:** Perry, Jenna K.; Fawcett, Emily J.; Fawcett, M. Jonathan; Hiscock, Brooke B.; Harris, Nick

**Abstract:** *BACKGROUND: Self-medication for mental health symptoms is a primary reason for cannabis use, with variation in cannabis use disorder (CUD) prevalence among individuals with anxiety and related disorders (ARDs). The study aimed to systematically review the prevalence of comorbid CUD in individuals with ARDs. METHODS: An online search utilising PubMed, PsycInfo, and WoS was conducted, incorporating keywords related to CUD and ARDs. Inclusion criteria comprised participants 18+ years of age from representative samples, prospectively diagnosed with a current ARD by clinician interview, and diagnosed with comorbid current or lifetime CUD via interview or empirically validated screening tool. RESULTS: Of the 1646 total studies, 11 assessing the prevalence of CUD in ARD were included. Comorbidity estimates from the general population ranged from 3.3% to 21.6% across ARDs ( $n = 7$  studies), compared to 4.2% to 34% in veteran populations with PTSD ( $n = 4$  studies). CONCLUSION/IMPACT: Up to 1 in 5 individuals in the general population with ARDs and up to 1 in 3 veterans with PTSD experience comorbid CUD. More research is needed to confirm if veterans are at greater risk than non-veterans with PTSD for comorbid CUD. As cannabis legalization expands, understanding health/social impacts and identifying at-risk populations is essential for screening and treatment of ARD-CUD comorbidities.*

**Section:** Addiction Psychology

**Session ID:** 111426 - Printed Poster

### *The Relationship Between Attachment and Posttraumatic Stress Injury and Race-Based Stress Among Black Indigenous, People of Colour (BIPOC) First Responders in Canada*

**Main Presenting Author:** Vitale, Mathew

**Additional Authors:** Jin, Ling ; Guo, Zixin

**Abstract:** *BACKGROUND: Black Indigenous People of Colour (BIPOC) first responders face heightened risks of posttraumatic stress injury (PTSI) and race-based stress due to higher exposure to high-stress environments and systemic racism. PTSI encompasses post-traumatic stress disorder (PTSD), depression, and anxiety. Adult attachment styles (i.e., attachment anxiety and avoidance) exacerbate posttrauma mental health outcomes, yet their impact in BIPOC populations remains under-researched. We aimed to address this gap by examining the relationships between attachment styles, PTSI and race-based stress in BIPOC first responders. METHODS: A total of 821 trauma-exposed BIPOC first responders in Canada completed research questionnaires. Regression analyses were used to examine the data. RESULTS: Regression analyses revealed that higher levels of attachment anxiety and attachment avoidance were related to more PTSD symptoms ( $B_s = 0.26 - 0.37$ ,  $ps < .001$ ), depression severity ( $B_s = 0.10 - 0.15$ ,  $ps < .001$ ), anxiety severity ( $B_s = 0.10$*

- 0.10,  $p_s < .001$ ), and race-based stress ( $B_s = 0.12 - 0.40$ ,  $p_s < .001$ ). The models explained 18% to 32% of the variances in outcomes. CONCLUSIONS: BIPOC first responders with more insecure attachment style are more likely to experience PTSI and race-based stress. IMPACT: Integrating attachment-based interventions may mitigate PTSI and racial trauma for BIPOC first responders.

**Section:** Counselling Psychology

**Session ID:** 112924 - Printed Poster

### *The Relationship Between Coaching Quality and Athlete Perceptions of Performance*

**Main Presenting Author:** Wutke, Jordan

**Additional Author:** O'Neill, Melanie

Abstract: Various forms of social support, including the strength of the coach-athlete relationship, can influence an athletes performance (Sheldon et al., 2013). Therefore, a more positive coach-athlete relationship can improve performance outcomes for athletes (Saville and Bray, 2018). However, other forms of social support, such as from friends, family, and significant others, can also play a crucial role in shaping an athletes performance in sports (Rhind et al., 2011). This study examined whether the coach-athlete relationship, controlling coaching behaviours, social support, and grit affected athletes perceptions of performance. In the study, there were 97 participants involved in a wide range of sports. A multiple regression analysis revealed that the coach-athlete relationship and social support accounted for 23% of the variance regarding athlete perceptions of performance ( $F(4, 83) = 6.2$ ,  $p < .001$ ). In conclusion, the quality of the coach-athlete relationship and other sources of social support impacted how athletes perceive their sports performance in individual and team sports. The researchers will discuss some additional implications of the study.

**Section:** Sport and Exercise Psychology

**Session ID:** 112984 - Printed Poster

### *The Relationship Between Parental Attributions for Challenging Child Behaviour and Parenting Stress: A Meta-Analysis*

**Main Presenting Author:** Eng, Madison A

**Additional Authors:** Theule, Jennifer ; Unger, Jo Ann; Clayton, Kylee; Rennie, Samantha; Rogerson, Mia; Hanlon-Dearman, Ana; Cheung, Kristene

Abstract: As past research has produced mixed results, this meta-analysis aimed to clarify the association between parental attributions for challenging child behaviours and parenting stress. Parental attributions, defined as interpretations of child behaviour, influence parenting practices and emotional responses. The study explored attributions in relation to total, child domain, and parent domain stress across three dimensions of attributions: locus, stability, and controllability. Results revealed a significant association between parental attributions and total stress ( $r = .31$ ,  $p < .001$ ,  $k = 14$ ). Locus ( $r = .23$ ,  $p = .010$ ,  $k = 6$ ), stability ( $r = .43$ ,  $p < .001$ ,  $k = 4$ ), and controllability ( $r = .18$ ,  $p = .013$ ,  $k = 14$ ) were significantly associated with any type of parenting stress. Post-hoc analyses revealed that the relationship held true if attributions were

assessed using vignettes or drawings ( $r = .28$ ,  $p < .001$ ,  $k = 8$ ) or a list of current behaviours ( $r = .20$ ,  $p = .002$ ,  $k = 6$ ). The type of challenging behaviour (behaviour specific to a disorder vs. general misbehaviour) significantly moderated the strength of the association ( $p = .041$ ,  $Q(11) = 4.17$ ,  $k = 12$ ), with misbehaviour yielding a larger and more significant effect size. These findings offer valuable insights for future clinical interventions to reduce parenting stress.

**Section:** Family Psychology

**Session ID:** 113163 - Printed Poster

### *The Role of Caregiver Emotion Regulation on Children's Development of Non-Suicidal Self-Injury: A Scoping Review*

**Main Presenting Author:** Kao, Chiao-En J.

**Additional Author:** Tan, Josephine C. H.

**Abstract:** *BACKGROUND:* Non-suicidal self-injury (NSSI) is a direct and deliberate act that involves damage to one's body tissues without suicidal intent and is often engaged for the reason of emotion regulation (ER). Caregivers' reactions to emotions, both their own and children's, contribute to children learning to manage their emotions and may be a key factor in their NSSI development later in life. The current scoping review focuses on investigating the relationship between caregivers' emotion regulation and children's engagement in NSSI. *METHODS:* We conducted a comprehensive search for articles that were written in English and published in peer-reviewed journals. No limits were set on the date of publication. We used four databases that cover research in psychology, health, and related disciplines (i.e., PsycINFO, CINAHL, MEDLINE and Embase). *RESULTS:* We identified 811 articles and are currently screening based on the articles' titles and abstracts. Preliminary findings indicated that childhood negative events such as emotional abuse, caregivers' antipathy and neglect toward children are related to children's eventual engagement in NSSI. *IMPACT:* The result of this review will guide future NSSI research to examine emotion regulation that took place between caregivers and children in early childhood, as well as practical considerations for clinical interventions for NSSI.

**Section:** Clinical Psychology

**Session ID:** 112532 - Printed Poster

### *The Role of Recognizing Strengths: Understanding the Negative Influence of Parental Self-Stigma on the Self-Esteem of Children with ADHD*

**Main Presenting Author:** Bath, Alexandra C

**Additional Authors:** Climie, Emma A; Charabin, Emma; Jelinkova, Kristina; Miller, Courtney

**Abstract:** Parents of children with attention-deficit/hyperactivity disorder (ADHD) often experience self-stigma, affecting their child's well-being. However, the relationships between parent self-stigma, children's perceived strengths, parents perceived child strengths, and child self-esteem in children with ADHD remain unclear. Thus, this study examined relationships between parents self-stigma, perceptions of the child's strengths (reported by both parents and children), and children's self-esteem. It also explored whether parents' perception of their child's strengths could mitigate the adverse effects of parental self-stigma on children's self-esteem. The sample included 63 parents and their children

with ADHD (ages 8-17 years; males:  $n = 42$ ; females:  $n = 21$ ). Pearson correlation revealed that parental self-stigma is negatively related to childrens self-esteem ( $r = -.29$ ,  $p = .02$ ), while children's and parents' perceptions of child strengths positively relates to children's self-esteem ( $r = .65$ ,  $p < .001$ ;  $r = .26$ ,  $p < .05$ ). Mediation analysis revealed a positive indirect effect of parent-reported child strengths on child self-esteem, through parent self-stigma ( $\beta = .12$ ,  $p = .03$ ). The results emphasize the importance of addressing parental self-stigma and highlight the benefits of recognizing and fostering childrens strengths. Implications for families and parents will be discussed.

**Section:** Family Psychology

**Session ID:** 113824 - Printed Poster

*The Role of Shame in Post-Event Processing Following Social Judgement Situations*

**Main Presenting Author:** Senter, Kaitlynn L

**Co-Presenting Author:** Burnham, Cortney

**Additional Author:** Kocovski , Nancy

Abstract: Those with social anxiety struggle with feelings of shame and engage in high levels of post-event rumination after distressing social situations. Recently, it has been found that shame is a significant predictor of post-event processing. The purpose of the present study was to further examine the role of shame in the extent to which people engage in post-event processing following social-evaluative situations. In this online study, participants ( $N = 403$  students) completed baseline measures and then were randomly assigned to recall a social judgement situation in which they experienced shame ( $n = 197$ ) or any type of social judgement situation ( $n = 206$ ). Data analysis will be completed by January 2025. We hypothesize that participants who were asked to recall a shameful social judgment situation will report higher levels of post-event processing, shame, anxiety, and distress, along with lower levels of self-compassion, compared to those reflecting on any type of social judgment situation. Overall, the study hopes to highlight the important role feelings of shame have on one's negative perceptions of past social situations. These findings may support the importance of targeting shame in interventions aimed at reducing post-event processing.

**Section:** Social and Personality Psychology

**Session ID:** 113308 - Printed Poster

*The Roles of Self-Criticism and Daily Negative Emotions in Daily Nonsuicidal Self-Injury*

**Main Presenting Author:** Schroeder, Talia

**Additional Author:** Hamza, Chloe

Abstract: Nonsuicidal self-injury (NSSI) involves intentional damage or alteration of one's own bodily tissue without suicidal intent, and is highly prevalent among young adults. Mounting research and theory suggest that NSSI serves to regulate negative affect, but findings are less clear for which specific emotions (e.g., guilt, anger, sadness) may differentially predict NSSI urges and behaviours. Further, individuals may be most likely to engage in NSSI for emotion coping in the presence of NSSI "specific" risk factors such as negative self-beliefs, though research has yet to test this hypothesis. To

address these gaps, self-criticism will be examined as a moderator of the links between negative emotions and NSSI in daily life. Participants include 160 university students with recent NSSI who completed measures of trait self-criticism, daily negative affect, NSSI urges, and NSSI behavior over 14 consecutive days. Mixed MLM analyses will be used to test within-person relations between daily NA, specific facets of NA, and NSSI urges and behaviours, with trait self-criticism as a moderator of these associations. Findings will provide new insight into when individuals may be most likely to act on NSSI urges, as well as which individuals may be most vulnerable. This work can inform targeted prevention programming and interventions for NSSI among emerging adults.

**Section:** Clinical Psychology

**Session ID:** 112290 - Printed Poster

### *This is What Being Ready Looks Like: University Health Clinic Staff Endorse Implementing Integrated Primary Care with a Psychologist*

**Main Presenting Author:** Bissonnette, Emily C

**Additional Author:** Lutes, Lesley D

Abstract: The health of Canadians and young adults continues to decline following the COVID-19 pandemic. Mental, behavioural, and physical health are each inextricably linked, yet clinical psychologists, experts trained to address the biopsychosocial determinants to health, are largely siloed from public healthcare. Integrated primary care (IPC) is an evidence-based model of care (vastly underutilized in Canada) where teams of health professionals work collaboratively. Using validated scales, this research cross-sectionally assessed a university student health clinic's ( $N = 7$ ) attitudes ( $Mdn = 103$ , [ $IQR = 80, 117$ ]) and interest ( $Mdn = 115$  [ $IQR = 81, 118$ ]) in the implementation of IPC with a psychologist, as well as readiness for change in consultation and practice management ( $Mdn = 22$  [ $IQR = 20, 24$ ]) and intervention and knowledge ( $Mdn = 24$  [ $IQR = 24, 30$ ]) before a registered clinical psychologist joined their team. Median values, across all measures, ranged from 80% to 96% of the maximum total scales' score, which likely related to the ongoing success of implementing IPC. Values did not differ significantly between health clinic staff, whether acting as administrators or medical practitioners ( $U > .05$ ). Importantly, this small sample analysis will inform next steps in the pre-implementation stage at another university as psychological services are implemented.

**Section:** Clinical Psychology

**Session ID:** 113322 - Printed Poster

### *Title: "The relationship between acculturation and support for sports teams"*

**Main Presenting Author:** Boich, Callum

**Additional Authors:** Gottardo, Alexandra ; Sharma , Avnee; Jasemi, Ali; Tran, Jaylan ; Wood, Elieen

Abstract: Callum Boich, Alexandra Gottardo, Avnee Sharma, Jaylan Tran, Ali Jasemi, Elieen Wood Previous research has shown that acculturation affects how immigrants identify with a particular sport (Gacio Harolle and Trail, 2007). However, the effects of acculturation on sports promotion on an international stage such as the Olympics, has not been studied. This study examines the relationship between acculturation and enculturation and affiliation with sports. Youth and young adults ( $N = 103$ ) completed a survey which examined the consistency of the countries they support for

*Olympic sports. Their acculturation and enculturation scores were compared to their consistency/inconsistency affiliations to countries of their choice. Preliminary analyses found no significant differences in acculturation and enculturation based on affiliation for support of teams for basketball, soccer, and track and field (all  $p > .05$ ). This study can offer insights into factors that shape affiliation with teams on an international stage, emphasizing factors that could be used in future marketing research.*

**Section:** Sport and Exercise Psychology

**Session ID:** 113082 - Printed Poster

### *Understanding Anxiety: What Do People Believe and Prefer?*

**Main Presenting Author:** Mayotte, Edwige

**Additional Authors:** Leclair, Dani ; Ouimet, Allison Jane

*Abstract: Beliefs about the causes of mental health problems shape perceived etiology and treatment preferences. Previous research explored beliefs and preferred treatments for depression; however, little is known on anxiety disorders. We examined prevailing causal beliefs and treatment attitudes for anxiety, hypothesizing that people would endorse biological causes and psychotherapy treatments most strongly. 303 Canadians (76.90% women, 19.14% men, 3.96% gender-diverse) answered Likert-type and ranking items measuring perceived causes (biological, psychological, environmental, combination) and treatments (medication, psychotherapy, lifestyle, combination) of anxiety. For Cause ( $F(2.78, 891)=19.99, p=$*

**Section:** Clinical Psychology

**Session ID:** 112890 - Printed Poster

### *Understanding Highly Sensitive People: Psychological Correlates and Clinical Implications.*

**Main Presenting Author:** Rand, Bailey

**Additional Authors:** McEachnie, Taylor ; Miller, Carlin

*Abstract: BACKGROUND. Wellness websites emphasize the Highly Sensitive Person (HSP), though it is not part of clinical nomenclature. Limited research links HSP experiences to poor outcomes. This study aimed to examine how high sensitivity relates to mental health and functioning. METHOD. 100 undergraduates completed self-ratings of high sensitivity, personality, affect, emotion regulation, inattention, subjective memory, mindfulness, and mind wandering, as well as visual and verbal memory tests. RESULTS. Higher sensitivity was associated with increased neuroticism, emotion dysregulation, negative affect, inattention, subjective memory (all  $p <$*

**Section:** Clinical Psychology

**Session ID:** 113920 - Printed Poster

## *Understanding Perceptions of Medical Assistance in Dying Among Cancer Survivors*

**Main Presenting Author:** House, Chloe L

**Additional Authors:** Garland, Sheila N; Quinn-Nilas, Chris; Fawcett, Emily

**Abstract:** *BACKGROUND/RATIONALE: Much of the research on medical assistance in dying (MAID) comes from those at end of life. This study aims to understand how people diagnosed with cancer who are not at end of life feel about the future use of MAID. METHODS: Canadian cancer survivors were interviewed on their thoughts and feelings about MAID; and situations when they would feel more or less likely to choose MAID. Thematic analysis was used to examine their reasonings and identify unique concerns. RESULTS: Physical, psychological, and family-oriented reasons for their willingness to seek MAID were identified. Pain, cognitive decline, anxiety, autonomy, and familial support were considerations that increased positivity toward MAID. Survivors noted major family events/holidays and not wanting to seek permission as points of apprehension. CONCLUSIONS: Cancer survivors value MAIDs impact on them and their family's wellbeing. Having a choice to wait for natural death or control when and how they die is a comfort to many survivors who anticipate their cancer returning or worsening. ACTION/IMPACT: While discussions around MAID may be difficult, many survivors view MAID as a way to maintain control and choice if they need to enter end-of-life care. Further research on implementing patient-centered and family-based discussions on MAID may improve comfort and access in making such decisions.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113511 - Printed Poster

## *Understanding resilience through mentalization and emotion regulation in pregnant women with a history of childhood trauma*

**Main Presenting Author:** Legendre, Maxime

**Additional Authors:** Garon-Bissonnette, Julia ; Deschenes, Kim; Lemieux, Roxanne; Milot, Tristan; Berthelot, Nicolas

**Abstract:** *BACKGROUND: Childhood trauma (CT) is a risk factor for mental health and functioning challenges during pregnancy. Yet, most pregnant women exposed to CT would show little symptoms and difficulties. The psychological determinants of resilience in this population remain unclear. The study evaluates whether “resilient” women show less mentalization difficulties and use of maladaptive emotional regulation strategies than women reporting psychological symptoms or poor antenatal attachment. METHODS: Pregnant women exposed to CT (N=777, Mage = 29 years old) completed questionnaires assessing psychological symptoms (anxiodepressive, post-traumatic, personality dysfunctions), antenatal attachment, mentalization (general and trauma-specific), and emotion regulation. Women with scores below the cut-offs on measures of psychological symptoms and over-1SD on antenatal attachment were classified as “resilient”. RESULTS: Resilient women showed less mentalization difficulties ( $\eta^2=.16$ , p*

**Section:** Traumatic Stress

**Session ID:** 112173 - Printed Poster

## *Unmasking the Silent Struggle: Exploring How Women's Disclosure of Endometriosis Impacts Their Authenticity in the Workplace*

**Main Presenting Author:** Mercer, Marlee

**Additional Authors:** Sharifi, Tina ; Biricik Gulseren, Duygu

**Abstract:** *Endometriosis, a condition that impacts ten percent of women of reproductive age, intersects with gender and health, leading to workplace challenges surrounding inclusion, performance, and career progression. However, endometriosis remains poorly understood in broader societal discourse, with limited exploration of its impact on women's career advancement. Utilizing a conceptual analysis of industrial-organizational psychology literature, we address the challenges women with endometriosis face in deciding whether to disclose their condition at work. Our findings highlight the paradox faced by women with endometriosis. Women who choose to disclose or conceal their condition will both face career limitations. Disclosure can enhance authenticity and workplace engagement but risks stigmatization. Concealment may reduce stigma but reduces authenticity and organizational commitment. These challenges are influenced by organizational culture, leadership perceptions, and the illness identity centrality of endometriosis. We offer several recommendations. Organizations must foster supportive environments through leadership education on health and disability. Advocacy and training programs featuring personal narratives can humanize the condition. Our aim is to promote inclusivity and reduce barriers to career advancement for women managing endometriosis.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113090 - Printed Poster

## *Virtual Care Delivery of an Intensive Chronic Pain Rehabilitation Program in Newfoundland and Labrador: A Quality Improvement Study*

**Main Presenting Author:** Dwyer, Julie

**Additional Authors:** Foley, Heather ; Poulin, Patricia; Stanley, Tina; Rash, Josh; Penney, Dean; Hatcher, Shelley

**Abstract:** *OBJECTIVE: COVID-19 accelerated the adoption of virtual care, necessitating evaluations of its effectiveness in comparison to in-person models. This study compared in-person and virtual delivery of programming at the Centre for Pain and Disability Management (CPDM), an interprofessional chronic pain program in NL. METHODS: A retrospective cohort design analyzed data from 229 adults who completed the 5-week CPDM program between Mar2018 - Aug2022. Participants engaged in virtual ( $n=112$ ) or in-person ( $n=117$ ) formats. Validated questionnaires were collected pre- and post-program completion. Mixed methods ANOVAs were used to evaluate equivalence. RESULTS: Groups did not differ on demographic or baseline measures, including age, gender and rurality. Both delivery methods resulted in significant improvements in pain, disability and depression from pre- to post-program (all  $p$ 's <.48). Wait time post-referral was reduced from 26 months to 12 months, improving accessibility across NL IMPACT: Virtual delivery is an effective and equitable alternative to in-person tertiary pain care. Results support innovative service delivery to expand access to patient-centered care without compromising quality. Future research should explore hybrid pain care approaches and long-term outcomes.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113041 - Printed Poster

### *When do Helpers Seek Help?: Predictors of Psychological Help-Seeking in First Responders*

**Main Presenting Author:** Hanson, Sophie

**Co-Presenting Author:** Johnson, Edward

**Additional Authors:** Miller, Thomas ; Setlack, Jennifer

*Abstract: Though first responders (i.e., firefighters and paramedics) often experience trauma and psychopathology as a result of their work, lower levels of help-seeking behaviour in this population means that these issues frequently go untreated. One factor which may negatively impact first responder help-seeking is self-stigma, which has previously been linked to devaluing doctor-provided mental health care. The current study explored the relationships between help-seeking behavior, self-stigma, and psychopathology in a survey of 246 Canadian first responders (117 firefighters and 129 paramedics). A series of logistic regression analyses revealed that relative to those who did not seek help, first responders who sought help reported significantly lower levels of self-stigma and significantly higher levels of post-traumatic stress disorder (PTSD) symptoms. These results align with previous research on help-seeking and suggest that future studies continue to explore the impact of self-stigma on this population. In particular, the results of this study support research into interventions which decrease self-stigma in first responders, with an aim to develop resources that can help this population access the mental health supports they need.*

**Section:** Clinical Psychology

**Session ID:** 111900 - Printed Poster

## **Virtual Poster**

### *A Qualitative Study of BC Paramedics Response to Opioid Overdose Calls during the COVID-19 Pandemic*

**Main Presenting Author:** Wilson, Laurissa

**Additional Author:** Disini , Bridget

*Abstract: Deaths attributed to illicit substance use increased dramatically during the COVID-19 pandemic. Given the rise in opioid overdoses, the delivery of overdose care has become a significant service for BC paramedics. The present research examined paramedics interactions with, and attitudes towards, overdose patients during the pandemic. Five BC Paramedics were interviewed about their experiences. A reflexive thematic analysis was used to explore patterns across participant narratives. Responses were categorized into the following themes: 1) simultaneously experiencing both sympathy and decreased tolerance for overdose patients; 2) considerations of whether patients who use drugs deserve medical priority compared to patients who do not use drugs; 3) increased difficulty building patient rapport on overdose calls; and 4) navigating pandemic-specific barriers which caused delays to call response times. It was found that the intersection of COVID-19 and the opioid epidemic created unique challenges for paramedics in their abilities to serve patients on overdose calls. The findings of this research may guide future studies by highlighting themes that*

*could inspire research based on paramedics first-hand field experiences. Additionally, findings could inform public policies and initiatives to improve overdose response and enhance paramedic mental health support related to burnout.*

**Section:** Addiction Psychology

**Session ID:** 112199 - Virtual Poster

### *Analyse factorielle confirmatoire de l'Inventaire des comportements de l'entraîneur centrés sur l'athlète (ICECA)*

**Main Presenting Author:** Gaudreault, Félix

**Additional Authors:** Green-Demers, Isabelle ; Soulard, Amélie; Maurin, Juliette; Plourde, Lorraine

**Abstract:** Les fédérations sportives recommandent davantage des méthodes d'entraînement qui prennent en compte les besoins de l'athlète dans l'intégralité des sphères de sa vie, tel que supporté par l'approche d'entraînement centrée sur l'athlète (ACA). Six dimensions de comportements peuvent être adoptés par les entraîneurs selon l'ACA : (1) l'importance de questionner les athlètes, (2) de les impliquer dans la prise de décisions, (3) de se montrer disponible pour eux, (4) de collaborer avec eux, (5) de respecter la conciliation sport et vie personnelle, ainsi que (6) d'agir pour le plaisir des athlètes. Cependant, il n'existe pas d'outils permettant d'évaluer les comportements de l'ACA adoptés par les entraîneurs. Dans l'optique de pallier cette lacune, l'Inventaire des comportements de l'entraîneur centrés sur l'athlète (ICECA) a été élaboré et a fait l'objet d'analyses préliminaires de ses propriétés métriques lors d'une étude précédente. L'objectif de la présente étude est de procéder à la confirmation de la structure factorielle de l'ICECA. Les participants ( $N=200$ ) ont complété la version révisée et bonifiée de l'ICECA (4 items/sous-échelle; total=24 items) en ligne sur LimeSurvey. La structure de l'ICECA a été corroborée avec succès par les résultats d'une analyse factorielle confirmatoire. Ces résultats sont discutés en fonction de leurs retombées fondamentales et appliquées.

**Section:** Sport and Exercise Psychology

**Session ID:** 113016 - Virtual Poster

### *Are cognitive errors associated with perceived walking impairment in people with multiple sclerosis? Yes.*

**Main Presenting Author:** Locke, Sean R

**Additional Author:** Roe, Melissa

**Abstract:** *BACKGROUND: Mobility impairment is one of the most common and disruptive symptoms of multiple sclerosis (MS). There may be a disconnect between actual and perceived level of mobility impairment. The cognitive errors model may help us understand inaccurate walking impairment perceptions. The purpose of this study was to examine whether two types of cognitive errors (somatic and exercise) were associated with perceived walking impairment in people with MS. METHODS: Adults with MS ( $N=105$ ,  $\text{Mean age}=41.88$ ,  $SD=15.59$ , 65.7% women) completed an online survey with three validated measures: perceived walking impairment, somatic cognitive errors, and exercise cognitive errors and three covariates (disability score, self-efficacy, physical activity level). RESULTS: Using a multiple regression, somatic ( $B=.183$ ,  $p<.05$ ) and exercise cognitive errors*

( $B = .261$ ,  $p < .001$ ) were significantly and positively associated with perceived walking impairment beyond the covariates ( $F(5,96) = 25.04$ ,  $R^2 = .57$ ,  $p =$

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 111884 - Virtual Poster

### *Childhood family structure and adult health: Social support as a mediator*

**Main Presenting Author:** Ross, Kharah

**Additional Authors:** Fletcher, Jennifer ; Kier, Cheryl

**Abstract:** Childhood family structure is associated with child health, but associations with adult health and explanatory pathways are less understood. Social support varies by childhood family structure and is associated with adult health but has not been tested as a mediator. **PURPOSE:** To determine whether childhood nuclear family structure is directly or indirectly associated with adult health through social support. **METHODS:** A sample of 400 undergraduates (Oct 2019-June 2020) reported time in a nuclear family (i.e., both biological parents) for all, some or none of their childhood (

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113150 - Virtual Poster

### *Cortisol Diurnal Index Trajectories from Mid-Pregnancy to a Year After Birth*

**Main Presenting Author:** van Kessel, Bonnie

**Additional Authors:** Rinne, Gabrielle ; Ross, Kharah; Okun, Michele; Coussons-Read, Mary; Dunkel-Schetter, Christine

**Abstract:** The hypothalamic-pituitary-adrenal (HPA) axis and diurnal cortisol indices [cortisol awakening response (CAR), area under the curve (AUCg), slope] may regulate normal pregnancy, with altered patterns increasing risk for adverse outcomes. Whether cortisol indices have conserved within-person patterns during the perinatal period remains untested. **Purpose:** To examine within-person trajectories in diurnal cortisol indices from mid-pregnancy to a year after birth. **Methods:** A sample of 172 pregnant women provided saliva samples (wake, 30+wake, noon, pm) over two days at six time points from mid-pregnancy to one year after birth that were assayed for cortisol. CAR, slope and AUCg were calculated using standard approaches. Separate multilevel models tested for within-person changes for each cortisol index, adjusting for sociodemographics and pregnancy and health variables. **Results:** Significant within-person changes were detected in CAR (linear:  $b(SE) = 2.2 \times 10^{-3} (9.2 \times 10^{-4})$ ,  $p = .02$ , quadratic:  $b(SE) = -1.2 \times 10^{-4} (5.3 \times 10^{-5})$ ,  $p = .02$ ), with increases from mid-pregnancy to 1 and 6 mos after birth, then decreases to a year after birth. No significant within-person changes were detected for AUCg or slope,  $p > .06$ . **Conclusion:** Changes in CAR were detected from mid-pregnancy to a year after birth, but not in AUCg or slope, consistent with changes in HPA axis regulation across the perinatal period.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113258 - Virtual Poster

## *Deficits of meaning in life as a mediating variable of the relationship between self-determination and psychological distress*

**Main Presenting Author:** Bisson, Gabriel

**Additional Authors:** Larochelle, Sébastien ; La Haye, Dominique

**Abstract:** *The WHO (2022) has revealed that since Covid-19, worldwide prevalence of psychological distress (PD) has increased by 25%. Considering that PD brings serious consequences for the people that are affected, their close surroundings and for society (Evans-Lacko and Knapp, 2016; Gunnarsson et al., 2023; Housemand et al., 2014), it is essential to better understand the variables that explain PD to better help the people that suffer from it and to minimize the ensuing psychosocial impacts. The objective of this study is to verify if deficits of meaning in life (MIL) act as a mediating variable between self-determination (SD) and PD. The participants (n=277) completed the \_Meaning in Life Questionnaire\_ (Steger & al., 2006), \_Self and Interpersonal Functioning Scale\_ (Gamache & al., 2019) and the \_Psychiatric Symptom Index\_ (Ilfeld, 1978). The test of Judd and Kenny (1986) indicates that SD predicts deficits in MIL ( $\beta=-.56$ , p*

**Section:** Clinical Psychology

**Session ID:** 112481 - Virtual Poster

## *Examining the role of neighbourhood characteristics in relation to post-secondary student mental health and wellbeing*

**Main Presenting Author:** Wakif, Zahra

**Additional Author:** Pierce, Lara

**Abstract:** *Previous work has explored how neighbourhood characteristics such as lower resources and safety are associated with stress and depression. The current literature doesn't reflect recent and comprehensive work in examining multiple neighbourhood characteristics and wellbeing. Furthermore, the role of social support hasn't been examined to understand how it may mitigate the impact of neighbourhood adversity on stress and depression levels. In the present work, researchers use linear regression to test whether the experience of neighbourhood characteristics (e.g., crime rates, environmental quality) are associated with overall wellbeing. Self-report measures of perceived stress, depression, social support, and participant addresses will be collected from n=100 participants. Neighbourhood characteristics are extracted from publicly available databases (e.g., Toronto Police Service, Wellbeing Toronto, Urban HEART) and include crime rates, green space, air quality, water quality, and poverty rates. It's expected that poorer neighbourhood quality will be associated with higher stress and depression, but social support will mitigate the effects. The project informs our understanding of the association among neighbourhood characteristics, wellbeing, and social support to inform supports for students, particularly those experiencing neighbourhood adversity or poorer overall wellbeing.*

**Section:** Clinical Psychology

**Session ID:** 112962 - Virtual Poster

## *Integrated Approach to Perceived Group Discrimination and Protective Factors: Implications for Well-being and Academic Outcomes among Asian University Students*

**Main Presenting Author:** Lou, Nigel Mantou

**Additional Author:** Ivande , Kingsley

**Abstract:** *Background: Asian university students in North America faced intensified discrimination during the COVID-19 pandemic, impacting their well-being and academic outcomes. Methods: This study explored how group discrimination, when intertwined with protective factors (including low internalized racism, social support, and resilience), relates to well-being and academic outcomes. Using Latent Profile Analysis, participants (n=141 students) were grouped into profiles. Results: We found 4 profiles: (1) low exposure protected, (2) high exposure vulnerable, (3) low exposure vulnerable, and (4) high exposure protected. Notably, the "(4) high exposure protected" profile characterized by high group discrimination but fortified with higher protective factors was significantly different from the "(2) high exposure vulnerable" profile marked by high perceived group discrimination and weaker protective factors. Profile 4 (vs. profile 2) also exhibited a higher sense of belonging to the university community, lower depression and anxiety, and higher academic engagement. Conclusions: This result highlights that protective factors may alleviate the impact of group discrimination on well-being and academic outcomes. Impact: Interventions aimed at supporting minority students welfare should enhance protective factors to improve well-being and academic outcomes of minority students.*

**Section:** Asian Psychology

**Session ID:** 111279 - Virtual Poster

## *IPV mediates the association between early adversity and internalizing symptoms in women: Considerations for clinical practice*

**Main Presenting Author:** Martini, Julia

**Additional Authors:** Deneault , Audrey-Ann ; Zhu, Jenney; Racine, Nicole; Fearon, Pasco; Madigan, Sheri; Jenkins, Jennifer

**Abstract:** *RATIONALE: Adverse childhood experiences (ACEs)—including abuse, neglect, and household dysfunction before age 18—are highly prevalent, impacting approximately half the population. Robust research shows that ACEs are associated with higher rates of internalizing symptoms (e.g., anxiety, depression) in adults, especially among women. Yet, the mechanisms linking ACEs to internalizing symptoms in women remain largely unknown. Exposure to intimate partner violence (IPV) is common among those with ACEs and is also associated with internalizing symptoms. However, an aggregation of all published findings is needed to ascertain the role of IPV in the association between ACEs and internalizing symptoms. METHODS: A systematic search and meta-analysis was conducted ( $k = 24$ ;  $N = 30,497$ ). Meta-analytic structural equation modelling (MASEM) was performed in R to assess the indirect effect of IPV in the association between ACEs and internalizing symptoms among adult women. RESULTS: IPV significantly mediated the association between ACEs and internalizing symptoms, accounting for 16% of the total variance. CONCLUSIONS and ACTION: IPV is an important factor in understanding the link between ACEs*

and internalizing symptoms in women. The findings highlight the need for clinicians to adopt a trauma-informed approach to care that considers the potential role of IPV in mental health outcomes.

**Section:** Clinical Psychology

**Session ID:** 112585 - Virtual Poster

**Mindfulness-Based Interventions to Promote the Mental Health of Older Adults with Cognitive Impairment and Dementia: A Scoping Review and Logic Model**

**Main Presenting Author:** Vilvaratnam, Kabisan

**Co-Presenting Author:** Sadowski, Isabel

**Additional Authors:** Khoury, Bassam ; Rej, Soham; Meilleur-Bédard, Marianne ; Bordeleau, Martine; Gagnon-Mailhot, Mael

**Abstract:** *BACKGROUND: Older adults with mild cognitive impairment (MCI) or dementia are more likely to experience mental health challenges (e.g., depression, anxiety, stress). Mindfulness-based interventions (MBIs) are emerging as a promising avenue to address these challenges, but their specific impact remains unclear. This scoping review explored: (1) how MBIs support the mental health of older adults with aging-related MCI or dementia; and (2) mechanisms and factors contributing to effective implementation. METHODS: A scoping review was conducted using PsycINFO, PubMed, AgeLine, Scopus, and ProQuest Dissertations Global, focusing on adults aged 60+ with aging-related MCI or dementia participating in MBIs. 142 studies of diverse design (e.g., controlled, qualitative) were included, with data synthesized through narrative analysis and a logic model framework. RESULTS: Findings suggest MBIs reduced anxiety, depression and stress, while enhancing resilience and quality of life. Barriers include the challenging nature of mindfulness practice, while facilitators emphasize accessible, tailored formats. CONCLUSIONS: MBIs show promise as effective interventions for aging populations with cognitive impairment. IMPACT: This review provides actionable recommendations to improve MBI accessibility and efficacy, addressing gaps in mental health care for those with MCI or dementia.*

**Section:** Aging & Geropsychology

**Session ID:** 112200 - Virtual Poster

**Motivating Active Cyber-Defending in the Digital Age: The Role of Defender Self-Efficacy and the Psychosocial Cost of Defending**

**Main Presenting Author:** McPherson, Kaelan D

**Additional Authors:** Sharp, Rachel D; Daniels, Tina; Makris, Kassia; Thompson, Melanie; Lalonde, Jacques

**Abstract:** *Cyberbullying has severe social and psychological impacts on victims. While the intervention of a bystander can mitigate these effects, few actively defend victims online. Research consistently highlights defender self-efficacy as a critical predictor of active bystander defending, both in traditional and cyberbullying. More recently, researchers have proposed that the perceived costs of defending—such as relational or internalizing costs—may deter individuals from intervening. This study examined the role of defender self-efficacy and the psychosocial cost of defending as motivators of active cyber-defending online. A sample of 598 university students ( $M_{age} = 19.70$ ) completed*

measures of defender self-efficacy, perceived psychosocial costs, and online bystander behaviour. Hierarchical regression results showed that defender self-efficacy and perceived relational costs positively predicted active cyber-defending online. These findings suggest that defender self-efficacy, alongside the perceived relational cost, may motivate bystanders to intervene. Intervention programs should address the benefits and challenges of defending to better equip individuals for active cyber-defending online.

**Section:** Developmental Psychology

**Session ID:** 113307 - Virtual Poster

**The Hearing Health and Habits of Young Adults**Pitre, A. & Paquette

S.PsychoAcoustic Lab, Psychology Department, Faculty of Arts and Science, Trent University, ON, Canada

**Main Presenting Author:** Pitre, Alisa I

**Abstract:** Young adults are frequently exposed to loud noise through mobile devices and concerts, which can lead to chronic hearing loss. Noise-induced hearing loss is a prevalent and preventable condition resulting from both occupational hazards and leisure activities. Understanding young adults attitudes and habits towards noise exposure is crucial for promoting healthy aging and preventing hearing impairments. To gain a comprehensive understanding of young adults hearing health, this study combines a psychological approach (self-report questionnaires on hearing habits and attitudes) with an audiological approach (audiological assessments including audiometry, misophonia, hyperacusis, and body sway). By integrating these methodologies, we aim to identify patterns and correlations that may not be evident through a single approach. A total of 100 students aged 18-25 will participate in this study, quantifying the relationship between young adults attitudes, habits, hearing health, academic productivity, and postural stability. These findings will be crucial in developing targeted interventions and educational programs to reduce noise exposure and promote hearing conservation among young adults. Ultimately, these policies will improve hearing health and prevent the cognitive decline associated with hearing loss, contributing to a better overall quality of life.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112053 - Virtual Poster

**Trauma in BC Paramedics: The Effect of the COVID-19 Pandemic on Paramedics' Experiences of Work-related Traumatic Events and Coping**

**Main Presenting Author:** Disini, Bridget

**Additional Author:** Wilson, Laurissa

**Abstract:** Paramedics are believed to be a high-risk group for experiencing trauma and developing post-traumatic stress disorder (PTSD). Given the potentially compounding effect of the COVID-19 pandemic, the interpersonal isolation experienced as the result of social distancing, and the front-line nature of their jobs, whether paramedics were at increased risk for developing PTSD after a traumatic event, both during and since the pandemic was explored. The current study was a qualitative investigation into the experiences of work-related traumatic events for BC paramedics. Participants were current BC paramedics with at least four years of experience, including two years during the

*COVID-19 pandemic [from March 2020 to December 2023]. Interviews were conducted to assess paramedics experiences of workplace trauma during and since the COVID-19 pandemic, how their coping was impacted, and other perceived changes in their work since March 2020. A Reflexive Thematic Analysis (RTA) was conducted. Although trauma and PTSD did not increase during COVID, the pandemic did increase factors that put paramedics at risk for poorer outcomes from a traumatic event if they experienced personally salient critical incidents. However, it appears most paramedics are part of a strong, socially interconnected group who cope via peer support, which could be moderating risks to their mental health.*

**Section:** Traumatic Stress

**Session ID:** 112356 - Virtual Poster

## Section Featured Speaker Address

*Addressing Persisting Symptoms After Pediatric Concussion: Insights from Ontario Health Data, Clinical Trials, and Mindfulness Interventions*

**Main Presenting Author:** Ledoux, Andrée-Anne

*Abstract: In Canada, approximately 173,000 pediatric concussions occur each year; however, this is likely an underestimate, as one-third of cases go undiagnosed or unreported. Sustaining a single concussion increases the risk of subsequent injuries, and 30-35% of children aged 5 to 17.99 years experience persistent symptoms beyond four weeks post-injury. These persisting symptoms-referred to as Persisting Symptoms After a Concussion (PSAC)-include ongoing physical, cognitive, emotional, and sleep-related issues. Using Ontario administrative health services data from 2010 to 2020, we found that youth with a history of concussion face a 40% increased risk of mental health disorders, a 47% increased risk of psychiatric hospitalization, and a 49% increased risk of self-harm compared to age- and sex-matched youth with orthopedic injuries. We also found that early resumption of physical activity and early return to school can reduce symptom burden and the risk of PSAC. However, in our multicenter randomized controlled trial (PedCARE), early physical activity showed only modest improvements in symptom burden at two weeks post-injury. This highlights the significant need for acute interventions to prevent PSAC and associated mental health issues.*

**Section:** Clinical Neuropsychology

**Session ID:** 111650 - Section Featured Speaker Address

*Anxiety Sensitivity: A Transdiagnostic Target for Reducing Anxiety and Harmful Substance Use in Prevention and Treatment*

**Main Presenting Author:** Stewart, Sherry H

*Abstract: Anxiety sensitivity (AS) is a cognitive individual difference variable involving fear of anxiety-related sensations due to beliefs that these sensations signal imminent catastrophe. AS has been posited as a transdiagnostic construct that may help explain the high comorbidity of anxiety and substance use disorders. AS has also been theorized as a useful intervention target for preventing and treating both anxiety and harmful substance use. The first half of this address will review survey research linking AS to both anxiety and substance use symptoms and disorders, and multi-method lab-based research identifying mechanisms to help explain how AS confers this transdiagnostic vulnerability. The second half of the address will introduce AS targeted transdiagnostic interventions*

as preventative and therapeutic tools for both anxiety and harmful substance use. This section will begin with the rationale for these transdiagnostic interventions, their therapeutic orientation (i.e., psychoeducational, motivational, cognitive-behavioral), and their general structure. Then a series of trials (completed and in progress) will be presented, testing the efficacy of the AS-focused transdiagnostic approach on both anxiety and harmful substance use outcomes. The talk will conclude with suggestions for the next steps in this line of research at both the mechanistic and intervention levels.

**Section:** Clinical Psychology

**Session ID:** 113333 - Section Featured Speaker Address

*Assessing and addressing insomnia: an effective approach for clinical practice*

**Main Presenting Author:** Garland, Sheila

Abstract: *Sleep is a foundational health behaviour, and its disturbance is a feature of many psychological and medical disorders. It was previously thought that treating the primary disorder would resolve the secondary sleep disturbance. We now know that unmanaged insomnia is a significant predictor of the development of several mood and anxiety disorders, increases relapse rates after treatment, and has short- and long-term health consequences. Fortunately, psychologists are well equipped to assess and address insomnia and other sleep disorders. Cognitive-behavior therapy for insomnia (CBT-I) is a highly effective non-pharmacological intervention recommended as a first line treatment (APA, AASM, ACP). This multicomponent intervention integrates circadian science, behavioral principles of conditioned learning, and cognitive therapy to address the factors that maintain sleep difficulty. Strong evidence demonstrates that the treatment gains from CBT-I are significantly better maintained over time relative to hypnotic medication therapies. This presentation will briefly review etiology and pathophysiology, and provide practical direction for assessment and treatment of insomnia, with special consideration of clinical tips for interventions when insomnia is comorbid with other physical and psychological disorders.*

**Section:** Psychologists in Hospitals and Health Centres

**Session ID:** 111612 - Section Featured Speaker Address

*Balancing Research, Teaching, Service and Life as a Teacher-Scholar*

**Main Presenting Author:** McAuslan, Pam

Abstract: *The focus of this presentation broadly is on improving and promoting health but my approach will be non-traditional. My academic career isn't what I'd imagined when I was an aspiring graduate student. I had many publications coming out of grad school and was expected to seek out a job at a big research university. Instead, I took a job as an Assistant Professor at the University of Michigan-Dearborn (3-3 load, lots of service, no TAs or doctoral students). I love teaching and this worked for my family. But it made being a prolific researcher a challenge. I'd like to share some of the lessons I've learned about creating a healthy balance and the strategies that I used to make research work in this kind of setting. I'll also focus on my primary research interests which involve using the media practice model to better understand how early life experiences and individual characteristics influence how young people use media (this includes the media they consume, how they identify with media personalities, and how media makes them feel) and how these factors subsequently influence attitudes and behaviors related to interpersonal violence. This research is meaningful because it has*

implications for early intervention (e.g., promoting critical thinking and media literacy to make young people more resilient to intolerant attitudes related to gender and sexuality).

**Section:** Women and Psychology

**Session ID:** 112846 - Section Featured Speaker Address

*Best Practices in Vascular Cognitive Impairment (VCI): Implications for the Role of Psychologists*

**Main Presenting Author:** Carter, Sherri

**Abstract:** *Background/rationale:* VCI refers to cognitive problems that are caused by the effects of vascular disease on brain function, which can range from mild cognitive impairment to vascular dementia (Skrobot et al., 2018). The prevalence of risk factors for VCI, such as hypertension, cardiovascular disease, and diabetes, is high in Canada, and expected to worsen with an aging population (Leung et al., 2019). Symptoms of depression are associated with VCI in those with a history of vascular events, such as lacunar stroke (Ohlmeier et al., 2023). *Methods:* A review of best practices for the assessment, diagnosis, and treatment of VCI will be presented, including the most recent Canadian Stroke Best Practice guidelines. *Implications for the role of psychologists* will be examined. *Results/Conclusions:* Current best practice guidelines address screening, assessment, and management of cognitive dysfunction in VCI, screening, assessment, and treatment for VCI-related mood disturbances, and psychoeducation and support for caregivers. Psychologists working with older adults should be aware of and incorporate these recommendations into their practice.

**Action/Impact:** From contributing to assessment and diagnosis of VCI, lifestyle modification, and treatment of VCI-related mood disturbances, psychologists can play a key role in managing this important determinant of health in an aging population.

**Section:** Aging & Geropsychology

**Session ID:** 113284 - Section Featured Speaker Address

*Mental health and wellbeing impacts of the COVID-19 pandemic on Canadian healthcare workers and public safety personnel: Leveraging lessons learned*

**Main Presenting Author:** McKinnon, Margaret

**Abstract:** The COVID-19 pandemic has exacerbated further mental health and wellbeing concerns among Canadian healthcare workers and public safety personnel (PSP). Our research suggests that moral injury and perceived lack of organizational support has contributed to post-traumatic stress injuries among Canadian healthcare workers and PSP. Preliminary evidence suggests that increased organizational support may decrease these injuries. In response to these findings, we have mounted a suite of online mental and well being resources to support the psychological needs of Canadians during emergencies and disasters, including future pandemics. In addition, we have developed trauma-informed organizational guidelines intended to reduce psychological distress during these events. Although devastating, the COVID-19 pandemic has reinforced strongly the need for emergency preparedness before, during, and after events that affect population health. Psychology has a critical role to play in these preparedness efforts.

**Section:** Traumatic Stress

**Session ID:** 113786 - Section Featured Speaker Address

## Psychological gaps in health decision-making: How metaphors and reasoning styles can spur suboptimal health decisions

**Main Presenting Author:** Hauser, David

*Abstract: How can we help people make better health decisions? In this talk, I illustrate psychological gaps in popular health decision-making recommendations. One recommendation for health messaging encourages "fighting" metaphoric frames for cancer, suggesting that such metaphors motivate people to make better health decisions. I will present three studies wherein participants read health information that metaphorically framed cancer with "fighting" language or with alternative language. Then, participants beliefs about cancer prevention were assessed. Those reading "fighting" metaphors were more fatalistic about getting cancer and had less accessibility of and intention to engage in certain cancer prevention behaviours. Thus, such metaphors may promote suboptimal health beliefs. Another recommendation for health decision-making suggests that providing the public with more information improves health decisions. However, vaccine resistors claim their beliefs are founded upon ample information search. I will present two studies that measured vaccine resistance and information search tendencies. Results indicated that, despite their claims, vaccine resistors consult less evidence before reaching conclusions. Thus, more information may not be sufficient for improving health decisions because some people make decisions without consulting much evidence.*

**Section:** Social and Personality Psychology

**Session ID:** 111730 - Section Featured Speaker Address

## Weight is Not a Behaviour: Obesity Management in the Era of GLP1-Ras

**Main Presenting Author:** Vallis, Michael

*Abstract: Psychologists have traditionally been asked to achieve weight loss through behaviour change, despite little evidence for sustained success. This has diminished the contribution of psychology to obesity. The revised model of obesity opens up psychological intervention to a more full scope of practice. This session will orient attendees to the potential of managing obesity as a chronic disease.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 111807 - Section Featured Speaker Address

## Snapshot

### "I control the pain:" A Parallel Mixed-Methods Analysis of Chronic Pain Coping and Traumatic Stress in Emerging Adults

**Main Presenting Author:** Miljanovski, Melissa

**Additional Author:** Kichler, Jessica

*Abstract: BACKGROUND: A connection between post-traumatic stress symptoms (PTSS) and chronic pain has been established in both pediatric and adult populations, though a paucity of research on how emerging adults cope with chronic pain and trauma remains. The current study aimed to evaluate trauma and chronic pain coping in emerging adults and identify unique coping strategies used by this*

*population. METHODS: 80 emerging adults completed a battery of self-reported questionnaires. A sub-sample of participants then completed semi-structured interviews (n=9). RESULTS: Regression analyses found that PTSS did not mediate the relationship between pain and coping styles, however, both pain and PTSS were correlated with three coping styles (i.e., active, accommodative, passive). Qualitative interviews confirmed the use of these coping styles and revealed 14 unique coping strategies. CONCLUSIONS: Previous theories on chronic pain coping established in pediatric and adult populations may not be transferable to the emerging adult population. This may be due to the unique situational and developmental demands emerging adults experience. IMPACT: This study provided valuable data on the relationship between chronic pain, PTSS, and coping in emerging adults. This information can be used to inform future research and the establishment of a unique framework in this population.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113953 - Snapshot

### *A Comparison Between Problematic and non-Problematic Cannabis Users on Psychological Functioning*

**Main Presenting Author:** Nash, Molly T

**Additional Authors:** Smith, Gabriel B; Brunelle, Caroline; Best, Lisa

*Abstract: BACKGROUND: Cannabis use disorders (CUD) have increased since the COVID-19 pandemic, in part due to the association between internalizing disorder symptoms (i.e., depression and anxiety) and cannabis use (CU). However, little research has examined if problematic CU is associated with lower psychological flexibility (PF). PF is the ability to be open and accepting of emotional experiences. The aim of the study was to compare problematic cannabis users to non-problematic users on PF, internalizing symptoms, and satisfaction with life (SWL). METHODS: Individuals from an Atlantic Canadian University and from the general population ( $N = 235$ ,  $M_{age} = 27$  years,  $SD = 13.2$ ) completed measures assessing problematic CU (daily/almost daily use, meeting criteria for self-reported DSM-5 CUD), anxiety symptoms, depressive symptoms, PF and SWL. RESULTS: Daily/almost daily users reported significantly higher depressive symptoms, lower SWL and lower PF, compared to non-daily users ( $p < .05$ ). Those reporting two or more symptoms of CUDs also had lower SWL and lower PF but also both increased mood and anxiety symptoms ( $p < .05$ ). CONCLUSIONS/IMPACT: Problematic cannabis users appear lower in PF, which may explain why they experience lower SWL and internalizing symptoms. Interventions aiming to increase PF, such as Acceptance and Commitment Therapy, may be appropriate for such individuals.*

**Section:** Addiction Psychology

**Session ID:** 113493 - Snapshot

### *A qualitative exploration of intimacy, romance, and sexuality in early psychosis: Needs, barriers, and associations with recovery*

**Main Presenting Author:** Woolridge, Stephanie M

**Additional Authors:** Simourd, Lindsay E; Simioni, Olivia; Bowie, R Christopher

**Abstract:** *BACKGROUND: Intimacy, romance, and sexuality are associated with well-being and recovery, yet are understudied relative to their reported importance for people experiencing early psychosis. METHODS: Qualitative interviews were conducted with 20 participants with early psychosis to explore how they view and navigate intimacy, romance, and sexuality, and how these topics are conceptualized as part of recovery and addressed in mental health settings. RESULTS: Three themes were generated using reflexive thematic analysis: 1) Barriers and benefits to addressing intimacy, romance, and sexuality in mental healthcare settings; 2) Navigating relationships in the context of mental health symptoms and stigma; and 3) Goals and values related to intimacy, romance, and sexuality as part of recovery. CONCLUSIONS: Many people experiencing early psychosis see romance, intimacy, and sexuality as linked to identity, growth, inclusion, well-being, hope, and recovery. These views were perceived as discrepant with the lack of attention these topics received in healthcare settings. Symptoms, anxiety, stigma, and self-esteem may negatively affect relationship engagement. ACTION/IMPACT: People experiencing psychosis have diverse recovery goals related to intimacy, romance, and sexuality. Healthcare services must better support clients in these areas of life to promote well-being and holistic recovery.*

**Section:** Clinical Psychology

**Session ID:** 113520 - Snapshot

*A qualitative review and synthesis of the barriers and enablers to following evidence-based antibiotic guidelines for upper respiratory tract infections in primary care*

**Main Presenting Author:** Bursey, Krystal

**Additional Authors:** Patey, Andrea ; Etchegary, Holly ; Aubrey-Bassler, Kris; Kavanagh, Victoria; Pike, Andrea; Romme, Kristen; Hall, Amanda

**Abstract:** *RATIONALE: Antibiotics (AB) are overprescribed for upper respiratory tract infections (URTI) in primary care. To improve URTI AB prescribing, it is important to understand why family physicians (FPs) prescribe ABs against guideline recommendations for URTIs. METHODS: A qualitative systematic review of the barriers and enablers for FPs to adhering to evidence-based AB guidelines for URTIs was conducted. Results were synthesized using the Theoretical Domains Framework (TDF). RESULTS: The review included 21 articles on the experiences of 482 FPs with URTIs and AB prescribing. Only 17 out of 51 identified barriers across 8 TDF domains and 10 out of 40 identified enablers across 8 TDF domains were judged to have high confidence. Largely the barriers identified were poor support for guideline-based prescribing, perceptions about patient demand, and poor knowledge about ABs and their role in patient care. The enablers were being knowledgeable about ABs, valuing evidence-based care, and targeted strategies for physicians and patients. CONCLUSION: Adherence to URTI guidelines for AB prescribing is a complex and multifaceted issue. Intervention design could be improved by adopting strategies to target identified barriers from this review. IMPACT: These results can be used to develop theory-informed behaviour change interventions to improve adherence to URTI AB prescribing guidelines.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113690 - Snapshot

## *Acceptability and Preliminary Effectiveness of a Telehealth-Delivered Mindfulness-Based Intervention for Adults with Persisting Symptoms After Concussion in a Tertiary Concussion Clinic Setting: A Mixed-Methods Program Evaluation Study*

**Main Presenting Author:** Courchesne, Caitlin

**Additional Authors:** Harris-Owen, Justine ; Barlow, Susan; Wong, Kathy; Cairncross, Molly

**Abstract:** *RATIONALE* Mindfulness-based interventions (MBIs) show promise as an adjunctive treatment for adults with persisting symptoms after concussion (PSaC). This program evaluation aimed to assess the (1) acceptability; (2) preliminary effectiveness; and (3) barriers and facilitators of a telehealth-delivered MBI for adults with PSaC. *METHODS* Participants ( $N=21$ ; 86% female) recruited from clinical referrals completed outcome measures pre- and post-MBI and a post-MBI semi-structured interview. Symptom interference was the primary outcome; quality of life (QoL), mindfulness, catastrophizing, and fear avoidance were secondary outcomes. To address aims 1 and 3, interviews will be analyzed via directed content analysis and triangulated with quantitative satisfaction ratings. Aim 2 was addressed via dependent t-tests. *RESULTS* Treatment satisfaction was high (CSQ-8;  $M=27.6$ ). Moderate improvements in symptom interference (Cohen's  $d=.51$ ) and catastrophizing ( $d=.47$ ) were observed, with larger gains in mindfulness ( $d=.62$ ) and fear avoidance ( $d=1.15$ ). Symptom burden and QoL were unchanged. *CONCLUSIONS* The MBI was acceptable to participants and yielded moderate-to-large effects on several outcomes of interest. Qualitative data will contextualize negative findings and clarify patient priorities for concussion care. *ACTION* Further research on the comparative effectiveness of MBIs for PSaC is needed.

**Section:** Psychologists in Hospitals and Health Centres

**Session ID:** 112310 - Snapshot

## *Alcohol Use Behaviours and Life Satisfaction: The Role of Psychological Flexibility*

**Main Presenting Author:** Smith, Gabriel B

**Additional Authors:** Nash , Molly T; Best , Lisa; Brunelle , Caroline

**Abstract:** *BACKGROUND.* Canada and the US is experiencing a substance use disorder (SUD) crisis (Lodge et al., 2022). Psychological flexibility (PF), the ability to accept one's current situation, is associated with increased psychological wellness (Francis et al., 2016) and more positive substance-related outcomes, such as treatment retention, fewer avoidance behaviours, and cravings (Hayes, et al., 2004; Lee et al., 2015; Smout et al., 2010; Thekiso et al., 2015). *RATIONALE.* We examined if PF mediated the relationship between satisfaction with life (SWL) and symptoms of alcohol use disorder (AUD). *METHODS.* In total, 235 participants (74.9% female) completed a questionnaire package to assess PF (CompACT; Francis et al., 2016), DSM-5 criteria to assess AUD, and SWL (Diener et al., 1985). *RESULTS.* There were statistically significant correlations between SWLS and PF as well as inverse correlations between symptoms of AUD and PF. A mediation analysis indicated that the indirect effects of PF [ $B = 1.06$ ,  $CI: -.0753, -.0113$ ] fully mediated the relationship between AUD symptoms and SWL, accounting for 28.27% of the total variability in AUD scores. *CONCLUSION AND IMPACT.* These results highlight that individuals with AUD may report

lower SWL because they also experience lower PF. Interventions that focus on enhancing PF could help individuals with AUD maintain higher life satisfaction.

**Section:** Addiction Psychology

**Session ID:** 113662 - Snapshot

### *App-Based Mindfulness Training for Individuals with Multiple Sclerosis: Feasibility and Impacts on Perceived Stress*

**Main Presenting Author:** Pumphrey, Jordan D

**Additional Authors:** Berard, Jason A; Walker, Lisa A.S

**Abstract:** *BACKGROUND: Mindfulness-based interventions improve perceived stress among people with multiple sclerosis (PwMS), but accessibility remains a barrier. Mindfulness apps may help address this barrier, but have yet to be explored in MS. This project evaluates the feasibility of an RCT design to assess app-based mindfulness training for PwMS. METHODS: PwMS are recruited and randomized to a 4-week mindfulness app intervention or active control. Pre- and post-intervention surveys will evaluate acceptability of the intervention and exploratory outcomes including perceived stress and mood. Feasibility outcomes are evaluated by \_traffic light\_ thresholds. RESULTS: Results will be prepared ahead of the CPA 2025 Convention. To date, recruitment efficacy is satisfactory (>GREEN threshold); interested replies were received from 37 of 190 individuals contacted (19%), and 16 of 19 currently screened participants meet eligibility criteria (84%). Recruitment and screening are ongoing. 14 of 16 participants are on track to complete the intervention (2 participants withdrew). Adherence to, and acceptability of, the intervention will be evaluated at study end. CONCLUSIONS: Evidence from the current study will determine whether progression to an RCT is recommended. IMPACT: This study serves as an essential first step to increasing the accessibility of evidence-based stress management tools for PwMS.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112761 - Snapshot

### *Breaking Barriers: Addressing Mental Health and Promoting Meaningful Physical Activity Through the Behaviour Change Framework*

**Main Presenting Author:** Sgro, Delaney

**Additional Author:** Fenesi, Barbara

**Abstract:** *Anxiety and depression create significant barriers to physical activity (PA), despite PA's well-documented benefits for reducing stress and improving mood. This ongoing study addresses this paradox among post-secondary students through a 12-week intervention grounded in the Capability, Opportunity, Motivation-Behavior (COM-B) model, targeting psychological and environmental barriers to sustainable PA engagement. Using a mixed-methods approach, validated surveys assess changes in anxiety, depression, and motivation, while semi-structured exit interviews explore participants' experiences. Preliminary results from tailored COM-B PA interventions show decreased anxiety and mood-related barriers, increased self-efficacy, and improved PA participation. These findings suggest that COM-B-based interventions empower students to integrate PA into their routines despite mental health challenges. Qualitative themes will be analyzed, and implications for improving*

*interventions and addressing barriers to PA using the COM-B model will be discussed. By focusing on unique psychological and environmental barriers, this research offers practical, evidence-based strategies for practitioners to support students PA and mental and physical wellbeing through personalized and sustainable interventions during this transformative stage.*

**Section:** Counselling Psychology

**Session ID:** 113238 - Snapshot

### *Comparing networks of health behaviours before and after a diabetes diagnosis: Exploratory analyses from the English Longitudinal Study of Ageing*

**Main Presenting Author:** Renaud, Tristan N.

**Additional Author:** Burns, Rachel J

*Abstract: Chronic disease diagnoses, like diabetes, may prompt change in health behaviors. Health behaviors are interrelated, and network analysis is useful for mapping interrelations. This study used network analysis to compare interrelations of health behaviors before and after a diabetes diagnosis. Data came from 277 participants in the English Longitudinal Study of Ageing. Physical activity (PA), fruit, vegetable, and alcohol consumption, and smoking were measured via self-report pre- and post-diagnosis. Regularized networks were generated for pre- and post-diagnosis behaviors. A Network Comparison Test (NCT) tested if networks varied in 1) overall structure, 2) individual edge strength, and 3) global strength. Fruit,  $t(276) = 3.04$ ,  $p = .003$ , and vegetable,  $t(276) = 3.38$ ,  $p =$*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112345 - Snapshot

### *Determining the mental health and addictions service needs of children and youth: a six-month forecast*

**Main Presenting Author:** Cloutier, Paula

**Additional Authors:** Cappelli, Mario ; Polihronis, Christine; Robson, Scott; Hayawi, Lamia; Mitsakakis, Nicholas; Blackburn, Josée; Dawson, Cindy

*Abstract: Rationale: Many communities have seen a significant increase in demand for mental health and addictions (MHA) services for children and youth. In 2021, 1Call1Click.ca was created as a regional coordinated access and navigation system in Eastern Ontario, serving over 100,000 children and youth with MHA concerns from birth to 21 years old and matching them to hospital- and community-based care. Using clinical and service data, we aimed to forecast intake volumes and clinical needs. Method: Several forecasting models were trained on 1Call1Click.ca client data from June 1, 2021 and December 30, 2022 ( $N=5562$ ). PROPHET modeling was used to forecast 6 months from January to June of 2023, allowing for seasonal effects. Results: Clients' (mean age=13.0,  $SD=3.8$ ; 60% Female) top 3 non-exclusive clinical needs identified were anxiety (65%), depression (36%) and suicidal ideation (25%). The PROPHET model demonstrated an increasing slope, with a 16% increase in intake volume year over year. The actual monthly intake appointments during January-June 2023 exceeded projections by 30%, highlighting the demand for MHA services. Conclusions: The PROPHET model is most useful for short horizon forecasting models.*

*Action/Impact: Real-time and short horizon forecasting data (volume and clinical needs) may help MHASU organizations prepare, modify, or improve their services to meet these needs.*

**Section:** Clinical Psychology

**Session ID:** 113619 - Snapshot

### *Effectiveness of Integrated Neurocognitive Therapy (INT) for Negative Symptoms and Cognitive Impairments and in the Recovery of Persons with Schizophrenia*

**Main Presenting Author:** Bains, Supriya

**Additional Authors:** Roy, Mihikaa ; Shvetz, Cecelia; Khalesi, Zahra; Schmidt, Louis; McNeely, Heather

*Abstract: Persons with schizophrenia (PWS) face barriers to recovery, as medical treatments, including antipsychotic medications, are often ineffective at addressing negative symptoms and cognitive impairments. These deficits correlate with functional outcomes and affect 40% and 80% of PWS, respectively. This study introduces Integrated Neurocognitive Therapy (INT; Mueller et al., 2017), a group social-cognitive remediation, to PWS receiving care at St. Josephs Healthcare Hamilton. The study aims to evaluate the effectiveness of INT in improving cognition and negative symptoms and examine how anticipated improvements affect functional outcomes and quality of life (QoL). Twenty adults ( $M_{age} = 40.2$  years,  $SD = 9.89$ ; 6F and 14M) with schizophrenia or schizoaffective disorder have been recruited. Participants completed assessments of cognition (NIH Toolbox Cognition Battery), psychotic symptoms (PANSS), functional outcomes (WHODAS 2.0), and QoL (Q-LES-Q-18) at pre ( $n=20$ )- and post ( $n=10$ )-INT and follow-up of three months ( $n=6$ ), with 5 participants currently receiving INT. Preliminary analysis shows that participation in INT is associated with clinically meaningful reductions in negative symptoms and some improvements in cognitive scores, although there are no substantial changes in functional outcomes or QoL. Full sample results will be presented.*

**Section:** Students in Psychology

**Session ID:** 111847 - Snapshot

### *Evaluating the Effectiveness of a DBT-Based Course on Student Mental Health and Well-Being*

**Main Presenting Author:** Sharma, Anya

**Additional Authors:** Gan, Cynthia ; Sangle, Grace; Uliaszek, Amanda

*Abstract: University students face rising mental health challenges, such as depression and anxiety, while stigma and structural barriers limit access to traditional support services. This study evaluates a university course adapted from Dialectical Behavior Therapy (DBT) skills training to enhance mental health and well-being among students. A pre-post experimental design compared students enrolled in the DBT-based course ( $n = 39$ ) with those in other courses ( $n = 60$ ) across two timepoints.*

*Participants completed validated measures of coping (DBT-WCCL), mindfulness (FFMQ), life satisfaction (SWLS), resilience (BRS), and mental health symptoms (DASS-21, WHO-5). Repeated measures ANOVAs revealed increases in mindfulness, life satisfaction, and DBT skills use for DBT course participants compared to controls. Both groups showed reductions in dysfunctional coping,*

with greater improvements in the DBT course group. WHO-5 scores also improved in the DBT group, indicating enhanced well-being. These findings demonstrate that DBT-based courses can effectively enhance mental health, promote adaptive coping, and reduce dysfunctional coping among university students. By embedding such interventions in academic settings, universities can reduce stigma, foster adaptive coping, and improve student well-being.

**Section:** Educational and School Psychology

**Session ID:** 113755 - Snapshot

### *Examining potential "barriers" to nonsuicidal self-injury urges and behaviors: A daily diary study among young adults*

**Main Presenting Author:** Hamza, Chloe A

**Additional Authors:** Kubri, Sarah ; Wong, Tracy; Heath, L Nancy; Goldstein, Abby L

**Abstract:** As many as 20% of adolescents and young adults engage in nonsuicidal self-injury (NSSI; e.g., self-cutting without lethal intent). Mounting research indicates that NSSI primarily serves as a form of emotion coping behavior, but it remains unclear why individuals choose NSSI, over other coping strategies, to regulate their distress. To explore whether state variations in several potential “barriers” were associated with reduced risk for NSSI urges and behaviors, daily diary sampling was used. Participants included 130 young adults (72% women, 22% men, 6% nonbinary) with recent NSSI, who completed daily assessments for 14 days, reporting on their NSSI urges, behaviors, and four barriers to NSSI (i.e., lack of exposure to NSSI, high self-worth, aversion to blood, and lack of perceived acceptability of the behavior). Hierarchical linear modelling analyses revealed that in the multivariate models, lower than usual aversion to blood and self-worth were associated with an increased likelihood of NSSI urges and engagement, and higher exposure to NSSI also predicted increased likelihood of NSSI urges. Findings provide important new insight into when individuals may be most at risk for NSSI in their daily lives, and underscore that increasing aversion to NSSI and improving self-worth may serve as important targets for NSSI prevention and intervention.

**Section:** Developmental Psychology

**Session ID:** 113226 - Snapshot

### *Examining Predictors of Nonsuicidal Self-Injury Reveals across the First Year of University*

**Main Presenting Author:** Farrell, Brooke C. T.

**Additional Author:** Hamza, Chloe A

**Abstract:** Nonsuicidal self-injury (NSSI) is highly prevalent among first year university students, and the transition to university represents a novel social context for NSSI experiences to be shared. However, longitudinal work on NSSI reveal experiences among university students is scarce, precluding an understanding of factors that may promote NSSI reveals and help-seeking. To address these gaps, predictors of diverse NSSI reveal experiences among 592 university students ( $M_{age} = 18.11$ , 72% female) with lifetime histories of NSSI were examined. Participants completed an online survey three times (3 months apart) over their first year of university. It was found that 50% of students reported an NSSI reveal at some point across their first year of university. Binary logistic

regression analyses showed that students who had greater NSSI severity and engaged in more coping strategies were more likely to experience an involuntary discovery over time (e.g., someone saw their scars). Furthermore, students who had greater depressive symptoms and engaged in more coping strategies were more likely to experience an indirect disclosure over time (e.g., a friend told a parent). Voluntary disclosures could not be predicted over time. Overall, the present findings elucidate important factors that promote NSSI reveal experiences, informing NSSI response efforts on post-secondary campuses.

**Section:** Developmental Psychology

**Session ID:** 111779 - Snapshot

*Examining the relationship between the characteristics of non-suicidal self-injury and fearlessness about death in youth.*

**Main Presenting Author:** Yeo, Si Ning

**Additional Authors:** Filion, Ashley ; Stewart, Jeremy G

**Abstract:** *BACKGROUND: Suicide theories suggest that painful experiences, such as non-suicidal self-injury (NSSI), contribute to fearlessness about death (FAD), which in turn increase risk for suicide attempts. Previous research examining this relationship has primarily focused on the frequency of NSSI, while neglecting other key features. Accordingly, we tested how NSSI characteristics (i.e., age of first NSSI, number of methods, NSSI severity, length of NSSI history, past year frequency) are associated with FAD in youth with a history of NSSI. METHODS: Participants (Study 1:  $n = 131$ ,  $M_{age} = 19.7$ ; Study 2:  $n = 97$ ,  $M_{age} = 23.3$ ) completed a fear rating scale before and after viewing death-related images, as well as a measure of FAD. Multiple regression models were used to examine associations between the NSSI characteristics and FAD. RESULTS: In Study 1, after accounting for suicide attempt history and depressive symptoms, greater NSSI severity (i.e., extent of bodily damage) was associated with higher self-reported FAD,  $b = 2.62$ ,  $t(97) = 2.21$ ,  $p = .03$ . This result was not replicated in Study 2. CONCLUSION: There may be alternative mechanisms beyond the development of FAD that increase the capacity for suicide in youth with NSSI history. IMPACT: A review of one's NSSI history, particularly the severity of NSSI episodes, may be important in the clinical management of suicide in youth.*

**Section:** Clinical Psychology

**Session ID:** 111920 - Snapshot

*Examining the Use of an Identity Focused Group Intervention in Facilitating Identity Change in a Problematic Substance Use Sample*

**Main Presenting Author:** Currie, Lauren N.

**Additional Author:** Bedi, Robinder P.

**Abstract:** *Holding onto an alcoholic identity in recovery may be harmful and conflict with other adaptive identities. Shifting away from the sole identity of an alcoholic has been associated with positive life outcomes. This study assessed the effectiveness of a new group counselling approach, "Identity Transition Matters" (ITM), compared to an active control, "Planning AHEAD Career Transitions" (PCT), in supporting identity development. ITM aimed to reduce alcoholic identification*

and increase possible selves. Individuals with a history of alcohol addiction were recruited via addiction organizations and social media and randomly assigned to the interventions. They completed the Possible Selves Questionnaire and Alcohol Self-Concept Scale before ( $N = 125$ ), after ( $N = 78$ ), and three-months post-intervention ( $N = 71$ ). Multilevel model analyses assessed the interventions' effect on increasing possible selves, reducing alcoholic identification, and whether alcoholic identification moderated the relationship between ITM participation and possible selves endorsed. ITM participation led to positive residual change in possible selves from pre-intervention to three-month follow-up (

**Section:** Addiction Psychology

**Session ID:** 112576 - Snapshot

### *Existential and Dispositional Gratitude: An Exploration of their Antecedents*

**Main Presenting Author:** Rainville, Anne-Marie

**Additional Authors:** Savoie, Jasmine ; Bouchard, Geneviève

**Abstract:** Since the first wave of positive psychology, *\_dispositional gratitude\_* is referred to as *gratitude experienced for good things in life*. The second wave of positive psychology led to the development of *\_dispositional existential gratitude\_*, which is gratitude experienced in difficult times, but the differences between the two concepts still need to be documented. Thus, we compared the predictive validity of psychological flexibility, self-compassion and tragic optimism for the two types of gratitude. A sample of 152 adults completed a series of questionnaires, measuring variables under study, twice with a three-month interval. Results from multiple regression analyses suggest that the two types of gratitude do not have the same set of predictors. Self-compassion was a significant predictor of future dispositional gratitude, while self-compassion and tragic optimism were significant predictors of future existential gratitude. Our results are aligned with previous data pointing to conceptual differences between the two types of gratitude. They suggest different theoretical models for the two types of gratitude, one focusing on positive emotions and the other on human suffering. Human suffering is inevitable, and gratitude needs to be cultivated through adversity. We provided preliminary evidence of the role of self-compassion and tragic optimism as predictors of existential gratitude.

**Section:** Clinical Psychology

**Session ID:** 112335 - Snapshot

### *Experiences of peer support programming for parents of children with mental health and behavioural concerns*

**Main Presenting Author:** Jahagirdar, Anisha

**Additional Authors:** Vacca, Talia ; Lewis, Leanne; Goldstein, Abby

**Abstract:** *BACKGROUND/RATIONALE:* Adolescents and emerging adults have critical mental health needs and face barriers in accessing care. Parents play a unique role in supporting their children even as they develop, and peer support for parents represents an important potential avenue to help both parents and children. *METHODS:* The current study explored the experiences of members in *Helping Other Parents Everywhere (HOPE)*, a network of peer support groups for parents and caregivers of youth and emerging adults with mental health and behavioural concerns. *Semi-*

structured interviews with 41 participants were conducted and analyzed using qualitative content analysis. **RESULTS:** Several themes emerged, including the realization of needing support, emotional liberation, forming meaningful connections, gaining insight, and prioritizing the parent-child relationship. **CONCLUSIONS:** Findings highlight peer support as a valuable tool for improving parent wellbeing, adolescent/emerging adult wellbeing, and the parent-child relationship. **ACTION/IMPACT:** This study provides evidence for expanding and improving access to peer support programming for parents and caregivers.

**Section:** Clinical Psychology

**Session ID:** 111824 - Snapshot

### *Experimental assessment of the factors influencing the restorative potential of bird sounds in humans*

**Main Presenting Author:** Walton, David

**Additional Author:** Roach, Sean

**Abstract:** Natural sound exposure in many forms, including birdsong, has strong restorative effects upon humans, with studies demonstrating benefits related to stress, affect, and cognition. The present study sought to add to our understanding of how the restorative potential of birdsong is influenced by factors such as the characteristics of the song and its familiarity to the listener, as well as the listener's characteristics. Participants completed a demographic questionnaire and a nature connectedness questionnaire. They then heard 10-second sound clips representing 24 common songbird species, presented in random order; they rated each in regard to restorative potential and other factors. At the end, they rated the restorativeness of the entire experience. In the final sample ( $n = 159$ ), the degree to which participants found the experience to be restorative was positively correlated with their nature connectedness ( $r = 0.44$ ). Mean ratings of restorative potential varied substantially from species to species, from 3.01 (on a 1-to-7 Likert-type scale) to 5.32; these, in turn were positively correlated with participants' familiarity with each birdsong. Together, the contributions of nature connectedness and familiarity highlight the important role of the listener's own background. Such knowledge may help to shape the development of nature-based interventions for mental health.

**Section:** Environmental Psychology

**Session ID:** 113607 - Snapshot

### *Extreme temperature and mood disorders: A systematic review of literature*

**Main Presenting Author:** Manoj, Navya

**Additional Authors:** Kennedy, Mary Katharine ; Liu, Michelle; Olagunju, Toyin Andrew

**Abstract:** **BACKGROUND:** Extreme temperatures are increasingly common due to climate change. Extreme temperatures are thought to significantly impact mood disorders, but no prior reviews have explored this relationship. This review examines the link between extreme temperatures and mood disorders, focusing on symptom severity, hospital admissions, and adverse events. **METHODS:** This review was conducted in accordance with PRISMA guidelines. Major databases were searched using a predefined strategy, and supplemented by reference snowballing. Screening and data extraction were conducted independently by two reviewers, with conflicts resolved via discussion. Study quality

was assessed using the NIH Study Quality Assessment Tools. **RESULTS:** Of 468 identified articles, 22 studies were included in the final review. Findings revealed extreme temperatures impact mood disorders, increasing hospital admissions, particularly among adolescents, women and older adults. Bipolar disorder and depression showed heightened heat sensitivity. Some studies linked extreme heat and emergency visits, while others showed weaker relations. Short-term humidity exposure also posed risks. **CONCLUSION:** Extreme temperatures significantly impact mood disorders, particularly among adolescents, women, and older adults. **ACTION:** Policy-driven interventions are recommended to reduce exposure and address climate change-related mental health risks.

**Section:** Environmental Psychology

**Session ID:** 111740 - Snapshot

### *From Pleasure to Prosperity: Exploring Sexual Functioning as a Predictor for Life Satisfaction with Structural Equation Modeling*

**Main Presenting Author:** Knapman, Sydney

**Abstract:** Studying life satisfaction has fixated psychological scientists for decades. While significant attention has focused on how sexual dysfunction impacts romantic relationships, less is known about its relation to life satisfaction. Midlife married populations are of particular interest due to higher rates of sexual dysfunction and unique psychosocial challenges. Research also highlights how experiences of sexual dysfunction differ by gender, with men experiencing higher rates of dysfunction than women. Before examining connections between sexual dysfunction and life satisfaction, it is crucial to ensure measurement tools are comparable across genders (i.e., measurement invariance). Thus, we tested measurement invariance of sexual dysfunction and life satisfaction and explored which components of sexual functioning were associated with life satisfaction. We analyzed a sample of 640 midlife married Canadians who were recruited via Leger. Measurement invariance was supported across men and women for sexual dysfunction and life satisfaction. Latent regression indicated that low sexual concern and a positive sexual self-image positively predict life satisfaction for men and women, with high sexual desire as a predictor only for men. Results highlight gender specific predictors of life satisfaction, with implications for clinicians, and scholars of sexuality and happiness studies.

**Section:** Social and Personality Psychology

**Session ID:** 113043 - Snapshot

### *Giving and Receiving Warmth, Love, and Care: Women's Processes of Change in an Interpersonal Violence Intervention*

**Main Presenting Author:** Major, Melissa M

**Additional Authors:** Pepler, Debra ; Motz, Mary; Bohr, Yvonne; Andrews, Naomi

**Abstract:** This study evaluated the Connections program, a therapy group for general population and Indigenous mothers to explore their perceptions and inner models of healthy relationships, childhood experiences, and information about children's healthy development (BTC, 2014). Without adequate support, women and girls who carry colonial and/or developmental trauma in their bodies are vulnerable to re-experiencing violence, dependencies, and distress in relationships (Van der Kolk, 1994; Chansonneuve, 2007). This need not be their story. Our research indicates that Indigenous girls

*experiences of warmth and care leads to relational development and a motivation to care for others (Major, 2021). Mothers with early life trauma can draw upon memories of warmth and care to support their parenting journey (Lieberman et al., 2005). Thematic analyses of semi-structured interviews revealed changes that women experienced since completing Connections. Preliminary results indicate that Connections had a positive impact on women's perceptions and experiences of healthy relationships, self-compassion, self-esteem, parenting, and views of the future by creating new memories of caring and being cared for. We explore the impact of reparative experiences on women's physiological, perceptual, and intuitive understanding of relationships (i.e., "gut feelings").*

**Section:** Clinical Psychology

**Session ID:** 113224 - Snapshot

### *Here today, not tomorrow: Daily fluctuations in parents' mindful parenting*

**Main Presenting Author:** Johnson, Nathaniel J

**Additional Author:** Kil, Hali

*Abstract: Mindful parenting – the use of present moment awareness and nonjudgmental acceptance in the parent-child relationship – has been found to support the mental health of parents and their children. However, parenting is dynamic, shifting in response to daily events. Therefore, it is important to understand whether daily mindful parenting can be stable. Mindful parenting surveys were completed by parents for 14 days (preliminary  $N = 109$ ; data collection ongoing). Multilevel modeling addressed the nested data structure (i.e., days within individuals). We evaluated daily mindful parenting stability and assessed whether daily mindful parenting was associated with parents' dispositional mindfulness. We found daily fluctuations in mindful parenting and a significant link between greater dispositional mindfulness and higher daily mindful parenting,  $b = 0.40$ ,  $p < .001$ . An interaction between mindfulness and mindful parenting neared significance ( $b = 0.14$ ,  $p = .098$ ). Upon further investigation, mindful parenting appeared stable for those high in mindfulness ( $b = 0.09$ ,  $p = .050$ ), but not low in mindfulness ( $b = -0.02$ ,  $p = 0.740$ ). Thus, daily mindful parenting appears to fluctuate. However, dispositional mindfulness might facilitate the stability of daily mindful parenting. These findings emphasize the importance of individual mindfulness skills in mindfulness-based parenting programs.*

**Section:** Family Psychology

**Session ID:** 111752 - Snapshot

### *Identifying Specific Stressors that Predict Nonsuicidal Self-Injury in Daily Life among Post-Secondary Students*

**Main Presenting Author:** Kuburi, Sarah

**Additional Authors:** Hamza, Chloe A; Goldstein, Abby L; Heath, L Nancy

*Abstract: BACKGROUND: The post-secondary years are marked by increased stress and vulnerability to nonsuicidal self-injury (NSSI). Limited research has examined the impact of daily stressors and specific stressor types on NSSI behaviours. To address this gap, the associations between different stressors and NSSI and the moderating effects of gender were examined in the present study using daily diary sampling. METHODS: A total of 130 students (72% women; Mage = 17.96 years) completed a baseline assessment followed by 14 days of daily diary entries, resulting in*

1,625 assessments, with 79% completing 12 or more entries. **RESULTS:** Both the occurrence and severity of stressors significantly predicted same-day NSSI urges and behaviours for men and women. Interpersonal stressors and their severity predicted same-day NSSI urges and behaviours and next-day NSSI urges. Balancing responsibilities and the severity of academic assessment stressors predicted same-day NSSI urges, and receiving low grades predicted both same-day NSSI urges and behaviours. **CONCLUSION:** These findings highlight the importance of comprehensively assessing students' stressors to better inform campus mental health initiatives aimed at reducing NSSI risk. **IMPACT:** Interventions at both the individual and institutional levels that support effective coping and stress mitigation may be beneficial in reducing NSSI on campuses.

**Section:** Developmental Psychology

**Session ID:** 111774 - Snapshot

### *Implementing a Digitized Measurement-Based Care Platform in Newfoundland and Labrador: Insights from Providers and Patient-Partners*

**Main Presenting Author:** Whelan, Kati

**Additional Authors:** Rash, Joshua ; Harris-Lane, Laura; Kutana, Samlau

**Abstract:** *Background:* The usability of a digital measurement-based care platform implemented within mental health and addiction (MHA) services in Newfoundland and Labrador (NL) was explored in light of user-centered design principles. *Methods:* MHA providers and people with lived experience (PWLE) of mental health and substance use concerns completed pre-determined tasks to trial the platform during a virtual think-aloud session. Think-aloud sessions focused on four areas: 1) available MHA resources, 2) visual representation of self-assessment data, 3) platform's influence on provider-PWLE collaboration, and 4) barriers and facilitators of platform use. Sessions were recorded, transcribed, and analyzed thematically in an iterative process. *Results:* Six providers and four PWLE participated. Participants highlighted various strengths (e.g., intuitive data visualization), and identified areas for improvement (e.g., embedding accessibility features). *Conclusions and Impact:* Diverse perspectives provided actionable insights to guide the refinement and implementation of the digital measurement-based care platform in NL. Findings highlight that usability testing is pivotal to understanding and improving digital health interventions, and potentially transforming mental health and addiction support through innovative, inclusive, and user-centered technological solutions.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112756 - Snapshot

### *Internalization of Body-Ideal Discrepancies and its Impact on Maladaptive Coping Behaviours*

**Main Presenting Author:** Patel, Azra Idrish

**Abstract:** The internalization of the ideal body, where societal standards are adopted into belief systems, amplifies body dissatisfaction and psychological discomfort (Bessenoff, 2006; Vuong et al., 2021). Despite its critical impact, a significant research gap exists in understanding how internalization interacts with body-ideal discrepancies, the perceived gap between one's actual body and ideal body, to influence maladaptive coping behaviours. This study examined the additive effect of

*body-ideal internalization on the relationship between body-ideal discrepancy and maladaptive coping. Hierarchical multiple regression analyses of 217 undergraduate participants showed that internalization significantly increased the explained variance in maladaptive appearance-fixing behaviours, accounting for 43.7% ( $p < .001$ ). However, it did not significantly affect experiential avoidance behaviours, indicating that internalization primarily influences strategies focused on altering physical appearance rather than avoiding negative body-related thoughts, highlighting a differential effect. The results highlight the need to address the internalization of societal beauty standards in clinical interventions to reduce maladaptive appearance-fixing behaviours by promoting healthier body image perceptions and critical evaluation of unrealistic ideals to mitigate the negative effects of internalization.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113384 - Snapshot

### *Psychosocial wellbeing of patients with breast cancer following surgical treatment in an underserved region in Nigeria*

**Main Presenting Author:** Lu, Bonnie

**Additional Authors:** Bioku, Ayodeji A.; Jimeta-Tuko, Jummai D. ; Harris, Paige; Sarimiye, Foluke O.; Ostermeyer, Britta K.; Olagunju, Andrew T.

**Abstract:** *Background : Breast cancer is the most commonly diagnosed cancer and a leading cause of cancer-related deaths among women globally. Cases continue to rise in Nigeria, where surgery is a primary treatment. However, psychosocial well-being among patients with breast cancer post-surgery remains understudied. This study examines their psychosocial well-being and its determinants.*

*Methods : This is a cross-sectional descriptive study among 72 post-surgical breast cancer patients in Northern Nigeria. Data were collected using a clinic-demographic questionnaire, the World Health Organization Quality of Life Brief (WHOQoL-BREF), and the 12-item General Health Questionnaire (GHQ-12). Results: The mean age was 45.94 years ( $SD=9.05$ ). Psychological distress prevalence was 36.1% (GHQ-12). Mean scores for anxiety/depression, social dysfunction, and loss of confidence were 9.25, 14.17, and 4.59, respectively. Poor QoL was reported by 15% ( $M=50.91$ ,  $SD=12.62$ ), with social relationships most affected ( $M=9.81$ ,  $SD=5.09$ ). Predictors of poor QoL included post-surgical complications, absence of psychological counseling, and psychological distress*

*Conclusion : Holistic, evidence-based care is essential for post-surgical breast cancer patients.*

*Impact: Resources and training for healthcare providers are needed to improve psychosocial outcomes, with future studies informing targeted interventions.*

**Section:** Clinical Psychology

**Session ID:** 112223 - Snapshot

### *Respawning Hope: Identifying Barriers in Help-Seeking Behaviors in the Development of Gaming Disorder Problems*

**Main Presenting Author:** Tang, Karen T. Y.

**Additional Authors:** Slattery, Jan ; Fraleigh, Ross; Belliveau, Jacob; Ai, Fengqiao A.; Yakovenko, Igor

**Abstract:** *Background: With the proliferation of technology, video gaming has emerged as an accessible hobby. However, gaming can be addictive, resulting in risk of developing gaming disorder (GD). Research shows that the meaning and outcome of mental health stigma depend largely on one's cultural upbringing. Research is needed to elucidate specific barriers to seeking help for GD. The objective of this study was to explore culture and stigma as barriers to help-seeking intentions in a sample of Canadian gamers. Method: Individual interviews with 32 gamers of East Asian or European culture were conducted. Participants answered questions on gaming habits, stigma toward gaming disorder, and perceptions of gaming within their life and culture. Results/Conclusion: Content analyses suggest that there are unique culture-specific barriers to seeking help for GD problems; East Asian gamers cited the unique role of language and the impact of shame in collectivist cultures. An underlying theme across both cultures was that social factors such as stigma resulted in decreased self-esteem, leading to decreased help-seeking behaviors. Study findings highlight the impact of self-stigma and unique culture-specific barriers for seeking help for GD. Impact: Results support social variables as being highly relevant barriers to treating addictions, which can be a target for psychoeducational initiatives.*

**Section:** Addiction Psychology

**Session ID:** 111724 - Snapshot

### *Reward Sensitivity During Social Cognitive Tasks: A Function of Psychosis and Illness Duration*

**Main Presenting Author:** Robbie, Emily V

**Abstract:** *Schizophrenia-spectrum disorders (SSD) are characterised by neurocognitive impairments in many domains of everyday functioning. Amongst these impairments, individuals with SSD experience deficits in social cognition and motivation which impact their quality of life and functioning. In previous research on motivation, individuals with early-episode psychosis performed better on social cognition tasks when rewarded monetarily, compared to those who were not. However, it remains unclear whether this effect persists with long-term illness. In the current study ( $N = 12$ ), individuals who have experienced SSD for ten years or more completed a social cognitive task to assess performance based on the absence or presence of monetary rewards provided for correct responses. Data was analysed using a linear mixed effects model to examine the relationship between group (community controls, individuals in early-episode psychosis, individuals with persistent SSD) and scores on the task. In this study, we found illness duration and the presence of rewards do affect scores on social cognitive tests for individuals with persistent SSD. Findings from this study can help to inform future treatment outcomes, as there is greater understanding of how SSD's persist. Through this, clinicians can target these found deficits in intervention strategies to improve overall functioning.*

**Section:** Clinical Psychology

**Session ID:** 113766 - Snapshot

### *Self-critical perfectionism, self-compassion, stress, and depressive and anxious symptoms over two years: A moderated mediation model*

**Main Presenting Author:** Tobin, Ryan

**Additional Author:** Dunkley, David

**Abstract:** *Self-critical perfectionism (SCP) is a transdiagnostic vulnerability factor linked to depressive and anxious (i.e., general distress) symptoms over time. Given that research shows that stress mediates the link between SCP and distress symptoms, research is needed to examine the role that self-compassion might play in buffering the impact of stress on distress symptoms for individuals with higher SCP over time. The present study used a three-wave longitudinal design where 134 community adults completed perfectionism measures at baseline and measures of depressive and anxious symptoms at baseline, at Time 2 one year later, and at Time 3 two years after baseline. At Time 2, participants completed measures of daily stress and self-compassion for 14 consecutive days. Moderated mediation analyses demonstrated that aggregated daily stress mediated the relation between SCP and general distress for participants with lower, but not average or higher, levels of aggregated daily compassionate self-responding (i.e., self-kindness, common humanity, mindfulness). Results highlight the role that self-compassion might play in diminishing the effect of SCP on depressive and anxious symptoms through daily stress. Findings inform prevention and intervention efforts aiming to decrease vulnerability to distress among individuals higher in self-critical perfectionism.*

**Section:** Clinical Psychology

**Session ID:** 113585 - Snapshot

### *Taking a One-Week Break From Social Media Leads to Reduced Appearance Perfectionism Among Young Women*

**Main Presenting Author:** Smith, Olivia

**Additional Author:** Mills, Jennifer

**Abstract:** *While social media (SM) may enhance social connectivity, it can also negatively affect users' mental health. Women who are perfectionistic about their physical appearance are more vulnerable to negative body image when exposed to thin, idealized images on SM. The objective of the study was to test the effects of taking a one-week break from SM on young women's physical appearance perfectionism. 66 female undergraduate students, 17-24 years old, who were willing or motivated to take a break from SM volunteered for the study. Participants first completed a baseline measure of perfectionism. Half of participants were randomly assigned to abstain from SM use for one week; the other half were instructed to continue their normal use for the same period. Seven days later, participants completed a manipulation check and the same measure of perfectionism. Adherence to instructions to take a break from SM was high. One-way ANOVA tested the main effect of condition on physical appearance perfectionism and its subscales, covarying for baseline levels. Findings revealed that taking a one-week break from SM resulted in reduced physical appearance perfectionism, particularly worry about imperfection. For young women, taking even a one-week break from social media can reduce concern that their appearance will never be good enough.*

**Section:** Clinical Psychology

**Session ID:** 112957 - Snapshot

### *The Effects of Classroom Popularity Norms Regarding Appearance on Physical Activity Levels in Children: The Moderating Role of Body Image Dissatisfaction*

**Main Presenting Author:** Guimond, Fanny-Alexandra

**Additional Author:** Laursen, Brett

**Abstract:** *BACKGROUND.* This longitudinal study examined the effects of popularity norms regarding appearance on children's physical activity, and the moderating role of body dissatisfaction. **METHODS.** Participants included 439 students (206 boys, 233 girls) ages 8 to 14, in the 3rd-7th grades, attending a school representative of the public-school population of Florida (39.2% White, 29.2% Latinx, 19.6% Black, 12.1% mixed or other backgrounds). At three time points, students completed a peer nomination survey, identifying classmates who best fit the descriptors: *\_popular\_* ("*\_popular\_*") and *\_physically attractive\_* ("*"good looking"*"). Popularity norms regarding appearance represented the within-class correlation between individual nomination scores of popularity and physical attractiveness. Self-report items assessed *\_body dissatisfaction\_* and *\_physical activity levels\_*. **RESULTS.** Multi-level analyses revealed that classrooms where appearance was socially rewarded predicted increases in children's physical activity. However, for children with body dissatisfaction, norms predicted decreases in physical activity. **CONCLUSIONS:** Appearance norms seem to encourage students to be physically active but seem to discourage children struggling with body dissatisfaction. **IMPACT.** Social norms can motivate students to move, potentially for appearance-related reasons, but may engender body shame in at-risk children.

**Section:** Developmental Psychology

**Session ID:** 113168 - Snapshot

*The relationship between culture and the modifiable risk factors of dementia among Indigenous Peoples in Canada, the USA, Australia, and New Zealand: A scoping review*

**Main Presenting Author:** Skov, Brittany C.

**Additional Authors:** Ashley, Angela ; Malik, Ishaq; Storrs, Hannah; Toombs, Elaine; Mushquash, Christopher J.

**Abstract:** Dementia incidence among Indigenous Peoples in Canada, the U.S., New Zealand, and Australia is rapidly rising. This scoping review aims to identify, summarize, and evaluate literature on the link between cultural connection and modifiable dementia risk factors (e.g., alcohol use, hypertension, physical activity) within this population, while highlighting sex and gender differences. Using the 2020 Joanna Briggs Institute methodology, we searched five databases with keywords for Indigenous Peoples, modifiable risk factors, and culture. Four reviewers are examining 6,601 abstracts. Methodological quality will be evaluated per the Consolidated Criteria for Strengthening Reporting of Health Research involving Indigenous Peoples. We expect a positive link between cultural connection and modifiable risk factors, with some heterogeneity due to sex and gender, and that most of the literature will reflect moderate methodological quality. This review will synthesize and provide insight into the relationship between connection to Indigenous culture and modifiable risk factors for dementia. Findings may help to inform Indigenous health promotion and dementia prevention initiatives, policy, future research, and clinical practice, including within active Indigenous dementia research occurring within Northwestern Ontario.

**Section:** Indigenous Peoples' Psychology

**Session ID:** 111566 - Snapshot

## *The Social Context of Pain in Youth with Cerebral Palsy: The Influence of Caregiver Mental Health, Parenting Style, and Protective Behaviors*

**Main Presenting Author:** Mueri, Kendra A

**Additional Authors:** Clark, Christopher ; Brunton, Laura; Kopala-Sibley, Daniel; Condliffe, Elizabeth G; Noel, Melanie; Mish, Sandra J; McMorris, Carly A

**Abstract:** *INTRODUCTION:* Up to 75% of youth with Cerebral palsy (CP) report experiencing pain. In neurotypical populations, caregiver mental health and dysfunctional parenting style have been linked to child pain, however, little is known about the influence of these factors on pain outcomes in youth with CP. *AIMS:* To determine if caregiver mental health and parenting style predicts child-reported pain (i.e., severity, interference), and if parental protectiveness mediates these associations. *METHODS:* 43 youth with CP ( $M_{age} = 11.51$ , 56.41% male) and one of their caregivers completed measures: Youth Pain Questionnaire, Parenting Styles and Dimensions Questionnaire, PROMIS Depression and Anxiety, and the Adult Responses to Childrens Symptoms Protect subscale. *RESULTS:* After controlling for covariates, caregiver anxiety ( $\Delta R^2 = .127$ ,  $\Delta F = 7.31$ ,  $p = .011$ ), caregiver depression ( $\Delta R^2 = .101$ ,  $\Delta F = 5.57$ ,  $p = .025$ ), and authoritarian parenting style ( $\Delta R^2 = .081$ ,  $\Delta F = 4.20$ ,  $p = .050$ ) significantly predicted youth pain interference. Parental protectiveness was not a significant mediator ( $p$ 's >.05). *CONCLUSIONS:* Caregiver mental health and parenting style are predictive of youth pain outcomes. *IMPACT:* Given the high rate of pain issues experienced by youth with CP, these findings could inform family-based interventions that may help reduce some of the secondary conditions that youth with CP experience.

**Section:** Educational and School Psychology

**Session ID:** 112492 - Snapshot

## *Understanding Perceived Risks and Benefits of Cannabis Use During Pregnancy and Lactation: Qualitative Insights from Canadian Parents*

**Main Presenting Author:** McMahon, Isobel

**Additional Authors:** Lee, Tiffany ; Donnan, Jennifer; Harris, Nick

**Abstract:** Cannabis is among the most commonly reported substances consumed by Canada's pregnant and lactating population, with reported prevalence rising in recent years. Perinatal cannabis consumption may be associated with impairments to various health domains for the developing fetus. Despite its increasing prevalence, little is known about how parents perceive its risks and benefits. Participants were recruited through Angus Reid for a larger, mixed-methods study on perceptions of perinatal cannabis use. This study used content analysis to analyze free-text responses to two questions which asked participants to report the most impactful positive and negative effects of cannabis use during 1) pregnancy and 2) lactation. Participants ( $N = 715$ ) were either birthing parents ( $n = 369$ ), partners ( $n = 337$ ), or both ( $n = 9$ ). Preliminary analysis suggests varying perceptions of the risks and benefits of perinatal cannabis consumption. Positive effects included benefits for the parent such as nausea relief, while negative effects included risks to the fetus' development as well as social and legal concerns. Some participants noted insufficient scientific evidence to form an opinion, while others said it would depend on specific factors (e.g., frequency). These early findings highlight the need for clear, evidence-based messaging to support informed decision-making and address misconceptions.

**Section:** Health Psychology and Behavioural Medicine  
**Session ID:** 112464 - Snapshot

## Standard Workshop

### *Boys DO cry: Engaging boys and men in psychological services*

**Main Presenting Author:** Vitopoulos, Nina Antigone  
**Co-Presenting Author:** Watson-Gaze, James

*Abstract: Roles, perceptions, and responsibilities associated with masculinity have shifted over generations. There is growing awareness of the often-unmet mental health needs of males across the lifespan, and their impact on individual wellbeing and broad social health. Indeed, males are more likely to struggle with substance use, aggression and legal problems, be precariously housed or homeless, struggle academically, and die by suicide, and are about half as likely as women to engage with formal mental health services. This workshop will explore how genetics, socialization, and ideas about masculinity influence males' experiences and expressions of mental health challenges across the lifespan. Participants will reflect on and discuss the ways in which gender socialization influences male development and how traditional / patriarchal gender roles impact males' emotion awareness and regulation, social functioning, and use of coping strategies. A focused lifespan case study will support learning and discussion throughout the workshop. Participants will leave this workshop with a deeper understanding of: (1) The influences on male patterns and presentations of psychological distress; (2) Strategies to increase male engagement with psychological services; (3) Clinical skills aimed at increasing positive outcomes for males already engaged in psychotherapy.*

**Section:** Clinical Psychology  
**Session ID:** 113873 - Standard Workshop

### *Inner Consent in Clinical Practice: An Experiential Introduction to Existential Psychotherapy*

**Main Presenting Author:** Kwee, Janelle L  
**Co-Presenting Author:** Klaassen, Derrick W

*Abstract: At the heart of Existential Analysis (EA; Längle, 2003) is the aim to help people live with inner consent, a felt inner 'yes' to their lives. Existential psychotherapy in general is grounded in existential philosophy and phenomenology and is at times incorrectly dismissed as an interesting but impractical approach. The aim of this workshop is to introduce participants to EA as an experiential and applied psychotherapy. Built upon the meaning-centred scholarship of Viktor Frankl (Frankl, 1984), EA can be understood as a phenomenological and person-centered psychotherapy that promotes living with inner consent, making free and authentic choices, and discovering a responsible way of dealing with oneself and the world. The theoretical framework of EA articulates four conditions for a fulfilled human existence: the acceptance of being, experiencing the value in life and relationships, being oneself authentically, and finding existential meaning. Facilitated by experienced, existentially trained psychologists, this workshop introduces the theoretical background of EA and its practical applications through lecture, dialogue, and experiential exercises. The aim of the workshop is to familiarize participants with EA and to facilitate practical approaches to cultivating inner consent in clinical practice.*

**Section:** Counselling Psychology

**Session ID:** 113353 - Standard Workshop

### *Synergy - A Holistic Healing Framework for Addressing System Gaps and Inequities: A Condensed Workshop*

**Main Presenting Author:** Cornish, Peter

**Co-Presenting Author:** Berry, Gillian

**Abstract:** THIS 80-MINUTE CONDENSED WORKSHOP PROVIDES AN ENGAGING INTRODUCTION TO THE TRANSFORMATIVE POTENTIAL OF A HOLISTIC FRAMEWORK FOR ADDRESSING SYSTEMIC GAPS AND INEQUITIES IN MENTAL HEALTH PRACTICES. PARTICIPANTS WILL EXPLORE THE TRANSITION FROM SCARCITY-DRIVEN PARADIGMS TO SYNERGISTIC MODELS, WITH AN EMPHASIS ON CROSS-CULTURAL SENSITIVITY AND INCLUSIVITY. THROUGH GUIDED DISCUSSIONS, REFLECTIVE EXERCISES, AND A COLLABORATIVE SYNERGY CIRCLE, ATTENDEES WILL GAIN PRACTICAL INSIGHTS TO REFRAME PROFESSIONAL PRACTICES AND FOSTER EQUITY. THIS INTERACTIVE SESSION INCLUDES A BRIEF GROUNDING EXERCISE, A CONTEXTUAL OVERVIEW OF SYSTEMIC GAPS, GUIDED GROUP DISCUSSIONS, AN INTRODUCTION TO THE SYNERGY FRAMEWORK, AND A COLLABORATIVE SYNERGY CIRCLE TO FOSTER DIALOGUE AND ACTION PLANNING. THIS WORKSHOP IS DESIGNED FOR TRAINEES, PSYCHOLOGISTS, AND PROFESSIONALS FROM DIVERSE CULTURAL BACKGROUNDS WHO ARE INTERESTED IN ADDRESSING SYSTEMIC INEQUITIES, ENHANCING DEI EFFORTS, AND INTEGRATING HOLISTIC, SYNERGY-DRIVEN APPROACHES INTO THEIR WORK.

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113405 - Standard Workshop

## Symposium

### *Applied Psychopharmacology: Therapeutic and Policy Perspectives*

**Moderator(s):** Sepehry, Amir

**Abstract:** BACKGROUND: Psychologists with appropriate post-doctoral training who have passed APAs national Prescribing Examination for Psychologists (PEP) examination have been granted the authority to prescribe psychotropic medications (RxP) in seven American states, the Department of Defense (DOD), and the Indian Service. Specific regulations are nuanced by each state legislature that has voted in this extension of psychological practice. Advantages of RxP include providing necessary and timely treatment for rural, correctional, and other underserviced populations, a unique integration of psychotherapeutic and psychopharmacological treatment regimens, reduction of wait times in large metropolitan areas, and an enhancement of psychological practice for "Medical Psychologists" (MPS.). METHODS: This Symposium will explore clinical psychopharmacology for Canadian psychologists. Topics include Ontarios RxP initiative (Dr. Velikonja), a meta-analysis on Trazodone (Prof. Sepehry), psychedelics mechanisms and uses (Dr. Richard) on neuroplastic, immunomodulatory, and neurotransmitter levels, and a theoretical synthesis of brain-behaviour relation for optimize therapeutic insights (Dr. Nussbaum).

**Section:** Psychopharmacology

**Session ID:** 113623 - Symposium

*Ketamine Therapy for Alcohol Use Disorder: A Systematic Review and Meta-Analysis of Randomized Controlled Trials*

**Main Presenting Author:** Richard, Jérémie

**Co-Presenting Author:** Sepehry, Amir

**Additional Authors:** Garel, Nicolas ; Zech, James

**Abstract:** *BACKGROUND AND AIMS:* Ketamine, a non-competitive N-methyl-D-aspartate (NMDA) receptor antagonist, may have a potential role in management of alcohol use disorder (AUD). Ketamine treatment (KT) may offer a bridge to longer-term alcohol abstinence. However, the effectiveness of KT for AUD has yet to be established. The present review evaluates high-quality published randomized controlled trials (RCTs) investigating the efficacy of KT for AUD. **METHODS:** A systematic review and meta-analysis was conducted. Studies were included if they measured abstinence (percentage of days, heavy drinking days, or total abstinence), mean daily or weekly alcohol units consumed (timeline follow-back) or AUD symptoms among adults with a diagnosis of AUD. **RESULTS:** As of August 1, 2024, 4970 records were retrieved. Four randomized ( $n=182$  participants) controlled trials met the selection criteria, with 92 participants included in the ketamine conditions. Two studies measured the percentage of total abstinence, two studies measured daily or weekly drinks, and two studies measured alcohol craving. The only consistently measured secondary outcome was depressive symptoms. **CONCLUSIONS:** Despite increasing interest in KT for AUD, there is a need for additional high-quality studies investigating these effects with common measures.

**Section:** Psychopharmacology

**Session ID:** 113752 - Paper within a symposium

*Psychedelic and Hallucinogen Agents and Safety: Some Second Thoughts*

**Main Presenting Author:** Nussbaum, David

**Additional Author:** Deamond, Wade

**Abstract:** *BACKGROUND:* Despite advances in psychopharmacology, a significant number of individuals still suffer from specific mental disorders and difficulties. Interest in psychedelics/hallucinogens, previously regarded as recreational, harmful and consequently classified as Schedule I Drugs, has been revived. Preliminary studies have shown efficacy in diverse areas, including alcohol and tobacco abuse, depression, and terminal disease-related existential anxiety in individuals who did not respond to conventional treatments. Researchers report few, if any, adverse side effects but have recommended stringent safety protocols. However, very recently, a substantial cohort (9.24 million) study of Emergency Room cases involving hallucinogen use had a significantly higher risk of Schizophrenic Spectrum Disorder (SSD) relative to the general population, considering identified risk factors for SSD. **METHOD:** A Literature Review of the functional neuroanatomy and psychopharmacology of psychedelics/hallucinogens will be presented along with the resultant functional alterations in psychological function. Possible mechanisms of information processing alterations consistent with SSD will be identified. **RESULTS/CONCLUSIONS:** Mechanisms of putative alterations in information processing consistent with SSD will be identified. Suggestions for rigorous screening for susceptibility to SSD will be provided.

**Section:** Psychopharmacology

**Session ID:** 113631 - Paper within a symposium

*Trazodone for cognition: Is there hope?*

**Main Presenting Author:** Sepehry, Amir

**Additional Authors:** Abdoulraman, Yasmine ; Richard, Jeremie

**Abstract:** *BACKGROUND: Trazodone (TZ) is approved for the treatment of Major Depressive Disorder and is used to alleviate neuropsychiatric-associated symptoms in people with Alzheimer's disease (AD) and frontotemporal dementia (FTD). It is posited that its mechanism impacts or slows cognitive decline. We recently showed no effect on the general cognitive profile. Given the interest in TZ as a potential treatment option for neurodegenerative disorders, we posit that the dose-effect and neurotransmitter affinity A) High dosage, once-daily controlled-release formulation with rapid onset for the treatment of unipolar depression, where TZ presents with high affinity for some receptors; and B) Low dosage, short acting-immediate release as a hypnotic and for treatment of insomnia where TZ presents with low affinity on some other receptors, play roles. METHOD: We present on dose-response and other cognitive functions using standard meta-analytic methods comparing TZ to control arms. We postulate that dosage plays a role in the efficacy of trazodone on cognition, irrespective of neuropsychiatric symptoms. RESULTS and DISCUSSION: The study's outcome showing Trazodone's cognitive efficacy magnitude may have implications for future clinical trial design and therapeutic approaches.*

**Section:** Psychopharmacology

**Session ID:** 113642 - Paper within a symposium

*Artificial Intelligence in Educational and Mental Health Interventions for Youth*

**Moderator(s):** Andreasen, Stephanie; Abela, Katrina R.

**Abstract:** *BACKGROUND: In Canada, 7.3% of youth aged 15 or older had a mental-health related disability, while another 5.6% had a learning disability. While mental health providers offer various therapeutic services, it is well documented that youth have the poorest access to mental health services. Due to the ubiquitous nature of smartphones and young people's frequent use of technology, mobile apps show promise for mental health promotion and prevention in youth. Advances in Artificial Intelligence (AI) could pave the way for better personalization in both educational and mental health services. The use of AI-powered chatbots and intelligent tutoring systems has proliferated over the last few years with the higher accessibility of AI. RESULTS/DISCUSSION: Our symposium is hosted entirely by student researchers and will explore both the theoretical basis of using prompt-based AI in supporting children and youth in both education and mental health care as well as discussion of two different pilot interventions to support learning and mental health. We will review the functionality of AI and concerns, as well as recommendations for proper usage and training. Second, we will present a paper on the use of generative AI as an assistive technology to support writing interventions for adolescents with ADHD, while our final paper will discuss the use of AI-based therapy in mental health care.*

**Section:** Family Psychology

**Session ID:** 113148 - Symposium

*AI-supported Writing Intervention for ADHD Students*

**Main Presenting Author:** Hessel, Kunio

**Abstract:** I will describe the development, implementation, and preliminary results of a novel writing intervention that uses artificial intelligence (AI) tools (Microsoft Copilot) to support executive functioning challenges in adolescents with Attention-Deficit/Hyperactivity Disorder (ADHD). This brief intervention program combines direct writing instruction with training on the effective and responsible use of AI tools. Participants ( $n=5$ ) in grades 7-9 completed an essay-writing task using Microsoft Word and Copilot before and after training. Anticipated results will qualitatively describe participants' use of AI tools during the writing process. One concern about AI is that students will simply use it to generate all of their ideas and write their whole assignments; is there a difference in the use of AI for such tasks following instruction on the pros, cons, and risks of AI? The present study has implications for the use of AI tools as assistive technologies to support students in educational settings. Although this study focuses on writing, ADHD, and executive functions, it has broader implications for the efficacy of AI as academic interventions in general. This pilot study will inform a larger, quantitative study that will empirically measure additional variables such as participants' essay quality and use of AI at different stages of the writing process.

**Section:** Family Psychology

**Session ID:** 113780 - Paper within a symposium

*The Potential of AI-Based Therapy in Supporting Student Mental Health*

**Additional Author:** Sharma, Pragya

**Abstract:** *Background:* Post-secondary students show elevated rates of mental health challenges but often do not receive adequate care due to under-resourced on-campus services. The recent integration of Artificial Intelligence (AI) into psychotherapy may facilitate access to more mental health supports for students. Hence, this quasi-experimental study evaluated students' experiences with an AI-based therapy chatbot. *Methods:* Participants were  $N = 45$  undergraduate students ( $M_{age} = 19.8 \pm 1.5$  years, 85.7% female) enrolled in a public Canadian university. Students completed pre-test scales assessing their affect and trust in AI-based therapy, then interacted with an AI-based therapy chatbot for 10 minutes. Finally, participants completed post-test trust and affect measures and rated the chatbot's usability. *Results:* Paired-samples t-tests showed increases in students' trust in AI-based therapy after interacting with the chatbot ( $t(41) = 6.17, p < .001$ ). Participants also reported significant decreases in negative affect from pre-test to post-test ( $t(41) = 9.24, p < .001$ ). The chatbot was generally perceived as user-friendly. *Implications:* AI-based therapy chatbots hold promise as an avenue for improving mental health care in post-secondary education. Future work should continue to assess the effectiveness and feasibility of these tools and explore their integration into existing services.

**Section:** Family Psychology

**Session ID:** 113781 - Paper within a symposium

*Theoretical Basis for Incorporating AI in Assessment and Intervention for Students*

**Main Presenting Author:** Leidersnraider, Liran

**Abstract:** This symposium will discuss the potential of prompt-based AI (e.g., ChatGPT, Copilot) as an intervention for students. With the growing integration of AI into educational contexts, understanding its functionality, applications, and implications is increasingly critical. As such, the first component of the symposium will consolidate theoretical discussions surrounding AI use, offering a proposed framework for using AI effectively across diverse settings. Key questions will be addressed such as: (1) How can AI tools be used to support student learning? (2) How can authentic learning be

*maintained? And (3) How can meaningful prompts be created to achieve user goals? While empirical evidence in this area is limited, knowledge will be consolidated and synthesized from current literature and case examples. Additionally, the presentation will advocate for a shift in ways of evaluating learning, from a product-oriented focus to a process-oriented focus. This background will set the stage for the subsequent components of the symposium, which will demonstrate how AI can be implemented efficiently, ethically, and responsibly as an intervention for students.*

**Section:** Family Psychology

**Session ID:** 113777 - Paper within a symposium

***Breaking the Cycle: Examining Intergenerational Transmission of Adversity in Families***

**Moderator(s):** Madigan, Sheri

*Abstract: Child adversity is highly prevalent in the general population and is associated with negative health outcomes across the lifespan. Evidence suggests that adversity is often transmitted across generations, perpetuating cycles of health challenges within families. This proposed symposium provides novel insights by using meta-analytic strategies, racial and ethnically diverse populations, and multi-generational samples to explore the intergenerational transmission of adversity. The overarching goal will be to inform targets of prevention and intervention efforts. Talk 1 presents a meta-analysis examining the association between caregiver Adverse Childhood Experiences (ACEs; i.e., abuse, neglect, and household dysfunction before age 18) and ACEs among their children.*

*Moderator analyses will be discussed. Using a three-generation sample from Cameroon, Talk 2 will examine how experiences of intimate partner violence (IPV) in grandmothers impact maternal IPV and mental health, and attachment among their children. Talk 3 provides a scoping review of the intergenerational transmission of child maltreatment among Black families in Canada, addressing critical gaps regarding racialized experiences of adversity. Together these studies strengthen our understanding of the transmission of adversity and identify factors that could be targeted to mitigate risk in subsequent generations.*

**Section:** Developmental Psychology

**Session ID:** 113138 - Symposium

*A scoping review on the intergenerational transmission of child maltreatment in Black families*

**Main Presenting Author:** Sawyer, Kafui

**Additional Authors:** Barriault, Sophie ; Racine, Nicole

*Abstract: This research addresses a critical gap in understanding the intergenerational transmission of child maltreatment among Black families in Canada through a scoping review. The scoping review is reported following the Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews (PRISMA-SCR) guidelines (Tricco et al., 2018). A search strategy was developed to capture 3 key concepts related to the objectives of this review: child maltreatment, intergenerational patterns, and Black families. The search yielded a total of 311 records from 3 key databases: PsycINFO (n = 140), Medline (n = 101), and CINAHL (n = 70). 195 articles were screened based on their titles and abstracts only. Out of these, 151 articles were excluded for irrelevance to the study. 44 articles were left for further assessment. 39 additional articles were excluded because 8 did not show an intergenerational pattern of maltreatment, 29 did not have a*

sample consisting entirely of Black participants, and 2 did not contain any empirical findings. For studies where the sample was not 100% Black, we assessed whether the findings were presented separately by race/ethnicity. As a result, 5 articles remained for analysis. This research provides new insights into research while providing evidence to decrease child maltreatment and child welfare involvement in Black families.

**Section:** Developmental Psychology

**Session ID:** 113283 - Paper within a symposium

*Patterns of Continuity and Discontinuity of Childhood Maltreatment across Generations: A Meta-Analysis*

**Main Presenting Author:** Madigan, Sheri

**Additional Authors:** Turgeon, Jessica ; Racine , Nicole; Zhu, Jenney ; Alink, Lemmele R.A.; Ereyi-Osas, Whitney; Fearon, R.M. Pasco

*Abstract: Empirical tests of the “cycle of maltreatment” hypothesis have typically focused on the presence or absence of child maltreatment across generations. However, this limited focus does not account for diverse intergenerational pathways of maltreatment. This meta-analysis synthesizes data to determine the distribution of cycle maintainers, breakers, initiators, and unaffected families (i.e., controls). Of the 65 independent studies (80 samples), 30 examined cycles of maltreatment, while 27 reported data for physical abuse, 17 sexual abuse, 5 neglect, and 1 emotional abuse. For general maltreatment, 17.1% (95% CI: 12.1%, 22.1%) were cycle maintainers, 23.6% (95% CI: 18.0%, 29.2%) were cycle breakers, 11.4% (95% CI: 7.8%, 15.1%) were cycle initiators and 47.8% (95% CI: 39.7%, 55.9%) controls, respectively. Thus, although a parents maltreatment history is a risk factor, a greater proportion of parents break the cycle of maltreatment versus maintain it. Moderator analyses showed that study design, assessment methods, and demographic characteristics influence maltreatment transmission rates. Intergenerational patterns of physical, sexual, and emotional abuse and neglect are also detailed. Our findings underscore the complexity of intergenerational maltreatment, highlighting the need to explore not only its maintenance but also the protective factors that help break cycles and the risk factors that drive its initiation.*

**Section:** Developmental Psychology

**Session ID:** 113240 - Paper within a symposium

*The Legacy of Adversity: A Meta-Analysis of Caregiver and Child Adverse Childhood Experiences*

**Main Presenting Author:** Zhu, Jenney

**Additional Authors:** Deneault, Audrey-Ann ; Turgeon, Jessica; Madigan, Sheri

*Abstract: BACKGROUND/RATIONALE. Adverse childhood experiences (ACEs), including abuse, neglect, and household dysfunction experienced prior to age 18 are common. There exists robust support for the association between ACEs and negative mental and physical health outcomes across the lifespan. However, the extent to which caregiver ACEs is associated with their child's ACEs score is unclear, with existing research demonstrating mixed findings. Thus, it is both critical and timely to synthesize this work to determine the overall magnitude of associations. METHODS. A systematic search method was employed to carry out the meta-analysis ( $k = 17$  studies;  $N = 4,872$  caregiver-child dyads). A meta-analysis was performed in R to ascertain the pooled effect size of the association*

between caregiver and child ACEs. Moderator analyses were conducted. RESULTS. Results revealed a large pooled effect size between caregiver and child ACEs,  $r = .33$ , (95% CI: .25, .41),  $p < .001$ . The association was stronger among studies with younger caregivers,  $b = -.02$ , (CI: -.04, -.001),  $p = .045$  and caregiver-report of child ACEs,  $b = -0.22$ , (CI: -.37, -.08),  $p = .002$ . CONCLUSIONS. Caregiver history of ACEs is associated with increased risk for child ACEs. ACTIONS. Prevention and intervention efforts targeted towards caregivers should be trauma-informed and bolstering factors that may mitigate intergenerational ACEs.

**Section:** Developmental Psychology

**Session ID:** 113204 - Paper within a symposium

### *Enhancing Educator Mental Health Literacy in Nova Scotia: Training, Policy Gaps, and Implications for Student Well-being*

**Moderator(s):** Page, Damian

**Abstract:** BACKGROUND/RATIONALE: Educators play a vital role in identifying and supporting student mental health, but disparities in mental health literacy (MHL) training exist, especially among pre-primary educators. This study examines MHL training effectiveness and evaluates Nova Scotia (NS) policies on teacher preparation and certification. METHODS: Three phases were conducted: a cross-sectional survey ( $N = 254$ ) assessing educators MHL and diagnostic accuracy; an intervention study evaluating Learn Mental Health (LMH) modules in Bachelor's and Master's of Education courses; and a policy analysis reviewing NS educational policies and training standards. RESULTS: Educators with graduate degrees or LMH training showed stronger MHL and better diagnostic accuracy, while pre-primary educators scored lowest. The intervention significantly improved MHL knowledge but had limited impact on reducing stigma or enhancing diagnostic skills. Policy analysis revealed gaps in MHL competency requirements and a lack of emphasis on mental health preparedness in teacher training. CONCLUSIONS: Robust, standardized MHL training is essential across all educational tiers. Targeted interventions are needed to address stigma and diagnostic skills. Coherent policies and cross-sector collaboration are crucial to improving educator MHL and student mental health outcomes.

**Section:** Educational and School Psychology

**Session ID:** 112537 - Symposium

### *A Survey of Educator's Mental Health Literacy in Nova Scotia, Canada: Identifying Patterns by Training and Experience*

**Main Presenting Author:** Page, Damian

**Abstract:** The purpose of this provincial cross-sectional survey ( $N = 254$ ) was to explore the mental health literacy (MHL) of educators, and particularly, if training and experience explains differences in MHL. There were meaningful differences based on MHL training and between educators of different division levels. Those who completed graduate degrees or took Learn or Teach MHL training modules clearly had stronger MHL knowledge and abilities to accurately discriminate mental health needs on a vignette measure. Pre-primary educators had the lowest MHL knowledge and ability to discriminate mental health needs on a vignette measure. Our findings evidence current disparities in, as well pathways towards, improving MHL training for pre- and in-service educators, including pre-primary educators. Significant relationships observed between measures of MHL, and vignette discrimination accuracy suggest MHL training for educators may strengthen help-seeking pathways through the

*timely identification of students experiencing mental disorders and the judicious provision of mental health resources for these students.*

**Section:** Educational and School Psychology

**Session ID:** 112551 - Paper within a symposium

*Examining current educational mental health policies in Nova Scotia identifying gaps and suggestions for policy reform*

**Main Presenting Author:** Page, Damian

**Abstract:** This policy analysis examines the state of teacher mental health literacy (MHL) training and support in Nova Scotia (NS) schools. By reviewing existing policies, accreditation standards, and Bachelor of Education (B.Ed.) programs, the study identifies strengths and gaps in the current landscape. The analysis explores whether pre-service teacher training sufficiently develops MHL competencies and if provincial certification mandates these skills. It also evaluates in-service policies at governmental and school board levels, assessing their effectiveness in enhancing educators' mental health preparedness. Drawing on the Evergreen Framework and inclusive education policies, this study highlights the need for coherent MHL integration across educational tiers. Recommendations address policy gaps, advocate for robust pre-service MHL training, and emphasize collaborative, culturally responsive approaches to support educators and improve student outcomes.

**Section:** Educational and School Psychology

**Session ID:** 112553 - Paper within a symposium

*Examining the impact of mental health literacy training on pre-service and in-service teachers' mental health literacy*

**Main Presenting Author:** Gilham, Chris

**Abstract:** BACKGROUND/RATIONALE: Educators play a crucial role in identifying and supporting student mental health. This study evaluated the Learn Mental Health (LMH) modules, integrated into Bachelor's and Master's of Education programs, to assess their effectiveness in improving educators' mental health literacy knowledge (MHLK), reducing stigma (MHLS), and enhancing the ability to identify student mental health needs. METHODS: Using a controlled intervention design, participants were divided into treatment, active control, and passive control groups. LMH modules were delivered through course content. Outcomes measured included MHLK, MHLS, and the ability to assess student needs via a vignette-based measure (VSES). ANCOVA and mixed two-way ANOVAs assessed group differences. RESULTS: ANCOVA revealed significant improvements in MHLK for the treatment group compared to both control groups, adjusted for pre-intervention scores. Mixed two-way ANOVA showed significant interaction between intervention condition and time, with the treatment group demonstrating the greatest MHLK gains. However, no significant changes were observed for MHLS or VSES. CONCLUSIONS: LMH modules effectively enhance educators' mental health literacy but have limited impact on reducing stigma or improving their ability to discern student mental health needs. Targeted strategies are needed to address these areas.

**Section:** Educational and School Psychology

**Session ID:** 112552 - Paper within a symposium

## Enhancing Effectiveness and Accessibility of Child Trauma Resources: Service Evaluation and the Implementation of a Novel Intervention

**Moderator(s):** Thiemann, Raela

**Abstract:** *Nearly 60% of Canadians report experiencing child maltreatment, including abuse and neglect, before age 15. The lasting impacts of trauma can be immense, but children who receive trauma treatment report reductions in trauma symptoms and other negative outcomes. The Child Abuse Service (CAS) within the Luna Child and Youth Advocacy Centre supports youth exposed to trauma from abuse and sought a collaborative research partnership between CAS clinicians and researchers at the Universities of Calgary and Ottawa. The present symposium will provide a comprehensive examination of the effectiveness of treatment at CAS (Paper 1) and outline the creation (Paper 2) and implementation (Paper 3) of a novel digital health solution. Aligned with the Program Theme of improving and promoting health, this symposium will explore how to optimize child trauma treatment outcomes and provide accessible support to vulnerable children and families. Ms. Côté, BA, studies the transmission of trauma in at-risk families and works closely with CAS treatment data. Ms. Thiemann, BSc, offers expertise in childhood adversity research and has a history of involvement in intervention and research support at CAS. Dr. Hartwick, PhD, RPsych, is a CAS clinician working firsthand with children exposed to trauma and advises on research initiatives through a patient-oriented lens.*

**Section:** Clinical Psychology

**Session ID:** 112012 - Symposium

*Enhancing the Effectiveness and Accessibility Child Trauma Resources in Canada: The Caregiver and YouthOnline Psycho-Education (COPE) Project*

**Main Presenting Author:** Thiemann, Raela

**Additional Authors:** Racine, Nicole ; Hartwick, Cailey; Ly, Anh; Jang, Greta; Switzer, Jessica; Dimitropoulos, Gina; Madigan, Sheri

**Abstract:** *Without psychological interventions and support, maltreated children are at risk of post-traumatic stress disorder and other long term mental health challenges. Psychoeducation is often the first component of trauma treatment. It provides relevant and empirically-based information about trauma and strategies for symptom management. This offers a vital foundation for trauma management, recovery, and resilience. The Caregiver Online Psycho-Education (COPE) resource is a novel online platform, rich in evidence-based psychoeducational content, designed for caregivers with maltreated children. This paper examines the development of COPE and its effectiveness in reducing youth trauma symptoms and decreasing caregiver stress. Participants include 100 caregivers (50 randomly assigned to COPE, 50 to waitlist control) of children waitlisted for trauma treatment. Preliminary results from linear mixed models suggest that the COPE intervention group reports significantly lower child trauma symptoms and caregiver stress (assessed via validated questionnaires) compared to the control group, controlling for demographic differences. COPE is an unprecedented, coordinated effort to enhance child trauma services through the refinement of evidence-based online services and holds promise as an effective, accessible source of support for vulnerable children and their families.*

**Section:** Clinical Psychology

**Session ID:** 113896 - Paper within a symposium

*The Caregiver and Youth Online Psycho-Education (COPE) Project: Implementation and Dissemination for Equitable Access to Trauma Resources*

**Main Presenting Author:** Hartwick, Cailey

**Additional Authors:** Racine, Nicole ; Ly, Anh; Thiemann, Raela; Figueras, Ana; Switzer, Jessica; Dimitropoulos, Gina; Madigan, Sheri

*Abstract: Most children face long waitlists for treatment after trauma exposure despite evidence suggesting that early intervention is critical for improved health outcomes. While waitlisted, there is a window of opportunity to provide resources to help families cope with the acute impacts of trauma. The Caregiver and Youth Online Psycho-Education (COPE) resource, available online while awaiting treatment, provides supportive guidance to caregivers of children exposed to trauma. It is crucial to determine the most effective means of implementing and disseminating COPE to provide equitable access for families. This Hybrid Type 2 Implementation study will test the feasibility and utility of COPE implementation strategies. Hybrid Type 2 studies offer valid estimates of clinical effectiveness and assess which conditions best facilitate intervention uptake. We will examine whether staff training, clinician team meetings, and an interactive COPE module for caregivers increases adoption and sustainability of COPE in clinical settings. This study is being conducted across 4 Child Advocacy Centres (CACs) and will enroll 300 participants; 150 will receive the intervention with 75 receiving an enhanced implementation and 75 receiving a basic implementation. The other 150 will join a waitlist control. Results will inform the dissemination and implementation of COPE in over 30 CACs across Canada.*

**Section:** Clinical Psychology

**Session ID:** 113899 - Paper within a symposium

*The Role of Child Resilience in Adverse Childhood Experiences and Trauma Symptoms in a Clinical Sample*

**Main Presenting Author:** Côté, Cynthia

**Additional Authors:** Barriault, Sophie ; Roy, Dominique; Thiemann, Raela; Madigan, Sheri; Racine, Nicole

*Abstract: Research suggests that exposure to adverse childhood experiences (ACEs) are not deterministic of trauma symptoms as many children display resilience in the face of adversity. However, limited research has been conducted in clinical samples who have experienced the most severe forms of maltreatment. This research examined the influence of resilience on trauma symptoms and ACEs in children who have faced high levels of adversity including abuse. A retrospective file review of 73 youth from CAS the Luna Child and Youth Advocacy Centre in Calgary, AB and their caregiver was conducted. Participants also completed a series of questionnaires to assess trauma symptoms and resilience. Preliminary results suggest that children with greater social ecological resiliency factors, such as individual, family, and community resources were less at risk for trauma symptoms following an ACE. Despite this, resilience did not significantly moderate the association between ACEs and trauma symptoms. This research is a first step toward understanding the protective influence of resilience in youth facing high levels of adversity. The findings highlight the importance of promoting social ecological resiliency factors in early prevention programs with at-risk families though enhanced access to resources.*

**Section:** Clinical Psychology

**Session ID:** 113892 - Paper within a symposium

*Family Transactions and Trajectories of Well-being: Multi-level Considerations within Parent-Child Relationships, Mental Health, and Health Service Access Research*

**Moderator(s):** Smith, Jackson

*Abstract: A family-wide approach is essential to our understanding of child mental health services, including utilization patterns and outcomes following intervention. However, limited work in this area employs multi-level approaches, often considering family subsystems individually. Research informed by family-systems theory can shed light on the interconnected factors shaping families' service-related decision making and outcomes. In this symposium, the first presentation will discuss the interrelated dynamics that contribute to families' service utilization patterns, in community and clinical samples. Thereafter, the second presenter will discuss trends in service utilization following the completion of a brief mental health intervention. Finally, the last study will examine various facets of parenting-related self-perceptions, following the same brief mental health intervention, and associations with child outcomes. This symposium will provide longitudinal and multi-level insights into family transactions and the ways in which they may inform service utilization patterns and intervention outcomes. The discussant will integrate these combined findings, highlighting the importance of family-wide considerations when examining child and family outcomes following interventions and broader service utilization patterns.*

**Section:** Family Psychology

**Session ID:** 112382 - Symposium

*Family-Wide Mental Health and Health Service Access Trends Following Brief Emotion-Focused Family Therapy (EFFT)*

**Main Presenting Author:** Colucci, Laura

**Additional Authors:** Sloss, Imogen ; Forouge, Mirisse; Browne, Dillon

*Abstract: Amidst the increasingly high incidence of child mental health concerns, there is a growing need for accessible and high-impact services that maximize family resources. Emotion-Focused Family Therapy (EFFT) workshops represent one such program, designed to empower caregivers to support their child's recovery; however, no studies have identified the role of brief EFFT amidst the broader sphere of mental health services for children and youth. Parents of children aged 8 years and older completed a brief 2-day, EFFT program focused on advanced and trauma-informed strategies for parent-child co-regulation ( $n=150$ ), with surveys pre-and post-intervention. Using hierarchical regression, analyses will evaluate predictors of child, parent, and family-wide mental health and health service use in the year following the program. It is anticipated that unique patterns will be observed across children and caregivers, with children having a greater level of services accessed, which will be predicted by family-wide demographic factors and pre-intervention symptom severity. Using a family-systems approach to evaluate post-intervention service use outcomes, these results will inform a more fulsome evaluation of parent EFFT than is presently available, clarifying the role of brief interventions as they relate to trajectories of recovery within parent-involved children's mental health care.*

**Section:** Family Psychology

**Session ID:** 113753 - Paper within a symposium

*Health and Social Service Utilization Patterns in Children and Caregivers: An Exploration Across Family Profiles*

**Main Presenting Author:** Castelino, Chantelle

**Additional Authors:** Zhang, Jasmine ; Forouge, Mirisse; Wade, Mark; Browne, Dillon

*Abstract: Several factors influence children and families' ability to access to health and mental health services. Additionally, each family has unique service needs. Person-centered data analysis provides great utility in identifying clinical presentations to guide service-related decision making. However, this approach is underutilized in family science, resulting in gaps in understanding differential patterns of family-wide processes. To address this limitation, the present study identified latent profiles of family functioning, based on indicators relating to family subsystems and contextual factors. Participants came from two samples with harmonized measurement ( $n=549$  families from a general epidemiological sample, and  $n=150$  families from a family-based psychological clinic). The identified profiles predicted subsequent child and caregiver mental health. Further, levels of health and social service utilization will be examined as a function of family profile. This presentation will highlight the various factors that contribute to differential patterns of service utilization, such as relational challenges, external supports, sociodemographic characteristics, and previous clinical exposure. Furthering our understanding of the interconnected family dynamics that affect service utilization patterns may have implications to improve accessibility of services and more targeted support.*

**Section:** Family Psychology

**Session ID:** 113751 - Paper within a symposium

*Interrelations among caregiver parenting-related self-perceptions and child outcomes following a brief Emotion Focused Family Therapy intervention*

**Main Presenting Author:** Smith, Jackson

**Additional Authors:** Forouge, Mirisse ; Browne, Dillon

*Abstract: Family interventions aim to change several aspects of the family system, including structural elements and relational processes with the goals of improving family-wide, dyadic, and individual functioning as well as children's developmental trajectories. Several studies have shown promising results for Emotion-Focused Family Therapy's (EFFT) effectiveness related to supporting general family functioning, caregiver self-efficacy, and child mental health. However, no studies have examined changes to parent, child, or family functioning following EFFT using network analysis. The present study aims to address this gap by examining parenting-related self-perceptions and child outcomes following a 2-day intensive EFFT workshop in a large Canadian city with caregivers of ( $N = 337$ ) children. This study uses dynamic network analysis to examine the interrelationships among caregiver self-efficacy, parenting sense of competence, child mental health outcomes, and emotion regulation over the course of one year following the intervention. Specifically, the multilevel network models reveal (1) how these aspects of parent and child functioning relate to each other over time, (2) within-time associations, and (3) how patterns of parent and child functioning differ across families.*

*Treatment implications are discussed in relation to evidence-based models of family-level interventions.*

**Section:** Family Psychology

**Session ID:** 113754 - Paper within a symposium

***Leveling Up with ADHD: Understanding Risk and Fostering Resilience in a Post-Secondary Context***

**Moderator(s):** McAuley, Tara

**Abstract:** *BACKGROUND: Most children diagnosed with ADHD grow up to pursue educational opportunities in college or university. At the same time, most will do so whilst continuing to experience impairing symptoms of the disorder. This symposium highlights contributions to our understanding of risk and promotion of resilience in young adults with ADHD, or subclinical ADHD, in a post-secondary context. METHODS: The symposium includes a scoping review of extant research on resilience factors in young adults with ADHD (Paper 1) and 3 correlational studies that explore risk, resilience, and university adjustment in students who have ADHD or high levels of ADHD traits (Papers 2 and 3). RESULTS: Although resilience is relatively unexplored in the ADHD literature, social support and hope emerge as important resilience factors in young adults with the disorder (Paper 1). Among university students, EF challenges are a particularly potent predictor of maladjustment (Papers 1 and 2); however, resilience can be fostered via adaptive emotion regulation (Paper 2) and self-initiated learning strategies (Paper 3). CONCLUSIONS: Collectively, these papers highlight cognitive, social, and emotional factors associated with risk and resilience in young adults with ADHD. ACTION/IMPACT: Findings hold practical relevance for supporting the function of young adults with ADHD in colleges and universities.*

**Section:** Educational and School Psychology

**Session ID:** 113186 - Symposium

***'Being Well' as a New Metric of University Success: Exploring Self-regulatory Risk and Resilience in Undergraduate Students***

**Main Presenting Author:** McAuley, Tara

**Additional Author:** Wasif, Fatima

**Abstract:** *BACKGROUND: Student wellbeing is increasingly recognized as an important facet of the university experience. Our work investigates students' emotional and cognitive self-regulation in relation to their affective wellbeing and psychological distress. METHODS: We ran two online studies with undergraduates. Study 1 included 210 students (73% female), who completed surveys of emotion regulation, everyday application of executive function (EF) abilities, and mental health. Study 2 included 169 undergraduates (56% female) completed identical surveys plus a questionnaire of negative and positive affect. RESULTS: Psychological distress and negative affect were higher amongst students reporting more everyday EF challenges coupled with a tendency of trying suppress rather than reappraise their emotional experiences. For students with the highest level of EF challenge, increasing use of reappraisal mitigated greater negative affect and psychological distress – a pattern not observed in students with the lowest level of EF challenge, for whom these indicators were consistently low. CONCLUSIONS: EF challenges and maladaptive ER strategies were risk factors for worse wellbeing in undergraduates, though this effect was buffered by engagement with*

*adaptive ER. IMPACT: Practical implications of our findings speak to the allocation of university resources for the promotion of student success.*

**Section:** Educational and School Psychology

**Session ID:** 113230 - Paper within a symposium

*Exploring Resilience in ADHD: A Scoping Review of Social and Emotional Factors in Young Adults*

**Main Presenting Author:** Charabin, Emma

**Additional Author:** Climie, Emma

**Abstract:** *BACKGROUND: Attention-deficit/hyperactivity disorder (ADHD) is a lifelong disorder with a prevalence of approximately 10% (APA, 2022). Young adults with ADHD are at risk of adverse outcomes, including anxiety and depression (APA, 2022; Nelson and Liebel, 2018). Given the ubiquity of deficit-based research within the ADHD literature, there is a need for research that explores how young adults with ADHD can achieve positive outcomes. Our work focuses on factors that promote resilience, conceptualized broadly as “positive patterns of adaptation in the context of adversity” (Masten and Obradovic, 2006, p. 14). METHOD: A scoping review was undertaken to survey empirical research on resilience in young adults with ADHD. A search of peer-reviewed journals was completed using Google Scholar, PubMed, and PsycInfo. With appropriate PRISMA strategies applied, selected articles focused on social and emotional factors of resilience. RESULTS: Key findings highlight the importance of social support and hope. CONCLUSION: Although research on resilience in ADHD is limited, our review identifies specific social-emotional factors linked to positive outcomes in young adults with this disorder. IMPACT: By developing a greater comprehension of research on resilience as reported by young adults with an ADHD diagnosis, professionals may be better able to find strength-based ways to support people with ADHD.*

**Section:** Educational and School Psychology

**Session ID:** 113193 - Paper within a symposium

*Scattered but Supported: The Impact of ADHD Traits and Academic Supports on Undergraduate Adjustment*

**Main Presenting Author:** MacPherson, Brianna

**Additional Authors:** McAuley, Tara ; Chan, Kendall

**Abstract:** *BACKGROUND: Students with ADHD may be able to access accommodations to support their learning, but those with similar impairments without a formal diagnosis often miss out. This work examines the impact of accommodations for diagnosed students and those with subclinical ADHD symptoms. METHODS: Study 1 included 161 students who provided open-text information on university-provided academic accommodations (AA) and self-initiated academic strategies (SIAS). Responses were used to create a measure of academic supports. Study 2 included 199 students who completed the academic support measure and questionnaires asking about their background, ADHD traits, executive functions (EFs), and university function. Both studies were run online. RESULTS: Hierarchical regressions showed that students who had an ADHD diagnosis and used more SIASs evidenced greater academic resilience. In contrast, students with EF challenges had lower GPAs, felt less belonging in university, and endorsed more mental health concerns. Mental concerns were also greater amongst students using AAs. CONCLUSIONS: EF challenges are a potent risk-factor for*

*university maladjustment. Undergraduate students with neurodevelopmental differences may offer insights into fostering resilience. IMPACT: Findings elucidate how academic supports impact undergraduates and lead to practical suggestions for supporting students in need.*

**Section:** Educational and School Psychology

**Session ID:** 113197 - Paper within a symposium

### **Maternal mental health during the perinatal period**

**Moderator(s):** Séguin, Katherine

**Abstract:** This symposium explores the interplay between maternal mental health, lifestyle habits, and related mother and child outcomes during the perinatal period and the COVID-19 pandemic. The topic is both timely and pertinent, given the wider impacts of the pandemic on maternal and child well-being. It provides interesting insights into how maternal mental health and lifestyle habits are intertwined and how maternal mental health can be associated with parenting and infant outcomes, addressing relevant gaps in the literature. The first presentation focuses on prenatal experiences, investigating how prenatal physical activity (i.e., walking) in late pregnancy is associated with lower symptoms of anxiety, depression, and perceived stress. The second presentation examines associations between maternal mental health, sleep quality, and parenting over the first postpartum year. Using a cross-lagged model, this approach elucidates directional links and highlights maternal mental health as a key pathway associated to parenting. The third presentation investigates links between prenatal maternal depressive symptoms and infants sleep quality during the first postpartum year. These presentations provide a unique perspective on maternal mental health during the perinatal period, a particularly vulnerable time for mental health difficulties, to guide the development of effective strategies.

**Section:** Family Psychology

**Session ID:** 112624 - Symposium

*Associations between maternal mental symptoms and infant sleep at 3 and 12 months postpartum during the COVID-19 pandemic*

**Main Presenting Author:** El Houda Belmabrouk, Nour

**Additional Authors:** Séguin, Katherine ; Brun, Angélique; Giac, Raphaëlle; Vaillancourt, Cathy; Lippé, Sarah; Booij, Linda; Herba, Catherine M.

**Abstract:** *BACKGROUND: The COVID-19 pandemic heightened perinatal vulnerability, exacerbating maternal mental health issues. These issues can be linked to infant sleep difficulties which can have lasting effects on child development. Anchored within the Developmental Origins of Health and Disease framework, this study will explore how maternal mental health during the pandemic can be associated with infant sleep. METHODS: Pregnant individuals were recruited from October 2020-September 2022 across Quebec for the Resilience and Perinatal Stress during the Pandemic Study ( $N=1669$ ). The current study will use data from the 3 and 12 months postpartum timepoints. Maternal depressive symptoms and infant sleep (i.e., duration, night wakings, and routine consistency) were measured with validated questionnaires completed online. RESULTS: Multiple regression analyses will examine associations between maternal depressive symptoms at 3 and 12 months postpartum and infant sleep disruptions while controlling for key variables (i.e., breastfeeding, COVID-19 wave). Data are available and analyses will be completed by April*

**2025. CONCLUSIONS:** Supporting maternal mental health is key for infant well-being, emphasizing the need for interventions targeting depressive symptoms and sleep practices. **IMPACT:** This study will provide additional insights into the impact of maternal mental health and infant sleep.

**Section:** Family Psychology

**Session ID:** 113319 - Paper within a symposium

*Longitudinal links between maternal mental health, sleep quality, and perceived parental impact during the COVID-19 pandemic*

**Main Presenting Author:** Séguin, Katherine

**Additional Authors:** Pennestri, Marie-Hélène ; Booij, Linda; Giac, Raphaëlle; Brun, Angélique; Vaillancourt, Cathy; Lippé, Sarah; Herba, Catherine M.

**Abstract:** *BACKGROUND: Research shows that poor sleep quality can predict maternal mental health problems over time, which may impact parenting outcomes. Yet, knowledge is lacking on directionality of associations, which could help to effectively target intervention strategies.*

*METHODS: Pregnant individuals and new mothers were recruited from October 2020-September 2022 across Quebec for the Resilience and Perinatal Stress during the Pandemic Study. Participants ( $N=1385$ ) completed validated questionnaires online during the 3rd trimester of pregnancy (T1), at 3 months postpartum (T2) and 12 months postpartum (T3). Analyses were conducted using cross-lagged models. RESULTS: Maternal anxiety and depressive symptoms at T1 were associated with poorer sleep quality at T2 (anx.:  $\beta=.152$ ,  $SE=.035$ ,  $p=$*

**Section:** Family Psychology

**Session ID:** 113315 - Paper within a symposium

*Maternal stress and walking in the 3rd trimester of pregnancy during the COVID-19 pandemic*

**Main Presenting Author:** Brun, Angélique

**Additional Authors:** Ruchat, Stéphanie-May ; Séguin, Katherine; Giac, Raphaëlle; Vaillancourt, Cathy; Lippé, Sarah; Booij, Linda; Herba, Catherine M.

**Abstract:** *BACKGROUND: Prenatal physical activity (PA) has benefits for maternal mental health. As walking is the most popular prenatal PA, it is an interesting intervention target to increase PA levels and prevent prenatal stress. The aim of this study was to examine the associations between walking and indices of prenatal maternal stress, and to identify demographic factors associated with walking.*

*METHODS: Pregnant individuals were recruited into the Resilience and Perinatal Stress during the Pandemic Study from October 2020-September 2022 across Quebec. Analyses focus on the online questionnaire administered in the 3rd pregnancy trimester ( $N=1086$ ). RESULTS: Higher levels of walking were significantly associated with lower symptoms of generalized anxiety ( $\beta=-0.07$ ,  $p=0.03$ ), depression ( $\beta=-0.07$ ,  $p=0.03$ ) and perceived stress ( $\beta=-0.09$ ,  $p=0.008$ ). Participants with a higher population density around their residence, with a university degree, and who completed their questionnaire in the 2nd wave of the pandemic reported higher levels of walking.*

**CONCLUSIONS:** *Increased walking is associated with lower symptoms of anxiety, depression, and stress in pregnant individuals. IMPACT: This study contributes to a better understanding of factors associated with walking in the 3rd trimester, guiding future research in the conceptualization and promotion of interventions targeting walking.*

**Section:** Family Psychology

**Session ID:** 113374 - Paper within a symposium

**Psychologists in Hospitals and Health Centers (PHHC) Graduate Student Research Symposium**

**Moderator(s):** O'Callahan, Aidan S

**Abstract:** The psychologists role within hospitals and health centers is diverse, multifaceted, and critical in advancing the field of psychological research and application within this setting. The presentations within this symposium are in keeping with the CPA's convention mission to highlight the many ways in which the field of psychology can benefit society, improve lives, and advance the discipline in that they showcase graduate students research that seeks to enhance patient care and improve quality of life. This years three presentations are nuanced, highlighting the implementation of a smoking cessation group intervention, a gender-affirmative group CBT intervention, and a psychoeducational intervention utilizing bio-feedback technology. Specifically, the first presentation discusses the evaluation of a smoking cessation group intervention for forensic psychiatric inpatients. The second presentation investigates qualitative and quantitative patient responses to a gender-affirmative group CBT intervention in a health center setting. The third presentation discusses a study examining the efficacy of psychoeducation surrounding sleep hygiene and bio-feedback technology for tracking sleep. This symposium will inform psychologists and trainees about the latest research within hospitals, health centers, and related settings

**Section:** Psychologists in Hospitals and Health Centres

**Session ID:** 112510 - Symposium

**Evaluation of a Gender Affirmative Group CBT Intervention at the Centre for Addiction and Mental Health's Gender Identity Clinic: Implementation and Preliminary Evaluation of the Transcending Protocol**

**Main Presenting Author:** Berlin , Graham W

**Additional Authors:** Vitopoulos , Nina A; Brisland , Benn; Hatchard , Taylor

**Abstract:** *Background:* Research indicates higher rates of mental health disorders among transgender and gender diverse (TGD) individuals related to gender minority stress (GMS). GMS refers to gender identity specific stress experienced by TGD individuals (discrimination, internalized transnegativity) in addition to general stressors. Transcending, originally developed by Hatchard et al. (2024) in a youth context, is a group CBT intervention that integrates GMS with cognitive, behavioural, and skills-based components to target GMS factors contributing to mental health symptoms. The Centre for Addiction and Mental Health's Adult Gender Identity Clinic recently implemented a Transcending group and preliminary program evaluation will be presented. *Method:* Pre/post intervention scales assessed anxiety, depression, PTSD, hope, GMS, and group acceptability. Pre-post changes in symptoms and qualitative acceptability responses will be analyzed. *Results:* 75% of group members completed pre-intervention scales. Post-intervention scales will be administered February 2025. *Conclusions:* This project extends Transcending to a broader TGD population, with greater age range, and provides further support for effectiveness and feasibility. *Impact:* Affirmative evidence-based treatments targeting GMS are critically needed to support TGD individuals. The CBT and group format increases feasibility of implementation across healthcare settings.

**Section:** Psychologists in Hospitals and Health Centres

**Session ID:** 112534 - Paper within a symposium

*Implementing a Smoking Cessation Group Intervention with a Forensic Psychiatric Hospital In-Patient Population*

**Main Presenting Author:** Currie , Lauren N

*Abstract: Smoking cigarettes is a major health issue, especially for individuals with mental illnesses, where rates are 40-50% compared to 15.8% in the general population. Individuals with mental health diagnoses face unique challenges when quitting due to perceived benefits, such as social connection, reduced boredom, a sense of autonomy and identity, and, in some cases, relief from mental health symptoms (e.g., anhedonia). However, this group is at higher risk for smoking-related diseases and reduced life expectancy. Despite the negative impacts of smoking there is limited emphasis on providing education, interventions, and tailored cessation support. Structural barriers also hinder the implementation of psychological treatment and nicotine replacement therapy (NRT), such as financial constraints, professional buy-in, and patient misuse of NRT's. To address this gap, a smoking cessation counselling group intervention was developed specially for psychiatric in-patients. Diagnoses and symptoms, medications, and restricted autonomy were addressed. Interdisciplinary consultation and mental health provider education were integral to the process. The counselling group was offered to all interested patients, regardless of their stage of change, and was delivered alongside independent NRT options. Patient perspectives, challenges encountered, and lessons learned will be discussed.*

**Section:** Psychologists in Hospitals and Health Centres

**Session ID:** 112531 - Paper within a symposium

*Integrating Wearable Technology into Biofeedback Interventions: A Novel Feasibility and Pilot Study Amongst Young Adults*

**Main Presenting Author:** Sitka , Madissen B

**Additional Authors:** Barscello , Jena ; Turner , Hayley ; Roos, E Lesley ; Giuliano , Ryan J

*Abstract: Biofeedback interventions improve health knowledge and psychophysiological functioning through utilizing evidenced based breathing and sleep hygiene exercises. Here, we examine 2 studies designed to explore the efficacy of a novel, wearable-technology based biofeedback intervention. Study 1 assessed acceptability through an online questionnaire delivered to 163 undergraduate students ( $M = 21.59$ ,  $SD = 5.22$ ). Results indicate acceptability of this intervention with 48.4% of participants reporting an interest in completing a wearable-technology biofeedback intervention, and 72% indicating that such a program would be personally beneficial. Following study 1, we are now recruiting cohorts of undergraduate students to participate in an 8-week pilot study. Participants are receiving psychoeducation materials describing sleep hygiene techniques and wearable technology (Fitbit watch) to engage in breathing exercises and sleep tracking. Based on the literature demonstrating the impact of biofeedback interventions on wellbeing, we expect there to be a positive change in participant sleep duration and quality as assessed by Fitbit watches. Longitudinal lab visits and EEG/ECG measures will be used to assess physiological responses to this intervention. Given the relationship between sleep and mental health, exploratory analysis will be conducted to assess the efficacy of this intervention in improving symptoms of anxiety and depression. Using wearable-technology has the potential to improve patient sleep and associated wellness outcomes, making it well-suited for inpatient and outpatient care models.*

**Section:** Psychologists in Hospitals and Health Centres

**Session ID:** 112536 - Paper within a symposium

### *Sex Trafficked Youth in Canada: Addressing the Federal Call for Action Through a Research Partnership With Child Welfare Agencies*

**Moderator(s):** Connolly, Jennifer

**Abstract:** In 2019 the federal government issued a “National Strategy to Combat Human Trafficking”, intended to prevent this pernicious crime by increasing public awareness, educating front-line workers, and supporting victims including high-risk youth from marginalized communities. Trafficking is the “recruitment, transportation or harbouring of persons for the purpose of exploitation”. Sex trafficking (ST) accounts for most cases of exploitation; 98% of victims are female and youth under 18 account for 26% of victims. Traffickers victimize marginalized youth, very often those involved with Child Welfare (CW). There are challenges to answering this call to. Victims rarely self-report to police or caregivers, out of fear of trafficker reprisal, trauma bonding, or shame. Identifying victims thus relies on adults and front-line workers. Screening tools available to them are often without solid psychometrics, nor developed for CW workers. Symposium papers from a research lab address these challenges. The first describes the construction of a screening tool for CW workers. The second examines CW workers’ difficulty in judging a child’s risk status. The third explores demographic and socio-emotional patterns of youth with ST involvement. This symposium responds to the federal call to action, offering insights into current challenges and providing directions for future research.

**Section:** Developmental Psychology

**Session ID:** 112398 - Symposium

### *A Closer Look: Common Experiences and Risk Factors Among Child Welfare Youth Victims of Sex Trafficking*

**Main Presenting Author:** Benvenuto, Katherine

**Additional Authors:** Niyogi, Ojaswi ; Connolly, Jennifer

**Abstract:** Youth involved with Child Welfare (CW) are at high risk of sex trafficking victimization. While studies of adult survivors reveal pathways into trafficking, little is known about CW-involved youth currently identified as traffic-involved. This research adopts a case study approach to explore risk factors among these youth with current sex trafficking involvement. **Method.** CW workers completed the Screening Tool for 623 youth, identifying 28 (71% female) as confirmed or suspected trafficking victims. Common risk factors from the YST and worker commentary are summarised. **Results.** Youth were 16.6 years old on average. Majority of youth did not live with their families (68%) and had experienced negative life changes in the past year (71%). Common warning signs of entrapment included exposure to drugs/alcohol (64%), running away (50%), connecting to people involved in trafficking (46%), hitchhiking (42%), and possessing unexplained expensive items (29%). Worker’s comments, further describe youths’ experiences. **Conclusions.** Results illustrate commonalities among CW-involved youth victims of trafficking and highlight risk factors as perceived by CW workers. It is recommended that CW workers be trained to investigate common risk factors and CW agencies provide targeted interventions to address the difficult life circumstances of these youth.

**Section:** Developmental Psychology

**Session ID:** 113551 - Paper within a symposium

*Constructing a Sex Trafficking Screening Tool for Child Welfare Workers: Substantive, Structural and External Validity*

**Main Presenting Author:** Connolly, Jennifer

**Additional Authors:** Asghari, Melody ; Benvenuto, Katherine; Freiman, Leeor; Makow, Danah

**Abstract:** This study reports the construction of a sex trafficking screening tool for front-line child welfare (CW) workers to identify youth who are at risk of sex trafficking. It is organized into three risk dimensions which are progressively linked to luring and recruitment to enmeshment. Methods. We followed the scale validity approach outlined by Flake et al, 2017. Substantive validity was established through a literature review for risk markers of sex trafficking for minors and interviews with 27 CW workers (3 Indigenous, 10 urban, 15 rural). Structural and External validity were examined with the results of 630 youth screeners completed twice (4 months apart) in two CW agencies. Results. Evidence of substantive validity was provided with items positively endorsed by workers; modifications were made to 15, based on their feedback. Structural validity was also evident: Cronbach's alpha .87; test-retest .83, inter-rater percent agreement .82; evidence of 3-factor model. External validity was supported with higher total scores for youth with confirmed/suspected victimization vs no evidence of trafficking. Conclusions/Actions. The screening tool has strong psychometric properties and support from CW workers. Next steps include implementing the screener in our partner-agencies and evaluating its contribution to identifying youth at risk.

**Section:** Developmental Psychology

**Session ID:** 113526 - Paper within a symposium

*Discussion: Protecting Marginalized Youth in Canada*

**Main Presenting Author:** Rawana, Jennine

**Abstract:** Youth who are involved with the Child Welfare system are at high-risk of poor mental health and disadvantaged outcomes in adulthood. Yet their needs are often overlooked and this marginalization adds to their ongoing challenges. The heightened danger of their victimization by sex traffickers, compared to other Canadian youth, must gain greater awareness among the Canadian public in order to combat this crime and help youth involved with child welfare achieve their full potential as adults.

**Section:** Developmental Psychology

**Session ID:** 113618 - Paper within a symposium

*Uncertainty in Sex Trafficking Judgements by Child Welfare Workers: An Ecological Decision-Making Approach to Identification*

**Main Presenting Author:** Makow, Danah

**Additional Authors:** Benvenuto, Katherine ; Connolly, Jennifer

**Abstract:** Child welfare-involved youth (CW) are particularly at risk for sex trafficking victimization (ST) and while their workers are well-positioned to identify them, ST victimization is severely underreported, and workers report uncertainty when making decisions about involvement. Adopting an ecological decision-making framework, the current study examines worker and youth

*characteristics that contribute to judgements of ST risk among Youth. Methods. CW workers completed the Sex Trafficking Screener for all youth (ages 12 to 24) in their care. Prior to completing the screener, they indicated their judgement of youths' ST status: confirmed/highly suspected ( $n=28$ ), unsure ( $n=98$ ), not involved ( $n=493$ ) and they provided information on youth and worker characteristics. Results. Logistic regressions examined worker and youth characteristics that predicted workers' judgements of ST status. Results indicated that a judgement of "unsure" rather than "not involved" was predicted by low worker training, little youth self-disclosure, older youth age, and female gender. A judgement of suspected/confirmed involvement" rather than "unsure" was predicted by workers' lack of comfort in screening for ST.*

**Section:** Developmental Psychology

**Session ID:** 113538 - Paper within a symposium

### *The Importance of Relationships in Understanding Youths with Callous-Unemotional Traits*

**Moderator(s):** Bégin, Vincent

*Abstract: A rapidly growing body of research has revealed callous-unemotional traits (CU; e.g., lack of empathy and guilt, shallow emotions) to be pivotal in understanding severe and stable patterns of antisocial behavior in youth. Although partly heritable, research suggests that the nature and/or quality of relationships are of particular importance for understanding the development of CU traits as well as their impact on adjustment outcomes. In this symposium, researchers from three Canadian universities (Carleton, Guelph and Sherbrooke) present novel empirical findings linking CU traits and quality of relationships in youths across community and correctional samples. Presentations examine the associations between CU traits and various relationships (parents, teachers, peers) assessed in both children and adolescents. The first talk examines associations between CU traits and relationships with both parents that may be shaped differently depending on adverse childhood experiences. The second talk highlights differences among subgroups of children with high CU traits on parent and peer relationships. The third talk presents longitudinal and bidirectional within-person associations between levels of CU traits and student-teacher relationship quality. A discussion on the importance of targeting relationships in clinical work conducted among youths with CU traits will close the session.*

**Section:** Developmental Psychology

**Session ID:** 111309, Presenting Papers: 112639, 112640, 112642 - Symposium

### *Incarcerated Boys with Callous-Unemotional Traits and Adverse Childhood Experiences Perceive Negative Relationships with Mothers (but Not Fathers)*

**Main Presenting Author:** Brazil, Kristopher J.

**Additional Author:** Forth, Adelle

*Abstract: BACKGROUND: Research suggests that callous-unemotional (CU) traits in youth may be linked to negative parental relationships, but studies have yet to determine whether adverse childhood experiences (ACEs) may exacerbate these links. We examine whether ACEs moderate the association between CU traits and parental relationships in incarcerated boys. METHOD: 106 incarcerated boys aged 17 years on average were assessed for CU traits from the Affective facet of the PCL:YV and for ACEs using interviews of abuse and witnessing domestic violence. Participants completed the*

*EMBU* for mother and father figures to assess perceived warmth and rejection. **RESULTS:** CU traits did not show bivariate associations with any variable. However, moderation analyses showed CU traits interacted with ACEs to predict parental warmth and rejection. For mothers, CU traits were associated with higher rejection and lower warmth only at high levels of abuse. For fathers, CU traits were associated with lower rejection at both high levels of abuse and witnessing domestic violence. **CONCLUSIONS AND IMPACT:** CU traits were associated with more negative perceptions of mothers but less negative perceptions of fathers when ACEs were experienced. The findings suggest there may be distinct impacts of ACEs on the perceived relationships with mothers vs. fathers of incarcerated boys with elevated CU traits.

**Section:** Developmental Psychology

**Session ID:** 112639 - Paper within a symposium

*Investigating difference across Callous Unemotional (CU) Variant on Parental and Peer Relationships Among Youth*

**Main Presenting Author:** Mansueto, Sara

**Additional Authors:** Stearns, Natalie ; Tackaberry-Giddens, Leah; Craig, G. Stephanie

**Abstract:** **BACKGROUND:** Callous-unemotional (CU) traits (e.g., lack of empathy) are thought to develop via two pathways: a biologically driven one (primary variant) and one that arises as a coping response to maltreatment (secondary variant). Recent research shows CU traits are associated with insecure parental attachment and peer relationship difficulties. However, little is known about whether CU variants are associated with differences in attachment and peer relationships. **METHODS:** Participants included youth aged 12-18 ( $N=305$ ). Primary and secondary CU variants were identified using CU traits and a measure of anxiety. A one-way ANOVA was conducted to examine variables across parental attachment and peer relationships. **RESULTS:** Three groups were identified, primary and secondary CU traits and a low CU group. ANOVAs found significant differences across the three groups on attachment ( $F(2,304)=16.26, p$ )

**Section:** Developmental Psychology

**Session ID:** 112640 - Paper within a symposium

*Within-Person Associations Between Callous-Unemotional Traits and Student-Teacher Relationships Across Elementary School*

**Main Presenting Author:** Bégin, Vincent

**Additional Authors:** Fleming, Georgette E.; Martin-Storey, Elexa; Garon-Carrier, Gabrielle; Harvey, Elizabeth; Déry, Michèle

**Abstract:** **BACKGROUND:** Results from previous studies suggest that parental warmth and hostility are key environmental predictors of callous-unemotional (CU) traits in early childhood. However, whether the student-teacher relationship (STR) can also influence these traits remains largely unknown, with most studies examining these associations cross-sectionally and using designs and methods that do not allow to infer directionality nor to disentangle between- from within-person effects. **METHOD:** We examined these bidirectional associations using yearly assessments of both constructs collected across four years (ages 8 to 11 on average) in 463 elementary schoolers taking part in a broader longitudinal study (46.2% girls). Two random-intercept cross-lagged panel models

adjusted for child sex and age were conducted, each using a specific STR dimension (closeness and conflicts). **RESULTS:** Despite strong associations between CU traits and the STR at the between-person level, models revealed bidirectional associations at the within-person level for both STR dimensions, with CU traits predicting decreases in closeness and increases in conflicts, and closeness and conflict predicting decreases and increases in CU traits, respectively. **CONCLUSIONS AND IMPACT:** These results highlight the importance of the STR for clinical efforts aimed at preventing CU traits and their associated risks in children.

**Section:** Developmental Psychology

**Session ID:** 112642 - Paper within a symposium

*The Re: Building Families Program: Addressing the Impacts of Operational Stress and Trauma for Spouses and Significant Others in First Responder Families*

**Moderator(s):** Protopopescu, Alina

**Abstract:** Almost half (45%) of Canadian first responders (FR; i.e., firefighters, police officers, and paramedics) report suffering from one or more mental disorders (Carleton et al., 2018), many of which are the result of experiencing potentially psychologically traumatic events (PPTE). As a result of the extraordinary impacts of operational stress and trauma brought into the home by the FR member, spouses and significant others (SSO) also often encounter distinctive experiences and challenges that place them at an increased risk for developing mental health and relationship challenges. The current study developed and piloted a virtual psychoeducation and support program called Re: Building Families (Schwartz et al., 2022; Harris et al., 2022) and evaluated the impact using self-reported stress, mental health, and relational functioning and biometric (Garmin) data. Pairwise latent growth curve and mixed ANOVA analysis will explore significant improvements in self-reported stress and relational functioning (e.g., communication, affective responsiveness) for both the SSO and the FR, while biometric data will provide complementary but distinct trajectories of change. Discussion will focus on the need to consider both the context of family structure and level of distress that inform upstream, evidence-informed programming to improve individual and relational functioning for the FR and SSO.

**Section:** Traumatic Stress

**Session ID:** 112705 - Symposium

*Change is Possible: Improvements in First Responder Spouse and Significant Other Wellbeing Following the Re: Building Families Program*

**Main Presenting Author:** Talebi, Sarah

**Co-Presenting Authors:** Duffy, Hanna; Schwartz, Kelly

**Abstract:** First responder (FR) spouse and significant others (SSO) face unique challenges, including managing operational stressors and vicarious trauma as a result of the FR's demanding role (Sharp et al., 2022). Family support, such as psychoeducational programs for SSO's, can significantly impact wellbeing in FR families by improving coping strategies and enhancing relationship quality (O'Toole et al., 2021). This study evaluates the measured impact of the Re: Building Families (RBF) program on 226 SSOs. RBF is a 6-module virtual psychoeducational program designed to enhance the well-being of the SSO and the FR. SSO's and FR's self-reported psychosocial and family functioning data at three time points (pre-, post-, and 3-month follow-up); all participants also provided demographic information such as family type (i.e., children, no children), length of time in service group, and

service group type (i.e., police, fire, paramedic). Mixed-design ANOVAs will examine changes in SSO-reported wellbeing over time, with post-hoc analyses exploring differences between various demographic groups. Significant results include greater positive change in wellbeing for SSO's with children and those in paramedic service areas compared to police or fire families. Results endorse the need for targeted, trauma-sensitive interventions for FR families that are attentive to inter-family differences.

**Section:** Traumatic Stress

**Session ID:** 113317 - Paper within a symposium

*De-Stressing the Distressed: Exploring the Indirect Impact of the Re: Building Families Program on First Responder Wellbeing*

**Main Presenting Author:** Duffy, Hanna

**Co-Presenting Authors:** Schwartz, Kelly; Talebi, Sarah

Abstract: First responders (FR), including police, firefighters, and paramedics, are routinely exposed to operational stressors and potentially psychologically traumatic events (PPTE), heightening their risk for psychological distress and mental health challenges (Carleton et al., 2018). These impacts often extend to FR families, contributing to relational strain and vicarious trauma (Casas and Benuto, 2021). This study examines how a 6-week psychoeducational and support program (Re: Building Families) for FR spouses and significant others (SSO) indirectly influences FR mental health. A total of 148 FR members completed pre-, post-, and 3-month follow-up questionnaires assessing psychological distress (KPDS-10) and mental health functioning (DASS-21). Participants were classified into high- and low-distress groups based on KPDS scores. Mixed-design ANOVA will evaluate changes in mental health outcomes over time, with post-hoc analyses exploring group differences. It is expected that: 1) FR participants will report significant reductions in psychological distress and improved mental health functioning; and 2) high-distress participants will report greater relative improvements. Findings will inform discussions on how SSO-focused interventions enhance FR well-being, with implications for designing trauma-sensitive programs that improve both individual and relational outcomes for FR families.

**Section:** Traumatic Stress

**Session ID:** 113341 - Paper within a symposium

*In Other Words: Using Biometrics to Measure Change in Spouses and Significant Others and First Responders Following the Re: Building Families Program*

**Main Presenting Author:** Schwartz, Kelly

**Additional Authors:** Harris, Daranne ; Lethebe, Brendan Cord

Abstract: First responders (FR) are frequently exposed to potentially psychologically traumatic events (PPTE; Carleton et al., 2018). The impact of these PPTEs extends to FR families, with spouses and significant others (SSO) often bearing the brunt of supporting the FR member (Casas and Benuto, 2021). Addressing the effects of operational stress on family members, Re: Building Families (RBF) is a 6-module program that was virtually delivered to SSO's of police, fire, and paramedic members. In addition to select measures of mental health and family functioning completed pre-, post-, and 3-month follow-up, all participants were invited to wear a Garmin for 20 weeks. Partnering with Labfront technologies, continuous data streaming collected heart rate (3 min), stress (3 min), steps (1

*min), respiration (1 min), sleep (hrs/min), and heart rate interval (BBI/RRI) from both SSO's ( $N = 142$ ) and FR's ( $N = 109$ ; FR's did not participate in RBF). Pairwise latent growth curve analysis will explore identifiable positive changes in both the SSO and the FR related to physical activity, quality of sleep, stress, and heart-rate variability during and following the SSO's participation in the RBF program. Discussion will focus on how biometric wearables represent a novel method of measuring positive change in physical markers of well-being following an upstream, trauma-sensitive psychoeducation program.*

**Section:** Traumatic Stress

**Session ID:** 113352 - Paper within a symposium

# THEME: IMPROVING PSYCHOLOGICAL RESEARCH

Highlights the ways in which psychological research - methods, analyses, design - can be improved and better used to inform the science, practice, and education of psychology

## 12-Minute Talk

### *Academic Workload Moderating the Relationship Between Academic Stress and Depression*

**Main Presenting Author:** McGuinness, Claire

**Additional Authors:** Vo, Tina ; Fontanilla, Patricia ; Nordstokke, David

*Abstract: Research on depression among university students has received increasing attention in recent years (Ai et al., 2023; Liu et al., 2022). Academic stress, a significant contributor to depression, encompasses challenges such as exams, demanding educational environments, and performance evaluations (Deng et al., 2022; Zhang et al., 2022). However, the role of academic workload as a potential moderator in this relationship requires further investigation. Academic workload refers to the volume and intensity of tasks that students must manage, which can amplify stress depending on its severity (Ibatova, 2021). To explore these dynamics, a sample of 1,208 undergraduate students (21.5% male) completed online measures, including the NASA Tax Index, the Perceived Academic Stress Scale, and the Hospital Anxiety and Depression Scale. This study examined the association between academic stress and depression, with academic workload as a moderator. By addressing how academic pressures impact mental health outcomes, this research contributes to a deeper understanding of student well-being.*

**Section:** Educational and School Psychology

**Session ID:** 113411 - 12-Minute Talk

### *Are Cluster Effects a Matter for Feature Importance in Machine Learning*

**Main Presenting Author:** Liu, Yan

**Additional Authors:** Jones, Colin ; Campbell, Dave

*Abstract: Analyzing health and mental health outcomes in national or international surveys is always challenging due to the influence of numerous factors within social-ecological networks. Feature importance in machine learning (ML) offers a powerful tool for identifying important predictors from a vast number of variables, aiding researchers in survey analysis. However, conventional ML methods do not account for cluster effects inherent in complex survey sampling design, raising concerns about potential biases in identifying important predictors. We aim to conduct a simulation study to evaluate the performance of widely used ML methods, random forests (RF) and extreme gradient boosting (XGB), under varying levels of multicollinearity and intraclass correlations (ICC: 0, 0.3, 0.6). They are also compared to two newer methods that account for cluster effects, i.e., mixed-effects random forests (MERF) and Gaussian process boosting (GPB). Our results revealed that MERF consistently outperformed other methods, GPB accurately identified level 1 predictors but not level 2 predictors, while RF and XGB inflated the importance of level 2 predictors, particularly with high*

*ICC and multicollinearity. Our findings highlight the importance of ML methods that address cluster effects to ensure accurate and unbiased analyses in survey research.*

**Section:** Quantitative Methods

**Session ID:** 113431 - 12-Minute Talk

### *Assessing and Improving the Accessibility of Pretest-Posttest Graphs*

**Main Presenting Author:** Loock, Johanna V

**Additional Authors:** Martel, Tatijanna ; Counsell, Alyssa

**Abstract:** *GRAPHS ARE POWERFUL TOOLS FOR COMMUNICATING PSYCHOLOGICAL RESEARCH FINDINGS, OFTEN DEPICTING RESULTS MORE CLEARLY THAN COULD BE DONE WITH NUMBERS OR WORDS. A GRAPH, HOWEVER, IS ONLY USEFUL IF THE VIEWER IS ABLE TO EASILY INTERPRET EVERY COMPONENT OF IT. FACTORS SUCH AS SMALL TEXT SIZE AND LOW CONTRAST CAN MAKE GRAPHS VERY DIFFICULT TO READ FOR ANYONE, BUT PARTICULARLY FOR PEOPLE WITH LOW VISION. ADDITIONALLY, A SIGNIFICANT PORTION OF THE POPULATION HAVE SOME FORM OF COLOUR VISION DEFICIENCY, ALSO KNOWN AS COLOUR BLINDNESS, MAKING IT PROBLEMATIC TO USE COLOURS THAT THEY MAY NOT BE ABLE TO DISTINGUISH. THESE ISSUES ARE RELATIVELY SIMPLE TO ADDRESS, BUT MANY RESEARCHERS ARE UNAWARE THAT THEY WARRANT ATTENTION. IN THIS STUDY, WE EVALUATED THE CONTRAST, TEXT SIZE, AND COLOUR PALETTE USED IN 66 GRAPHS RELATED TO STATISTICS EDUCATION. SPECIFICALLY, GRAPHS THAT DEPICTED PRETEST-POSTTEST CHANGE WERE EXAMINED, AS THIS IS A COMMON DESIGN IN PSYCHOLOGY AND EDUCATION RESEARCH. PRELIMINARY RESULTS SUGGEST THAT USING AN OVERLY SMALL TEXT SIZE WAS THE MOST COMMON ACCESSIBILITY ISSUE, BUT AT LEAST ONE ISSUE WAS PRESENT IN THE MAJORITY OF GRAPHS. THIS PRESENTATION WILL HIGHLIGHT KEY GRAPHICAL ISSUES IN PUBLISHED RESEARCH AND DISCUSS WAYS IN WHICH RESEARCHERS CAN IMPROVE THE ACCESSIBILITY OF THEIR GRAPHS.*

**Section:** Quantitative Methods

**Session ID:** 112483 - 12-Minute Talk

### *AVB-IFA: A Deep Learning Algorithm for Estimating High-Dimensional Item Factor Analysis*

**Main Presenting Author:** Luo, Nanyu

**Additional Author:** Ji, Feng

**Abstract:** *Advances in deep learning have revolutionized Item Factor Analysis (IFA). Variational Autoencoders (VAEs) can efficiently model latent variable structures but require the assumption of standard normal distributions, restricting their flexibility in capturing complex data patterns. We introduce the Adversarial Variational Bayes (AVB) algorithm to improve VAEs for IFA. With an auxiliary discriminator network, AVB frames the estimation process as an adversarial game, improving its capacity to model diverse and multimodal latent variable distributions. Exploratory analysis on empirical data showed that AVB attained higher marginal log-likelihoods than VAEs, demonstrating its superior ability to represent latent structures. In confirmatory analyses with simulated data, AVB matched the results of VAEs and consistently provided higher log-likelihoods. In*

*simulations where latent variables followed multimodal distributions, AVB outperformed VAEs by more accurate parameter estimates. These findings highlight AVB's ability to model complex data, including multimodal data like text, images, and behavioural metrics, within a single framework. As a highly flexible and expressive inference model, AVB offers researchers a powerful tool to uncover deeper insights into human behavior and learning processes, paving the way for broader applications across psychology and education assessments.*

**Section:** Quantitative Methods

**Session ID:** 113419 - 12-Minute Talk

### *Beyond Averages: Exploring the Utility of Maximal Scoring for Self-Report Measures of Impulsivity*

**Main Presenting Author:** Mazumder, Ashmita

**Additional Authors:** Dong, Mengxi ; Ramakrishnan, Nayani; Erb, Suzanne; Fournier, Marc

*Abstract: Self-report and behavioural measures of impulsivity may capture distinct aspects of the construct. Whereas self-report measures assess typical performance, behavioural measures assess maximal performance, leading to low correlations between them. Applying a maximal scoring method to self-reports may enhance their correspondence with behavioural measures and provide incremental validity in predicting outcomes. We analyzed two archival datasets. In Study 1 ( $N = 383$ ), participants completed impulsivity self-reports (I7 and UPPS-P) and behavioural tasks (Go/No-Go, SSRT, GRAT). Maximal scores for self-reports, derived using Item Response Theory, were calculated and correlated with behavioural measures. In Study 2 ( $N = 832$ ), we examined whether maximal self-report scores provide incremental validity in predicting alcohol and substance use beyond typical self-report scores. Maximal scores demonstrated significantly stronger correlations with behavioural tasks, particularly for the I7 scale. Certain UPPS-P subscales showed incremental validity in predicting alcohol and substance use. Maximal scores can potentially increase the predictive validity of self-report measures, including their correspondence with behavioural measures. We recommend extending the maximal scoring approach to other self-report measures to determine if doing so improves their predictive accuracy.*

**Section:** Quantitative Methods

**Session ID:** 111995 - 12-Minute Talk

### *Bootstrap Confidence Intervals for Regularized Lasso Regression with High Dimensional Data*

**Main Presenting Author:** Li, Johnson

**Additional Author:** Robert, Aurora

*Abstract: High dimensional data, a scenario where the sample size is smaller than the number of the predictors or features ( $n <$*

**Section:** Quantitative Methods

**Session ID:** 112507 - 12-Minute Talk

## Comparing Learning Outcomes across Methods for Teaching Introduction to Statistics

**Main Presenting Author:** Celio, Victoria M

**Additional Authors:** Alter, Udi ; Martin, Jodi

*Abstract: There is a lack of consensus regarding which teaching method (i.e., hand calculations (HC), point-and-click (PC) software or syntax-based (SB) software) provides students with the most learning benefits. This study compared perceived competency to use statistics and attitudes toward statistics for psychology students taught introductory statistics using one of the three teaching methods. Further, ease of use and usefulness of software were compared across PC and SB software groups. A sample of 113 psychology students (or alumni) who took introductory statistics at a Canadian university were asked to complete an online survey. Findings suggest that learning introductory statistics through PC software is associated with more positive perceptions regarding statistical competency and attitudes toward the difficulty of statistics than being taught through SB software. Although there were negligible differences regarding the perception of the usefulness of each statistical software, participants generally perceived PC software as easier to use than SB software. Yet, students taught through HC and SB software had negligible differences in some dimensions of their attitudes toward statistics. Our results inform best practices for teaching introductory statistics, creating a more unified learning experience for psychology undergraduate students.*

**Section:** Quantitative Methods

**Session ID:** 113626 - 12-Minute Talk

## Comparing structural equation models to network analysis models of depression, anxiety, and perfectionism

**Main Presenting Author:** Mackinnon, Sean P

**Additional Author:** Kim, Andy J

*Abstract: BACKGROUND: We use network analysis to identify bridge symptoms that connect anxiety, depression and perfectionism; that is, are there specific symptoms connecting these constructs? Moreover, we compare network models to traditional structural equation models using latent variables to see how findings differ. This presentation will focus on these quantitative methods through an applied example. METHODS: Two undergrad samples ( $N=774$ ;  $N=759$ ) completed online measures of anxiety, depression, and perfectionism (concerns over mistakes, doubts about actions, and personal standards). Both samples use open data and the second analysis was preregistered. SEM RESULTS: After controlling for other perfectionism variables, concern over mistakes and doubts about actions were positively associated with depressive and anxiety symptoms. Personal standards were negatively associated with depression and non-significantly related to anxiety. NETWORK RESULTS: Four items emerged as bridge symptoms linking depression, anxiety, and perfectionism: difficulty taking initiative to do activities, feeling worthless, feeling close to panic, and doubts about simple everyday activities. CONCLUSIONS/IMPACT: Traditional multiple regression-style models are replicable but obscure item-specific relationships. Using network models in place of reflective latent variable models may produce novel insights in many fields.*

**Section:** Quantitative Methods

**Session ID:** 111704 - 12-Minute Talk

*Designing AI-agents with personalities using BFI-2 in different formats*

**Main Presenting Author:** Zhang, Xijuan

**Additional Author:** Huang, Muhua

Abstract: *The Big Five Inventory-2 (BFI-2) by Soto and John (2017) is one of the most popular psychological scales for measuring personality. In this talk, I will present my two recent research papers on BFI-2. In the first research paper, we converted the original BFI-2 in the Likert format into three alternative formats to address response bias and methods in the original BFI-2. Our findings revealed that while the Likert and alternative formats exhibit similar validity, the alternative formats—particularly the Expanded format—showed better psychometric properties, including enhanced factor structure, increased reliability, and reduced careless responding. In the second research paper, we examined using the BFI-2 in the Likert and Expanded format to design Large Language Models-Based Agents (a.k.a., AI-agents) with different personalities. We found that compared to the Likert format, using the BFI-2 in the Expanded format makes it easier to assign different AI-agents with personalities. We validated the AI-agents by showing strong correspondence between human and AI-Agent answers to other personality tests and decision-making scenarios. This suggests that researchers could potentially use AI-agents as study participants. However, there are significant limitations to using AI-agents in research, which I will discuss at the end of the talk.*

**Section:** Quantitative Methods

**Session ID:** 111975 - 12-Minute Talk

*Detecting Covariate-Dependent Heterogeneity in Multifaceted Predictors and Correlated Outcomes*

**Main Presenting Author:** Sichkaruk, Samantha Paige

**Additional Author:** Kim, Sunmee

Abstract: *Social isolation is a complex construct linked to co-occurring health outcomes like cardiovascular disease and depression. Conventional regression models are often used to examine these relationships but struggle to handle multifaceted predictors and correlated health outcomes simultaneously. The Extended Redundancy Analysis framework, combined with Generalized Estimating Equations (GEE-ERA), addresses these challenges, but currently lacks the ability to account for parameter differences across subgroups, such as age or gender. This study aims to extend GEE-ERA by incorporating recursive partitioning to detect covariate-dependent heterogeneity. Simulations will evaluate the extended framework's performance under varying covariates, predictors, outcomes, and sample sizes. Application to the Canadian Longitudinal Study on Aging (CLSA) will examine how social isolation, measured through predictors like marital status and social participation, affects correlated outcomes such as chronic disease and depressive symptoms. Preliminary analyses are underway. Expected findings include the framework's ability to accurately detect heterogeneity and estimate subgroup-specific effects. Application to CLSA will reveal nuanced relationships between social isolation and health across diverse groups, advancing GEE-ERA to detect covariate-dependent heterogeneity and inform targeted interventions.*

**Section:** Quantitative Methods

**Session ID:** 112779 - 12-Minute Talk

*Development and Evaluation of Robust Missing Data Techniques for High-Dimensional Longitudinal Studies*

**Main Presenting Author:** Phillips, Bryce D

**Additional Author:** Kim, Sunmee

*Abstract: Missing data is a prevalent issue in high-dimensional longitudinal data, as repeated measures on numerous variables increases the risk of attrition, resulting in high levels of missing data. Listwise deletion, which removes cases with missing values, is a common method for managing missingness, however, its use is controversial as it leads to biased parameter estimates and reductions in statistical power. Multiple imputation (MI) is a leading missing data management method that outperforms listwise deletion, however, its application to high-dimensional longitudinal data is understudied. Therefore, this study aims to develop and evaluate a tailored MI method for an extension of Extended Redundancy Analysis, which is well-suited for high-dimensional longitudinal data. The Canadian Longitudinal Study on Aging (CLSA) and simulated datasets will be used to validate the method's practical applicability and accuracy, respectively. Preliminary analyses are underway, with simulations expected to demonstrate MI's superiority over listwise deletion in producing unbiased parameter estimates. The use of MI in data from the CLSA will further illustrate its effectiveness in addressing missing longitudinal data in a real-world context. Advancing robust missing data management methods for longitudinal data will enhance research practices across disciplines reliant on longitudinal designs.*

**Section:** Quantitative Methods

**Session ID:** 113155 - 12-Minute Talk

*Evaluating Clinically Meaningful Improvement in Addiction and Mental Health Symptoms in Inpatient Programming*

**Main Presenting Author:** Pejic, Samantha R

**Additional Authors:** Snaychuk, Lindsey ; Basedow, Christina; Ornstein, Tisha

*Abstract: Inpatient treatment centres are one avenue to recovery for individuals' seeking help for substance use and other mental health issues. However, many residential treatment facilities quantify the success through the number of individuals who complete the program, or "graduate," which may not equate to clinically meaningful improvements in domains of difficulty. Therefore, the goal of the current project was to examine the effectiveness of an inpatient treatment centre by evaluating clinically significant improvements across measures of functional impairment, addiction-related symptoms, traumatic stress, and psychological distress. Participants ( $N = 537$ ) comprised individuals who completed either a 7-week or 9-week inpatient program for addiction and mental health. Findings suggest that over 75% of participants met the cut-off for clinical improvement based on established reliable change indices on measures of overall functioning and depression. Further, over 80% of individuals met the clinical improvement cut off for measures of posttraumatic stress and substance dependence. 61% of patients had clinical improvement on measures of anxiety. These findings aim to reduce the gap between facility and individuals' perceptions of success, as the*

*treatment outcome expectations of the patient should be of primary consideration in the determination of whether the treatment was effective.*

**Section:** Addiction Psychology

**Session ID:** 113579 - 12-Minute Talk

### **Evaluating the Test of Self-Conscious Affect-Guilt Subscale: Psychometric Properties and An Item Response Theory Analysis in Adolescents**

**Main Presenting Author:** Yasiniyan, Sepideh

**Additional Authors:** Bosacki, Sandra ; Talwar, Victoria

**Abstract:** Guilt motivates transgressors to engage in reparative actions, such as apologizing or helping(Tilghman-Osborne et al., 2010). However, behaviors such as apologizing may sometimes reflect socially learned responses rather than authentic guilt (Jambon et al., 2022).The Test of Self-Conscious Affect (TOSCA) predominantly measures guilt through reparative actions, raising concerns about its ability to capture the full spectrum of guilt experiences. This study assessed the psychometric properties of the TOSCA Guilt Self-Report subscale using Item Response Theory (IRT) in 276 adolescents aged 10-14. Graded Response Model estimated item discrimination ( $a$ ) and difficulty ( $b$ ) parameters.Items like "You'd think you should make it up to your friend" ( $a = 1.20$ ) and "You would feel unhappy and eager to correct the situation" ( $a = 1.39$ ) showed moderate while "This is making me anxious, I need to either fix it or get someone else to" ( $a = 0.70$ ) had low discrimination. Most items had negative thresholds ( $b_1 = -5.25$ ), indicating that even individuals with low guilt endorsed higher response categories. Conversely, items such as "I deserve to be reprimanded" ( $b_4 = 4.33$ ) had high thresholds, requiring very high guilt to endorse.These findings suggest that TOSCA is more effective at assessing low to moderate guilt and highlight the need to reevaluate its ability to measure guilt in all levels.

**Section:** Educational and School Psychology

**Session ID:** 113037 - 12-Minute Talk

### **Fine-Tuning Large Language Models for Psychological Assessment: Lessons from Research on Alexithymia and Emotional Intelligence**

**Main Presenting Author:** Barr, Jeremy

**Additional Authors:** van Rens, Samantha M.; Henning, Colin T.; Persi, N. Jacob; McIntosh, Alexander; Parker, James D.A.

**Abstract:** Traditional psychological research is constrained by small sample sizes due to data collection limitations and privacy concerns. Using alexithymia and Emotional Intelligence as test cases, we demonstrate novel approaches to fine-tuning large language models that can help address these fundamental research challenges while maintaining assessment validity. Our methodological approach demonstrates that transformer embeddings enable quantitative analysis of psychological text data through vectorization. We show that NLP-based personality assessment can function similarly to an objective informant, addressing the paradox of self-reporting emotional competencies. By combining open-vocabulary, closed-vocabulary, context-free and context-specific approaches, we enhance model generalizability and validation. The key take-away is that transformer models work

*best in conjunction with traditional classification approaches. This complementary framework is analogous to using both visual and statistical tests for normality, providing more robust psychological assessment. This talk presents our empirically validated approach to fine-tuning, a framework for combining multiple analytical strategies, and practical solutions for psychological research with constrained sample sizes.*

**Section:** Quantitative Methods

**Session ID:** 112828 - 12-Minute Talk

### *How the Addition of Error Bars Influence People's Perceived Differences Between Groups in Graphs and Affect Lower Y-Axis Truncation Effect*

**Main Presenting Author:** Zang, Shuo

**Additional Author:** Cousineau, Denis

*Abstract: Graphs can be misleading when the y-axis starting point is not zero, which is named the lower y-axis truncation and increases perceived differences. Error bars show the precision of the statistics, using a difference-adjusted 95% confidence interval such that if the error bar of one condition does not include the mean of the other, there is very likely a notable difference between the two groups. Herein, we present the results of eight studies which examined the effect of adding error bar. In the first six studies, the participants were educated adults. In the first two, we found that short error bars increased perceived difference in one and long error bars decreased it in the other. The third examined it among bar, dot, and line graphs. We found a reversed effect of error bars for no graph distortion. The fourth to sixth examined instructions on error bars. We found no statistical effect. The last two examined graduate students and instructors of statistics in social sciences. We found that short error bars increased perceived difference and long error bars decreased it. In conclusion, educated populations do not interpret error bars correctly but luckily, scientists do. The effect of the lower y-axis truncation effect can be manipulated by the addition of error bars by scientists. Further research examining error bars with non-scientists should take this into consideration.*

**Section:** Quantitative Methods

**Session ID:** 113075 - 12-Minute Talk

### *Improving a Strengths-Based Measurement Model: The Role of Modification and Respecification in Confirmatory Factor Analysis*

**Main Presenting Author:** Victor, Janine A

*Abstract: Confirmatory factor analysis (CFA) evaluates the validity of conceptual relationships between observed variables and latent constructs. Initial CFA efforts to achieve adequate fit may not succeed, prompting researchers to explore model modifications or respecifications. Modification indices (MIs) suggest adjustments to parameters to improve fit. However, even after using MIs, researchers may still fail to achieve optimal fit, leading them to consider model restructuring. This study explores the role of MIs and respecification in a strengths-based assessment. CFAs were conducted on self-report data from 2,411 participants. An iterative CFA approach was undertaken, and model fit statistics (CFI, TLI, RMSEA, SRMR) were evaluated at each iteration. Initial results were reviewed, followed by parameter adjustments where theoretically appropriate. A higher-order*

model was then tested. Fit improvements across initial, modified, and respecified models were compared. The initial model demonstrated poor fit. Adjusting model paths improved fit, though it remained suboptimal with excessive residual covariances. Respecifying to a higher-order structure and reevaluating MIs led to a more streamlined solution, aligning closer with data and theory. Different modeling techniques explored in this study offer researchers and applied psychologists creative options for exploring latent variables.

**Section:** Quantitative Methods

**Session ID:** 113199 - 12-Minute Talk

***Improving Comprehension of Consent Forms in Online Research: An Empirical Test of Four Interventions***

**Main Presenting Author:** Hamilton, Leah K.

**Additional Authors:** Grant, Naomi K.; Ormita, Jenalyn M.

**Abstract:** Informed consent is a guiding ethical principle when conducting research involving human participants. Yet, consent forms are often skimmed or ignored, jeopardizing informed consent. In two experiments, we test four interventions designed to encourage participants to read online consent forms more carefully. Experiment 1 employed a 2 (length: short or long) by 2 (timing: fixed or free) by 2 (quiz: present or absent) between-participants design. We measured instruction-following and comprehension of the consent form. Results showed that fixed timing and a quiz led to greater instruction-following, but consent form length had no effect. Experiment 2 employed a 2 (length: short or long) by 3 (delivery format: live, audiovisual, standard written) between-participants design. Once again, length had no effect, but both live and audiovisual formats increased instruction-following and comprehension. We recommend that researchers consider using fixed timing, adding a quiz, and/or using alternative delivery formats to help participants make an informed decision.

**Section:** General Psychology

**Session ID:** 111741 - 12-Minute Talk

***Interpretation of Clinical Significance in Psychological Research***

**Main Presenting Author:** Martinez Gutierrez, Naomi

**Additional Authors:** Mills, Laura ; Pepler, Debra J

**Abstract:** A common question asked of clinicians is, "What is the success rate of this program?" Fundamental to this question, and central to this systematic review, is how to assess whether clients experience significant or meaningful clinical change. Clinically significant change addresses the practical importance or impact of an intervention. Interpretation of treatment impact in psychological research is generally based on improvement and/or recovery, but may include deterioration or stagnation. Although statistical methods for understanding clinical change exist at group- and individual-levels, no extensive review has addressed the implementation or frequency of these in the psychological literature. Therefore, we reviewed articles that examined therapeutic change, to understand the scope of statistical methods that suggest meaningful change, and the interpretations that supported clinical significance (CS). We coded: 1) Psychological Measure; 2) CS Method; 3) Nature of Analysis (e.g. between- or within-groups); and 4) Focus (e.g. improvement). Results indicated that statistical methods and definitions are inconsistent across common psychological

measures. Although CS is a common construct in psychology, there is little to no consensus on how to define and measure it. We provide recommendations for application of methods for interpretations of change at group- and individual-levels.

**Section:** Quantitative Methods

**Session ID:** 113024 - 12-Minute Talk

**LLMs for Meta-Analysis: Evaluating the Capabilities of Large Language Models for Automatic Coding in Meta-Analysis**

**Main Presenting Author:** Zhang, Yuchen

**Additional Author:** Ji, Feng

**Abstract:** INTRODUCTION: Large language models (LLMs) have gained attention in academia for their ability to assist scientific research, particularly in natural language processing tasks. Meta-analysis, a widely used research method, requires extensive text processing to extract qualitative and quantitative information from empirical studies, making LLMs a promising tool for assistance.

OBJECTIVE: This study empirically evaluated the capabilities of ChatGPT (GPT-4.0) in automating coding tasks for meta-analysis using an API. METHODS: 61 empirical studies were analyzed, utilizing a Python workflow with tailored prompts to enhance performance. RESULTS: Our findings indicated that the workflow performed well in extracting qualitative information, such as publication type, country, and survey methods, and accurately extracted simple quantitative data, including sample size and participant demographics. However, extracting complex quantitative data, such as correlation coefficients from tables or requiring calculations indicated the need for refined prompts with examples to achieve better performance. CONCLUSION: The study highlights the potential and promising use of LLMs to enhance the efficiency of meta-analyses. IMPACTS: The study paved the way for the LLM-based workflows for meta-analysis highlighting the need for further refinement and tailored strategies to improve performance.

**Section:** Quantitative Methods

**Session ID:** 113900 - 12-Minute Talk

**Perpetrator Workplace Aggression: Development of a Perpetrator Aggression Scale (PAS)**

**Main Presenting Author:** Islam, Md Rashedul

**Co-Presenting Author:** Bowling, Nathan

**Abstract:** Perpetrator workplace aggression has always been considered as a uni-dimensional construct from the uni-dimensional perspective. An exploratory factor analysis (EFA; Study 1,  $N = 271$ ) found perpetrator workplace aggression is a uni-dimensional construct from a multi-dimensional perspective. We then collected a new sample ( $N = 337$ ) for Study 2 to conduct a confirmatory factor analysis (CFA) to examine whether a model of a uni-dimensional construct with no sub-dimension (first model) fitted better than either a model of a uni-dimensional construct with multiple sub-dimensions (second model) or a model of a uni-dimensional construct with a general dimension at the top and multiple sub-dimensions at the lower levels (third model). This analysis showed that the third model fitted better (i.e., a model of a uni-dimensional construct with a general dimension at the top and multiple sub-dimensions at the lower levels), which also provided statistical evidence that the

“general factor concept” (Sackett and DeVore, 2001) was more clearly established (cf. Marcus et al., 2016) in a complex model. Implications were discussed.

**Section:** Industrial and Organizational Psychology

**Session ID:** 111635 - 12-Minute Talk

### *Reducing Endogeneity Within a Small-n Design Using Cross-Validation with Cluster-Robust Variance Estimation When Comparing Mixed Effect Models- A New Analytic Methodology Applied in Neurobiology*

**Main Presenting Author:** Kornman, Paul T.

**Additional Authors:** Kim, Hakjoo ; Duguay, Kit; Brown, C Joshua; Li, Johnson

*Abstract: As cluster randomized trial designs with small sample sizes are a staple of neuroscience, there is a need to control and reduce endogeneity (i.e., clustered measurement and sampling error); which, if unchecked, can produce biased error variance and effect size estimates. This study applies a recent analytic methodology composed of a process involving model development by comparison while accounting for endogeneity via cluster comparison as applied to response time data collected from a previous pilot study ( $n = 8$ ) purposed to assess motor learning outcomes following intermittent theta-burst stimulation with N-methyl-D-aspartate (NMDA) and gamma-aminobutyric acid (GABA) receptor modulating psychopharmacology. A cross-validation (CV)-based approach is utilized for the development and comparison of design- and data-driven linear mixed-effect models using both replicated  $k$ -fold CV to assess general predictive error and leave-one-cluster-out (LOCO) CV to test variances in error across different levels of clustered error. This testing yielded a parsimonious design-driven LMER with low predictive error as compared to more complex candidate models before adding cluster-robust variance estimation to control for endogeneity revealed during the CV process. As small- $n$  designs are a staple of neuroscience, this method may become useful to future research when reproducibility is at stake.*

**Section:** Quantitative Methods

**Session ID:** 113146 - 12-Minute Talk

### *Replication Bayes Factors and Multiplicity Control*

**Main Presenting Author:** Martinez Gutierrez, Naomi

**Additional Author:** Cribbie, Robert

*Abstract: In addition to replication being a theoretically superior approach for uncovering inferential errors relative to multiplicity control (MC), it provides a substantial amount of control over the inflation of Type I errors. Replication Bayes factors (RBFs) measure the evidence that the data provide for replication success and failure using the original and replication data. Advances in RBFs have improved our ability to assess the extent that a replication study has mimicked results of an original study. Importantly, from a MC standpoint, we can evaluate the probability that an erroneous observation in an original study is detected following a replication study via an RBF. Although not developed to address the multiplicity problem, given current controversies on the multiplicity problem, any procedures that control Type I errors and have a solid theoretical background are welcome. The purpose is to elucidate MC properties of the RBF under different scenarios and compare these*

properties to alternative approaches (e.g. small telescopes, etc). We conducted two Monte Carlo simulations to evaluate properties of the RBF when applied to mean differences and correlations. Preliminary results indicate that the control of Type I errors was excellent within investigated conditions. We provide an applied example of the RBF to reveal its beneficial MC properties above and beyond other tests.

**Section:** Quantitative Methods

**Session ID:** 112575 - 12-Minute Talk

### *Revisiting the Healthy Immigrant Effect: The Role of Statistical Context and Confounding Variables*

**Main Presenting Author:** Jasemi, Ali

**Additional Authors:** Gottardo, Alexandra ; Wood, Eileen

Abstract: THE HEALTHY IMMIGRANT EFFECT (HIE), WIDELY DISCUSSED IN THE LITERATURE, SUGGESTS THAT NEW IMMIGRANTS REPORT BETTER MENTAL HEALTH COMPARED TO CANADIAN-BORN PEERS. THE CURRENT STUDY CRITICALLY EXAMINED THE HIE USING DATA FROM CANADA'S CENSUS AND THE CANADIAN COMMUNITY HEALTH SURVEY (CCHS), FOCUSING ON STATISTICAL LIMITATIONS AND CONFOUNDING VARIABLES SUCH AS AGE AND LANGUAGE PROFICIENCY. ALTHOUGH RECENT IMMIGRANTS (10 YEARS: MENTAL HEALTH,  $M=2.08, SD=0.976$ ; LIFE SATISFACTION,  $M=7.89, SD=1.664$ ,  $_P_S$

**Section:** Developmental Psychology

**Session ID:** 113639 - 12-Minute Talk

### *The future of ACEs - A global and inclusive perspective*

**Main Presenting Author:** Sawyer, Kafui

**Co-Presenting Author:** Racine, Nicole

Abstract: Adverse Childhood Experiences (ACEs) can result in physical, mental, behavioural, and educational difficulties throughout life. The majority of ACEs research to date has taken an individualistic approach, focusing on experiences impacting individuals and their families. Globally, the social ecology of the individual, society, and culture must also be considered in order to make ACEs research more relevant across societies and cultures. The purpose of this presentation is to discuss the limitations of the current ACEs research and to emphasize the importance of also considering social and methodological aspects of adversity. There will also be a discussion of the importance of taking protective factors into consideration.

**Section:** Black Psychology

**Session ID:** 112774 - 12-Minute Talk

## Conversation Session

### Analyzing Qualitative Archival Research

**Main Presenting Author:** Opotow, Susan

*Abstract: This talk on qualitative research methods focuses on archival research. Archive has diverse definitions, so I will begin by defining archive based on authoritative scholarly sources. I will then describe the analysis of archival data from the perspective of several prominent scholars. For researchers and students, the analysis of archival data can be challenging. There is no prescriptive methodological script to follow as each set of archival data is unique, and the analysis must be tailored to the interests of each researcher. I will describe how theoretical and historical perspectives offer important starting points for the analysis of archival data. Theory can guide researchers' analytic approaches, and a researcher's historical knowledge can identify quirks or significant gaps in archival data. This talk on critical qualitative methods would be apt for researchers and instructors with and without empirical experience in archives. As archival research is becoming more prevalent in psychology, I anticipate that this Round Table Conversation Session will generate interest, apt questions, and lively discussion.*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 113915 - Conversation Session

### Building Research Relevance: A Multidimensional Approach to Creating a True Evidence-Based Professional

**Main Presenting Author:** Shaw, Steven R.

*Abstract: School psychologists do not read scholarly journals. There are multiple reasons such as access, costs, communication style, and credibility of information in journals. Most importantly, most clinicians do not see journal articles and published research as relevant to professional practice. The result is that school psychology is failing to reach its stated goal of being an evidence-based profession. Researchers, clinicians, and students are invited to engage in an open discussion of how best to build relevant research that can be implemented. Among the suggested solutions are: change how professionals are being trained in research, create open access research repositories, expand implementation science in school psychology, improve mechanisms for communicating research, and creating university/school board research partnerships, open science and credibility enhancing methods, and developing a nation-wide research consortium. Ideas will be presented and partnerships for future solutions will be discussed.*

**Section:** Educational and School Psychology

**Session ID:** 113379 - Conversation Session

### Conducting mental health and substance use research with lived experience and family engagement: A round table discussion of impacts, best practices, recommendations

**Main Presenting Author:** Hawke, Lisa D

**Additional Author:** Sheikhan, Natasha Y.

**Abstract:** *BACKGROUND.* It is increasingly common to engage people with lived experience and family members (PWLE/F) in the conduct of mental health and substance use research, as advisors, partners, or co-researchers. By engaging PWLE/F, it is possible to improve the quality and relevance of the research, while democratizing the research process. However, PWLE/F engagement can be a complex process and academic guidance is required. *PURPOSE.* We will discuss how to conduct effective and authentic engagement in mental health and substance use research. We will describe the impacts that PWLE/F engagement has on research, on the people engaged, and on the scientific team, which is derived from our scoping review of the literature. We will then present our Best Practice Guidelines, a fulsome set of guidelines that was co-developed by PWLE/F and researchers through a Delphi consensus methodology. We will also share emerging insights on issues such as building relationships, communicating effectively in PWLE/F engagement contexts, and reporting on engagement, all emerging from our qualitative descriptive studies. Open discussions will be held to reveal attendees' experiences, identify challenges, and discuss mitigating strategies. *RELEVANCE.* These recommendations will guide attendees in how to conduct PWLE/F engagement authentically. *RISKS:* None.

**Section:** Clinical Psychology

**Session ID:** 111864 - Conversation Session

### *From Data to Decisions: Using Measurement-Based Care in a Mental Health and Addictions Hospital to Improve Patient Outcomes*

**Main Presenting Author:** Remers, Shannon

**Additional Authors:** Ahmed, Sarah ; Rossi, Emily; Waterman, Robert

**Abstract:** *Measurement-Based Care (MBC)* involves the systematic use of validated measures throughout care (intake, progress, discharge) to inform clinical decision-making, enabling clinicians and patients to collaboratively monitor treatment progress. Despite this, there is low implementation by clinicians, with only 12% of Canadian psychologists using progress monitoring measures. In the age of big data, artificial intelligence, and technology, leveraging MBC tools to improve mental health outcomes for patients is more important than ever. As recommended by the CPA in 2019, clinicians should seek training opportunities on implementing and using outcome data to monitor patient progress and recovery. While barriers exist, openly addressing challenges and brainstorming solutions is crucial to increase engagement with MBC. The session will begin with a brief overview of the implementation of MBC at a mental health and addictions hospital in Ontario. Participants will then discuss various barriers they anticipate or have experienced while using MBC. Next, participants will brainstorm ways to overcome these challenges and use MBC in their clinical care. Finally, sample scenarios using patient outcomes will be used to showcase practical feedback that can be provided to patients during their treatment in real-time. There are no anticipated risks associated with this conversation topic.

**Section:** Clinical Psychology

**Session ID:** 113047 - Conversation Session

### *Meaningfully Engaging People with Lived Experience in Psychological Research*

**Main Presenting Author:** Amestoy, Maya E

**Abstract:** *Meaningfully engaging people with lived experience (PWLE) in research is an evolving area of focus within psychological and health-related disciplines. This round table will explore best practices, challenges, and opportunities for students to effectively integrate PWLE into research design, implementation, and dissemination. The primary aim is to facilitate a dialogue on strategies for fostering authentic and equitable partnerships with PWLE in research. The goal is to explore how collaborations with PWLE can enhance psychological researchs relevance, quality, and impact, particularly in diverse populations. Objectives include identifying practical steps for meaningful involvement at all research stages, addressing ethical considerations, and generating solutions to overcome engagement barriers. This conversation is particularly relevant for psychology students to incorporate inclusive, patient-oriented, and community-based approaches into their work. Engaging PWLE not only enhances the authenticity and utility of research findings but also aligns with national and global priorities for equity, diversity, inclusion, and accessibility. Attendees will gain actionable insights and strategies to enhance their research practices and build stronger partnerships with PWLE, a critical step in addressing complex societal challenges.*

**Section:** Students in Psychology

**Session ID:** 113560 - Conversation Session

### *Unlocking Patterns in Qualitative Research: Exploring the Potential, Challenges, and Future of Topic Modeling in Research and Practice*

**Main Presenting Author:** Waqas, Saad B

**Additional Authors:** Ananna, Zarrin ; Asmundson, Gordon J. G.

**Abstract:** *Recent advancements in machine learning and natural language processing have introduced powerful tools like topic modeling (LDA, BERTopic) to the field of psychology. These tools offer novel approaches for synthesizing research trends and performing qualitative analyses. Despite a rise in the use of these methods, there is limited guidance for their application in psychology, whether for conducting literature reviews, identifying trends in subfields, or analyzing qualitative data. This session will explore the potential of topic modeling, including its strengths and limitations. Participants will discuss the barriers to its adoption, such as reliability, ethical considerations, and the integration of human involvement in mixed approaches. We will compare topic modeling with traditional review and coding methods, highlighting case studies of its application to literature review and interview analysis. The session aims to increase awareness of the utility of topic modeling, identify areas for further development, and brainstorm practical and ethical guidelines for its use within psychology. Structure: Introduction (5 min): Overview of topic modeling. Case Study 1 (5 min): Identifying research trends in psychology with topic modeling. Case Study 2 (5 min): Interview analysis with topic modeling. Discussion (minimum 10 min): Participant engagement with guiding questions*

**Section:** General Psychology

**Session ID:** 113407 - Conversation Session

## Panel Discussion

### Bridging Borders: International Collaboration in Addressing Global Social Challenges - International Relations Committee Panel

**Moderator(s):** Safdar, Saba

**Panelists:** McGrath, Patrick ; Dion, Jacinthe ; Safdar, Saba

*Abstract: This panel highlights the transformative potential of international research collaborations in addressing pressing global issues, showcasing three diverse projects that span cultural, geographic, and sub-disciplinary boundaries. The first presentation introduces \_Superminds for Superhumans\_, a groundbreaking mental health initiative for Ukrainian war injury survivors and their families. The initiative reflects the power of international partnerships in addressing urgent humanitarian needs with scalable solutions. The second presentation delves into two international studies on body image, underscoring the interplay of cultural contexts, health, and environmental factors. The projects demonstrate the challenges and opportunities of managing large-scale collaborations among Canadian and international researchers. The third presentation explores the \_Towards Gender Harmony\_ project, a 72-nation study on the universality of gender stereotypes. The presentation illuminates the methodological hurdles and strategic approaches to knowledge mobilization in global gender research. Together, these presentations emphasize the complexities, achievements, and far-reaching impacts of international collaborations, offering valuable insights into the future of cross-cultural scientific endeavors.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113669 - Panel Discussion

### Decoding Decolonization and Indigenization: Clarifying Key Concepts for Actionable Organizational Change

**Moderator(s):** Grier, Melanie

**Panelists:** Brozny, Alicia; Carter-Rogers, Katelynn; Efimoff, Iloradanon; Murry, Adam

*Abstract: As institutions respond to the Truth and Reconciliation Commission of Canada's Calls to Action, terms like "decolonization" and "indigenization" are increasingly being used to describe the requisite processes for "reconciliation." Enacting the organizational changes needed to reach these transformative goals is complex and multifaceted, with approaches to this nuanced work ranging in philosophical orientations and ontological underpinnings. Conceptual frameworks such as two-eyed seeing, ethical space, and parallel paths have been described by Indigenous scholars as a way to forward the conversation on truth and reconciliation. Unfortunately, impactful nuances of these approaches are often overlooked in the discourse, resulting in a simplistic and incomplete interpretation of what these terms entail. This panel aims to add clarity to the decolonization conversation by defining these different approaches and highlighting their distinctions, intersections, and practical applications in organizational and academic contexts. Panelists will discuss how these conceptual frameworks can support understanding of the roles and responsibilities associated with truth and reconciliation, when to use one or another, and how individuals can engage in the relational work that contributes to meaningful organizational change that respects Indigenous sovereignty.*

**Section:** Indigenous Peoples' Psychology  
**Session ID:** 113907 - Panel Discussion

## Printed Poster

### *A Recent History of Anxiety Disorders Research: A Topic Modeling Approach to Identifying Trends And Themes*

**Main Presenting Author:** Waqas, Saad B

**Additional Authors:** Asmundson, Gordon J. G.; Ueckert, Logan

*Abstract: Topic modeling is a machine learning approach used to extract topics, themes, and trends from text-based data. We used BERTopic, a common topic modeling algorithm to analyze the thematic content of abstracts from articles published in the Journal of Anxiety Disorders from 1997 to 2024. Using a dataset of over 2,400 articles, we extracted key topics, including areas such as PTSD treatment, COVID-19-related anxiety, and disgust-contamination dynamics. In addition to the distinct themes, the analysis revealed patterns in the evolution of topics over time. By graphing topic probabilities longitudinally, we identified key trend shifts such as the emergence of COVID-19-related research and changes in focus across anxiety subdomains. Data analysis is ongoing, with a human component being integrated to assess the interpretability and reliability of topics. Our team will examine the most representative articles within each topic to develop precise topic labels and compute the frequency of articles associated with each theme. Insights from these analyses will provide a deeper understanding of the thematic trajectories and evolving priorities within the field of anxiety disorders. This study highlights the potential of combining machine learning techniques with human judgment to enhance the analysis of large-scale psychological research trends.*

**Section:** Clinical Psychology  
**Session ID:** 113695 - Printed Poster

### *A Thematic Exploration of Psychology Students' Experiences in Introductory Statistics Courses*

**Main Presenting Author:** Martel, Tatijanna C

**Additional Authors:** Celio, Victoria M; Alter, Udi; Martin, Jodi

*Abstract: Many undergraduate psychology students dread their mandatory statistics requirement. Researchers have investigated different factors influencing students' experiences in these courses, primarily through quantitative methods. This study examined different aspects of undergraduate psychology students' experiences in their introductory statistics courses through qualitative inquiry. A sample of 97 undergraduate psychology students (or alumni) from a multicultural university in Canada was collected for this study. Participants commented on their experiences in introductory statistics courses through an open-ended survey item. Thematic analysis was used to explore themes emerging from the data, consisting of an iterative coding approach to identify the main themes across students responses. Initial results indicate that diverse factors influence participants' experiences in introductory statistics, including instructor and student characteristics. This study provides valuable insight into how instructors can improve students' experiences in introductory statistics courses from the student perspective, which can be challenging to capture through quantitative methods alone.*

*Findings can further inform instructors how to adjust their introductory statistics courses to improve students experiences.*

**Section:** Quantitative Methods

**Session ID:** 113644 - Printed Poster

*Are trauma films the best option for experimental PTSD research? Exploratory work comparing the impact of trauma films, images and mental imagery on psychophysiological outcomes*

**Main Presenting Author:** Anwarzi, Deewa

*Abstract: Post-Traumatic Stress Disorder (PTSD) is a complex disorder that is difficult to assess prospectively. Experimental trauma manipulations seek to bridge this gap, however this work often relies on trauma films—a manipulation criticized for its ethical implications, ecological validity, and capacity to capture diverse trauma experiences. This study evaluates mental imagery (MI) as a valid alternative. By comparing the effects of MI, films, and images on PTSD-related outcomes, we aim to assess MI's efficacy, comparability, and potential to advance our understanding of PTSD development. Thirty trauma-naïve participants will complete an 8-day study. On Day 1, participants will complete mood questionnaires before and after exposure to five trauma (two films, one image set, and MI) and three neutral stimuli, with electrodermal activity recorded. For the next seven days, participants will track trauma-related intrusions. On Day 8, participants will complete PTSD symptom and ethical acceptability questionnaires. Mixed-method analyses will assess immediate and delayed effect. We hypothesize that MI will elicit trauma-like responses comparable to films, while images will have milder effects. If MI produces similar outcomes, it could validate its use as an alternative trauma manipulation. If distinct, it may highlight different mechanisms—a critical insight for research and interventions.*

**Section:** Traumatic Stress

**Session ID:** 113033 - Printed Poster

*Assessing Ambiguity Tolerance in Counsellors-in-Training: Validation of the TACIT Scale*

**Main Presenting Author:** Chacon-James, Keana

**Co-Presenting Author:** Rigas, Christina

**Additional Authors:** Spinelli, Christina ; Khoury, Bassam

*Abstract: BACKGROUND: Ambiguity tolerance (AT)-the ability to manage uncertainty-is a critical skill influencing decision-making, learning, and intrapersonal behaviour. In healthcare, AT affects both practitioner well-being and client care. Low AT is linked to higher burnout and anxiety, while higher AT is associated with better emotional intelligence and resilience. Despite research on AT in other fields, studies developing AT in counselling are limited. Furthermore, no psychometrically validated tools exist to assess or foster AT in the counselling field. To fill this gap, we developed the Tolerance of Ambiguity in Counsellors-in-Training (TACIT) scale, adapted from an AT scale used for medical students. METHODS: 259 Canadian graduate students in counselling/therapy training programs completed a sociodemographic survey and the TACIT scale. RESULTS: Results will be available by April 2025. Analyses include Exploratory and Confirmatory Factor Analyses and*

*ANOVAs to examine variation in TACIT scores based on program, gender, and year of study.*

**CONCLUSION:** *The TACIT scale is expected to demonstrate psychometric validity. Higher AT is anticipated among participants with more training experience. IMPACT:* This research aims to establish a psychometrically validated tool that can enhance AT in counselling, supporting clinician resilience, reducing burnout, and improving client outcomes.

**Section:** Counselling Psychology

**Session ID:** 112377 - Printed Poster

### *Broadening the Lens: Implicit Theories of Sexuality Across Demographic Groups*

**Main Presenting Author:** Bautista, Megan A.

**Additional Authors:** Maxwell, Jessica A.; Sakaluk, John K.; Kilimnik, Chelsea ; Merwin, Kathleen ; Gauvin, Stéphanie E. M.

**Abstract:** *Background:* Implicit theories of sexuality are beliefs about how sexual satisfaction is achieved (Maxwell et al., 2017). Sexual growth beliefs emphasize effort and flexibility, leading to higher relationship and sexual satisfaction. Sexual destiny beliefs focus on set compatibility and predict poorer outcomes when experiencing sexual difficulties. Previous research has excluded minority groups; focusing on WEIRD populations (Klein et al., 2022). Therefore, to examine the generalizability of these findings, we will use equivalence testing to explore whether levels of sexual growth and destiny beliefs meaningfully differ across demographic groups (LGBTQ+ versus cis-het; high versus low SES; liberal versus conservative political orientation; and across age and relationship configuration). *Method:* We have collected two samples of participants ( $n = 333$  USA nationally representative;  $n = 352$  LGBTQ+) who completed online measures of implicit theories. *Results:* Data analysis is ongoing, however, preliminary results show more similarities than differences in the endorsement of sexual growth and destiny beliefs across sociodemographic groups. *Conclusions:* Implicit theories of sexuality are endorsed to a similar degree across diverse groups of people. Research must continue to test such theories across diverse populations to ensure that research claims encompass all people.

**Section:** General Psychology

**Session ID:** 113811 - Printed Poster

### *Comparing Means Under Nonnormality and Heteroscedasticity: Defending the Yuen Test.*

**Main Presenting Author:** Lemud, Liran

**Additional Author:** Cribbie, Robert

**Abstract:** *Yuens test is a robust statistical method for comparing trimmed means, protecting against violations of normality and heteroscedasticity that traditional t-tests do not. Recent studies evaluating various versions of the t-test concluded that Yuen's test exhibits an inflated Type I error rate, particularly when distributions are asymmetrical. However, we believed that these conclusions were flawed due to a methodological issue—evaluating Yuens test when the usual population means are identical, rather than the trimmed means being identical. To confirm our suspicions, we conducted two sets of simulations to evaluate Yuen's test: one a replication of the studies mentioned above (equal usual population means, but unequal trimmed means), and another with equal trimmed means to*

properly assess Type I error rates. Results showed that Yuens test demonstrates good Type I error control when population trimmed means are equal, but, as expected, has inflated rates when population trimmed means are not identical (since these are power, not Type I error conditions). These findings reaffirm the robustness of Yuens test as able to detect trimmed mean differences while maintaining Type I error control. Our results highlight the importance of correctly interpreting robust statistical tests and confirm the use of Yuen's test in research comparing means with nonnormal, heteroscedastic data.

**Section:** Quantitative Methods

**Session ID:** 112681 - Printed Poster

*Conceptual Overlap and Distinctions Between Sexual Satisfaction, Pleasure, and Well-Being: A Qualitative Evidence Synthesis*

**Main Presenting Author:** Balint, Storm

**Additional Authors:** Ménard, A Dana; Power, Julia; Sterling, Morgan; Morgan, Via F

**Abstract:** Sexual satisfaction, sexual pleasure, and sexual well-being are often used interchangeably in research, particularly in quantitative studies. Although many questionnaires have been developed to assess these constructs separately, these measures typically were not designed based on qualitative findings, raising concerns about whether these measures truly capture distinct aspects of sexual experience. This qualitative evidence synthesis addresses key questions: (1) What areas conceptually overlap between sexual satisfaction, pleasure, and well-being? and (2) What factors, if any, distinguish between them? And what demographic groups have been represented in qualitative investigations on this issue? A systematic search across five databases yielded 1,932 articles, with 29 included in the synthesis. Areas of distinction and overlap will be presented in conjunction with quantitative findings. Results from this synthesis highlight the need for distinct definitions of these constructs that align with diverse lived experiences, improving theoretical and practical understanding. This synthesis contributes to a deeper understanding of how these social constructs are experienced, revealing that current research often fails to capture their intersectional nature. Future studies should develop inclusive tools that accurately represent the complexities of sexual well-being.

**Section:** Social and Personality Psychology

**Session ID:** 112343 - Printed Poster

*Consequences of and remedies for unaccounted-for random measurement error in mediation analysis of clinical trials and other two-group comparisons*

**Main Presenting Author:** Hayes, Andrew F

**Co-Presenting Author:** Lunney, Carole A.

**Abstract:** Mediation analysis is popular in the analysis of clinical trials and other two-group comparisons. Mediation analysis partitions group differences (the total effect of X) in outcome variable Y into a direct and an indirect effect through mediator M, with the indirect effect representing the “mechanism” by which the effect of X on Y operates. Frequently, mediation analysis is undertaken in clinical trials and other group comparisons without acknowledging the biasing effects of measurement error in M on the estimates of direct and indirect effects of X. We show analytically and through simulation that in some circumstances, a failure to acknowledge measurement error in M can,

*in addition to biasing estimates of the indirect and direct effects, produce spurious direct effects, reduce power to detect real direct effects, and generate meaningless confidence intervals for both the indirect and direct effects. Some of these problems get worse rather than better with increasing sample size. Although structural equation modeling with a component that captures random measurement error can be used for such models to debias estimates of effects, we provide an easier approach using an errors-in-variables procedure newly-implemented in the freely-available PROCESS macro for SPSS, SAS, and R.*

**Section:** Quantitative Methods

**Session ID:** 113591 - Printed Poster

*Contextualizing Small Effect Sizes: Beyond Popular Thresholds in Psychological Research*

**Main Presenting Author:** Bhingaradia, Vaidehi

**Abstract:** *Effect sizes play a vital role in psychological research, offering insights into the magnitude of relationships. However, the reliance on published/popular thresholds, such as Cohen's (1988) guidelines, often obscures the real-world implications of small effects. These thresholds were never intended to serve as rigid standards. Our research critiques this approach and advocates for a context-based interpretation of effect sizes. We focus on when small effect sizes are meaningful, highlighting the mechanisms that allow these effects to lead to practical implications. First, we describe how small effects, when considered in context, can accumulate over time or scale up across larger populations, resulting in more pronounced outcomes. Second, we provide examples from the field of psychology where small effects can be meaningful when considering the context. Finally, we use simulations to quantify how such effects become impactful when applied at the population level or over extended periods. These models help us demonstrate how what may seem like a minor effect in a single study can have important outcomes when the findings are applied in broader, real-world settings.*

**Section:** Quantitative Methods

**Session ID:** 112515 - Printed Poster

*Developing a Core Outcome Set for Perinatal Women with Generalized Anxiety Disorder (GAD): Standardizing Reported Outcomes in Clinical Research*

**Main Presenting Author:** Stallwood, Emma

**Abstract:** *BACKGROUND: Anxiety disorders affect 15–24% of women during the perinatal period, with generalized anxiety disorder (GAD) being the most frequent. Untreated GAD is linked to adverse outcomes for both mother and infant, emphasizing the need for effective, safe treatments. Current treatment studies use varied and subjective outcomes to evaluate effectiveness. This inconsistency hinders the comparison of treatments and synthesis in meta-analyses. A standardized core outcome set (COS) can address this issue by unifying outcome selection. GOALS: This study aims to develop a COS for perinatal GAD. A COS is a standardized list of outcomes recommended for measurement in clinical studies to ensure consistency while still allowing researchers to include additional outcomes. Establishing a COS will reduce variability in outcomes reported across GAD studies, improve evidence synthesis, and ensure relevance to stakeholders, including researchers, clinicians, and patients. RESULTS: This multi-phase project is ongoing. Phase 1 involved a scoping review, revealing*

heterogeneity in outcomes across GAD treatment studies. Phase 2 involved focus groups with patients to identify outcomes that matter most to them; thematic analysis is underway, and results will follow. IMPACT: This COS will improve treatment approaches and advance best practices for this population.

**Section:** Women and Psychology

**Session ID:** 113491 - Printed Poster

### *Dimensions of Early Life Adversity and Attention Bias in Childhood and Adolescence: A Systematic Review*

**Main Presenting Author:** Wright, Liam

**Additional Authors:** Li, Lydia M; Boafo, Alex; Johnson, Dylan; Atallah, Serena; Wade, Mark

**Abstract:** *BACKGROUND: The Dimensional Model of Adversity and Psychopathology (DMAP) was developed to foster an improved understanding of how early life adversity (ELA) “gets under the skin” through the distinct dimensions of threat and deprivation. Although evidence has validated hypotheses related to how cognitive functioning may be differentially impacted by exposure to threat and deprivation, there has yet to be a review validating how exposure to threat and deprivation may differentially impact emotional functioning. The goal of this review was to address this gap through exploring how different dimensions of ELA are associated with outcomes related to attention bias (AB). METHODS: A systematic review was conducted capturing effects from 7 separate measures of AB. Articles were identified using 6 online databases organized using Covidence. The present review screened 11,154 articles at the abstract level, 341 articles at the full-text level, and included 41 articles for extraction. RESULTS: Results were heterogeneous and revealed that across different dimensions of exposure, findings tended to be contingent on specific study characteristics such as age, type of ELA exposure subtype, etc. CONCLUSION: This review explored evidence in line with the core hypotheses of the DMAP and found mixed support for this theoretical model. Recommendations for future investigation were provided.*

**Section:** Developmental Psychology

**Session ID:** 113910 - Printed Poster

### *Engagement, avoidance, and conflict in group psychotherapy sessions: A conceptual replication and extension of an empirically-derived typology system*

**Main Presenting Author:** Panagos, Isabella

**Additional Author:** Bedi, Robinder P

**Abstract:** *While an extensive body of the literature suggests that psychotherapy groups advance in stages, little research has explored the development and validation of an empirically derived classification system that can be used to characterize group sessions more effectively. Formulated using members perceptions of the emotional atmosphere (i.e., group climate), the current study sought to conceptually replicate the five-category group typology system developed by Li et al., (2021). In the current study, 105 participants with a history of clinically significant alcohol use attended one of 22 six-session psychotherapy groups. The Group Climate Questionnaire assessed the climate dimensions of engagement, avoidance, and conflict. A  $k$ -means cluster analysis was performed, but failed to*

replicate the typology solution derived by Li et al. As a result, an agglomerative hierarchical cluster analysis was employed, followed by a confirmatory  $k$ -means cluster analysis. Three types of group sessions were identified: *\_unenthusiastically detached\_*, *\_politely aloof\_*, and *\_cohesively collaborative\_*. An absence of replication suggests that one typology may not be suitable for all types of groups. Pending future replication, these results provide researchers and clinicians with an alternate typology that may be cautiously used to describe group sessions for individuals with a history of alcohol misuse.

**Section:** Counselling Psychology

**Session ID:** 113942 - Printed Poster

**Errors-in-Variables Regression as a Viable Approach to Mediation Analysis with Random Error-Tainted Measurements: Estimation, Effectiveness, and an Easy-to-Use Implementation**

**Main Presenting Author:** Hayes, Andrew F

**Co-Presenting Author:** Alexander, Sean

**Additional Author:** Allison, Paul

Abstract: Mediation analysis is often conducted using ordinary least squares (OLS) regression analysis methods. Given that one of OLS regression's weaknesses is its susceptibility to estimation bias resulting from unaccounted-for random measurement error (RME), many published mediation analyses certainly contain some and perhaps substantial bias in the direct, indirect, and total effects. Here, we offer errors-in-variables (EIV) regression as an easy-to-use alternative to OLS regression when a researcher has good estimates of the reliability of the variables in the analysis. In three examples, we show that EIV regression-based mediation analysis produces estimates that are largely equivalent to those obtained using an alternative, more analytically complex approach that accounts for RME—single-indicator latent variable SEM—yet quite different from the results generated by standard OLS regression that ignores random measurement error. In a small-scale simulation, we also establish that EIV regression successfully recovers the parameters of a mediation model involving variables adulterated by RME while OLS regression generates biased estimates. To facilitate the adoption of EIV regression, we describe an implementation in the PROCESS macro for SPSS, SAS, and R that we believe now eliminates most any excuse one can conjure for not accounting for RME when conducting a mediation analysis.

**Section:** Quantitative Methods

**Session ID:** 113567 - Printed Poster

**Evidence for the fractionation hypothesis of autism and hyper-systemizing trait: a latent profile analysis.**

**Main Presenting Author:** Steacy, Evelyn C

**Additional Authors:** Moshirian Farahi, Seyed Mohammad Mahdi ; Leth-Steensen, Craig; MacLeod, Nola

Abstract: This study aimed to examine whether autistic traits align with the unitary spectrum or are fractionated into distinct categories. The unitary spectrum hypothesis suggests a single construct

underlying the continuous distribution of autistic traits. In contrast, the fractionation hypothesis posits a discrete distribution, with clusters representing feature sets. Moreover, the current study aimed to explore whether there is a unique profile related to hyper-systemizing trait. It was hypothesized that non-social traits of autism, systemizing, and repetitive behaviors are in the same profile. A total of 463 participants ( $M_{age} = 19.63$ ) completed questionnaires, including AQ, SQ, and RBQ-2A. A latent profile analysis (LPA) identified four distinct profiles. The profiles were hyper-systemizing (high attention to detail, systemizing, and repetitive behaviors, and intermediate/low social traits), unsocial (high social difficulties and intermediate non-social traits), neutral (moderate ASD traits across indicators), and social (low social difficulties and intermediate systemizing, attention to detail, and repetitive behaviors). The findings support the fractionation hypothesis. Additionally, due to the profile characterized by high attention to detail, systemizing, and repetitive behaviors, the current findings support the presence of a hyper-systemizing trait.

**Section:** Social and Personality Psychology

**Session ID:** 112706 - Printed Poster

### *Examining Daily Stress in Diverse Parents: A Pilot Scale Development Study*

**Main Presenting Author:** Simms, Christina

**Additional Authors:** De Luca, Paul ; Dua, Isha; Prime, Heather

**Abstract:** *BACKGROUND.* Parents experience a variety of daily stressors due to the demands of family caregiving. Existing daily stress measures are time-intensive and have primarily been validated on White, non-parental samples. The aim of this pilot study was to develop a brief Daily Stress Scale (DSS) that captured stressors of diverse parents with young children through preliminary item development and scale validation. *METHODS.* Using quota sampling to ensure diverse representation across gender and race/ethnicity, twenty parents of children 6 years or younger participated in a 7-day daily diary study ( $N = 20$ ; 45% racialized; 50% identified as women;  $M_{age} = 35.42$ ,  $SD = 5.57$ ). Following a baseline survey, participants completed a 38-item measure of daily stress each day for 7 days (Domains: Financial, Professional, Physical, Relational, Environmental, Child, Parenting, Discrimination). *RESULTS.* The total scores of the DSS had excellent internal consistency (range from  $\alpha = .86$  to  $\alpha = .96$ ). Average DSS scores (across 7 days) were significantly correlated, in expected directions, with validated scales of related constructs (assessed at baseline) including perceived stress ( $r = .58$ ) and psychological distress ( $r = -.46$ ), supporting convergent validity. Findings support the feasibility and validity of this novel parental daily stress scale for use with diverse parents.

**Section:** Clinical Psychology

**Session ID:** 113145 - Printed Poster

### *Examining Gender Differences in Personality and Temperament: Insights from the TIPI and FTI*

**Main Presenting Author:** Batchelor, Hannah M

**Additional Author:** Yildirim-Erbasli, Seyma M

**Abstract:** Examining gender differences in personality and temperament is essential for interpreting psychological assessments accurately. This study addresses this issue by investigating personality and

temperament measures in terms of gender differences: the Ten Item Personality Inventory (TIPI) and the Fisher Temperament Inventory (FTI). We used the publicly available FTI dataset collected in 2019. Participants ( $n = 3,967$ ; aged 20–78) completed the FTI, which involves a series of questions about personal temperament and the TIPI, and indicated whether they identified as female or male. The sample included 3,445 male participants and 522 female participants. Initially, we calculated composite scores to determine the medians for each temperament subtype and the TIPI measure. Then, we conducted a Mann-Whitney U-test to determine if personality and temperament measures differed significantly between males and females. The results showed a significant difference between male and female participants in the TIPI scale and each FTI subscale (curious/energetic, cautious/social norm compliant, analytical/tough-minded, and prosocial/empathetic scales). These findings suggest that gender significantly influences responses to both the TIPI and the FTI scales, highlighting the importance of considering gender as a factor when interpreting personality and temperament measures.

**Section:** Social and Personality Psychology

**Session ID:** 113458 - Printed Poster

### *Exploring the Childhood Camouflaging Experiences of Early-Diagnosed Autistic Women*

**Main Presenting Author:** Torraville, Bethany

**Additional Author:** McCrimmon, Adam

**Abstract:** *BACKGROUND: Camouflaging refers to behaviours and cognitive strategies used by autistic people to hide their autistic traits. These behaviours are often studied in late-diagnosed autistic women due to their interference in obtaining a timely diagnosis. However, early-diagnosed girls still report a desire to fit in socially. The current study aims to fill the gap in camouflaging research for early-diagnosed autistic women and girls. METHODS: Qualitative interviews with autistic women who were diagnosed at 5 years of age or younger are currently ongoing. The data will be analyzed using Reflexive Thematic Analysis and compared to the literature on camouflaging in late-diagnosed autistic women. RESULTS: Preliminary findings reveal both similarities and differences between the camouflaging experiences of early- and late-diagnosed autistic women. There is also variability demonstrated within the early-diagnosed autistic group around the level of camouflaging they engaged in during childhood. Participants shared that more peer education on autism and spaces that supported their special interests would have been helpful to lessen the negative impacts of camouflaging in childhood. CONCLUSION: These findings provide insight into the childhood experiences of early-diagnosed autistic women and may inform intervention to reduce the negative impacts of camouflaging for this population.*

**Section:** Educational and School Psychology

**Session ID:** 112255 - Printed Poster

### *Exploring the Impact of Quality of Life and Social Support on Depression, Anxiety, and Stress in Sudanese Medical Students: A Cross-Sectional Study across Multiple Universities in Sudan*

**Main Presenting Author:** Jaber Amin , Mohammed Hammad

**Abstract:** \* *BACKGROUND/RATIONALE:* Medical students experience higher rates of depression, anxiety, and stress compared to the general population. This study aimed to determine the prevalence of these mental health issues among Sudanese medical students and explore the impact of quality of life and social support. \* *METHODS:* A cross-sectional study was conducted among medical students from governmental and private universities across Sudan. Data were collected using the MOS Social Support Survey, DASS-21, and WHOQOL-BREF questionnaires. \* *RESULTS:* Over half of the participants (mean age 22.6 years, predominantly female) reported experiencing depression, anxiety, and stress. Environmental quality and physical health were significant contributing factors. ANOVA analysis revealed significant differences in anxiety and stress levels across academic years, with younger and final-year students exhibiting higher levels. \* *CONCLUSIONS:* A high prevalence of depression, anxiety, and stress exists among Sudanese medical students. Quality of life, particularly environmental quality and physical health, plays a crucial role. Academic year influences anxiety and stress levels. \* *ACTION/IMPACT:* The findings emphasize the need for interventions targeting mental health and well-being among Sudanese medical students. Further research should investigate specific stressors affecting different academic years.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113077 - Printed Poster

*Exploring the Relationship Between Perceived Threat of Emotion and Eating Disorder Symptoms in Women with Binge-Type Eating Disorders: Josie A. Brooks, Devyn R. Riddle, Vittoria Trolio, Alexia E. Miller, Ege Bicaker, Sarah E. Racine*

**Main Presenting Author:** Brooks, Josie A

**Abstract:** Previous research links emotion dysregulation to eating disorder symptoms, including binge eating (i.e., eating an objectively large amount of food accompanied by a loss of control) and compensatory behaviors (e.g., self-induced vomiting, laxative or diuretic misuse, maladaptive exercise). These behaviours can act as an escape from negative affect and can be maintained through negative reinforcement. Several studies have identified associations between perceived threat of emotions and depression, anxiety and obsessive-compulsive disorder; however, findings are limited in eating disorders. This study aims to examine associations between perceived threat of emotions with global eating pathology, binge eating, and compensatory behaviours in women with binge-type eating disorders ( $N = 122$ ). Participants completed the Perceived Threat of Emotions Questionnaire and the Eating Disorders Examination. We hypothesize that there will be: 1) positive associations between perceived threat of strong emotions and global eating pathology, 2) a positive association between perceived threat from all emotions and the frequency of binge eating episodes, and 3) a positive association between perceived threat from guilt and the frequency of compensatory behaviours. Analyses are underway. This study will contribute to understanding the role of perceived threat of emotions in the maintenance of EDs.

**Section:** Clinical Psychology

**Session ID:** 113092 - Printed Poster

*From Participants to Partners: Findings from a Rapid Scoping Review on Survivors'/Victims' of IPV Engagement in Research*

**Main Presenting Author:** Melvin, Ashley C

**Additional Authors:** Hilton, Zoe ; Moghimi, Elnaz; Giesbrecht, Crystal; Ham, Elke; Melnyk, Carissa

**Abstract:** *Background: The few available studies of IPV survivors/victims involvement in research as participants suggest that they are motivated to contribute to research and most find it a positive experience. In other fields, researchers have developed models for service users to be more fully involved in the research process, from design through dissemination, resulting in research that optimizes knowledge mobilization and improves services and outcomes.* **Objective:** This study seeks to explore approaches to engaging survivors/victims in IPV research and to develop an ethical, equitable, and evidence-based framework for survivors/victims to become full partners in the research process. **Method:** By conducting a rapid scoping review, evaluating participatory models from other fields, and hosting a collaborative event with researchers and survivors/victims, we are co-creating a participatory framework. **Results:** This poster will present the results of a student-led rapid scoping review and findings on survivors/victims' interest in participatory research. **Impact/Action:** A roundtable event and focus groups will lead to an action plan that will have an immediate impact how researchers engage with survivors/victims who wish to contribute to research.

**Section:** Criminal Justice Psychology

**Session ID:** 112459 - Printed Poster

*Legal rights comprehension: Are data coding strategies inflating (or misrepresenting) reported comprehension scores in the literature? Yes, it appears to be!*

**Main Presenting Author:** Lively, Christopher J

**Additional Authors:** Underwood, Robson M; Ingles, Alannah E; Watt, C Margo

**Abstract:** *A robust literature finding is that legal rights comprehension is low. Much research has been dedicated to improving comprehension by increasing listenability factors (e.g., age-appropriate language; short sentences; redundancy; Eastwood and Snook, 2012). These factors increase comprehension among adult and youth but the variability in scores remains high. For example, when listenability factors were applied to a new legal rights script, comprehension scores ranged from 81% (Eastwood et al., 2016) to 44% (Lively et al., 2022). One explanation is a lack of standardized coding strategy. The current study tests this explanation by comparing legal rights comprehension responses across two coding guides: 6-item coding guide (Eastwood et al., 2016) versus 16-item coding guide (Lively et al., 2022). Participants were randomly assigned to read one of three versions of a legal rights script that differed in degree of complexity (difficult, medium, easy) and report everything they remembered about the rights. Preliminary results (based on  $N = 96$ , 75% female,  $M_{age} = 18.97$ ,  $SD = 1.60$ ) indicate a significant difference in comprehension between the two coding guides with the increased number of items (16 vs. 6) yielding lower comprehension scores (42.1% vs. 74.6%, respectively). These findings support use of a standardized approach to evaluating people's understanding of their legal rights.*

**Section:** Criminal Justice Psychology

**Session ID:** 113800 - Printed Poster

## *Maximal Scoring in Personality Assessment: Capturing Peak Traits and Enhancing the Predictive Validity of Self-Report Measures.*

**Main Presenting Author:** Mazumder, Ashmita

**Additional Authors:** Sciberas, Chris ; Fournier, Marc; Erb, Suzanne

**Abstract:** Traditional scoring methods, such as sums or averages, generally treat all items as equally informative, disregarding the added value of items that are more challenging to endorse. Maximal scoring emphasizes peak trait expression or ability, which can provide insights over average scores. We explored the application of maximal scoring to measures of the Big Five and the Interpersonal Circumplex. Participants ( $N = 1026$ ) completed the Big-Five Inventory (BFI), the Personality Inventory for DSM-5 (PID5-BF), the Inventory of Interpersonal Problems (IIP-SC), the International Item Pool-Interpersonal Circumplex (IPIP-IPC), and measures of subjective well-being (SWB). We evaluated whether maximal scores, derived using Item Response Theory, offered incremental validity in predicting PID5 scores from maximal BFI scores, IIP scores from maximal IPIP-IPC scores, and SWB scores from maximal IIP scores. Maximal IPIP-IPC scores did not add incremental validity for predicting IIP scores. Interestingly, maximal IIP scores negatively predicted SWB, particularly for the agency dimension. Only maximal BFI disagreeableness showed incremental validity in predicting PID5 antagonism. Maximal scoring enhances personality assessment by capturing peak trait expression not reflected in typical scoring. This approach can potentially improve the applicability and predictive accuracy of self-report measures.

**Section:** Quantitative Methods

**Session ID:** 111996 - Printed Poster

## *Measurement Error- and Heteroskedasticity-Robust Analysis of Covariance*

**Main Presenting Author:** Coutts, Jacob J.

**Co-Presenting Author:** Hayes, Andrew F

**Abstract:** Behavioral scientists routinely test hypotheses about differences between groups (independent variable  $X$ ) on a dependent variable  $Y$  that may differ on one or more covariates  $C$  related to  $Y$ . Regression analysis with a categorical  $X$ , or its equivalent as analysis of covariance (ANCOVA), is the strategy typically employed to test whether the groups differ on  $Y$  when controlling for  $C$ . However, a regression analysis/ANCOVA can be invalid when  $C$  contains random measurement error (RME), as it often would. We extend the literature on errors-in-variables (EIV) regression as a solution without requiring the use of structural equation modeling (SEM) to account for the RME. Our approach integrates the literature on EIV regression with heteroscedasticity-consistent estimation of standard errors to produce a test that is valid in the presence of RME when a good estimate of reliability is available while also being robust in the presence of heteroskedasticity. Importantly, this approach works even when the homoskedasticity assumption of ANCOVA/regression is met and/or when  $C$  and/or  $Y$  is measured without random measurement error. Our implementation is available in the easy-to-use PROCESS macro for SPSS, SAS, and R, makes it hard to justify using a traditional ANCOVA or regression analysis when comparing group means or putting in lots of effort to set up the analysis in an SEM framework.

**Section:** Quantitative Methods

**Session ID:** 112844 - Printed Poster

## *Measuring Early Life Adversity in Diverse Global Contexts: A Narrative Review of Studies from Canada, China, India, and South Africa*

**Main Presenting Author:** Parker, Victoria

**Co-Presenting Author:** Li, Lydia M

**Additional Authors:** Boafó, Alex ; Rebello, Gloria; Fuller, Anne; Van Hulst, Andraea; Draper, Catherine; Matthews, Stephen; Wade, Mark

**Abstract:** *BACKGROUND: Early life adversity (ELA) is a global public health issue, accounting for nearly 30% of psychopathology worldwide. However, existing ELA measurement tools may lack cross-national sensitivity. This narrative review examines how ELA is measured in Canada, China, India, and South Africa, considering the relevance and gaps per country.* **METHODS:** Guided by the Healthy Life Trajectories Initiative (HeLTI)—a global longitudinal study aimed at improving health outcomes for parents and children—we conducted a narrative review using APA PsycInfo, Google Scholar, snowball searches, and consultations with collaborators in the target countries. Key terms related to ELA and geographic locations informed the search strategy. **RESULTS:** The review identified articles from Canada ( $N=41$ ), China ( $N=61$ ), India ( $N=43$ ), and South Africa ( $N=49$ ). Findings indicate ELA is mainly measured using externally developed tools (e.g., standardized questionnaires, semi-structured interviews) with a series of domestically adapted or developed tools emerging.

**CONCLUSION:** Current ELA measurement approaches rely heavily on tools developed by and for Minority World countries, potentially limiting their relevance in Majority World countries. **IMPACT:** Findings underscore the importance of ELA measurement validation and adaptation based on context and identify existing adaptations to guide global ELA research.

**Section:** Developmental Psychology

**Session ID:** 113665 - Printed Poster

## *Negligible Effect Testing: Do Researchers Know When it is Appropriate?*

**Main Presenting Author:** Martel, Tatijanna C

**Co-Presenting Author:** Celio, Victoria M

**Additional Authors:** Cribbie , Robert A; Martin, Jodi

**Abstract:** Researchers have discussed the value of negligible effect (equivalence) testing (NET) within the field of psychology for over three decades now (Cribbie et al., 2004; Rogers et al, 1993). However, the use of NET has been very limited within the field. For example, Marshall (2024) found that just over 120 studies used NET within the field of psychology in the last 25 years. The aim of this study is to evaluate whether people can identify when NET is appropriate. Researchers with prior statistical training, but at different career stages (undergraduate students, graduate students, faculty), were provided with various scenarios that were appropriate for either traditional null hypothesis testing or NET. We hypothesized that all researchers will struggle to recognize when NET is appropriate, but that graduate students and faculty would do better than undergraduate students (primarily since NET is not usually part of the undergraduate curriculum). The presentation will outline the scenarios presented to researchers and discuss the proportion of researchers at each career stage who were able to identify when NET is appropriate across each scenario. This study highlights the gaps in psychological statistics education related to NET and will hopefully improve psychological research practices in general.

**Section:** Quantitative Methods

**Session ID:** 113760 - Printed Poster

*No Words for Feelings: Developing Large Language Model Representations of Alexithymia*

**Main Presenting Author:** Barr, Jeremy

**Additional Authors:** van Rens, Samantha M.; Henning, Colin T.; McIntosh, Alexander; Parker, James D.A.

**Abstract:** *Alexithymia, characterized by difficulties identifying and describing emotions, presents unique challenges for psychological assessment due to its self-report paradox. Traditional measures like the Toronto Alexithymia Scale (TAS-20) rely on individuals' ability to recognize their emotional processing deficits. This study explores using large language models (LLMs) to develop computational representations of alexithymia through natural language processing. We combined context-free approaches (LIWC, TF-IDF, GloVe) with context-sensitive transformer architectures. Context-free methods provided interpretable baselines, while transformer methods captured nuanced patterns in emotional expression. Model outputs were validated against clinical expert reviews. We fine-tuned DistilBERT through a multi-stage process: 1. a lexical network from validated alexithymia measures; 2. interview transcripts of individuals scoring in the alexithymic and non-alexithymic range on the TAS-20. Transformer approaches showed significant improvements over baselines in identifying alexithymic patterns. Results suggest LLMs can effectively represent alexithymic traits, acting as an objective informant similar to traditional assessments. This approach provides insight into emotional expression without relying on self-reflection capabilities.*

**Section:** Quantitative Methods

**Session ID:** 113656 - Printed Poster

*On the same page (mostly): Patterns of student consensus and ratings of goal climates in STEM*

**Main Presenting Author:** Shankar, Sanheeta

**Additional Authors:** Robinson, Kristy ; Johnson, Cole ; Dubé, Marianne; Monnet, Romane; Hunter, Jessica

**Abstract:** *Achievement goal theory emphasizes the role of classroom goal structures in shaping student motivation. Although mean-level analyses of these structures are common, they often overlook individual differences in perceptions that exist between students in the same class (Robinson, 2023). Accordingly, we examined both means and consensus measured using rwg (interrater agreement; values approaching 1 = greater consensus; Bardach et al., 2021) in goal structures from N= 50 STEM lectures. Results showed significant correlations between means and rwg for all mastery goal items ( $r = .33 - .70$ ;  $p < .05$ ) and one performance approach goal item ( $r = .35$ ;  $p > .70$ ), whereas performance goals displayed moderate consensus ( $rwg = .50 - .70$ ), suggesting that mastery climates reflect more shared perceptions, whereas performance climates may depend more on individual differences. This suggests that STEM educators may be more effective at consistently conveying mastery climates, with this consistency linked to the effectiveness of mastery goal messaging (i.e., means). Future analyses of lecture recordings will explore contextual factors supporting these patterns.*

**Section:** Educational and School Psychology

**Session ID:** 113794 - Printed Poster

### *Operationalization of guilt in childhood - a scoping review*

**Main Presenting Author:** Phillips, Thera

**Additional Authors:** Yasiniyan, Sepideh ; Duan, Tz-Yu; Liu, Shuangbo; Saville, Margaret ; Talwar, Victoria

**Abstract:** *Operationalization of guilt varies throughout childhood. For children under 3, guilt is assessed through nonverbal cues like gaze aversion (Kochanska et al., 2002) and for older, it is measured via verbal expressions, reparative actions, vignettes, and questionnaires (Bafunno and Camodeca, 2013). There is limited consensus on guilts operationalization as antecedent or outcome. Following PRISMA guidelines, this review analyzed 121 studies published from 2000–2024, focusing on neurotypical children up to 12 years. For guilt as an outcome, children under 3 showed confession (35.7%), acknowledgment (28.6%), and prosocial responses (21.4%). In ages 3–6, confession (33.3%) remained prominent, with acknowledgment (28.6%) and prosocial responses (23.8%). Prosocial responses dominated ages 6–9 (53.3%), while acknowledgment (33.3%) peaked in ages 9–12, followed by reparative actions (27.8%). For guilt as a predictor, similar trends emerged: confession (35.7%) was highest for under 3, followed by acknowledgment (28.6%) and prosocial responses (21.4%). Ages 3–6 maintained confession (33.3%), acknowledgment (28.6%), and prosocial responses (23.8%). Prosocial responses (53.3%) remained dominant in ages 6–9, with acknowledgment (33.3%) most frequent in ages 9–12. These findings stress the importance of age-specific measures of guilt, with behavioral approaches tailored to different ages.*

**Section:** Developmental Psychology

**Session ID:** 112927 - Printed Poster

### *Perceptions and Attitudes of Professional Psychology Trainees Towards Open Science Practices*

**Main Presenting Author:** Shaw, Steven R.

**Additional Author:** Kreidstein, Jamie

**Abstract:** *Research suggests a discrepancy between the acceptance and adoption of open science practices (McKiernan et al., 2016), emerging in response to the replication crisis that raises concerns about clinical services and questionable research practices. This study assesses the perspectives of future researchers and clinicians in school, counseling, and clinical psychology training programs in Canada regarding Open Science (OS) practices like preprinting, preregistration, and data sharing, and how these may address the replication crisis. By evaluating trainee attitudes, this study aims to foster sound research practices in future psychology. The preregistration, survey battery, preprint, and shared data are available on Open Science Framework (<https://doi.org/10.17605/OSF.IO/57ZVD> [1]). Preliminary analyses ( $n = 85$ ) show most responses from McGill University students ( $n = 24$ ), with the largest groups in Clinical PhD ( $n = 19$ ) and School Psychology PhD ( $n = 17$ ). Respondents report neutral-to-somewhat interest in OS ( $\bar{x} = 3.87$ ), with the highest familiarity with preregistration ( $\bar{x} = 2.43$ ) and lowest with preprints ( $\bar{x} = 1.88$ ). More complex analyses will follow once the sample reaches adequate power ( $n = 150$ ). These findings will help supervisors address students knowledge*

gaps and inform future widespread use of OS practices. Links:-----[1]  
<https://doi.org/10.17605/OSF.IO/57ZVD>

**Section:** Educational and School Psychology

**Session ID:** 112798 - Printed Poster

### *Perspectives of advisors with intellectual disabilities on their contribution to an inclusive project*

**Main Presenting Author:** Beres, Melanie

**Additional Authors:** Hodgins, Audrey ; Ghaderi, Golnaz; Cobigo, Virginie

**Abstract:** *Background: Inclusive research engages advisors from the studied population throughout the process, enhancing data quality. Despite its benefits, there is limited research on the experiences of advisors in such studies. This study explores the perspectives of advisors with intellectual disabilities on their involvement in a research project. Method: We employed a qualitative case study approach. Two advisors participated in a semi-structured interview. The interviews were analyzed using a pre-structured case summary approach. Findings: The advisors reported benefits such as 1) gaining a sense of pride to be involved on the research team and to share their opinions; and 2) enjoying their role as advisors and valuing the opportunity to learn. Additionally, the advisors suggested that future inclusive research projects could be improved by incorporating more visuals, providing ample time to process information and adapting the language to their comprehension needs. Conclusions: These findings highlight the importance of inclusive research in empowering advisors with intellectual disabilities as well as strategies to facilitate their inclusion. Impact: This study adds to the knowledge base regarding the experiences of advisors with intellectual disabilities to inform future researchers of the benefits and strategies to use.*

**Section:** Students in Psychology

**Session ID:** 111748 - Printed Poster

### *Psychological interventions for teenagers with post-traumatic stress disorder: A scoping review*

**Main Presenting Author:** Gazit, Tamar

**Additional Authors:** McGrath, Patrick ; McEwan, Karen; Walker, Sydney

**Abstract:** *BACKGROUND: Over half of teenagers experience trauma by age 18, with 5-25% developing post-traumatic stress disorder (PTSD), a condition with significant mental health, developmental, and academic consequences. While psychological interventions are effective, research focusing on teenagers is limited. This scoping review aimed to map existing studies, describe methodologies, and identify gaps in psychological interventions for teenagers with PTSD. METHODS: A systematic search of three databases identified 48 studies (2002–2024) involving teens (13–19 years old) with PTSD. Data were extracted and analyzed following Joanna Briggs Institute methodology. RESULTS: Cognitive behavioral therapy (n = 20) and exposure-based therapies (n = 15) were most studied, with randomized controlled trials (n = 28) dominating. Interventions were largely in-person and delivered by traditional providers, with minimal research on telehealth, non-traditional providers, or diverse populations. One-third of studies lacked race/ethnicity data. Key gaps*

*included family involvement, less-studied trauma types, and underserved populations. CONCLUSIONS: This review highlights opportunities to enhance psychological research by addressing gaps in methods, populations, and intervention delivery for trauma-affected teens. Bridging these gaps could enhance the accessibility and effectiveness of PTSD psychotherapy.*

**Section:** Traumatic Stress

**Session ID:** 113060 - Printed Poster

### *Psychometric Analysis of Two Gender Dysphoria Measures in a Sample of Gender Diverse and Cisgender Adolescents*

**Main Presenting Author:** Danton, Rowan A.

**Additional Authors:** Lai, Meng-Chuan ; Folkierska-Zukowska, Monika ; Hu, Daisy; Peragine, Diana E.; Thurston, Lindsey T.; Skorska, Malvina N.; VanderLaan, Doug P.

*Abstract: The rising number of youth exploring gender diversity underscores the need for contemporary measures with inclusive language that reflect modern gender diversity. Tools based on cisgender-normed frameworks risk producing inaccurate data and pathologizing gender diverse experiences and identities. This study examines the psychometric performance of two gender dysphoria measures: the Gender Identity/Dysphoria Questionnaire for Adolescents and Adults (GIDYQ-AA), an older measure rooted in stereotypical gender-normed language, and the more recent Gender Congruence Life Satisfaction (GCLS) scale, using more contemporary and inclusive language. Gender diverse (n=61) adolescents referred for gender-affirming care and cisgender adolescents (n=69) completed both measures (collected as part of a larger study). All were 12-17 years of age. Known-groups validity will be evaluated using analysis of variance to compare scores from gender diverse and cisgender adolescents. Internal consistency will be assessed using Cronbach's alpha. Convergent validity will be examined by correlating total scores from both scales in gender diverse adolescents. If non-gender-normed tools demonstrate superior psychometric properties (better known-groups validity, higher internal consistency), this would further support the importance of inclusive language in enhancing patient care in gender diverse youth.*

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113482 - Printed Poster

### *Race Manipulation Checks in Mock Jury Research*

**Main Presenting Author:** Chen, Erica

**Additional Author:** Maeder, Evelyn

*Abstract: RATIONALE: Removing data for analyses from participants who fail race manipulation checks, but pass attention checks, has been criticized in mock jury research. Due to color-blind racism (Chen and Maeder, 2022) or social desirability when the study is suspected to be about race (Salerno et al., 2023), mock jurors may not be honest in their survey responses. Further research on manipulation checks is warranted to determine if checks work as intended. METHOD: Data will come from a study where 1000 Canadian jury-eligible participants, recruited from Prolific Academic, will act as mock jurors in a sexual assault trial. They will be randomly assigned to one of 16 trial transcripts where accused and victim race (Black, White) and gender (man, woman) are manipulated via photos and names. They will render a verdict (guilty/not guilty); and respond to a manipulation*

check for accused race and a suspicion check. PROPOSED ANALYSES: Two chi-square tests will be used to determine if there is an association between (1) responses for suspicion (coded as correct/incorrect) and race manipulation (pass/fail) checks and (2) defendant race (Black/White) and race manipulation checks (pass/fail). CONCLUSION/IMPACT: This study is needed to determine if race manipulation checks erroneously remove participants who purposefully fail, which may affect results in race-related jury research.

**Section:** Criminal Justice Psychology

**Session ID:** 113387 - Printed Poster

### *Relationship Between Climate Change Anxiety and Mental Health Across Two Countries and Four Seasons*

**Main Presenting Author:** Banga, Preet

**Additional Authors:** Watt, Margo ; Lively, Christopher; Underwood, Robson

Abstract: Climate change is widespread, rapid, and intensifying (IPCC, 2022). Climate change anxiety (CCA) refers to worries and dread about potential negative consequences of climate change (APA, 2021), but does not require direct experience with catastrophic climatic events. Clayton and Karazsia (2020) designed the CCA scale to assess cognitive-emotional and functional impairment, experience, and sustainable behaviour associated with climate change. Reyes et al. (2023) used the CCA scale with a Filipino sample (145 males, 288 females, 18 to 26 years) and found a significant inverse relationship between CCA and mental health. The present study sought to extend CCA research by attempting to replicate Reyes et al.'s findings with a North American sample using between-subjects data collected across four seasons. Participants ( $N = 780$ , ~ 50% Canadian and American adults, 58.2% male,  $M_{age} = 36.97$ ,  $SD = 11.41$ ) completed the CCA scale, Mental Health Index (Veit and Ware, 1983), and Anxiety Sensitivity Index-3 (Taylor et al., 2007). Preliminary results indicate significant differences between the two countries in experience, cognitive-emotional and functional impairment but not in behavioural engagement (e.g., recycling, conservation). Being worried about climate change can be adaptive if it motivates positive action but being overly worried can interfere with functioning.

**Section:** Clinical Psychology

**Session ID:** 113568 - Printed Poster

### *Replication Crisis: A Pre-Post Educational Video Assessing Honours Psychology Students' Behaviors and First-Year Undergraduate Psychology Students' Attitudes on the Methodological Issue in Psychology*

**Main Presenting Author:** Foster, Gillian I

Abstract: In the last 10 years, crises surrounding replication, fraud and best data collection practices, and reporting have governed discussions in the field of psychology. Fortunately for researchers, there is a reliable and appropriate solution to reduce this issue, Open Science. Open science is a broad term that represents a new approach to the scientific process based on cooperative work and new ways of diffusing knowledge by using digital technologies and new collaborative tools. Previous studies have focused on teaching Open Science to university students, but no recent study has focused on measuring students attitudes toward the crisis and how it relates to their engagement in performing

proper Open Science practices. This study will investigate how attitudes and knowledge about the replication crisis impact Honours and First-Year Undergraduate Psychology students engagement in proper Open Science practices. These students will complete a pre-test post-test educational video intervention to assess their Attitudes Toward Psychology, Attitudes Toward the Replication Crisis, Replication Crisis Knowledge, and Engagement in proper Open Science practices. Results will be available in April 2025. This study will have an impact on the importance of properly performing Open Science practices for research studies, and gaining proper knowledge for students, and their future studies.

**Section:** Quantitative Methods

**Session ID:** 111368 - Printed Poster

*Response style of caregivers and educators who support children and adolescents with prenatal alcohol exposure*

**Main Presenting Author:** Theule, Jennifer

**Additional Authors:** Cheung, Kristene ; Unger, Jo Ann; Clayton, Kylee; Hanlon-Dearman, Ana; Balcaen, Lisa; Ward, Michelle; Frohlich, Jona

**Abstract:** A Fetal Alcohol Spectrum Disorder (FASD) assessment requires a child's caregiver and educator (i.e., informants) to complete questionnaires describing child functioning. Elevated validity scales embedded in the questionnaires occur frequently in our FASD diagnostic clinic. These validity scales, including high negative responding and inconsistent responding, may provide information regarding informants' response styles and characteristics rather than compromise questionnaire validity. The goal of this study was to describe the trends in response styles across informants of children with prenatal alcohol exposure and determine whether specific factors are related to particular response styles. The charts of 225 children were included in this study ( $M_{age}=10.40$  years;  $SD_{age}=3.25$ ; 54.0% males; 55.26% diagnosed with FASD). We reviewed the validity scales from the BRIEF, BRIEF2, and BASC-3. Although the rates of high negative responding and inconsistent responding were generally higher in this sample compared to the published norms, they varied based on the questionnaire and informants. Child, but not informant, characteristics were sometimes related to response styles. Caregivers and educators tended to have similar patterns for high negative responding but not inconsistent responding across questionnaires. Clinical implications and future research directions are discussed.

**Section:** Educational and School Psychology

**Session ID:** 112557 - Printed Poster

*Shrinking Concerns Over Multiple Testing: Revisiting the Multiplicity Problem from a Multilevel Modeling Perspective*

**Main Presenting Author:** Alter, Udi

**Additional Author:** Cribbie, Robert A

**Abstract:** Researchers have long grappled with the multiplicity problem, the issue of inflated Type I error (false positive) rates when conducting multiple significance tests. Despite decades of discussions, this issue remains a confusing landscape with no clear consensus on when or how to

implement control measures, such as defining “families” of hypotheses or determining when adjustments are necessary. While popular techniques such as familywise error rate and false discovery rate control the rising risk of Type I errors, they frequently come at a hefty price such as reduced statistical power and inconsistent implementation. Recent literature highlights multilevel modeling (MLM) as an alternative, using partial pooling and “shrinkage” to address multiplicity through improved parameter estimation rather than post-hoc adjustments. This study evaluates the performance of MLM in controlling Type I error rates and maintaining statistical power compared to traditional methods via Monte Carlo simulations. Findings suggest that MLM provides a robust and adaptable framework for managing multiplicity without compromising statistical power, offering a promising solution for modern psychological research.

**Section:** Quantitative Methods

**Session ID:** 113550 - Printed Poster

### *Social Determinants of Health in Pediatric Neuroimaging: A Scoping review*

**Main Presenting Author:** Jolin, Amy

**Additional Authors:** Caimano, Sarah ; Hai, Tasmia; Arias Escobar, Karen; Ghaleb, Christina; Toombs-Heavisides, Ashley

**Abstract:** *BACKGROUND: Social determinants of health (SDH) are social factors, structures, or processes that influence physical and mental health. Adverse experiences like poverty or childhood abuse negatively impact children’s well-being. Due to varying definitions of SDH, this scoping review examines how SDH is conceptualized and its long-term effects on children’s neurobiology and mental health. METHODS: Using Mak and Thomas’ (2022) framework, we searched peer-reviewed articles on pediatric populations in Medline, Embase, and Scopus. RESULTS: Five reviewers screened 8000 abstracts and reviewed 600 full-text articles, resolving disputes with a third reviewer. Findings were analyzed using the PROGRESS+ framework to capture diverse social factors. Data extraction included study characteristics, SDH measures, and health outcomes. IMPACT: This review aims to provide a comprehensive list of SDH measures and their impact on children’s neurobiology, guiding future pediatric neuroimaging research.*

**Section:** Clinical Psychology

**Session ID:** 113086 - Printed Poster

### *Standing Up in the Virtual World: Observing Social-Cognitive Factors Influencing Peer Defending Behaviours Using Virtual Reality*

**Main Presenting Author:** Byron, Julia S

**Additional Authors:** Lambe, Laura ; MacGillivray, Anna; Lukeman, Jack ; Redden, Ralph

**Abstract:** *Bullying victimization is a serious threat to Canadian youth. Bullying most often occurs in the presence of peer bystanders, who can intervene to defend their victimized peers. Although rare, peer defending is an effective way to combat bullying, ending within 10 seconds when a bystander intervenes. Past research has used passive methods (e.g. vignettes) to study factors associated with peer defending, this limits our understanding of how social attention contributes to peer defending in real-time. The present study uses a virtual reality (VR) paradigm to examine how social attention is related to peer defending in a bullying scenario. Data are currently being collected from 120*

undergraduate students. Multimethod data are collected during the VR task, including eye tracking data (blink rate and gaze allocation), state affect, and defending behavior in response to a social exclusion scenario. Results indicate that there is a correlation between gaze allocation and peer defending, as well as a correlation between blink rate, peer defending, and negative affect during social exclusion. Results from this study are among the first to demonstrate the social cognitive processes underlying peer defending behavior as it unfolds in real-time. By better understanding the social-cognitive factors that influence peer defending, we can better promote these behaviors to reduce bullying.

**Section:** Clinical Psychology

**Session ID:** 113147 - Printed Poster

### *The Influential Child: Prospective Associations Between Children's Socioemotional Functioning and Parent-Adolescent Attachment in a Clinical Population*

**Main Presenting Author:** Marquis-Brideau, Camille

**Additional Authors:** Bélieau, Marie-Julie ; Bernier, Annie; Dubois-Comtois, Karine; Fontaine, Nathalie

**Abstract:** For decades, child socialization was seen as a one-way process where parents “molded” their child. Bell’s work (1968) challenged this by highlighting the child’s active role in the parent–child dynamic. Yet, the predictive role of child behavior on the parent–child dynamics, especially in clinical populations, is less understood. This study explores links between behavior problems in clinic-referred children and their perceived attachment to parents in adolescence. The sample includes 25 children (19 boys) referred to a child psychiatry unit. At T1 (age 4), a parent completed the Child Behavior Checklist (Achenbach and Rescorla, 2000). At T2 (age 17), adolescents filled out the Inventory of Parent and Peer Attachment (Armsden and Greenberg, 1987). Higher symptoms of anxiety and depression at age 4 were associated with adolescents reporting greater alienation ( $r = .410, p = .047$ ) and marginally lower attachment security ( $r = -.382, p = .066$ ) toward their mother. No significant relation was found for attachment to father or externalizing problems. These findings suggest that internalizing symptoms in young clinic-referred children may negatively influence the quality of their attachment relationships in the long-term. Child psychologists can develop treatment goals that not only address internalizing symptoms but also aim to improve long-term attachment security.

**Section:** Developmental Psychology

**Session ID:** 111933 - Printed Poster

### *This study compares Quality of Object Relations (QOR) among mothers of children with ASD and typically developing children. Findings show lower QOR in mothers of ASD children, highlighting the need to support caregiver-child dynamics.*

**Main Presenting Author:** Yazdani, Shahrzad

**Abstract:** Autism Spectrum Disorder (ASD) impacts social and communication development, influencing caregiver-child dynamics. Object relations theory emphasizes early caregiver relationships in personality development, yet empirical research on Quality of Object Relations

(QOR) in caregivers of ASD children is limited. This cross-sectional study assessed QOR among 60 Iranian mothers (30 with ASD-diagnosed children, 30 with typically developing children) using the Persian-translated Quality of Object Relations Scale (QORS). Semi-structured interviews evaluated five object relations levels: primitive, searching, controlling, triangular, and mature. Results showed mothers of children with ASD had significantly lower QOR scores ( $p$ )

**Section:** Developmental Psychology

**Session ID:** 113454 - Printed Poster

### *Twenty Years of Research in School Psychology: Trends in Self-Reported Limitations and Implications for Evidence-Based and Clinical Practices*

**Main Presenting Author:** Shaw, Steven R.

**Additional Author:** Kang, Yeon Hee

**Abstract:** The field of school psychology is a unique one in which researchers, practitioners, and clinicians are united within a single discipline by the need to consume, produce, and disseminate research. There is an emphasis on creating, using, and validating evidence-based practices, which are only as valuable as the rigor of the evidence that they are based on. Strengthening the limitation sections of empirical articles may be a practical and feasible approach to mitigate some of these barriers and bolster the application, generalizability, and relevance of school psychology research. To provide guidelines for reporting limitations and gain insights into any trends over time, the present study conducted a scoping review and coding of 3,224 articles published in *School Psychology Review*, *Journal of School Psychology*, *School Psychology International*, and *School Psychology* between 2002 and 2022. Content analysis was used to code self-reported limitations under four general threats to validity: internal, external, content, and statistical conclusion validity. Based on the content analysis, guidelines for reporting research limitations are provided to support scientific progress, replications, implementation, and clinical relevance of research results.

**Section:** Educational and School Psychology

**Session ID:** 113371 - Printed Poster

### *Validation of Smartphone-Based Photoplethysmography Measures of Heart Rate as an Indicator of Acute Psychosocial Stress Reactivity*

**Main Presenting Author:** Narendra, Chhavy G

**Additional Authors:** Cluett, Rachel ; Roos, Leslie E; Giuliano, J Ryan

**Abstract:** Increased stress levels can have deleterious effects on overall health and quality of life. The importance of stress research and continued rise in smartphone ownership worldwide has led to a growing interest in exploring how smartphone technology can be used to index physiological responses to stress. Previous work from our lab found that an online variant of the Trier Social Stress Test (TSST) induced significant elevations in smartphone-based photoplethysmography (PPG) measures of heart rate (HR). The present study seeks to validate smartphone PPG measures against the gold standard electrocardiogram (ECG) measure of HR during acute psychosocial stress. Undergraduate university students ( $N = 100$ ;  $n = 50$ , Stressor;  $n = 50$ , Control) completed either the TSST or a placebo version of the task, while HR was recorded continuously via three ECG

electrodes applied in a Lead II arrangement and at six timespoints via a free smartphone application utilizing PPG technology. Data processing is ongoing, but based on past work from our lab and literature validating smartphone PPG measures of HR at rest, we expect that smartphone and ECG measures of HR will correlate strongly during the TSST. Findings would support the validity of smartphone PPG measures as indices of psychosocial stress reactivity in adults and greatly increase the accessibility and ecological validity of stress research.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113813 - Printed Poster

### *Variances in Help-seeking Intent and Barriers Among Racially Diverse First-year Undergraduate Students*

**Main Presenting Author:** Prasath, Prameshta

**Additional Author:** Hamza, Chloe

**Abstract:** Abstract: Background: Racialized university students are less likely to seek university mental health services, but little is known about the specific intentions and barriers to seek support among these students, or differences between diverse ethnic groups (e.g., South Asian, East Asian, Black students). To address these gaps, racial differences and disparities in help-seeking intentions and perceived barriers to mental health services were examined in the present study. Methods: An ethnically diverse sample of 795 (70% female) students completed an online survey in their first year of university. Measures included a demographics questionnaire, the General Help-Seeking Intentions Questionnaire and the Barriers to Help-Seeking Checklist. Analysis: Multivariate analysis of variance will be used to explore differences in help-seeking intentions and perceived barriers between ethnic groups. Results: It is predicted that help-seeking intentions will be lower among racialized students and that the lack of cultural sensitivity will be the most significant barrier in comparison to White students. A comparison of barriers within different ethnic minority groups will be exploratory. Conclusion: Findings will elucidate differences in help-seeking intentions and barriers across racial groups to inform culturally sensitive approaches to mental health promotion on post-secondary campuses

**Section:** Developmental Psychology

**Session ID:** 112739 - Printed Poster

## Virtual Poster

### *40 Years of Literature on the Canadian Code of Ethics for Psychologists: A Scoping Review*

**Main Presenting Author:** Arsenault, Kylie A.

**Additional Authors:** Gagnon, Michelle M.; McLennan, Andrew I. G.; Hadjistavropoulos, Thomas

**Abstract:** The *Canadian Code of Ethics for Psychologists* (or *CPA Code*) is one of the most comprehensive professional codes of ethics. Over the past four decades, a broad body of peer-reviewed literature has examined its development, influence, structure, and application. However, no reviews have focused on the *CPA Code*. We conducted a scoping review summarizing the existing

*\_CPA Code\_ literature. We followed Joanna Briggs Institute scoping review methodological guidelines and the Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews. PsycINFO, Web of Science, and Embase were systematically searched up to February 2024 for English or French peer-reviewed articles analyzing or applying the \_CPA Code\_ in any context. Of 137 search results, 95 met inclusion criteria. Most were narrative reviews, followed by commentaries, empirical studies, and theoretical analyses. Our findings show that the \_CPA Code\_ literature covers a range of ethical issues in psychological practice. Many articles cursorily mentioned ethical principles/standards, without in-depth critical analysis. There is a need for more empirically-supported and cross-cultural studies to validate the \_CPA Code\_ 's general hierarchy and applicability across diverse populations. Future research should also identify areas for improving the \_CPA Code\_ to better reflect the evolving nature of our discipline.*

**Section:** Clinical Psychology

**Session ID:** 112976 - Virtual Poster

### *Comparative Effectiveness of Psychological Interventions on Depressive Symptoms and Quality of Life in Major Depressive Disorder: A Network Meta-Analysis of Randomized Controlled Trials*

**Main Presenting Author:** Nikapitiye, Nandarathana

**Additional Authors:** Ranjan, Jay Kumar ; Sinha, Madhubanti

*Abstract: Depressive disorders significantly impact adults quality of life globally. This network meta-analysis (NMA) evaluated the comparative efficacy and durability of psychotherapeutic interventions for treating depressive disorders and improving quality of life. Five electronic databases were searched for randomized controlled trials (RCTs) comparing psychotherapeutic interventions for adult depressive disorders up to June 23, 2024. The Cochrane RoB 2 tool assessed risk of bias. Effect sizes were calculated using random-effects models, and treatment hierarchies were established using rank probabilities. From 12,076 initially identified studies, 77 RCTs with 87 pairwise comparisons were included. Most psychotherapies showed significant improvements in depression symptoms compared to TAU. ACT demonstrated the largest effect size in pre-post analysis ( $SMD = -1.3231$ ) and at follow-up ( $SMD = 1.2865$ ). BA showed the largest effect ( $SMD = 1.2316$ ) in enhancing quality of life. CBT demonstrated the most durable positive effect post-follow-up ( $SMD = 0.4151$ ). This meta-analysis emphasizes the importance of evidence-based, personalized psychotherapies for depression, considering both short-term and long-term outcomes. Further research is needed to elucidate therapeutic mechanisms and develop personalized strategies for optimizing treatment of depressive disorders.*

**Section:** Clinical Psychology

**Session ID:** 113964 - Virtual Poster

### *Interplay of Fear of Missing Out, Affective Experience, and Subjective Well-being Among Emerging Adults: Parallel Mediation Model*

**Main Presenting Author:** Ho, Wing W. Y.

**Additional Authors:** Lau, Yan H. Y. ; Leung, Leona Y. L.

**Abstract:** *Social media interactions among emerging adults, encompassing their desires for accessing reliable information and navigating intricate social dynamics, offer valuable insights into emotional development linked to interpersonal needs. This study investigates the parallel mediating roles of positive and negative affect in the relationship between the fear of missing out and subjective well-being. Participants ( $N = 314$ , 90.1% female, aged 18–29) completed an online questionnaire, including the Fear of Missing Out Scale, Positive and Negative Affect Schedule, and Satisfaction with Life Scale. The results indicated that positive and negative affect are concurrent mediators between the fear of missing out and subjective well-being. Specifically, positive affect demonstrated competitive mediation, while negative affect exhibited complementary mediation. Emerging adults experiencing a higher fear of missing out displayed higher positive affect and were more likely to report increased subjective well-being. Conversely, they also displayed higher negative affect and were more likely to report decreased subjective well-being. It implies that future research may build upon these dual effects, investigating how adopting a healthy approach to the fear of missing out could potentially result in heightened positive affect, alleviated negative affect, and promoted subjective well-being.*

**Section:** Clinical Psychology

**Session ID:** 111228 - Virtual Poster

## Review Session

### *Fading Places, Living Stories: Exploring the Intersection of Space, Memory, and Identity through Visual and Narrative Methods*

**Main Presenting Author:** Strasser, Irene

**Abstract:** *In this talk, I will explore the potential of combining visual methods and narrative inquiry to study the interplay between place, memory, and identity in contexts of socioeconomic change. I will discuss how portrait, architectural, everyday life photography, but also GIS visualization, alongside ethnographic interviews, can document both the material and personal dimensions of transformation in marginalized spaces. This approach highlights how visual and narrative methods can complement one another, offering rich insights into the symbolic and emotional significance of physical places and the resilience of individuals navigating economic and social challenges. I will also address ethical considerations in co-creating narratives with participants, particularly in communities affected by economic precarity. Finally, using data from a recent research project *Motel America*—which explores the decline of traditional motels in the American Great Lakes region and the lives of their owners and managers—this talk situates these methods within broader theoretical frameworks. It aims to demonstrate how diverse and innovative approaches can shed light on the dynamic interplay between space, identity, and cultural memory, offering deeper insights into the lived experiences of change and continuity within complex social landscapes.*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 112884 - Review Session

### *Improving Social Psychological Research by Using Paradigm Case Formulations*

**Main Presenting Author:** Newby-Clark, Ian

**Abstract:** *Descriptions of social psychological constructs often differ widely across researchers, resulting in discrepant findings and conclusions about the phenomena under investigation. I will demonstrate that using Paradigm Case Formulations can substantially improve upon this problematic*

state of affairs. Pioneered by the late Peter G. Ossorio, Paradigm Case Formulations start with an indubitable case. For example, an indubitable case of an airplane is, “A powered vehicle with wings and wheels that flies through the air carrying passengers.” Next, transformations are applied to rule in other cases. Elements can be deleted (delete “carrying passengers”), replaced (“floats” replaces “wheels”), added (add “a pressurized cabin” to “wings and wheels”), and there can be combinations of those transformations. Using Paradigm Case Formulations gives social psychologists a straightforward way to identify points of agreement and disagreement on descriptions of constructs. Accordingly, social psychologists can determine if and how points of difference in description can or may account for differences in findings and conclusions. I will use the example of research on daydreaming—an area rife with conflicting descriptions, findings, and conclusions—to demonstrate the utility of Paradigm Case Formulations.

**Section:** Social and Personality Psychology

**Session ID:** 111281 - Review Session

### *Understanding Identity and Culture through Qualitative methods*

**Main Presenting Author:** Tonks, Randal G

Abstract: According to Boesch (1991), cultural psychology involves the co-evolution of minds and culture through symbolic systems and action. As a cultural psychology, Erik Erikson laid out a foundation for understanding the impact of culture on identity through his psycho-historical and configurational approaches (Erikson, 1950; 1964). Taking a hermeneutical orientation to the interpretation of the lived experiences of people from various cultures and ecological frameworks, he set out to provide meaningful profiles of culture identity. This paper outlines this approach of Erikson along with a comparison with the contributions from the cultural psychology models of Jan Valsiner (2014) and Michael Cole (1996) in working towards a comprehensive model of culture and identity. Valsiner provides a ‘laminar’ model based upon Stern’s (1938) personology and Bühler’s (1934) organon model of communication. Cole provides an activity theory model of joint processes, dynamics contexts, and understanding artifacts. Common themes are reviewed, including a focus on practical activities, the co-construction of meaning through artifacts and symbols along with a recognition of contexts and ecological frameworks, temporality, and human development. As such there is call for the emergence of a dialectical and hermeneutical model of understanding identity and culture through these compatible frameworks.

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 112563 - Review Session

## Section Featured Speaker Address

### *Adventures in Bayesian Meta-analysis: Applications and Pitfalls*

**Main Presenting Author:** Fawcett, Jonathan

Abstract: The volume of scientific literature has expanded exponentially in recent decades. With a broader and more diverse literature base than ever before in just about every subdiscipline, methods capable of providing principled syntheses of key findings have never been in higher demand. Meta-analysis remains the gold standard for synthesizing findings across studies with diverse outcomes. Concurrently, we have witnessed the rise of Bayesian approaches to estimation and hypothesis testing, providing robust ways to handle sparse data and integrate prior knowledge—advantages especially

valuable to the intrepid meta-analyst. One area particularly well-suited to this approach is clinical epidemiology, where understanding the distribution of a disorder across different populations informs basic research and plays an important role in public health. In this talk, I describe lessons I have learned fitting meta-analytic models throughout my career, with an emphasis on epidemiological applications. I also highlight challenges (and a recent multivariate solution) related to estimating the prevalence of certain disorder categories (e.g., how many people in a typical sample have at least one anxiety disorder?). My hope is that these reflections will offer practical guidance for researchers aiming to produce rigorous, impactful syntheses in an era of abundant data.

**Section:** Quantitative Methods

**Session ID:** 111816 - Section Featured Speaker Address

## Snapshot

### *Combating Fraudulent Participation in Health Psychology Research - A Call to Action*

**Main Presenting Author:** Gyemi, Alana

**Additional Authors:** Barnes, Anissa ; McMurphy, Suzanne; Kichler, Jessica

Abstract: *Fraudulent participation (e.g., bots and fraudulent actors) encumbers recruitment and data collection via online platforms in health psychology research (Kumarasamy et al., 2024). This is an issue for students trying to conduct high-quality research and progress through their degrees. Bots and fraudulent actors impair data quality and quantity, thus wasting resources (e.g., time, compensation) and misrepresenting findings (Davies et al., 2023; Wright et al., 2024), which are ethical considerations. The following report describes a graduate student's experience conducting a mixed-methods dissertation project while collaborating with the university's research ethics board (REB) to combat fraudulent participation. The report discusses the strategies employed (e.g., adjusting methods, CAPTCHA verification, closed email recruitment, video confirmation) as recommended in the literature and the implications of these efforts (Teitcher et al., 2015). These strategies resulted in an insufficient sample size for quantitative (N=27) or qualitative analyses (N=2). Practical recommendations for graduate students conducting online health psychology research and ethical considerations for university REBs are discussed. This report aims to increase discussion around the problem of fraudulent participation that threatens scientific rigour and challenges young researchers' scholarly progress.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113659 - Snapshot

### *Dark Triad Traits and Cyberbullying Perpetration: Addressing Current Methodological Limitations in Personality Psychology*

**Main Presenting Author:** Tang, Karen T. Y.

**Additional Authors:** Mungall, Luke R.; Blais, Julie; Pruyers, Scott

Abstract: *Background: Dark Triad (DT) personality traits have emerged as consistent predictors of aggression, including cyberbullying. However, many methodological issues within the DT literature*

*need to be addressed: 1) reliance on truncated measures, 2) conflation between Machiavellianism and psychopathy, and 3) perils of partialing (Miller et al., 2019). The objective of the present study was to examine associations between cyberbullying perpetration and facets of DT traits, while addressing the methodological shortcomings of prior studies. Method: 1725 Canadians completed measures pertaining to cyberbullying and DT traits. Results/Conclusion: Confirmatory factor analysis supported the proposed structure of psychopathy and narcissism, but not Machiavellianism. Separate structural equation models were computed to estimate the association between each antagonistic trait and cyberbullying perpetration, controlling for age and sex. The antisocial facet of psychopathy and grandiose and vulnerable narcissism were significant positive predictors of cyberbullying perpetration. Impact: Cyberbullying prevention may be improved by designing interventions that account for the antisocial and narcissistic tendencies of cyberbullies. The present study addresses several of the current limitations with DT research (Miller et al., 2019), which is needed to move the field of personality psychology forward*

**Section:** Social and Personality Psychology

**Session ID:** 112347 - Snapshot

### *Factor or Network? Modeling the Complexity of Gender Minority Stress in Transgender Communities*

**Main Presenting Author:** Pevie, Noah

**Additional Author:** Sakaluk, John

*Abstract: Gender Minority Stress (GMS) is a leading framework for understanding health and well-being disparities in transgender populations, positing that unique, trans-specific stressors (both internal and external) impact health outcomes. However, a theoretical disconnect exists in the field: the Gender Minority Stress and Resilience Measure (GMSRM), widely used to assess GMS, is rooted in latent variable theory, assuming that stressors (represented as items on the GMSRM) are causally unrelated. In contrast, GMS theory posits that these stressors can influence one another. Recent developments in the field of psychometrics allow us to model GMS theory as it was initially proposed using psychometric network analysis. To address this inconsistency between theory and measurement, we conducted a psychometric network analysis on the GMSRM using data from 1006 trans\* individuals. The analysis revealed that the GMSRM is better represented by a psychometric network, rather than as a latent variable, uncovering complex, direct associations among items across its subscales. These findings highlight the need to align measurement approaches with theoretical assumptions to better understand how stressors impact trans\* populations. Accurate representation of GMS is essential for informing interventions aimed at reducing GMS-related stress and promoting health equity for trans\* populations.*

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 112485 - Snapshot

### *Testing the Utility of Mouseview.js to Examine the Associations Between Alcohol-Related Attentional Bias and Problematic Alcohol Use*

**Main Presenting Author:** Thulin, Maya C

**Additional Authors:** Campione, Marie ; Dawson, Samantha J; Tabri, Nassim; Pun, Carson ; Sears, Christopher ; McGrath, Daniel S; Kim, Hyoun S

**Abstract:** *RATIONALE: An attentional bias occurs when attention is preferentially focused on stimuli that an individual perceives as important, often without conscious effort. An attentional bias for alcohol-related stimuli has been associated with the development and maintenance of problematic alcohol use. Indirect measures of attentional bias (e.g., the Stroop task) may lack reliability, while direct measures (e.g., eye-gaze tracking) are often limited by cost and availability. The present study tested the utility of Mouseview.js, a novel online paradigm used to measure the focus of attention, for measuring alcohol-related attentional bias.* **METHOD:** A total of 526 adults (132 non-drinkers, 241 recreational drinkers, and 153 potentially problematic drinkers) completed a Mouseview.js task using a validated set of alcohol and visually matched non-alcohol images. **RESULTS:** Problematic drinkers had a significantly larger attentional bias for alcohol images compared to non-drinkers. **CONCLUSIONS:** The present study provides preliminary support for the utility of Mouseview.js to assess attentional bias for alcohol-related stimuli. **IMPACT:** With further validation studies, Mouseview.js may represent a powerful tool to conduct high powered online studies of attentional bias in alcohol and other addictive behaviors.

**Section:** Addiction Psychology  
**Session ID:** 112361 - Snapshot

## Standard Workshop

*From Idea to Publication: Expert Tips on Publishing in Industrial/Organizational Psychology Journals*

**Main Presenting Author:** Ferris, Lance

**Additional Authors:** Chang, Daisy ; Johnson, Russell E. ; Hideg, Ivona

**Abstract:** The aim of the workshop is to provide professional development on how to publish in the top I/O Psychology journals (i.e., those in the FT-50 and TAMUGA Management rankings), though the tips will be useful for publishing in applied-focused psychology journals more broadly. To that end, we have brought together some of the most prolific mid-career scholars in Canada and the world. Collectively, our four presenters have published over 300 peer-reviewed articles, have over 48,000 citations and a combined h-index over 170 in Google Scholar, have all served as associate editors at the top I/O journals, and have won numerous research-related and reviewer awards. We plan to cover four topics, spending 15 minutes on each topic (leaving 25 minutes for Q&A with the audience). The topics will cover the start of a project to the final steps of the publishing process, including tips for generating interesting research questions (Russell Johnson), best practices for research design and data collection (Daisy Chang), best writing practices (Lance Ferris), and best practices for navigating the review process and addressing reviewer comments (Ivona Hideg). Each presenter will provide at least 3 tangible techniques or tips that attendees can start using immediately to improve their own research.

**Section:** Industrial and Organizational Psychology  
**Session ID:** 111199 - Standard Workshop

## From Theory to Practice: Real-Time JEDI Integration for Researchers

**Main Presenting Author:** Oliogu, Etnosa  
**Co-Presenting Author:** Coady, Ellen

**Additional Authors:** Chong , Gale ; Phung, Naomi ; Nzeusseu Kouamou, Lesly ; Gill, Hymnijot ; Nkeramihigo, Amanda; Wozniak, Jan

*Abstract: What does it mean to truly integrate Justice, Equity, Diversity, and Inclusion (JEDI) into your research? This workshop invites participants to go beyond theory and take meaningful steps toward conducting research that drives equitable change centred in JEDI. In a diverse world increasingly focused on social justice, researchers have a unique opportunity—and responsibility—to ensure their work reflects the values of inclusion and equity. This workshop offers a practical, hands-on approach to achieving this goal. Attendees will actively explore how to incorporate JEDI principles into their research by applying a structured set of reflective questions and guidelines curated by the Carleton Undergraduate Journal of Science via an integration of scholarly literature and community voices. Participants are encouraged to bring their own research topics to work through or engage with examples provided during the session. Whether refining research design, methodology, or dissemination practices, this workshop emphasizes openness, collaboration and shared learning. The session will empower participants with three key outcomes: strategies to embed JEDI principles into their research, tools to critically assess their practices, and an actionable framework to address challenges in fostering inclusivity. Join us to take the next step in creating research that matters—for everyone.*

**Section:** Students in Psychology

**Session ID:** 113441 - Standard Workshop

## Symposium

### Advancing 2SLGBTQ+ Research: Strategies for Developing and Applying Inclusive Measurement Tools

**Moderator(s):** Dermody, Sarah S

*Abstract: Research with 2SLGBTQ+ people requires measurement tools tailored to experiences relevant to this population and sub-populations. Each speaker will present research that speaks to best practices and strategies for conducting inclusive, measure-based research with 2SLGBTQ+ people. Speaker 1 (S1) will present data from an Ecological Momentary Assessment study with transgender and gender-diverse people, examining links between gender minority stress and psychological distress. S1 will use these data as a case study of measure adaptation by presenting a new, brief version of the Gender Minority Stress and Resilience Scale and data supporting its reliability and internal consistency. S2 will present longitudinal data from the Canadian Longitudinal Study on Aging, examining disparities in substance use and mental health outcomes among LGBTQ+ older adults. S2 will describe challenges and strategies for working with national population data with limited information about gender and sexual diversity. S3 will present a primer on best practices in psychometrics, offering a step-by-step guide to scale development for 2SLGBTQ+ people, with examples from the field. These presentations will equip researchers with the knowledge and skills necessary to conduct inclusive, impactful research with 2SLGBTQ+ populations.*

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113654 - Symposium

*A primer on best practice recommendations for creating scales relevant to sexual- and gender-marginalized peoples (SGMPs)*

**Main Presenting Author:** Morrison, Todd G

**Additional Author:** Bishop, C. J.

**Abstract:** A step-by-step guide for developing measures relevant to sexual- and gender-marginalized peoples (SGMPs) will be provided. Definitions for central elements of classic psychometric testing (e.g., reliability and validity) will be given followed by an overview of methods for item generation, refinement, and removal. Various forms of scale score validation (e.g., convergent, known groups, and discriminant) then will be detailed. Illustrative examples from measures designed for use with SGMPs will be highlighted throughout. This presentation will conclude by articulating key takeaways and resources for attendees wishing to create measures of their own.

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113735 - Paper within a symposium

*Advantages and drawbacks of using longitudinal population data to examine disparities in substance use and mental health symptoms among LGBTQ+ adults*

**Main Presenting Author:** Courtice, Erin L

**Additional Authors:** Counsell, Alyssa ; Hart, Trevor A; Ziegler, Erin; Dermody, Sarah S

**Abstract:** Little is known about the longitudinal impacts of alcohol and nicotine use on LGBTQ+ mental health outcomes, especially among older adults. Population data presents one solution to closing this gap, presenting several advantages over other data collection formats. However, such datasets are often limited in their ability to examine data on gender minorities. This study examined these disparities using data from the Canadian Longitudinal Study on Aging (CLSA), which includes national data collected at three timepoints between 2010 and 2021. Participants ( $N = 51,338$ ) indicated their gender with closed-ended questions in various ways across timepoints. At Time 1 (T1), options referenced sex assigned at birth; at T2, to sex assigned at birth, transgender, and genderqueer identities; at T3, to (cis)gender, transgender, and nonbinary identities. Participants also indicated sexual orientation at each timepoint, but could only select an option other than heterosexual, homosexual, or bisexual at T3. We will describe results from linear mixed models assessing mental health (i.e., psychological distress, depression, life satisfaction) among LGBTQ+ and non-LGBTQ+ people, with interactions for nicotine and alcohol use. We will discuss benefits of and strategies for working with non-inclusive gender and sexual orientation measures, and give advice for inclusive measurement practices.

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113733 - Paper within a symposium

*Evaluating a Brief Measure of Gender Minority Stress and Momentary Associations with Psychological Distress in Transgender and Gender-Diverse Adults*

**Main Presenting Author:** Uhrig, Alexandra

**Additional Author:** Dermody, Sarah S

**Abstract:** Emerging research shows that transgender and gender diverse (TGD) adults experience high rates of alcohol use, psychological distress, and other negative mental health outcomes. These outcomes are theorized to be driven by gender minority stress (GMS): the rejection, discrimination, and stigma experienced by TGD people due to their gender identity. GMS is typically assessed with the 58-item Gender Minority Stress and Resilience Measure (GMSRM). Despite the widespread use of the GMSRM in research, little validation research has been conducted with this measure since its publication in 2015. Due to its length, the GMSRM is also unsuitable for ecologically measuring momentary GMS. The current study uses data from a 21-day Ecological Momentary Assessment study examining substance use and mental health among TGD adults ( $N = 100$ ). Using multilevel modelling, we will assess the reliability and internal consistency of a brief (9-item) adapted version of the GMSRM. We will also report findings related to momentary associations between GMS and psychological distress in the sample. Using baseline data from the same study, we will report the internal consistency of the full GMSRM and its 9 subscales and associations between GMS and depression, anxiety, and alcohol use. Best practices for measure construction, validation, and future research examining GSM among TGD people will be discussed.

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113731 - Paper within a symposium

### *Gendered Paths: Exploring Cognitive, Social, and Emotional Outcomes of Childhood Adversity*

**Moderator(s):** McAuley, Tara

**Abstract:** *BACKGROUND: Childhood adversity is common and often harmful. Although this association is well-established, a relatively new direction in adversity research is examining how pathways between early experiences and more distal outcomes vary pending characteristics of the individual. This symposium highlights gender differences in cognitive, social, and emotional sequelae of childhood maltreatment, disrupted attachment, and adversity broadly construed. METHODS: Paper 1 leverages a large, longitudinal dataset to examine how childhood adversity influences puberty and self-regulation in adolescence. In collaboration with stakeholders in the child welfare system, Paper 2 explores clinical outcomes in adopted children followed over time. Paper 3 is a retrospective examination of relational concerns in adults who experienced maltreatment and/or abuse in childhood. RESULTS: Across all three investigations, early adversity experiences negatively influence the specific outcomes that are under consideration—though patterns are different for females and males. CONCLUSIONS: These papers highlight the importance of considering gender when evaluating cognitive, social, and emotional outcomes of childhood adversity. ACTION/IMPACT: Practically, there is a need to take individual differences into account when seeking to understand and support people who have experienced adversity early in life.*

**Section:** Traumatic Stress

**Session ID:** 112502 - Symposium

### *Sex Differences in the Mediating Role of Pubertal Timing vis-a-vis Adverse Childhood Experiences and Adolescent Executive Function*

**Main Presenting Author:** Nordine, Alexa

**Co-Presenting Author:** McAuley, Tara

**Abstract:** *BACKGROUND: Adverse childhood experiences (ACEs) are detrimental to myriad facets of health, though underlying mechanisms are poorly understood. Early adversity exposure has a negative impact on self-regulatory abilities, such as executive functions (EF), and accelerates biological maturation through earlier pubertal onset. The interplay of ACEs, pubertal timing, and adolescent EF has not been examined.* **METHOD:** Using data from over 11,000 youth in the Adolescent Behavior and Cognitive Development Study, models tested the role of pubertal timing as a mediator between ACEs and EF in males and females. EF was assessed using tasks at baseline (ages 9-10) and parent report at follow-up (ages 12-13). **RESULTS:** For females, pubertal timing mediated the relation of ACEs and EF at baseline ( $\beta = -0.02$ , 95% CI = -0.004, - 0.001) and follow-up ( $\beta = 0.00$ , 95% CI = 0.001, 0.006). In males, pubertal timing did not mediate the association between ACEs and EF at either time point (baseline:  $\beta = -0.00$ , 95% CI = -0.002, 0.001; follow-up:  $\beta = 0.00$ , 95% CI = -0.002, 0.000). **CONCLUSIONS:** Findings highlight the role of biological maturation in the connection between ACEs and EF in adolescence as well as sex implications in the impact of adversity on development. **IMPACT:** Gendered results speak to a need for follow-up investigations into the differential impacts of ACEs on neurodevelopment.

**Section:** Traumatic Stress

**Session ID:** 113470 - Paper within a symposium

*The Impact of Childhood Maltreatment and Sexual Abuse on Physical Intimacy and Emotional Avoidance: Exploring Physical Touch and Relational Well-being*

**Main Presenting Author:** Egodage, Kethmi

**Additional Authors:** Rehman, Uzma ; Bigras , Noémie

**Abstract:** *BACKGROUND: Does childhood maltreatment and abuse (CMA) affect a persons ability to physically connect with their intimate partners as an adult? While avoidance of negative emotions is a recognized sequelae of CMA, little research examines how CMA can impact the avoidance of positive emotions. This study extends past work by examining whether a fear of positive emotions (FOP) may influence CMA survivors' capacities to engage in physical touch in relationships.* **METHOD:** Using standardized measures, 172 participants (100 cisgender women) reported on CMA, FOP, and physical touch anxiety. **RESULTS:** FOP mediated the link between CMA and physical touch anxiety for both genders. However, for men, this link persisted even when controlling for FOP, whereas for women, the association depended on FOP being present as a mediator. **CONCLUSIONS:** Results suggest that, while the effects of CMA may similarly affect physical intimacy capacities across genders, the mechanisms that govern this relationship might differ or have different impacts. **IMPACT:** Gendered results speak to the need for follow-up investigations into the differential impacts of CMA on physical touch. This research is important for informing inclusive, trauma-sensitive interventions that empower survivors to regain control over their wellbeing and contribute to improving mental and relational health outcomes.

**Section:** Traumatic Stress

**Session ID:** 113466 - Paper within a symposium

*Trajectories of Psychosocial Functioning and Attachment Behaviors among Children Adopted in the Ontario Child Welfare System*

**Main Presenting Author:** Smith, Jackson

**Additional Authors:** Durham, Duane ; Beatty, Erin; Price-Cameron, Mary; Kartusch, Karen; Shlonsky, Aron; Browne, Dillon

**Abstract:** *BACKGROUND: For children in the child welfare system, adoption is viewed as favorable when family reconstitution is impossible, partially due to relationship security afforded by long-term placement. The importance of secure caregiver-child relationships has informed development of caregiving-oriented attachment-focused services, such as those provided by the Therapeutic Family Care Program (TFCP). This study examines the trajectories of adopted children involved with TFCP.* **METHOD:** *The sample included 71 children 3.33 to 13.70 years of age at first assessment ( $M = 7.65$ ,  $SD = 2.53$ ). Children were assessed by caregivers semi-annually using the Assessment Checklist for Children (ACC) and the ACC+, with children receiving up to 9 assessments ( $n = 201$ ,  $M = 2.57$ ,  $SD = 1.83$ ).* **RESULTS:** *Growth curve analyses examined children's total clinical scores, self-esteem, adaptive functioning, and attachment-specific clinical domains. At the initial assessment, older children and females had more psychosocial and attachment-related difficulties than younger children and males. Over time, males' psychosocial functioning was stable whereas females improved significantly in all domains.* **CONCLUSION:** *Children are differentially affected by the experience of adoption pending their gender.* **IMPACT:** *We discuss implications for mental health services within child welfare and future directions for research.*

**Section:** Traumatic Stress

**Session ID:** 113464 - Paper within a symposium

*Self-immersion 14-25 ans : un projet de recherche dont vous êtes le héros.  
Genèse, portrait des participants et résultats préliminaires*

**Moderator(s):** Laurier, Catherine

**Abstract:** *Devant les exigences contemporaines de la recherche psychosociale où le défi est de mieux comprendre les réactions et comportements des individus face à des réalités ou enjeux sociétaux variés (ex. : pandémie, catastrophe naturelle, phénomènes socio-politiques, etc.), il est nécessaire de repenser les façons de faire. Pour notre équipe intéressée au développement et à l'adaptation des jeunes, la solution a été de développer un site web interactif (Self-immersion.ca) permettant aux participants de répondre à des questions quantitatives et qualitatives tout en devenant des agents actifs dans la recherche. Telle une « histoire dont vous êtes le héros », ils y ont été appelés à partager leurs sentiments et préoccupations. Trois présentations composent ce symposium. La première porte sur la description et les caractéristiques socio-affectives des participants. La seconde consiste en une description de leurs principales préoccupations. La troisième analyse de façon plus approfondie les préoccupations relationnelles des participants. À la jonction du socio-constructivisme et du positivism, ce symposium est novateur et porte sur une approche où les participants jouent un rôle dans la détermination des objectifs de recherche, assurant de capturer leur réalité subjective, ce qui peut contribuer à améliorer la recherche en psychologie, un des sous-domaines thématiques du congrès.*

**Section:** Developmental Psychology

**Session ID:** 112449 - Symposium

*Les relations affectives chez les participants au projet Self-immersion : d'une source de soutien à une source d'inquiétude*

**Main Presenting Author:** Sigouin, Delphine

**Additional Authors:** Pascuzzo, Katherine ; Laurier, Catherine; Biron, Marie Lee

*Abstract: Les relations sociales et amoureuses gagnent en l'importance au cours de l'adolescence et au début de l'âge adulte; parallèlement les parents demeurent une source d'influence et de soutien importante. Alors que les participants du projet Self-immersion ont été invités à partager ce qui les préoccupait et les anime sous la forme d'un texte écrit ou d'un court vidéo, leurs réponses ont été codifiées à l'aide d'une méthode inductive soumise à un accord interjuge. Une grande proportion des extraits codifiés (67%) se rapportent à la sphère relationnelle de la vie des participants âgés de 14 à 25 ans, témoignant de l'importance des relations pour ces derniers. Parmi les extraits se rapportant aux relations, 44% se rapportent aux amis, 31% à la famille et 30% aux partenaires amoureux. La valence (positive, négative, mitigée) a aussi été codifiée pour chacun des extraits. Les réponses indiquent une importante polarisation quant à la représentation des relations interpersonnelles par les jeunes, où elles sont soit perçues comme très positives et source de soutien ou, à l'inverse, une grande source de préoccupations. Les relations amoureuses sont celles qui semblent amener le plus de préoccupations alors que les relations avec les amis suscitent plus de sentiments positifs. Les dimensions et l'importance de celles-ci seront illustrées à l'aide d'extraits des réponses des participants.*

**Section:** Developmental Psychology

**Session ID:** 112456 - Paper within a symposium

*Préoccupations de la vie quotidienne et difficultés d'adaptation des participants du projet Self-immersion : une analyse qualitative*

**Main Presenting Author:** Laurier, Catherine

**Additional Authors:** Pascuzzo, Katherine ; Biron, Marie Lee; Sigouin, Delphine

*Abstract: Les adolescents et les jeunes adultes sont confrontés à des changements et des adaptations propres à leur période développementale (autonomie croissante, exigences académiques grandissantes, recherche identitaire) qui peuvent susciter chez eux des préoccupations variées. C'est dans ce contexte que les participants du projet Self-immersion ont été invités à partager ce qui les préoccupait à chacune de leurs visites sur la plateforme par un texte écrit ou d'un court vidéo, à leur convenance. Cette méthode novatrice permet un accès aux réalités contemporaines des jeunes canadiens âgés de 14 à 25 ans. Cette communication portera sur une analyse descriptive de 428 réponses fournies (316 textes et 112 vidéos) par 148 participants (73,3% femmes,  $M_{\text{âge}} = 19,99$ ,  $ET = 2,79$ ), majoritairement issus du Québec (68,9%). Les réponses qualitatives ont été codifiées à l'aide d'une méthode inductive soumise à un accord interjuge. Les catégories identifiées ( $n = 15$ ) illustrent des pensées et préoccupations relatives à la vie quotidienne des participants ou des difficultés d'adaptation. Chacune des réponses couvre en moyenne 3,7 catégories. Au cours de cette présentation, les catégories les plus prévalentes seront décrites et illustrées à l'aide d'extraits. Ceci permettra de mieux comprendre ce qui occupe et préoccupe les adolescents et jeunes adultes dans leur réalité en 2025.*

**Section:** Developmental Psychology

**Session ID:** 112455 - Paper within a symposium

*Self-Immersion, une plateforme en ligne dédiée à l'exploration de l'adaptation et de la croissance post-traumatique chez les adolescents, adolescentes et les jeunes adultes : Survol de leurs caractéristiques socioaffectives*

**Main Presenting Author:** Pascuzzo, Katherine

**Additional Authors:** Laurier, Catherine ; Biron, Marie Lee

Abstract: L'adolescence et le début de l'âge adulte sont depuis longtemps reconnus comme des périodes de changements développementaux significatifs qui mettent à l'épreuve l'adaptation des jeunes. Ce constat est d'autant plus vrai dans le contexte actuel marqué par l'instabilité économique et politique, les crises socio-sanitaires, les changements climatiques et les dépendances et progrès technologiques qui se succèdent à un rythme effréné. Il est alors essentiel de disposer de méthodes de recherche innovantes, capables dévaluer le bien-être des jeunes au fil du temps et de s'adapter à des questions de recherche en constante évolution. C'est dans cet esprit que notre équipe de recherche a développé *Self-Immersion*, une plateforme interactive en ligne pour évaluer l'adaptation des adolescents, adolescentes et jeunes adultes. Cette communication présente des résultats préliminaires sur les caractéristiques socioaffectives de 148 participants canadiens (73,3% femmes,  $M_{\text{âge}} = 19,99$ ,  $SD_{\text{âge}} = 2,79$ ), majoritairement issus du Québec (68,9%), recueillies via la plateforme. Des résultats concernant les facteurs de stress, la qualité des relations et les symptômes de détresse des participants seront présentés. Les avantages et défis liés à l'utilisation d'une telle approche méthodologique novatrice, où les jeunes jouent un rôle actif dans l'orientation donnée à la recherche, seront aussi discutés.

**Section:** Developmental Psychology

**Session ID:** 112454 - Paper within a symposium

*Self-immersion 14-25 ans : un projet de recherche dont vous êtes le héros.*

*Genèse, portrait des participants et résultats préliminaires*

**Moderator(s):** Laurier, Catherine

Abstract: Devant les exigences contemporaines de la recherche psychosociale où le défi est de mieux comprendre les réactions et comportements des individus face à des réalités ou enjeux sociétaux variés (ex. : pandémie, catastrophe naturelle, phénomènes socio-politiques, etc.), il est nécessaire de repenser les façons de faire. Pour notre équipe intéressée au développement et à l'adaptation des jeunes, la solution a été de développer un site web interactif (*Self-immersion.ca*) permettant aux participants de répondre à des questions quantitatives et qualitatives tout en devenant des agents actifs dans la recherche. Telle une « histoire dont vous êtes le héros », ils y ont été appelés à partager leurs sentiments et préoccupations. Trois présentations composent ce symposium. La première porte sur la description et les caractéristiques socio-affectives des participants. La seconde consiste en une description de leurs principales préoccupations. La troisième analyse de façon plus approfondie les préoccupations relationnelles des participants. À la jonction du socio-constructivisme et du positivism, ce symposium est novateur et porte sur une approche où les participants jouent un rôle dans la détermination des objectifs de recherche, assurant de capturer leur réalité subjective, ce qui peut contribuer à améliorer la recherche en psychologie, un des sous-domaines thématiques du congrès.

**Section:** Developmental Psychology

**Session ID:** 112449 - Symposium

*Comparing Suicide Ideators and Suicide Attempters on Key Constructs of the Interpersonal Theory of Suicide (IPTS) through Two Modalities of Assessment*

**Main Presenting Author:** Mills, Jeremy F.

**Co-Presenting Author:** Gray, Andrew L.

**Additional Author:** Olver, Mark

*Abstract: Ideation-to-action theories offer insight into individuals' journey to a suicide act. The focus of this study is the key constructs of the Interpersonal Theory of Suicide (IPTS; Chu et al., 2017) examined through two modalities, self-report questionnaires, and interview-based ratings. Given that suicidal ideation is more frequent than attempted suicide, constructs and their measurement should distinguish between these groups (Branley-Bell et al., 2019). Comparisons were undertaken to determine if the constructs and modalities could distinguish between suicide ideators (SI;  $n = 60$ ), suicide attempters (SA;  $n = 74$ ) and controls (C;  $n = 259$ ) in a sample of male and female prisoners ( $n = 393$ ). Results revealed significant differences between all three groups in self-reported Thwarted Belongingness (TB), Perceived Burdenomeness (PB), Capability for Suicide, and Painful and Provocative Experiences (SA > SI > C). Less consistent findings occurred with an interview-based assessment, with fewer significant differences between the SA and SI groups being observed. Additionally, in keeping with IPTS theory, specific hopelessness for TB and PB were better predictors of Capability for Suicide than a measure of general hopelessness. We discuss our results in the context of constructs and modalities of assessment as they relate to application within an applied suicide assessment setting.*

**Section:** Criminal Justice Psychology

**Session ID:** 113211 - Paper within a symposium

*Emotional Status and Time to Suicidal Action in a Sample of Incarcerated Male Federal Offenders*

**Main Presenting Author:** Gray, Andrew L.

**Co-Presenting Author:** Mills, Jeremy F.

*Abstract: Suicidal thoughts and behaviours are highly prevalent among incarcerated populations (Fazel et al., 2017). Understanding the underlying emotional states associated with attempted suicide is essential (Brown et al., 2015). Although suicidal ideation is a precursor to suicidal behaviour (Chu et al., 2017), few studies have examined the time between suicidal ideation and suicidal action. The current study examined the time between onset of suicidal ideation and suicidal action in a sample of incarcerated male federal offenders ( $N = 78$ ). We conducted clinical interviews and asked participants to recall their most recent serious suicide attempt. Participants were interviewed using the SCID. Using interview data, we examined time between first thought of suicide and subsequent action at the time of the most serious suicide attempt. Results showed that 50% of participants attempted suicide within 2 hours of the onset suicidal ideation, with higher levels of depression and hopelessness reported at the time of the attempt relative to baseline. Reported symptoms of depression and hopelessness at the time of the attempt and at baseline were statistically significant. However, there was no relationship between time to action and reported depression or hopelessness at the time of crisis. We discuss our findings as they relate to policy and best practices within a correctional setting.*

**Section:** Criminal Justice Psychology

**Session ID:** 113216 - Paper within a symposium

*Suicide-related Thoughts and Behaviours (SRTB) at Admission to Federal Custody*

**Main Presenting Author:** Mills, Jeremy

**Co-Presenting Authors:** Gray, Andrew L.; Olver, Mark

*Abstract: Offender rates of suicide within North America, while elevated in comparison to the general population, are lower (Canada and United States = 27 and 23 per 100,000, respectively) relative to countries in Europe (Fazel et al., 2017). This study reports on the current and historical status of suicide attempts, suicidal ideation, and non-suicidal self-injury (NSSI) upon admission to federal custody in Canada employing a multi-modal assessment approach ( $n = 393$ ). Additionally, we compared male / female and Indigenous / Non-indigenous groups. Results showed that women reported greater lifetime suicide attempts, suicidal ideation, and NSSI than men. The same pattern emerged between Indigenous and non-Indigenous persons, with the former having a greater number of occurrences. Women reported a greater likelihood of following through on suicidal ideation with actions ( $OR = 2.75$ ,  $p = .008$ ). For the majority of the sample, onset of suicidal ideation occurred during childhood or adolescence. Similar patterns between groups emerged when self-reported histories were considered, with agreement between modalities of assessment occurring between 40.0% to 56.3% of the time. Between 5.15% and 25% of additional cases of SRTB were identified via self-report over interview-based assessment. Discussion of the results will focus on applied strategies for assessment of SRTB among prisoners.*

**Section:** Criminal Justice Psychology

**Session ID:** 113205 - Paper within a symposium

# THEME: INFORMING PUBLIC POLICY

Highlighting the ways in which psychology can and does inform public policy

## 12-Minute Talk

### *Basic Psychology Need Expression Affects Hatefulness and Posting Behaviour Among Far-Right Forum Users*

**Main Presenting Author:** Rappel, Jeremy

**Additional Authors:** Vachon, David ; Hehman, Eric

*Abstract: The use of internet fora and chatrooms by far-right extremists and ideologues is well documented, but the mechanisms of their use remains understudied. Likewise, the role of extremist groups in providing members with psychological need fulfillment is increasingly recognized, but thus far has been subject to little empirical scrutiny, especially as pertains to internet use. This project evaluated the presence of three Basic Psychological Needs (Autonomy, Competence, and Relatedness) among far-right and adjacent extremist forum users. Data (Napprox.=22,000,000) were collected from 290 servers hosted on Discord Leaks, a public database of far-right chatrooms. Using natural language processing, forum posts were compared to statements assessing Basic Psychological Need fulfillment, by comparing the semantic similarity of sentence content. We leveraged multilevel modeling to predict duration of post activity and frequency of hate term use from semantic similarity scores between need fulfillment statements and forum posts. Users who expressed more Autonomy and Competence were more engaged and used hate terms less. These results suggest that Basic Psychological Needs may be a motivating factor for participation in extremist groups, and appropriate targets for prevention and deradicalization efforts.*

**Section:** Extremism and Terrorism

**Session ID:** 111482 - 12-Minute Talk

### *Describing the State of Measurement-Informed Care Across Canada*

**Main Presenting Author:** Mann, Vamika

**Additional Author:** Scharf, Deborah

*Abstract: Background: The quality of care provided to individuals with mental health (MH) in community mental health (CMH) settings across Canada remains suboptimal. Measurement-Informed Care (MIC) has potential to improve care and organizational improvements, and to benchmark and showcase CMH impacts through the repeated use of a well-validated core set of patient-reported outcome measures. Methods: An environmental scan was conducted of the CMH data reporting structure and requirements as well as MIC initiatives in each territory, province, and at the federal level. Results: While all jurisdictions collected demographic and clinical information, only Ontario collected and reported patient-reported outcomes. Six jurisdictions gather patient outcomes through clinician-reported measures or were in the process of implementing MIC-aligned strategies. Six jurisdictions lacked evidence of collecting any patient-level MH data. Federally, various organizations report on MH indicators, but no national guidelines exist for collecting and reporting measures aligned with MIC principles. Conclusion: MIC is an evidence-based practice*

that is not systematically adopted across Canadian CMH settings jurisdiction. Government and professional organizations need work together to establish a national guideline with a set of measures to integrate MIC into routine practice.

**Section:** Clinical Psychology

**Session ID:** 111833 - 12-Minute Talk

### *Potential Jurors' Perceptions of Interrogations and Confessions in Canada*

**Main Presenting Author:** Hynes, Madison B

**Additional Author:** Snook, Brent

**Abstract:** *RATIONALE* This study examines Canadian jurors' knowledge of police interrogation techniques and false confessions, addressing a critical gap. Courts often exclude expert testimony on these topics, assuming jurors already have this knowledge, yet no empirical evidence supports this assumption. While U.S. research has explored jurors' beliefs in this area, no similar studies exist in Canada. This study assesses the common knowledge of Canadian jurors and its alignment with research. *METHODS* An online survey was administered to 377 Canadian participants. The 200-item survey covered topics like perceptions of confessions, interrogation methods, dispositional risk factors, and crime media engagement. *RESULTS*  $M_s$ ,  $SD_s$ , effect sizes, and 95%  $CI_s$  showed that participants recognize psychologically coercive tactics but struggle to link them to false confessions, and they find it difficult to acknowledge that they themselves might be coerced to falsely confess. Several misconceptions about interrogations/confessions were identified that may infringe on a defendant's right to a fair trial. *CONCLUSIONS* Canadian jurors' knowledge does not fully align with research, suggesting a need for legal intervention in cases involving disputed confessions. *IMPACT* These findings suggest that Canadian courts should reconsider excluding expert testimony on interrogations to ensure jurors are adequately informed.

**Section:** Criminal Justice Psychology

**Session ID:** 111191 - 12-Minute Talk

### *Predicting intimate partner violence: Predictive validity of the Risk, Need, Clinical Analysis - Intimate partner Violence risk assessment measure in the Quebec offending population.*

**Main Presenting Author:** Allard, Victoria

**Additional Authors:** Higgs, Tamsin ; Giguère, Guy

**Abstract:** In 2022, nearly 130 000 Canadians were victims of Intimate partner violence (IPV; Statistics Canada, 2023). For its perpetrators, entry into the justice system often provides an opportunity for intervention, reducing reoffending. To do this effectively, risk assessment measures are required. For a long time no assessment specific to IPV was used in Quebec. Assessment was done with a general risk measure which poorly informed IPV. A new measure specific to IPV has been developed to accompany the general risk measure, The Risk, Need, and Clinical Analysis – Intimate Partner Violence (RNCA-IPV). The RNCA-IPV was used by trained probation officers to assess 397 individuals having been convicted of an IPV offence. These individuals were followed up for an average of one year to establish which were reconvicted. Preliminary results demonstrate excellent

*predictive accuracy, with an AUC of .78 for IPV reconvictions. Further analyses will seek to establish the incremental of the RNCA-IPV on the general risk assessment measure as well as the item level predictive validity. These results prove the effectiveness of the measure and justify its implementation throughout the province. Furthermore, since the RNCA-VPI is an add-on to general risk measure, it is both brief and resource effective. It represents a viable alternative to longer, more elaborate, and time intensive risk measures.*

**Section:** Criminal Justice Psychology  
**Session ID:** 111628 - 12-Minute Talk

### *Rural Emergency Departments (EDs) as mental health lifelines: Understanding patient trends and listening to healthcare provider voices*

**Main Presenting Author:** O'Callahan, Aidan S

**Abstract:** *BACKGROUND Research has demonstrated that Emergency Departments (EDs) across British Columbia (BC) are experiencing an increase in the number of people seeking help due to mental health and substance use disorder (MHSUD) concerns, especially in the Northern and Interior regions. The present talk will outline research findings and implications related to patient trends in rural EDs associated with MHSUDs and healthcare provider perspectives on responding to those with suicidal ideation. METHOD A randomized retrospective patient chart audit was conducted across 9 different EDs in the Interior of BC to assess patient visit ( $n = 1,500$ ) trends. Healthcare providers ( $n = 59$ ) working in BC Interior EDs completed a mixed methods self-report questionnaire. RESULTS Less than 10% of suicidal patients had been administered the required suicide screener and this is not accounted for by the admission rate (45%). Of ED visits related to MHSUDs, suicide accounted for roughly 1/3. A thematic analysis of healthcare provider perspectives will be conducted in January. CONCLUSION A significant percentage of patients are visiting the ED for suicidal ideation and healthcare providers are having difficulty properly screening these patients. IMPACT Evidence-based interventions are crucial in supporting healthcare providers to effectively screen and manage patients presenting with suicidal ideation.*

**Section:** Rural and Northern Psychology  
**Session ID:** 112091 - 12-Minute Talk

### *The Evidence Equation: Modelling Canadian Juror Decision Policies*

**Main Presenting Author:** Hynes, Madison B

**Additional Author:** Snook, Brent

**Abstract:** *Juror decision-making is influenced by how evidence is evaluated, yet jurors may not fully understand the cues driving their decisions. This study examines how potential jurors weigh DNA, confession, forensic expert testimony, motive, and eyewitness evidence when rendering verdicts. Using a policy-capturing methodology, 100 participants evaluated 32 hypothetical case vignettes systematically varying the presence of inculpatory or exculpatory evidence. Participants rated guilt on a scale from 1 (not guilty) to 10 (guilty). Regression analyses modeled participants' decision policies, examining alignment between self-reported cue rankings and regression-based models. Results revealed DNA ( $R^2 = .40$ ) and confession evidence ( $R^2 = .27$ ) were the most influential cues, with confessions overriding exculpatory DNA in 56.5% of cases. Self-reported rankings of evidence importance only weakly correlated with their actual decision policies ( $r_s = .26$ ,  $p < .0001$ ), and*

only 49 participants identified their primary cue. These findings highlight the enduring power of confession evidence, even when contradictory DNA is present, and suggest jurors may lack awareness of the factors influencing their verdicts. The results underscore the need for improved jury instructions and legal safeguards to ensure fairness and accuracy in courtroom decisions.

**Section:** Criminal Justice Psychology

**Session ID:** 112439 - 12-Minute Talk

### *What Works in Counterterrorism: Theory, Practice or Both?*

**Main Presenting Author:** Gandhi, Aayushi

*Abstract: As terrorism continues to destabilize societies worldwide, traditional counterterrorism models often focus narrowly on security responses, overlooking the psychological and social roots of radicalization. This approach can unintentionally create cycles of fear and exclusion, ultimately reinforcing the very threats it seeks to prevent. This paper proposes a new framework model GARIN - Global Adaptive Resilience and Inclusion Network. This newly proposed model tackles terrorism and radicalization by focusing on adaptive, inclusive and resilience based intervention. GARIN is structured as an interconnected multilevel model with international applicability & is also sensitive to cultural, social and political differences. The structure has 5 key pillars:- \* Cultural and Community-led Early Intervention \* Global Youth Empowerment and Digital Literacy Initiative \* Integrated Psychological Support Network \* Transparent Policy Development and Community Feedback \* Continuous Adaptation and Research-based InnovationUnlike conventional approaches, GARIN actively involves communities and prioritizes mental wellbeing aiming to prevent the root causes of radicalization by fostering critical awareness and psychological strength within communities. GARIN creates a sustainable, impactful framework that has the ability to transform global counterterrorism policies without compromising societal cohesion or individual rights.*

**Section:** Extremism and Terrorism

**Session ID:** 111598 - 12-Minute Talk

## Conversation Session

### *Suicide Contagion and Media: Exploring Guidelines for the Ethical Portrayal and Reporting of Suicide*

**Main Presenting Author:** Mack, Emily

**Co-Presenting Author:** Smith-Ackerl, Samuel

**Additional Author:** Sevingy, Phillip

*Abstract: Topic: There has been concern around how media impacts suicide contagion, both in journalistic reporting and in fictional portrayals. Suicide contagion describes the marked increase in suicide rates after exposure to another suicide (Phillips, 1974). Guidelines have been developed by governing health organizations and advocacy groups such as the World Health Organization (2017, 2023), and the American Foundation for Suicide Prevention (2023) to mitigate some of these perceived risks. However, the literature around these guidelines is mixed (Arendt et al., 2019; Bushman, 2006; Niederkrotenthaler et al., 2010). Purpose: The purpose of this round table discussion is to bring experts from different facets in psychology to collaborate about the perceived utility of these guidelines, and brainstorm possible modifications or suggestions to improve them. By bringing*

*researchers, practitioners, and policy makers together, we hope to stimulate fruitful conversation that extends past one vantage point. Relevance: The impact of suicide goes beyond the individual. Through group review and brainstorming around these guidelines, we hope to produce nuanced understandings and suggestions, so that delegates may bring them to their spheres of influence. Risks: Because suicide can be a personal topic for many, delegates may find the discussion to be emotionally challenging.*

**Section:** Community Psychology

**Session ID:** 111500 - Conversation Session

## Panel Discussion

*Speaking with the media: It's really not as scary as you think*

**Moderator(s):** Bollman, Eric

**Panelists:** Hubbard, Janine; Wiseman, Toni-Marie; MacDonald, Brad

*Abstract: Psychologists are frequently sought out by the media as a source of expertise both locally and nationally. However, most Psychologists are reluctant to participate in media interviews, and are not typically provided with guidance and training in this area. In this moderated Q&A, panelists will discuss common questions regarding speaking with the media including types of interviews, pros and cons of live, live to tape, pre-recorded, how to prepare, what information journalists are looking for and how to present that information to their audience. Discussion will be held between discussing personal research vs general areas of knowledge and examples of topic requests received to CPA as well as more general interest topics. This presentation will be of interest to all attendees including students, clinicians, researchers, academics. It is presented at a introductory level and will welcome discussion and questions from the audience. If sufficient interest is achieved, a more in-depth workshop may be developed for further skill development. Goals – by the end of the discussion participants should be aware of: \* Common misperceptions regarding media interviews \* The different formats, duration and requirements of media interviews Increased confidence in their ability to participate in interviews as well as how to approach and suggest topics that may be of interest.*

**Section:** General Psychology

**Session ID:** 113345 - Panel Discussion

*The Ins and Outs of Publishing - Advice from the CPA's Journal Editors*

**Moderator(s):** Thompson, Lauren

**Panelists:** Roy-Charland , Annie ; Saklofske , Donald ; Jamieson , Randy

*Abstract: Join the Editors of the CPA's three journals, Canadian Journal of Behavioral Sciences, Canadian Psychology, and Canadian Journal of Experimental Psychology who will describe each journal, including the aims/scope, the types of articles accepted, and the areas of psychology on which each journal is focused. Also to be discussed are general guidelines for both publishing and reviewing journal articles. This session is ideal for graduate students and those newer to publishing in psychology journals. Please come with your questions and comments.*

**Session ID:** 115345 - Panel Discussion

## Printed Poster

### *A Call for Better Attendance Tracking in Canada: Addressing Chronic Absenteeism Through Policies and Transparency*

**Main Presenting Author:** Ford, Katelyn R.A.

**Additional Author:** Ritchie, Krista C.

*Abstract: Regular school attendance is strongly associated with improved well-being and academic performance (Nakamura-Thomas et al., 2023; Panayiotou et al., 2023; Rahman et al., 2023). Students who miss more than 10% of the school year, termed chronic absenteeism (CA), have decreased reading and social skills (Cattan, 2022; Chang and Romero, 2008). An estimated 37% of students experience CA (NSDEECD, 2024). CA is a growing concern, with desire for effective interventions to increase school attendance (Government of New Brunswick, 2024; Office of the Child and Youth Advocate, 2019). OBJECTIVES. The objectives of this work are to: 1) describe and compare Canadian attendance policies and tracking practices; and 2) document the extent to which policies align with recommendations from the field of school psychology to support students (Kearney et al., 2022). METHOD. A descriptive-comparative policy review (Knoepfel, 2007) is underway. INITIAL RESULTS. There is a lack of clarity regarding how regions are monitoring, using, or making publicly available attendance and CA indicators. Attendance data are not accessible. DISCUSSION. A lack of consistency and transparency is a barrier to interventions supporting students. School psychologists work to prevent and treat CA. This is a call to action for education systems to update attendance policies and systems for tracking and sharing these data.*

**Section:** Educational and School Psychology

**Session ID:** 111937 - Printed Poster

### *A Replication and Extension on the Role of Personality in Vaccination Attitudes*

**Main Presenting Author:** Kendell, Holly A

**Additional Author:** Vernon, Philip A

*Abstract: This study is a replication and extension on previous research, which demonstrated that those who identify as Vaxxers and Anti-Vaxxers differ in certain personality traits. We aimed to further explore personality trait differences between vaccine supporters and opposers. Our study recruited 219 individuals via mTurk who either strongly supported or strongly opposed being vaccinated for COVID-19. Participants completed measures of HEXACO Honesty-Humility and Conscientiousness, Locus of Control, Desirability of Control, Intolerance of Uncertainty, Dark Triad traits, and Generic Conspiracy Beliefs. Significant differences were found between the groups on several variables and in the expected directions. Those strongly opposed scored significantly higher on Generic Conspiracy Beliefs ( $p < 0.001$ ), Dark Triad traits ( $p = 0.002$ ), and Intolerance of Uncertainty ( $p = 0.005$ ), with effect sizes ranging up to 0.43 for Generic Conspiracy Beliefs. Our results suggest that vaccine opponents and supporters differ in key personality traits, which highlights the importance of psychological factors in shaping vaccination attitudes. Examining the psychological factors that influence vaccination attitudes can guide and inform public health intervention and contribute to greater success in vaccination efforts.*

**Section:** Social and Personality Psychology

**Session ID:** 111799 - Printed Poster

*Characterizing parental cannabis use among mothers and fathers of children aged between 0 and 12 years*

**Main Presenting Author:** Poirier-Plante, Jinny

**Additional Authors:** Berthelot, Nicolas ; Dubois-Comtois, Karine; Milot, Tristan; St-Laurent, Diane; Leclerc, Anne-Marie; Lacharité, Carl

**Abstract:** INTRODUCTION: Data on cannabis use among parents are limited. The high prevalence of cannabis use in adult populations and the common perception that cannabis use has little risk suggest that many parents may use cannabis. OBJECTIVE: To characterize cannabis use habits in a representative sample of parents in the province of Quebec. METHOD: A sample of 3,241 parents (49.6% mothers) was selected using panel sampling. A questionnaire was administered online and analyses were performed using weighted scores. RESULTS: Results showed that 24.3% of parents used cannabis at least once since their child's birth. Among users, 24.8% reported using it 5-7 days per week. Most (62.1%) reported using it at home, but not indoors. However, 26% reported being high around their children and 7.2% used cannabis in front of them. Common reasons for use were relaxation (74.1%), feeling high (25.8%), and alleviating sleep problems (25.5%). Parents wanting to quit reported aiming to save money (47.3%) and to be a positive role model (43.8%). The majority (65.1%) of parents indicated they did not feel stigmatized for using cannabis. CONCLUSION: This study reveals a high prevalence of cannabis use among parents and provides initial insights into its characteristics. The findings call for further research into the impact of cannabis use on parenting and for innovative public health strategies.

**Section:** Family Psychology

**Session ID:** 112877 - Printed Poster

*Exploring New Brunswick teacher perspectives on comprehensive sex education: Topic-specific facilitators and barriers across K-12 levels*

**Main Presenting Author:** Beaulieu, Danie A.

**Additional Authors:** Drudge, Emma J.; Byers, E. Sandra; O'Sullivan, F. Lucia; Burkholder, Casey

**Abstract:** BACKGROUND: Comprehensive sex education (CSE) is linked to numerous positive outcomes, such as lower rates of sexually transmitted infections and unintended pregnancies and improved self-esteem. While barriers to CSE delivery are well-documented, less is known about how challenges vary by topic. This study explores teachers' perspectives on topic-specific challenges and facilitators. METHODS: Surveys were completed by 412 New Brunswick teachers across elementary, middle, and high school levels. Open-ended responses were analyzed for themes using directed content analysis. RESULTS: Teachers found gender and sexual identity the most challenging to teach, while consent and relationships were also cited as difficult but by fewer teachers than these other topics. A total of 11 key barriers and 7 facilitators to delivering CSE were described. The most frequently cited barriers included a lack of knowledge, teachers' emotional reactions, and student-related factors. Facilitators included more resources, additional CSE training, and supportive teaching strategies (e.g., question box). CONCLUSIONS/IMPACTS: Addressing barriers and

leveraging facilitators requires a multi-faceted approach. Equipping teachers with targeted resources, robust professional training, and supportive teaching strategies could help them navigate challenging topics like gender and sexual identity more effectively.

**Section:** Educational and School Psychology

**Session ID:** 111917 - Printed Poster

### *Impact of Childhood Racial Discrimination by Law Enforcement on Anxiety in Adulthood*

**Main Presenting Author:** Douglas II , Paul

*Abstract: This study investigates the impact of childhood racial discrimination by law enforcement (ages 4-8) on adult anxiety (ages 18+), utilizing linear regression analysis. Despite the known effects of early racial discrimination on mental health, its specific influence on adult anxiety is underexplored. The research aims to inform interventions and policies to address mental health disparities. Data were collected from a cross-sectional survey of 462 participants, resulting in a final sample of 128 adults (ages 25-62,  $M = 32.31$ ,  $SD = 6.7$ ; 102 males, 79.7%; 26 females, 20.3%). The sample was predominantly White (85.9%), with smaller representations from Black (7%), South Asian (5.5%), Latin American (0.8%), and East Asian (0.8%). Education levels varied, with 23.4% holding master's degrees, 68.8% having undergraduate degrees, and 7% with high school diplomas. Findings revealed high levels of childhood racial discrimination ( $Mean = 21.26$ ,  $SD = 5.037$ ) and elevated anxiety in adulthood ( $Mean = 21.93$ ,  $SD = 4.3$ ). Linear regression analysis indicated a significant positive relationship between childhood discrimination and adult anxiety ( $r = 0.749$ ,  $p < 0.001$ ). The results highlight the need for systemic reforms in law enforcement and targeted mental health interventions, including cultural competency training, and establishing school-based support programs to promote mental health equity.*

**Section:** Black Psychology

**Session ID:** 113409 - Printed Poster

### *Predictors of Economic Hardship Among Canadian Adults During the COVID-19 Pandemic: An Empirical Study*

**Main Presenting Author:** Isaak, Abdulqadir Aden

**Additional Author:** Greenglass, Esther

*Abstract: The COVID-19 pandemic has disrupted economies, increasing financial insecurity and economic hardship, particularly among vulnerable populations. This study builds on existing models of financial strain, applying them to the unique challenges posed by the pandemic. Multiple regression results with 465 adults who responded to an online questionnaire showed that financial threat, income loss, and dependents were the strongest predictors of economic hardship, emphasizing the pandemic's impact on economic well-being and the vulnerability of individuals facing financial instability. Findings emphasize the role of financial stressors in economic hardship, particularly for individuals in lower socioeconomic brackets. The findings call for targeted interventions to reduce financial threat and support those facing job insecurity during a societal disruption.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113336 - Printed Poster

### *Recent Events and Young Canadians' Democratic Dissatisfaction: Potential Causes and Implications for a Democratic Future*

**Main Presenting Author:** Thorne, Tyler

**Co-Presenting Author:** Haswell, Robert

*Abstract: Young people's democratic disinterest has been a longstanding global issue. Yet dissatisfaction—not merely disinterest—has also caused concern amidst global democratic backsliding. Dissatisfaction may be driven by shifting social, political, and economic factors, and in some countries, has predicted future authoritarianism. Young Canadians have recently faced unprecedented challenges (e.g., housing and affordability crises), all of which may uniquely contribute to rising dissatisfaction. To investigate to what degree recent events have caused dissatisfaction in the Canadian context, we conduct a secondary data analysis of the Canadian Democratic Checkup surveys (2019–2023, N = 5,067–8,027), including a relative importance analysis, to examine which factors are most associated with young Canadians' dissatisfaction with democracy, and how this has shifted in recent years. We also investigate whether this dissatisfaction is associated with support for policies that could lead to increases in authoritarianism both domestically and abroad, or whether dissatisfaction is more associated with a desire to enact change more broadly. This timely research seeks to improve our understanding of the weight recent challenges have placed on young Canadians, and the domestic and geopolitical implications this dissatisfaction may cause down the road.*

**Section:** Social and Personality Psychology

**Session ID:** 113729 - Printed Poster

### *Seeking Justice: Victim Roles and Perceptions in Sentencing*

**Main Presenting Author:** Handford, Melissa

**Additional Author:** Eaton, Judy

*Abstract: This study examined how providing a victim impact statement, receiving information about sentencing practices, and sentence type can impact how victims perceive justice in sentencing. Participants were asked to picture themselves as the victim of a crime. Quantitative analyses were used to examine these variables and their relationship to participant perceptions of sentence effectiveness, anger, sentence harshness, and happiness, as well as their propensity to obedience. Qualitative analyses were conducted to understand the reasoning behind participant preferences regarding restorative and traditional sentencing types. Results indicated that providing participants with the ability to make a victim impact statement reduced anger, increased preference for harsh sentencing, and increased happy feelings with the sentence provided. Results also indicated that providing participants with information increased preference for more lenient sentencing. The use of restorative sentencing was found to increase preference for lenient sentencing and reduced happiness regarding the sentence provided. Most participants, even if they preferred a traditional sentence in the case they read, stated a general preference for restorative practices. This study contributes to the broader knowledge regarding victim satisfaction and informs policy making regarding victim supports and sentence efficacy.*

**Section:** Criminal Justice Psychology

**Session ID:** 112758 - Printed Poster

### *Service Accessibility and Caregiver Quality of Life: Long-term Effects of COVID-19*

**Main Presenting Author:** Denis, Kristen E

**Additional Authors:** Guo, Sunny ; Katz, Brian; Macoun, Sarah

*Abstract: The COVID-19 pandemic has dramatically interrupted and eroded the systems that support the well-being of families of children with support needs. Long-term consequences of these shifts are relatively unknown. The current study addressed this gap by investigating the relationships between service accessibility and caregiver quality of life. Data were extracted as a subset of a larger study on families of children with support needs in Canada ( $N=178$ ; child age:  $M=11.06\pm3.4$  years; caregiver age:  $M=43.61\pm6.1$  years). Caregivers responded to surveys regarding their experience with service accessibility since the pandemic and perceived quality of life (CarerQoL). Twenty-four percent of respondents endorsed one or more services being discontinued since the beginning of the pandemic, 56% of participants were dissatisfied with the services their child receives, and 65% of participants declared they continue to have difficulty accessing services. Difficulty accessing services was correlated with lower CarerQoL scores ( $r=-0.223$ ,  $p=.004$ ). Our results reveal a discrepancy between the services offered to caregivers and their ability to effectively use them, corresponding with long-term negative effects on caregiver's quality of life, with the pandemic amplifying these service challenges. Our research explores these themes deeper; advocating for caregivers affected to inform future policy.*

**Section:** Family Psychology

**Session ID:** 113723 - Printed Poster

### *The 2024 Youth and Young Adult Vaping Survey: Progress or Persisting Problems?*

**Main Presenting Author:** Davidson, Myles

**Additional Author:** Sutherland, Lacey

*Abstract: In 2020, Nova Scotia became the first Canadian province to announce strict vaping legislation based on findings from the 2019 Youth and Young Adult Vaping Survey. Five years on from this legislation taking effect, it remains unknown how vaping in young Nova Scotians has changed and to what extent the legislation has been responsible for these changes. The 2024 Youth and Young Adult Vaping Survey sought to answer these questions. A sample of 380 youth (aged 16-18) and young adults (aged 19-24) from Nova Scotia who either currently vaped or recently quit completed an online survey about their vaping behaviour, product preferences, expectancies, exposure to advertising and social media content, and tobacco use. Notable findings included that flavours and high nicotine concentrations were still commonly used, with most sourcing these products from within Nova Scotia. For youth, most accessed their vaping products through legal-aged friends. Half of participants had tried nicotine pouches, and almost all had tried cigarettes, most after the onset of vaping. When asked, most participants reported that the legislation had no effect on them. Overall, the results show that Nova Scotia's vaping legislation has had limited impact since being introduced, with key findings highlighting the need for additional measures such as Age 21 and increased enforcement of existing policies.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113296 - Printed Poster

### *Unlocking Empathy: Humanization and Lifequake Experiences as Predictors of Outgroup Policy Support*

**Main Presenting Author:** Bastien, Hailey R

**Additional Author:** Haji, Reeshma

*Abstract: Although there is a great deal of research on dehumanization, research on humanization and its potential for improving intergroup relations is lacking. The present research explores humanization as an intervention to increase non-Indigenous persons' empathy for Indigenous persons and support for policies that benefit them. The research also evaluates how participants' frequency of past Lifequake experiences, or impactful life experiences, combines with humanization to predict these outcomes. Non-Indigenous students will read an article portraying Indigenous persons in a deliberately humanizing (experimental) or neutral (control) manner. The effects of this manipulation and the self-reported frequency of past Lifequake experiences will be measured on self-report scale measures of empathy and endorsement of policy supporting Indigenous persons. We hypothesize that participants who experienced more Lifequakes and are exposed to the humanizing article will express more empathy toward Indigenous persons and more strongly endorse policies benefitting them. This is an honour's thesis project that has received ethics approval and for which data will be collected in January and February.*

**Section:** Social and Personality Psychology

**Session ID:** 111525 - Printed Poster

## **Snapshot**

### *Considering the Impact of Racial Trauma on Procriminal Attitudes in Recidivism Risk Assessment*

**Main Presenting Author:** Stevenson, Cassandra R

**Co-Presenting Author:** Peterson-Badali, Michele

**Additional Author:** Skilling, Tracey

*Abstract: Though procriminal attitudes (PAs), including attitudes toward the criminal justice system (CJS), are key recidivism risk predictors, their prevalence and etiology vary among groups. For example, Black youth report less trust for the CJS, a pattern often attributed to CJS-inflicted racial oppression and resulting trauma. Despite this, the effectiveness of PA measures in assessing recidivism risk has not been examined cross-racially. This retrospective study compares two PA measures - the Criminal Sentiments Scale – Modified (CSS-M) and the Pride in Delinquency Scale (PIDS) - in 473 CJS-involved Black and White youth. Both scales showed acceptable internal reliability (.70 & .93), construct validity, and convergent validity (.26 <  $r$  < .69). Groups reported similar PA levels, but Black youth had less favourable attitudes toward police (ATP). Notably, only ATP were predictive of recidivism for Black youth (AUC = .61,  $p$  = .01), whereas all scales except the CSS-M Total (AUC = .55,  $p$  = .34) predicted recidivism for White youth. ATP also had weaker relationships to aggression/externalizing and substance use for Black youth, suggesting*

*negative ATP may reflect trauma-related distrust, rather than general antisociality. Cross-racial measurement invariance and moderation/mediation studies can further inform the use of PAs in risk assessment and case management for racialized youth.*

**Section:** Criminal Justice Psychology

**Session ID:** 112364 - Snapshot

### *Digital Distraction or Paying Attention? Child-Centered Parenting Practices in Children's Behavioral Difficulties and Strengths: A Person-Centred Approach*

**Main Presenting Author:** Fu, Yuke

**Additional Authors:** Wang, Jingyao ; Weng, Wanjuan ; Liu, Mowei; Xiao, Bowen; Li, Jie; Li, Yan

*Abstract: With rapid digitization, many parents find themselves preoccupied with phone use while ignoring their children (i.e., parental phubbing) for various reasons. Growing research has examined the relationship between parental phubbing, parenting style and child outcomes. However, they tended to rely on a variable-centered approach to look for linear relationships among these variables. The goal of the present study is to utilize a personal-centred approach to (1) explore the latent profiles of parents regarding their phubbing and parenting patterns and (2) investigate whether there is any difference in childrens emotional and behavioural problems among these profiles. A total of 970 mothers of preschoolers were recruited in Shanghai. Information on maternal phubbing, parenting styles, and child behavioral strength and difficulty was collected through maternal reports. Three subgroups are identified: low-level (11.13%), medium-level (39.38%), and high-level (49.48%) profiles. Follow-up group comparisons revealed significant differences in phubbing behaviour and maternal authoritativeness. In addition, children whose mothers are in the high-level group have better emotional and behavioral adjustment than children from the other groups. More attention should be paid to the blending influence of parents' daily media use and child-rearing behaviours on childrens mental health.*

**Section:** Developmental Psychology

**Session ID:** 113940 - Snapshot

### *How Are Survivors' Narratives Handled in Family Law Proceedings?: Institutional Gaslighting and its Consequences*

**Main Presenting Author:** Gheorghiu, Dan

**Additional Authors:** Gutowski, Ellen ; AlQazzaz, Alia

*Abstract: Approximately one in three women globally experience intimate partner violence (IPV), and survivors often turn to family courts for resolutions related to child custody, visitation, and other separation issues. While separation is assumed to enhance safety, research highlights that family court proceedings can be distressing, leaving survivors and their children at ongoing risk of abuse. Existing literature documents legal abuse by former partners and secondary victimization by court professionals, yet limited work has focused on how survivors perceive their narratives of IPV are handled within this institutional context. Using qualitative description as our analytic method, we are analyzing interviews with 21 ethnically and racially diverse survivors of attempted intimate homicide. This method prioritizes participants' subjective experiences, maintaining fidelity to their words.*

*Preliminary findings support themes of credibility discounting, legal gaslighting, and racialized biases in court professionals' responses to survivors' stories. Findings aim to inform improvements in legal processes for marginalized survivors, highlighting how family court systems can better address survivors' needs and enhance safety.*

**Section:** Women and Psychology

**Session ID:** 113340 - Snapshot

### *Maternal Parenting Stress and Young Child Behavior Problems: The Roles of Coercive Parenting Practices and Maternal Mind-Mindedness*

**Main Presenting Author:** Fu, Yuke

**Additional Authors:** Weng, Wanjuan ; Li, Yan; Liu, Mowei; Zhu, Yuxin

*Abstract: The negative connection between parenting stress and child behavioral outcomes is well-documented; however, whether this connection is mediated through parenting practices is debatable. The resources that parents possess under stress, such as their parenting competencies, influence their actual parenting behaviour. Mind-mindedness (MM), a parental tendency to capture their childrens emotional and cognitive needs and responses accordingly, might act as a parental resource that alleviates the adverse link between parenting stress and parenting behavior. The present study aims to investigate whether MM moderate the indirect path between parenting stress and child behaviour problems through coercive parenting behaviors. This longitudinal study recruits 160 mothers of preschoolers in Shanghai, China, through maternal reports and interviews. Information on parenting stress, parenting style, MM and behaviour problems was collected in three waves. It was found that coercive parenting behaviours play a mediating role between parenting stress and child behaviour problems. Maternal MM only buffers the indirect effect of parenting stress on the childs externalizing problems, not internalizing problems. It indicates that interventions seeking to enhance preschoolers' behavioral development should consider incorporating training to facilitate both parental MM and stress management.*

**Section:** Developmental Psychology

**Session ID:** 113650 - Snapshot

### *The Roles of Wisdom and Coping in Acculturation of Iranians and Syrians: an SEM Model*

**Main Presenting Author:** Shamim, Asma

**Additional Authors:** Ferrari, Michel ; Pour Iliae, Sadaf; Safdar, Saba; Ardelt, Monika

*Abstract: Every year Canada actively seeks immigrants to bolster the countrys declining population and meet its economic goals and refugees on humanitarian grounds. However, many new immigrants to Canada struggle to acculturate; others, however, do very well. What contributes to the ability to achieve a good quality of life in Canada? We propose that personal wisdom (a three-dimensional trait involving deep understanding, self-reflection, and compassion for others) is a critical variable, among the many factors, in immigrants ability to successfully acculturate. We explored psychological and sociocultural adaptation and life satisfaction as acculturation outcomes. Given that wisdom guides coping behavior, we hypothesize that personal wisdom (mediated by coping) is positively associated*

with psychological and sociocultural adaptation and life satisfaction. Using structural equation modelling, we compared 405 Iranians ( $N = 203$ ,  $M_{age} = 32.84$ ) and Syrians ( $N = 202$ ,  $M_{age} = 36.42$ ) controlling for health, education, marital status and income. Results showcased an excellent fit:  $\chi^2(50) = 70.507$ ,  $p = .030$ ,  $\chi^2/df = 1.41$ ,  $CFI = .98$ ,  $TLI = .95$ ,  $RMSEA = .045$ . The results highlight the importance of wisdom and coping behaviors in immigrants' acculturation. The study's findings have the potential to inform host country policymakers regarding the positive integration of immigrants into Canadian culture.

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113218 - Snapshot

## Symposium

*Canadians' views on immigration and diversity: New evidence from Canadian public opinion research*

**Moderator(s):** Dsilva, Kimberly

Abstract: Canada's comparatively welcoming approach to immigration and cultural diversity has received significant attention from academics and policy makers, influencing the aspirations of prospective immigrants from around the world. Despite its achievements, Canadian multiculturalism remains a work in progress and attitudes toward immigration are in flux. In the aftermath of the COVID-19 pandemic, Canadians face significant pressures while at the same time the country receives historic numbers of migrants arriving through economic and humanitarian pathways. Recent public opinion polling suggests Canadians' attitudes toward immigration are changing. For the first time this century, a plurality of Canadians agree there is too much immigration to Canada (Environics, 2024). At the same time, the country struggles to retain immigrants, including those purposefully selected to fill key labour needs (Conference Board of Canada, 2024). Amidst these changes, it is important to take stock of Canadians' immigration attitudes and identify opportunities to further promote belonging and inclusion while reducing intergroup biases and negative stereotypes. Drawing on large- $N$  survey methods, this symposium addresses these themes, nuancing our understanding of immigration attitudes and drawing attention to opportunities to further consolidate multiculturalism.

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113747 - Symposium

*Cultural collisions: Stereotypes of sexual minority immigrants in a diverse Canada*

**Main Presenting Author:** Safdar, Saba

**Additional Author:** Choubak, Melisa

Abstract: This presentation examines findings from two studies investigating stereotypes held by second- and third-generation Canadians toward gay and lesbian immigrants from four distinct cultural backgrounds: Britain, China, Iran, and Nigeria. The central research question explores how stereotype patterns vary among the majority status group based on the intersectional group memberships of immigrants—specifically, ethnicity, gender, and sexual orientation. Study 1 employed a survey-based approach with a sample of 232 participants to investigate perceptions of societal biases toward these immigrant subgroups. Participants shared their views on societal attitudes,

enabling the identification of general trends and variations in biases. Study 2 built on these findings using a vignette-based methodology with 1,105 participants. The results from both studies highlighted the presence of univalent (one-directional) and ambivalent (mixed-directional) stereotypes. The research demonstrates that examining immigrant attitudes without accounting for intersectionality fails to capture the nuanced lived experiences of immigrants with multifaceted identities. These insights are critical for informing policies and practices aimed at combating discrimination and fostering inclusivity within a multicultural society.

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113763 - Paper within a symposium

*Ethnic attitudes and hierarchy in Canada: Some underlying personality and psychology factors.*

**Main Presenting Author:** Lizotte, Mathieu

**Co-Presenting Author:** Berry, John

Abstract: The presence of variations in ethnic attitudes in Canada has been a challenge to the underlying diversity and equity values of multicultural policies and practices. We examined overall ethnic attitudes in a sample of 10,000 individuals by creating an average score based on eight ethnic groups using an 11-point scale. We also examined variations in these attitudes, seeking evidence for hierarchies. Finally, we sought evidence for the roots of these overall attitudes and hierarchy in some personality and other psychological factors. Using regressions and structural equation modelling, we found that the personality factors of disagreeableness, and closed-mindedness relate negatively to ethnic attitudes, as well as respondents' confidence in political institutions, and their perception regarding the economic and cultural impact of immigrants, and of perceived attachment of immigrants to Canada. Evidence also shows that there remains a fairly constant hierarchy in the evaluation in ethnic groups over the past five decades (i.e. those of European origin are evaluated more positively than those of other origins). However, there are signs that the strength of this hierarchy is diminishing. We conclude that there are variations in how ethnic groups in Canada are evaluated, and that these variations are rooted in some core personality and other psychological factors.

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113759 - Paper within a symposium

*Shifting attitudes to immigration and multiculturalism: Results from repeated cross-sectional surveys of Canadian public opinion (2016-2024)*

**Main Presenting Author:** Scott, Colin

**Additional Author:** Berry, John

Abstract: Canada, by virtue of its immigration system and strong valuing of multiculturalism, has developed a reputation as a generally welcoming and inclusive society for immigrants. There is concern, however, that cracks are beginning to show. Results from nationally representative public opinion surveys suggest Canadians' support for immigration is in flux, as economic and social crises coincide with substantial increases in the number of permanent and temporary residents and asylum seekers arriving to Canada. Such shifts in Canadian public opinion warrant greater scrutiny over changing immigration attitudes, the robustness of multiculturalism, and the factors that account for them. This study seeks to fill this gap. Using pooled waves of the Environics Focus Canada surveys (2016-2024;  $N_{\text{pooled}} = 22,029$ ), this study examines recent shifts in Canada public opinion toward immigrants, immigration, and multiculturalism, focusing on changing intercultural dynamics and the

*realistic and symbol threats that motivate diversity attitudes. The research contributes the active public debate over immigration in Canada, nuancing the discussion with empirical insights to suggest that although public support for immigration is strong, challenges remain to offset economic anxieties and reassure the public that immigration and integrate are well-managed and under control.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113756 - Paper within a symposium

### *Psychology and Public Affairs: Insights from Canadian Political Psychology Research*

**Moderator(s):** Scott, Colin

*Abstract: Canadian society is undergoing profound economic and social change with implications for the country's deliberative and political processes. Research on the psychology of public affairs has potential to clarify these dynamics and guide researchers and policy makers in their response to shifting public opinion. In the wake of the COVID-19 pandemic, there is urgent need for expanded access to mental health services, yet Canada lacks robust public coverage of mental healthcare. What explains public demand for expanded mental healthcare and how can advocates best mobilize public support for expanded psychological services? In the political arena, political polarization and declining voter turnout are driving concern over the vitality of democratic institutions. How is the changing nature of news media shaping intergroup attitudes and do these shifts contribute to a rise in political polarization? While voter turnout is in decline in many democracies around the world, how might individuals' predispositions to vote (or not) offer insights to better target voter mobilization initiatives? This symposium brings together a set of experts drawing on novel survey data to offer empirical insights on these pertinent issues and, in doing so, advance a role for Canadian political psychology research to contribute to our collective understanding of public affairs.*

**Section:** Social and Personality Psychology

**Session ID:** 113728 - Symposium

### *Assessing public demand for mental health insurance: The role of self-interest and ideology*

**Main Presenting Author:** Jacques, Olivier

**Additional Author:** Gosselin, Gabriel

*Abstract: Most OECD countries do not provide public coverage of mental health care. This situation is puzzling considering the rise in mental health disorders and the net economic benefits generated by better access to treatments. However, there are relatively few studies of public preferences for the expansion of public coverage for mental health care and most previous studies on the issue do not analyse the interplay of self-interest and ideology to explain individuals' willingness to pay for public mental health care. We rely on an original survey conducted with a representative sample of the Quebec population. We analyze individuals' priorities regarding the expansion of the public health insurance coverage for different currently uninsured health services and their willingness to pay for psychological insurance. We hypothesize that support for the extension of mental health insurance is relatively weak among the electorate of the governing party. This is because the groups whose self-interest align with the of public coverage of mental health care, such as women, those without private insurance and the youth, are not voting for the governing party. However, we expect that left-wing*

respondents support public mental health care regardless of their material interests. Hence, our study contributes to research by mapping the coalition for and against the extension of public insurance.

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113737 - Paper within a symposium

*Personality traits and voter turnout in Canadian federal elections*

**Main Presenting Author:** Mungall, Luke

**Additional Authors:** Pruyers, Scott ; Blais, Julie

*Abstract: Voting in elections is essential to the health of democracy. However, voter turnout in Canadian elections has declined in recent decades. There are numerous factors that affect voter turnout, but one psychological factor may be individual differences in personality. Using survey data from two representative samples of Canadians ( $n = 2500$   $n = 1725$ ) we show that people scoring higher in extraversion (e.g., sociable, confident, energetic, positive) are much more likely to have reported voting in the 2015 and 2019 Canadian elections. Controlling for age and gender, the odds of voting were at least 70% greater for every one point increase on the average Likert scale rating for extraversion (5-point scale). These results are in line with previous research, and suggest that people higher in extraversion may enjoy participating in elections for its inherent energy, excitement, and social interaction. Interventions to increase voter turnout may be improved by targeting those who tend to be lower in extraversion.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113740 - Paper within a symposium

*Racial attitudes and party evaluations in Canada, 1988 to 2021*

**Main Presenting Author:** Matthews, Scott

**Additional Author:** Besco, Randy

*Abstract: Since 2015, a series of events have introduced racialized topics into Canada's national political discourse to an unprecedented degree, including, e.g., the Syrian refugee crisis (2015), the election of the first non-white leader of a major federal political party (2017), the murder of George Floyd and ensuing global protests for racial equality (2020), and the discovery of more than a thousand unmarked graves of Indigenous children on the grounds of former residential schools (2020-22). Drawing on media-effects models, we argue that this "racialization" of the national discourse is likely to have strengthened associations between Canadians' political attitudes and their attitudes concerning racial groups. In this paper, we focus on attitudes toward political parties, given their centrality to political conflict. We track attitude change using the Canadian Election Study surveys (1988-2021). We also present a content analysis of newspapers (1988-2022), which establishes the growing prominence of racialized topics in Canadian media. The analysis of survey data shows that, over time, relationships between racial attitudes and evaluations of the Liberals and NDP have become more positive, while the counterpart relationship for the Conservatives has become more negative. These findings have implications for the study of political polarization and the dynamics of party conflict.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113738 - Paper within a symposium

*Sentencing, Sentencing Latency, and Crime Severity in Edmonton's Mental Health Court: Enhancing Understanding of A Canadian Mental Health Court*

**Moderator(s):** Haag, Andrew

*Abstract: Mental Health Courts (MHC) are specialized problem-solving courts that apply therapeutic jurisprudence principles to address the needs of individuals with mental health concerns within the criminal justice system. Broadly, two types of MHCs exist: (1) those that focus on treatment before or instead of a plea and (2) those that focus on treatment post-sentencing. Both types can align with the Risk-Needs-Responsivity (RNR) model of forensic psychiatric and psychological care. Previous research has shown that MHCs can effectively reduce recidivism and improve client well-being; however, research specifically on Canadian MHCs is limited. This symposium presents findings from data collected from Edmonton's Mental Health Court (EMHC), which focuses on procedural rather than post-participation outcomes. Unlike other MHCs, the EMHC primarily uses healthcare resources to inform sentencing decisions, with treatment as a secondary focus or incorporated into probation. By systematically examining cohort level data from this docket-style MHC, the studies in this symposium provide new insights into how mental health factors influence sentencing outcomes. The first presenter will discuss predictors of (1) custodial and probation lengths and (2) sentencing wait times in a mental health docket court. The second presenter will compare the Crime Severity of EMHC to that of other Edmonton courts.*

**Section:** Criminal Justice Psychology

**Session ID:** 113430 - Symposium

*Latency to Sentencing in a Mental Health Docket Court: The Influence of Procedural and Demographic Factors on Wait Times*

**Main Presenting Author:** Haag, Andrew

**Additional Author:** Eckersley, Tristan

*Abstract: In the preceding study (Study One), we found that the EMHC sentenced two groups of clients, who significantly differed in the latency from first EMHC appearance to sentencing date. Building on these findings, this study aims to identify predictors of sentencing latency and assess whether they are associated with previously identified client clusters. Using the same dataset provided by Recovery Alberta and utilized in Study One, a stepwise regression model will be run to identify the best predictors of latency to sentencing date. Predictor variables retained from Study One will include: Client demographics, alleged offences, and community resources. Novel variables that will be added to the current model include number of and reason for adjournments, time in remand prior to custody, fitness related variables, and others. Using non-parametric analyses, the identified key predictors will then be compared across clusters to identify variables that distinguish client groups. Identifying non-mental health factors that contribute to extended case durations will inform procedural adjustments to reduce sentencing delays, ensuring clients receive timely treatment. The implications of these findings will be further discussed.*

**Section:** Criminal Justice Psychology

**Session ID:** 113438 - Paper within a symposium

*Mental Health Court and Crime Severity: Comparing Crime Severity in Edmonton's Mental Health Court versus Edmonton's Traditional Docket Courts*

**Main Presenting Author:** Joseph, Jessica

**Co-Presenting Authors:** Eckersley, Tristan; Haag, Andrew

*Abstract: Mental Health Courts (MHCs) support individuals whose mental health has significantly contributed to their alleged offending behaviour. MHCs are intended to divert the accused into mental health treatment as opposed to traditional penalization for offending. While referral to MHCs has increased in recent decades, little is known regarding the severity of the alleged offences referred to MHC. The present study aims to clarify the severity of the alleged offences referred to the Edmonton MHC (EMHC), as well as evaluate whether there are differences between the severity of the alleged offences referred to EMHC versus other Edmonton courtrooms. Using official EMHC docket data, the most severe offence for each EMHC accused will be coded using Statistics Canada's Crime Severity Weights (CSW). The application of CSWs will be repeated for a matched sample (age, gender) of dockets from other Edmonton courtrooms during the same period. Descriptive statistics will be utilized to clarify the severity of offences in EMHC. An Analysis of Variance will be used to explore differences in the severity of offences in EMHC versus other Edmonton courtrooms. These findings will improve our ability to understand the severity of offences entering EMHCs, which has important implications for forensic clinicians who assess, treat, and manage the care and recovery of individuals diverted to treatment.*

**Section:** Criminal Justice Psychology

**Session ID:** 113440 - Paper within a symposium

*What Predicts Custodial and Probation Length in a Mental Health Docket Court? An Examination of Mental Health and Criminal Justice Data*

**Main Presenting Author:** Haag, Andrew

**Additional Authors:** Sim, Shannon ; Eckersley, Tristan

*Abstract: Understanding the predictors of custodial and probation length in MHCs is key for evaluating what (if any) effects mental health needs have in reducing sentencing outcomes. Yet, little evidence exists, especially in the Canadian context. This study investigated how client demographics and alleged offences influence custodial periods, probation lengths, and sentencing outcomes in the EMHC. Using secondary data provided by Recovery Alberta from the proceedings of clients' ( $n = 419$ ) initial EMHC sentencing, Ward's Method of clustering was used to identify two distinct client groups differentiated by latency to sentencing, income sources, and probation duration. Negative binomial regression models revealed that the number of compliance, nuisance/bylaw, and fraud/currency charges, along with ADHD diagnoses, significantly predicted custodial periods. Ordinal logistic regression models showed that predictors of probation length included nuisance/bylaw and property offences, as well as housing status. The absence of diagnostic or mental health factors among significant predictors of both custodial periods and probation length suggests that client cases are treated on an individual basis, minimizing biased sentencing practices. However, these findings also indicate that more severe mental health concerns do not guarantee additional post-sentence treatment during the probationary period.*

**Section:** Criminal Justice Psychology

**Session ID:** 113436 - Paper within a symposium

# THEME: PROFESSIONAL AND TRAINING ISSUES

Examining issues related to our discipline as a profession including accreditation, ethics, funding, training

## 12-Minute Talk

### *Enhancing Pathways into Professional Psychology for Indigenous Learners: Lessons Learned from Manitoba*

**Main Presenting Author:** Toderan, Brooklyn

**Co-Presenting Authors:** Holmqvist, Maxine; Fontaine, Aleah

**Additional Authors:** Woods, Lindsay ; Mackenzie, Corey; Riddell, Julia ; Hunter, Sandra

*Abstract: In Canada, a legacy of colonization, residential schooling, and anti-Indigenous racism has resulted in significant health disparities for Indigenous Peoples, including a lack of access to culturally appropriate healthcare. Clinical psychologists are well-positioned to support Indigenous well-being; however, Indigenous representation in the profession of psychology remains low. This underscores the urgent need to recruit and train more Indigenous students in clinical psychology. Our Pathways Working Group has representation from the University of Manitoba departments of Psychology (Faculty of Arts; doctoral training program) and Clinical Health Psychology (Max Rady College of Medicine; residency program) and includes learners, faculty, and community psychologists. Over half our members are Indigenous. In 2023, we received funding to pursue three overarching goals: (1) describing local pathways and barriers for Indigenous students considering clinical psychology careers, (2) strengthening these pathways through targeted outreach, and (3) maintaining pathways by enhancing training program curricula to incorporate Indigenous knowledge and perspectives. This presentation will describe our progress towards these goals to date and discuss key lessons learned, including the importance of flexibility, openness to feedback, and fostering authentic relationships.*

**Section:** Indigenous Peoples' Psychology

**Session ID:** 112671 - 12-Minute Talk

### *Equipping Mental Health Clinicians: Tailored Training for Evidence-based Care in Nova Scotia.*

**Main Presenting Author:** Hahn, Christian M

**Co-Presenting Author:** Cohen, Jacquie

**Additional Author:** Jerrott, Susan

*Abstract: Public mental health services in Canada are experiencing increasing demand and case complexity. Over one third of Canadians have unmet mental health needs. Low availability of clinical psychologists presents a challenge to providing high quality, evidence-supported assessment and psychotherapy in public mental health. As a result, professionals from other disciplines (e.g., social work) often provide these services. Most training programs for these disciplines offer no courses in evidence-supported therapy. The Provincial Centre for Training, Education, and Learning (PCTEL) was developed in 2019 to provide in-house training in evidence-supported assessment and*

*psychotherapies for clinicians from a range of disciplines in Nova Scotia's Mental Health and Addictions Program. PCTEL is comprised of Advanced Practice Leaders, primarily psychologists, who are certified in CBT and other evidence-supported psychotherapies. Their trainings range from introductory to advanced and incorporate individual- and group-based consultation. PCTEL has provided training to over one thousand clinicians, providing a new model for advancing evidence-supported mental health care in the public system. This model can be broadly adopted to other Canadian regions to improve access to empirically supported treatments. Impact on clinician knowledge and skill as well as client outcomes will be discussed.*

**Section:** Psychologists in Hospitals and Health Centres

**Session ID:** 113245 - 12-Minute Talk

### *Initial Learnings from a Graduate-level Indigenous Psychology Pilot Course*

**Main Presenting Author:** Villebrun, Gwendolyn Donna

**Co-Presenting Author:** Tremblay, Melissa

*Abstract: In 2018, the Canadian Psychological Association [CPA] and the Psychology Foundation of Canada developed a report titled, "Psychologists Response to the Truth and Reconciliation Commission of Canadas Report" (CPA, 2018). This report emphasized the need for graduate training that integrates Indigenous knowledge and promotes cultural humility and safety. Working with an Elder and Knowledge Keepers, two Indigenous psychologists and professors developed and piloted a graduate-level Indigenous psychology course at the University of Alberta. In this talk, we will share what we learned from our experience, highlighting the courses strengths, limitations, and challenges. To do so, we will draw on evaluative data from the course, including student feedback, as well as our own reflections and documentation on the ways in which the course unfolded. In addition, we will offer actionable suggestions for other practitioners and academics seeking to develop and implement Indigenous Psychology courses. We will also discuss how institutions, faculties, and programs can support initiatives to enhance the Indigenous cultural literacy of psychology trainees.*

**Section:** Indigenous Peoples' Psychology

**Session ID:** 112596 - 12-Minute Talk

### *Survey of Professional Psychology Graduate Training Clinics in Canada*

**Main Presenting Author:** Robinson, Jill M

**Additional Authors:** Dubue, Jonathan ; Dagenais , Mackenzie

*Abstract: The purpose of this survey was to conduct an environmental scan and national survey of Professional Psychology Graduate Training Clinics in Canada. The survey examined operational structure, services, financial information, faculty/program relationships, training pedagogy, and markers of general clinic "health" of psychology training clinics. Data collection is currently underway, and we estimate that approximately 20 clinics will respond to the online survey. Understanding the strengths and weaknesses of current clinics can lead to the development of standards and practices that improve the overall quality of clinical training and psychological care provided to the public. This may lead to better resource allocation and improving access to mental health care for underserved populations. The scan may reveal inefficiencies in the current system, leading to recommendations for more cost-effective approaches in providing care in university clinics. Clinic administrators and staff will valuable insights into how their clinics compare in terms of service*

delivery, training programs, and patient outcomes. This presentation will contribute to the growing body of knowledge about best practices in psychology training and mental health service delivery.

**Section:** Clinical Psychology

**Session ID:** 112964 - 12-Minute Talk

## Conversation Session

### *Clinical Reasoning and Decision Making Process in Assessment and Intervention*

**Main Presenting Author:** Saklofske, Don H.

**Co-Presenting Author:** Andrews, Jac J.W.

*Abstract: Professional accountability requires that psychologists engaged in professional practices are aware of and can describe their clinical reasoning process as the basis for their complex assessment and intervention decisions within a well-defined clinical, theoretical, empirical and contextual framework. Although clinical reasoning, judgement, and decision-making that underlie and inform the full range of psychological practices are implicitly thought to be the cornerstone of professional practice in school and clinical psychology, there is a paucity of published information and discussion that fully describes the complexity of how clinical decisions are formed, implemented, analyzed and evaluated by psychologists. The creation and description of ideas and models of clinical reasoning are necessary for the continued development of practitioner effectiveness and accountability. Hence our purpose for this round table discussion is to engage practitioners in discussions of how clinical decisions are formed, implemented and evaluated. This sharing between psychologists will have both practical and heuristic value in providing the basis and practical foundations that guide best and effective clinical practice.*

**Section:** Educational and School Psychology

**Session ID:** 111906 - Conversation Session

### *Considerations in Psychological Care for Transgender Youth in Canada: A Round Table Conversation*

**Main Presenting Author:** Toews, Julia B

**Co-Presenting Authors:** Yli-Renko, Teija; Graham, Kirsten M. J.

**Additional Author:** Wong, Wallace

*Abstract: TOPIC: The care of transgender youth in Canada is a rapidly evolving field with significant clinical and ethical implications. As societal awareness and acceptance of transgender identities have increased, so have requests for gender-affirming care. Psychologists must navigate complex professional and ethical challenges to provide effective, affirming support. PURPOSE: To explore issues, share insights from the presenters clinical practice, and collaboratively develop strategies for providing competent and ethically compliant psychological care to transgender youth in Canada.*

*METHODS: Brief presentation on current core issues, followed by small group discussions of case studies, and resource sharing. RELEVANCE TO DELEGATES: Addresses current issues in clinical practice and policy concerning transgender youth in Canada, with particular importance for psychologists who often serve as gatekeepers for minors seeking gender-affirming medical care.*

*RELEVANCE TO PSYCHOLOGY: Discusses the important role of psychologists in supporting transgender youth, including ethical decision-making, and providing ongoing psychological care*

within evolving political landscapes. RISKS: Potential for disagreements on controversial or sensitive topics, such as varying provincial policies on gender-affirming care and transgender rights. The session leader will moderate to ensure respectful dialogue.

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113277 - Conversation Session

### *Considering Ambiguity in Graduate Education: Supporting Students in Facing the Unknown*

**Main Presenting Author:** Comeau, Thea

**Co-Presenting Author:** Greidanus, Elaine

*Abstract: This conversation will foster communication among colleagues about ambiguity in educating graduate students in Applied Psychology (AP) programs. Ambiguity is a common part of psychological practice (Pica, 1998). The inevitable ambiguity of psychological practice is compounded in graduate training where students are developing skills in which they have limited competence. Trainees can struggle in AP programs and report increased rates of conditions such as anxiety, depression (Brooks et al., 2002) and burnout (Beaumont et al., 2016). Therefore, it is important to understand ambiguity in the context of graduate training to minimize stress and improve student well-being. The goal of this conversation is to share ideas about the role of ambiguity in training, strategies to mitigate ambiguity where possible, and to support student well-being in the face of inevitable ambiguity. Interested delegates will be members of AP programs who are looking to support student development and well-being. As the purpose of AP programs is to train effective clinicians, faculty engagement with this conversation may support the safe and effective offering of AP graduate programs. This conversation will pose few risks to participants, though they may experience difficult emotions when thinking about their students' well-being, or their own challenging experiences with ambiguity during their training.*

**Section:** Teaching of Psychology

**Session ID:** 112680 - Conversation Session

### *Contemporary issues for training masters level school psychologists*

**Main Presenting Author:** Montgomery , Janine M

*Abstract: School Psychologists with master's level training practice independently in many Canadian jurisdictions. While there are several doctoral training programs for school psychologists in Canada, this session aims to articulate challenges and opportunities to enhance training at the master's level specifically. The aims of this session are to mobilize trainers and students to advocate for unique issues in masters level training and practice for Canadian psychologists. Students will be encouraged to provide input on course and practicum demands and needs and trainers will be asked to share program information and build connections with other master level programs. Master's level clinicians are essential to providing public service and increasing accessibility, particularly for vulnerable children and youth. This session aims to clarify concerns for students and mobilize trainers to better prepare students for the important work they do to support student mental health. Conversation topics will include: doctoral training needs, thesis and non-thesis options, innovative program features, and multicultural and sensitive service delivery initiatives.*

**Section:** Educational and School Psychology

**Session ID:** 112895 - Conversation Session

*Developing a mentorship system for improving recruitment, retention, professionalism, diversity, and professional development: A section-wide discussion*

**Main Presenting Author:** Shaw, Steven R.

**Abstract:** *For the profession on school psychology to continue to grow, thrive, become more diversified, and retain talented people; a systemic approach to mentorship can be a major factor. Supervisors, students, trainers, and clinicians are invited to engage in a round table discussion to develop and design an implementation system for a nation-wide mentorship program. The goal is to begin to design a systematic mentorship framework administered by the ESP section with input from trainers, supervisors, students, and clinicians. The section is especially interested in recruiting Indigenous and other minoritized populations, women, and neurodiverse mentors to support a diversity of students and young professionals. By sharing experiences, needs, and ideas; clinicians and students can be supported, promoted, and socialized in the profession of school psychology.*

**Section:** Educational and School Psychology

**Session ID:** 113364 - Conversation Session

*Examining the Undergraduate Psychology Experience and Paving the Way to Career Success*

**Main Presenting Author:** Lee, John

**Co-Presenting Author:** Kasprzak, Emilia

**Abstract:** *Undergraduate psychology students often encounter significant challenges in advancing their careers, including limited access to research opportunities, unclear graduate school pathways, and inadequate career guidance tailored to the evolving job market. These barriers are often rooted in the interdisciplinary nature of psychology, the increasing competitiveness of graduate programs, lack of access to mentors, and rapid evolution of emerging fields in psychology, potentially making such opportunities scarce or inaccessible. This round table will explore barriers, providing a platform to discuss mentorship gaps, the competitive academic environment, and the need for practical career preparation. It will begin with an overview of key challenges and career outcomes, followed by an interactive discussion for participants to share experiences, brainstorm solutions, and propose actionable strategies. Through this session, participants will develop actionable recommendations for educators and institutions to better equip psychology students for the challenges of navigating their academic and professional trajectories in this growing field. This conversation is vital for addressing the evolving demands of psychology and ensuring students are prepared to succeed in diverse and emerging areas, building a stronger foundation for future professionals in Canada and beyond.*

**Section:** Clinical Psychology

**Session ID:** 113676 - Conversation Session

## Fostering Indigenous Interculturalism in Graduate Education: Assignments Aligned with Psychology's TRC Response

**Main Presenting Author:** Schanding, G. Thomas

*Abstract: This presentation aims to provide graduate educators, including internship/residency site supervisors, with strategies for creating meaningful assignments and opportunities to build graduate students competency in Indigenous Interculturalism - part of the Standards of Accreditation from the Canadian Psychological Association. The goal of this conversation is to help graduate educators consider how they can build or reimagine assignments that align with the guiding principles from Psychologys Response to the Truth and Reconciliation Commission of Canadas Report (2018). This includes suppporting graduate students in discussing the value of Indigenous traditional knowledge and how to balance it with Western or popular current practices. Participants will have the opportunity to share how they are developing their own skills in Indigenous pedagogy and partnering with Indigenous leaders, Elders, and other respected community members. The facilitator will present a sample assignment focused on understanding psychopathology from Indigenous perspectives. This conversation is highly relevant for psychologists and Canadians at large as it addresses the critical need to build psychologists competency and cultural literacy in serving Indigenous Peoples. It is anticipated that there would be minimal to no risk to participants in the discussion.*

**Section:** Teaching of Psychology

**Session ID:** 111244 - Conversation Session

## From the Roots to the Fruits: Traces of Cybernetic and Dialogical Therapy Traditions in Open Dialogue for Psychosis

**Main Presenting Author:** Harb, Sami

**Co-Presenting Author:** Stevenson, Benjamin

*Abstract: We will focus on Open Dialogue (OD), a person-centered, network-based model for mental health crisis intervention developed in Finland in the 80s. We first address the history of how cybernetics permeated family therapy, followed by the entry of dialogical perspectives. Second, we explore the integration of cybernetic and dialogical principles within OD. Finally, we discuss potential use of OD for psychosis in Canada. We critique hegemonic brain disease models of psychosis, and issues of power and control within psychiatry, while advocating for a person-centered and network-based approach that privileges the subjectivity of patients. We hope to engage attendees in a discussion of the key issues we present, questioning if and how psychosis care in Canada might be informed by, or integrate OD. Our conversation connects history of family therapy to psychosis care in Canada. From its origins in Finland, OD has been adopted in several countries worldwide, though we know of no such initiatives in Canada. OD challenges the dominant narratives of psychosis and may inform more humanized approaches to its care within Canada. OD involves minimal use of psychotropic medication and not in all cases. Our views may misalign with perspectives that privilege biomedical treatments of psychosis. In accord with OD, we encourage a polyphony of voices and cultivate a nonjudgmental dialogic atmosphere.*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 113011 - Conversation Session

## I/O Psychology Practice: Potential Sources of Ethical Risk and Matching Mitigation Strategies

**Main Presenting Author:** Hartman, Lorne Michael

*Abstract: This roundtable discussion will explore the applicability of CPA's Code of Ethics to ethical issues encountered in the practice of organizational psychology. Organizational psychologists who work as practitioners often deal with situations that are ambiguous, require methods to be adapted to fit client needs, involve inherent conflicts of interest, or potentially violate legal and ethical principles. Participants will be asked to share their perspective regarding three key areas of ethical vulnerability. To what extent do organizational psychology practitioners (1) cite relevant empirical evidence to support their statements and applications in practice and (2) prioritize the well-being of individuals over the values and goals of business outcomes? Finally, (3) to what extent do ethical codes for psychologists consider the unique ethical challenges encountered by practicing organizational psychologists? In addition to these potential sources of ethical risk, most practicing organizational psychologists are not licensed. Accordingly, the enforcement power of CPA and the provincial bodies in regulating the practice of organizational psychology is currently limited. Participants will be asked to propose potential solutions for improving the ethical regulation of organizational psychology practice.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 111521 - Conversation Session

## Naviguer entre les langues : Défis des personnes étudiantes francophones en psychologie au Canada

**Main Presenting Author:** McLaughlin, Chloé

**Co-Presenting Author:** Mazerolle, Marie-Pier

**Additional Author:** Roy-Charland, Annie

*Abstract: La francophonie est essentielle au Canada, mais les personnes étudiantes francophones en psychologie font face à des défis uniques. Le manque de ressources éducatives adaptées, la disponibilité limitée d'outils psychométriques en français et l'accès réduit au réseautage peuvent freiner leur progression académique et professionnelle. Ces obstacles nuisent également à leur sentiment d'identité professionnelle et à leur contribution à l'équité en santé mentale. Cette table ronde explore ces défis dans un contexte où l'anglais prédomine, abordant : (1) l'accès limité aux ressources académiques et professionnelles, (2) les difficultés liées à la recherche en français, (3) les tensions dans la pratique clinique bilingue, et (4) l'impact sur l'identité et la confiance des personnes étudiantes. Objectifs : offrir un espace de réflexion, partager des stratégies pour soutenir les personnes étudiantes francophones dans leur formation et insertion professionnelle, et promouvoir une meilleure inclusion linguistique en psychologie. La discussion inclura des témoignages de personnes étudiantes et d'une professeure, suivis d'une interaction avec les personnes participantes pour générer des recommandations concrètes. Afin d'encourager la participation, nous aurons des questions spécifiques qui sauront pousser la réflexion.*

**Section:** Students in Psychology

**Session ID:** 113877 - Conversation Session

## Professors Unleashed: A Candid Discussion About Academic Careers

**Main Presenting Author:** Sinacore, Ada L

**Co-Presenting Authors:** Danto, David; Ford, Laurie

*Abstract: This roundtable discussion will focus on different career trajectories for those interested in pursuing an academic career in psychology. The three presenters represent counselling, clinical and school psychology. Dr. Sinacore is a professor in the department of Educational and Counselling Psychology at McGill University and a former CPA president. They will focus on the challenges of being a Queer professor over the course of their career and currently given the backlash against members of the 2SLGBTQIA+ communities. Professor Danto is Dean, Health and Community Studies at MacEwan University. He was the Chair of the CPA's Task Force on Responding to the Truth and Reconciliation Commission of Canada's Report and the subsequent CPA Standing Committee on Reconciliation. He will address his experiences as a non-Indigenous clinician, academic, and administrator regarding reconciliation. Professor Laurie Ford is the Director of Training for the School and Applied Child Psychology Program at the University of British Columbia. She is current Chair of the CPA Accreditation Panel, a former Board member and section chair. She will address the multiple demands of teaching, research, supervision and service in your career development as an academic in an applied psychology program. All three presenters will speak to the role of professional associations in career development.*

**Section:** Psychology Careers and Professionals

**Session ID:** 113546 - Conversation Session

## Panel Discussion

### Charting Your Path to Academia: Insights and Strategies to Prepare for a Career in Academia

**Moderator(s):** Brilz, Alexandra

**Panelists:** Schanding, G. Thomas Jr.; Fawcett, Jonathan; Day, Martin; Hillebrandt, Annika; Ruocco, Anthony

*Abstract: Embarking on a career in academia provides the opportunity to be a leader in synthesizing and expanding knowledge while guiding the training and development of future professionals, yet it also presents unique challenges. The pathway to becoming a competitive and thriving academic is often a source of uncertainty for students preparing for this path. To offer students meaningful guidance, this panel brings together professionals from across psychological disciplines, including clinical, school, cognitive, social, and industrial/organizational psychology, as well as career stages ranging from pre-tenure to post-tenure. Panellists will offer critical insights into navigating the academic path, from leveraging opportunities during graduate school to succeeding in postdoctoral and early faculty roles. Discussions will cover topics such as developing research and teaching expertise, obtaining research funding, networking effectively, and creating strong job applications. Additionally, attendees will learn about navigating the academic job market, transitioning to faculty positions, publishing successfully, and balancing the diverse responsibilities of an academic career. Tailored to graduate students and postdoctoral fellows, this session aims to provide participants with key insights and strategies needed to successfully pursue a career in academia.*

**Section:** Students in Psychology

**Session ID:** 111573 - Panel Discussion

### *Demystifying Academic Leadership Roles: A Conversation with Experienced Leaders in I-O Psychology*

**Moderator(s):** Bonaccio, Silvia

**Panelists:** Bourdage, Joshua S; Carleton, Erica; Finegan, Joan; Powell, Deborah M; Turner, Nick

*Abstract: The proposed session will encourage a conversation on academic leadership, which is the formal leadership of academic units (e.g., a faculty, a program) or offices (e.g., the Vice-President of Academic Affairs) within a higher education organization (Anthony and Anthony, 2017). This conversation is essential to the professional development of CPA members who are interested in these roles or who have been asked to serve in them. However, this conversation rarely occurs. The audience will learn from, and ask questions to, experienced peers who have taken on such roles. This session also provides opportunities for attendees to reflect on their own motives, interests, concerns, and even fears associated with academic leadership. The panel will feature Drs. Joshua Bourdage, Erica Carleton, Joan Finegan, Deborah Powell, and Nick Turner, and will be moderated by Dr. Silvia Bonaccio. We have assembled panelists carefully to represent different roles, career stages and trajectories. Through these diverse lenses, they will address these questions \* What prompted you to take on academic leadership roles? \* What are some of the joys and hardships that you have encountered in these roles? \* What skills have you developed as an academic leader? \* What makes I-O psychologists well-suited for these roles? Ill suited? \* What advice do you have for those interested in these types of roles?*

**Section:** Industrial and Organizational Psychology

**Session ID:** 111274 - Panel Discussion

### *Different Avenues for Working with Clients in a Psychological Setting*

**Moderator(s):** McLaughlin, Chloe

**Panelists:** Ilie, Alzena; Mazerolle, Marie-Pier; Hartwood, Harley; Cooper, Max B.; Jackart, Laine RH

*Abstract: Navigating clinical work in psychology can be particularly confusing for individuals considering graduate programs, as the field's expectations, training paths, and career trajectories may feel overwhelming to those who are unfamiliar. This panel brings together five psychology graduate students from diverse programs, including Clinical Psychology (PsyD and PhD), Industrial/Organizational Psychology, School Psychology, and Counselling Psychology, to provide their insights and practical advice. Each panelist will discuss the structure and focus of their respective program, offering valuable perspectives on how to identify programs that align with personal and professional goals. Additionally, panelists will explore the types of clinical and applied opportunities available in their fields, as well as career trajectories post-graduation, highlighting both traditional and less conventional paths. This session will conclude with an open question-and-answer period, providing attendees the chance to engage directly with panelists and seek guidance tailored to their specific interests and concerns. Designed for prospective graduate students, current trainees, and anyone curious about pursuing a career in psychology, this panel will serve as a comprehensive guide to understanding and navigating the various pathways within the field.*

**Section:** Students in Psychology

**Session ID:** 112586 - Panel Discussion

### *Exploring Emerging and Neglected Ethics Issues in Psychology*

**Moderator(s):** Thrift , Erin

**Panelists:** Fabricius, Alexis; Yen, Jeffery; Teo, Thomas; Wada, Kaori

**Abstract:** *ETHICS IN PSYCHOLOGY HAS LONG BEEN DOMINATED BY A COMPLIANCE-DRIVEN, RULE-BASED APPROACH. WHILE VALUABLE FOR ESTABLISHING BASELINE STANDARDS FOR ETHICAL DECISION-MAKING, THIS PROCEDURAL MODEL HAS SIGNIFICANT LIMITATIONS. IT OFTEN OVERLOOKS MORALLY COMPLEX ISSUES, FOSTERS AN OVEREMPHASIS ON LEGALISTIC THINKING, AND SOMETIMES CAN LIMIT THE FIELD'S ABILITY TO RECOGNIZE AND ADDRESS EMERGENT OR EVOLVING ETHICAL CHALLENGES. CONSEQUENTLY, THERE ARE ETHICS ISSUES THAT REMAIN UNDEREXPLORED OR OVERLOOKED ALTOGETHER. DRAWING ON OUR TEACHING AND RESEARCH EXPERIENCES, AS WELL AS HISTORICAL AND THEORETICAL INSIGHTS, THIS PANEL WILL DISCUSS WHAT WE FEEL IS MISSING FROM THIS PROCEDURAL APPROACH TO ETHICS. WE WILL EXPLORE SOME OF THE BARRIERS THAT PSYCHOLOGISTS FACE IN RECOGNIZING AND ADDRESSING ETHICAL ISSUES, AND CONSIDER ALTERNATIVE APPROACHES AIMED AT FOSTERING A MORE JUST, EQUITABLE, AND MORALLY GROUNDED DISCIPLINE.*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 111707 - Panel Discussion

### *Exploring Neuropsychology Training in Canada: Insights from the Minnesota Guidelines and National Survey*

**Moderator(s):** Narvaez Linares, Nicolás Francisco

**Panelists:** Bélisle, Arielle; Janzen, Laura Ann; Vandermorris, Susan Diane; Paterson, Theone S.E.; Thornton, Allen Edwin

**Abstract:** *RATIONALE. The 2025 Minnesota Guidelines (MG) provide an updated framework for neuropsychology education, modernizing the Houston Conference Guidelines to address contemporary needs. Canada's varied licensing requirements create inconsistencies across provinces and territories. This panel will present preliminary findings from a national survey examining Canadian neuropsychologists perspectives on training requirements and discuss how the MG can inform neuropsychology training in Canada. METHODS. The panel includes Canadian delegates involved in the MG development and representatives from the CPA Clinical Neuropsychology Section and AQNP, Canada's largest neuropsychology associations. Survey findings, regulatory challenges, and feasibility will be discussed to explore alignment with the MG. Input from audience members will guide discussions on the feasibility and desirability of unified training standards. RESULTS. While the results will highlight training discrepancies - emphasizing the need for standardization in Canada, the panel will explore alignment with the MG and Canadian regulatory needs. CONCLUSIONS. Adapting the MG based on survey results could establish national standards while respecting provincial autonomy. IMPACT. This collaborative approach aims to enhance training consistency and advance the field nationwide, benefiting practitioners and the public.*

**Section:** Clinical Neuropsychology  
**Session ID:** 111736 - Panel Discussion

### *Graduate School Applications and Funding: What You Need to Know*

**Moderator(s):** Ilie, Alzena

**Panelists:** Dupuis, Hannah E; Nasseri, Anisa; Johnson, Shannon A; Mackinnon, Sean P; Ford, Laurie

*Abstract: Applying to graduate school and obtaining funding can be a daunting and overwhelming process. This panel, composed of both graduate students and professors, will demystify the process and discuss their insights and experiences to help students succeed in this important step of their academic journey. The panelists will cover topics including what to look for when selecting a potential supervisor, what makes a competitive applicant, how to write an effective statement of intent, what funding opportunities are available to students, how to craft an effective funding application, and funding options beyond tri-council funding. Speakers will share their wisdom, including their successes and missteps in their own journeys. The panel provides a unique opportunity to hear from current graduate students who have recently gone through the process, as well as professors who have sat on admissions committees and adjudicated funding applications. Panelists represent clinical, school, and social psychology programs, which allows for a discussion of nuances across various disciplines. The session will end with an open question and answer period for the audience to pose their questions on this important topic. Undergraduate students planning on applying to graduate school are encouraged to attend.*

**Section:** Students in Psychology  
**Session ID:** 111717 - Panel Discussion

### *Navigating Academia: Reflections from Indigenous Graduate Students*

**Moderator(s):** Skov, Brittany C.; Wawrykow, Natasha

**Panelists:** Wick, Celine; Hardy, Crystal; Bolton, Jen ; Casey, Hayley; Knox, McKenna

*Abstract: Many Indigenous students often pursue education through Western academic institutions with the aim of developing and enhancing their skills and gifts. Recently, there has been increased efforts by post-secondary institutions to recruit Indigenous students into graduate programs, often without acknowledging how institutional environments do not support nor reflect Indigenous worldviews. Oftentimes, post-secondary environments lack meaningful support for Indigenous students and can often be a difficult environment for Indigenous students to navigate (e.g., navigating tokenism, culturally unsafe mentorship, and social isolation). Regardless, many Indigenous students often find their own ways to engage in their cultures, and find ways to stay connected with Community while in academia. In this panel, Indigenous graduate students share their experiences navigating academia. Panellists will share their thoughts on navigating research, course work, mentorship, and ways they've built Community within academic environments. These students share their unique perspectives to shed light on topics that Indigenous students may face while in academia. The panel will share actionable recommendations for academic institutions and allies to create more inclusive and supportive environments for Indigenous students in psychology. There are no risks to this panel.*

**Section:** Indigenous Peoples' Psychology  
**Session ID:** 113844 - Panel Discussion

## Navigating Ethical Decision Making with a Rural Northern and Remote Lens

**Moderator(s):** Hutchings, Veronica MM

**Panelists:** McDougall, Tanya D; Carlson, AnnaMarie; Schroeder, Meadow

*Abstract: The challenges that rural, northern, and remote (RNR) psychologists experience in their practice are well documented in the literature. Many argue that the context of RNR practice creates situations and dilemmas that are unavoidable (e.g., dual relationships), even though they may be avoided in urban spaces. This panel will highlight the perspectives of three panelists who engage in RNR work and/or are involved in the training of graduate students in psychology. Panelists will share their experiences and perspectives of RNR ethical practice referencing the \_Canadian Code of Ethics for Psychologists\_. Topics will include confidentiality/privacy, informed consent, dual relationships, supervision, training, and cultural considerations. Attendees will have a greater understanding of the lived experience and perspectives of those practicing in an RNR context, and consider how graduate trainees can be prepared for ethically navigating situations they will encounter. Individuals who attend this session will have a deeper understanding of the thought process that occurs when navigating ethical decision-making process in RNR areas. Notes will be taken of the discussion which may be used to form the basis of a future workshop, publication, or research project.*

**Section:** Rural and Northern Psychology

**Session ID:** 113614 - Panel Discussion

## Printed Poster

### An Examination of Psychologists' Assessment Practices for Learning Disabilities in Nova Scotia

**Main Presenting Author:** Kennedy, Ashley

**Co-Presenting Author:** Metsala, Jamie

*Abstract: This study sought to better understand current approaches to diagnosing learning disabilities in Nova Scotia. Sixty-one school psychologists (a 50% response rate) completed a survey about related practices and beliefs. Results showed that more psychologists endorsed using criteria partially or fully consistent with the DSM-5 (61%) than with the Learning Disabilities Association of Canada framework (39%). In these assessments, a significant percentage endorsed the routine use of intelligence tests (57%), the usefulness of factor scores (53%), and the usefulness of qualitative information gained from intelligence tests (85%). Some participants reported continued use of intelligence-achievement discrepancy (13.1%) and processing strengths and weaknesses (21.7%) methods. Regression analysis showed that psychologists' higher endorsement of the usefulness of intelligence tests and stronger beliefs concerning biological causes of learning disabilities (versus interaction perspectives), predicted lower alignment with what will be presented as evidence-based practices. Overall, NS school psychologists may be transitioning away from the formerly dominant practices in this province associated with the LDAC toward the DSM-5, consistent with the OHRC's Right to Read recommendations. Findings and practical implications will be discussed in the context of similar, primarily US-based research.*

**Section:** Educational and School Psychology

**Session ID:** 111712 - Printed Poster

## *At a Crossroad: Understanding the History and Future of School Psychology Advocacy in British Columbia*

**Main Presenting Author:** Dmytro, Dana  
**Co-Presenting Author:** Ford, Laurie

**Additional Author:** Lisaingo, Simon

*Abstract: School psychology in British Columbia (BC) is in transition after substantial regulatory changes. Recent legislation has brought school psychologists under College regulation. School psychologists working in schools are experiencing increasingly heavy and complex caseloads and shortages. However, challenges also present opportunities that may be uncharted for professional advocacy. The purpose of the current study is to better understand historical advocacy initiatives, the evolution of the field, and emerging challenges to the profession in BC. A descriptive narrative research design was employed to gather in-depth accounts from school psychologists who have extensive and diverse professional and advocacy experience, eliciting their stories, experiences and perspectives. These semi-structured interviews were analyzed using narrative and thematic analysis. Initial findings reveal the core issues facing the profession at present, namely the intersection of legislation, regulation, and advocacy for practice advancements, mirror those from the past but with increasing urgency in the wake of growing caseloads, student complexities, and resource shortages. Results will inform current and future school psychology advocacy efforts to ensure the growth and enhancement of the profession in British Columbia.*

**Section:** Educational and School Psychology

**Session ID:** 113925 - Printed Poster

## *Challenges Faced by Health Psychology and Behavioural Medicine Faculty and Trainees in Canada*

**Main Presenting Author:** Trask, Cheryl M.

**Additional Authors:** Ross (PI), Kharah M. ; Gosselin Boucher, Vincent; Burns, Rachel; Campbell, Tavis; Rash, Joshua; Rouleau, Codie; Garland, Sheila N.; Presseau, Justin

*Abstract: Health psychology and behavioural medicine (HPBM) researchers in Canada are poorly integrated, hampering growth, knowledge sharing, and advocacy. The purpose of this study was to assess and compare professional challenges identified by Canadian HPBM faculty and trainees. METHODS. Canadian English- and French-speaking HPBM faculty and trainees completed surveys (Nov 2023-Jun 2024) answering "...unique challenges faced by health psychology researchers and professionals in Canada at present?" Key themes were identified using qualitative inductive thematic analysis. RESULTS. Responses from 36 trainees and 77 faculty were analyzed. Participants were 25-44 years old (56%), female (64%), White (78%), English-speaking (90%), and from 8 of 13 provinces and territories. Both faculty and trainees identified difficulty distinguishing health psychology from related fields as a challenge. Trainees specifically identified poor work-life balance and limited awareness of HPBM-specific training opportunities as issues. Faculty specifically identified limited funding and insufficient collaboration/networking opportunities as challenges. CONCLUSIONS. Canadian HPBM faculty and trainees identified top challenges potentially affecting professional integration and HPBM field growth. These challenges could be useful targets for HPBM professional organizations and networks within and outside of Canada.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112090 - Printed Poster

### *Current Practices and Preferred Roles of Educational and School Psychologists in Newfoundland and Labrador*

**Main Presenting Author:** Peyton, Abigail R

**Additional Authors:** Church, Elizabeth ; King, Sara

**Abstract:** *School psychologists are well positioned to address the academic, behavioural, and mental health needs of children and youth. Research across Canada has found, however, that their roles are heavily focused on assessment, despite many expressing a desire for a broader scope of practice. This study surveyed school/educational psychologists in Newfoundland and Labrador about their practice across the six core competencies outlined in the Mutual Recognition Agreement and compared their current and preferred roles. Results indicated that, although participants engaged in all competency areas, their practice was predominately focused on assessment. Participants expressed a desire to expand their roles and allocate more time to intervention, consultation outside the school system, and engaging with current research. The findings suggest that the role of the educational psychologist in Newfoundland and Labrador has seen minimal change since the last survey of educational psychologists (Harris and Joy, 2010). The increasing emphasis on multi-tiered systems within schools presents an opportunity to integrate mental health services more effectively into educational and school psychologists' practice, enabling them to address the needs of children and youth more comprehensively.*

**Section:** Educational and School Psychology

**Session ID:** 112997 - Printed Poster

### *Diversity Issues in Supervision: Personality Profiles and Multicultural Competencies of Clinical Psychology Supervisors*

**Main Presenting Author:** Couillard Larocque, Marianne

**Additional Authors:** Leanza, Yvan ; Beauchamp, Léanna; Brisset, Camille; Demers, Valérie; Yampolsky, Maya A.; Gilbert, Sophie

**Abstract:** *BACKGROUND: Multicultural competencies in psychologists is an ethical imperative, and clinical supervision plays a key role in its development. However, many supervisors lack training and confidence in this area, potentially undermining the quality of training and care. Understanding supervisors' psychological characteristics related to multicultural supervision competencies (MSC) is essential for targeted recommendations. This study identifies multicultural personality profiles and psychological traits of clinical supervisors linked to MSC. METHODS: A cross-sectional design included 62 supervisors who completed an online questionnaire assessing multicultural personality traits, MSC, intolerance schemas, attachment styles, and social desirability. Hierarchical cluster analysis identified profiles, differentiated using ANCOVA. RESULTS: Three profiles emerged, with two standing out. Closed and Stable supervisors, less open but emotionally stable, had the lowest MSC scores. Open and Stable supervisors, with high openness, emotional stability, and secure attachment, had the highest MSC scores. CONCLUSIONS/IMPACT: Findings highlight the role of*

*personality and attachment in MSC development. Interventions targeting openness, emotional stability, and attachment security could improve supervision quality and care for diverse populations.*

**Section:** Clinical Psychology

**Session ID:** 112470 - Printed Poster

***Examining the Impact of Early Literacy Interventions on Teachers' Learning and Perceptions of Early Literacy Development***

**Main Presenting Author:** Todd, Abigail M

**Additional Authors:** Wood, Eileen ; Gottardo, Alexandra

*Abstract: Teachers play a critical role in fostering early literacy skills, particularly in alphabetics (McCutchen et al., 2002). However, many teachers lack the necessary knowledge and confidence to design and implement effective literacy activities (Bos et al., 2001). The present study evaluated the efficacy of an online instructional video on alphabetics to support teachers' knowledge and confidence in these domains. Certified teachers (N=24) (female=87.5%) completed a pre-test survey, viewed an online module for an early literacy series, engaged in transfer tasks, and finished with a post-study survey. Results: The majority of participants found the alphabet video helpful,  $M=2.21$ . Participants expressed moderate confidence in teaching early literacy skills ( $M=3.75$ ,  $SD=0.847$ ) and felt more prepared after watching the videos ( $M=2.50$ ,  $SD=1.532$ ), which were rated as clear and accessible ( $M=1.54$ ,  $SD=1.285$ ). Participants rated their preferences for each of the alphabet books. Their personal preferences were significantly related to their evaluations of alphabet books  $r=.417$  to  $.656$ ,  $p$*

**Section:** Developmental Psychology

**Session ID:** 112719 - Printed Poster

***Medically Assisted Reproduction: A Thematic Analysis of Birth-Assigned Female Doctoral Students' Perceptions***

**Main Presenting Author:** Gerbeza, Matea

**Additional Authors:** Wahl, Taryn ; Arwini, Anas; Gordon, L. Jennifer; Balsom, Ashley A.

*Abstract: Birth-assigned females experience a natural decline in fertility around the ages of 31-35, increasing their risk for infertility. This timeframe coincides with the typical graduation age for clinical psychology doctoral students in Canada and the United States, posing a challenge for those who delay family planning to prioritize their studies. Conception may be improved using fertility treatments, called medically assisted reproduction (MAR); however, their utilization among female doctoral students during training remains low. This study explores the experiences, barriers, and perceptions of MAR among clinical psychology trainees across Canada and the United States who were assigned female at birth ( $N = 415$ ) through an online survey. Qualitative data were analyzed through reflexive thematic analysis by two independent coders, resulting in six themes relevant to perceptions of MAR during graduate training: 1) Overall Attitudes Towards MAR; 2) Barriers to Accessing MAR; 3) Emotional and Psychological Factors; 4) Personal Motivations and Life Circumstances; 5) Impact of COVID-19 on Fertility Decisions; and 6) Ethical Considerations. Each theme provides awareness of systematic barriers within clinical psychology programs and provides*

*actionable insights to address age-induced fertility, promote equity, enhance well-being, and strengthen institutional support for family planning.*

**Section:** Clinical Psychology

**Session ID:** 112574 - Printed Poster

### *Navigating Multiple Relationships in Canadian Mental Health Practice: A Comprehensive Analysis*

**Main Presenting Author:** Taylor, Natasha

**Additional Authors:** Gallant, Natasha ; Haczewicz, Kelsey

**Abstract:** *Multiple relationships (MRs) are an inevitable ethical challenge in Canadian mental health practice, particularly in contexts where professional boundaries may be difficult to maintain. This review used an adapted ethical evaluation framework (Sonne, 1994) to explore how provincial and national regulatory standards for psychologists, social workers, and counsellors/psychotherapists define and manage MRs, evaluate the risks associated with these relationships, and provide guidance for unavoidable circumstances. The search, limited to Canada, used Google Search and professional organization websites (e.g., CPA, CCPA, CASW, and provincial regulatory bodies) to initially identify 32 regulatory documents. Findings suggest that guidelines within and between professions vary widely in how they approach and address MRs, creating challenges for consistent ethical practice.*

*Recommendations include providing clearer definitions, structured guidance, and alignment between national and provincial standards, and drawing insights from policies in other professions to address shared ethical challenges. Enhanced guidance would support mental health professionals in navigating MRs, particularly in diverse geographical and professional contexts. Strengthening these standards will ensure better client protection and consistent ethical decision-making across Canadian mental health practice.*

**Section:** Clinical Psychology

**Session ID:** 113921 - Printed Poster

### *Raising the Bar: Better Psychological Report Models for Graduate Education*

**Main Presenting Author:** Taylor, Scott

**Additional Author:** Cormier, Damien

**Abstract:** *BACKGROUND: Psychological reports are pivotal in transforming assessments into actionable plans for clients, educators, and clinicians. Yet, many remain inaccessible due to technical language, passive construction, and inadequate data integration, limiting their utility. This study evaluates the readability, presentation style, integration, and client-centeredness of psychological report samples in graduate-level textbooks. RESEARCH QUESTION: Do contemporary textbook samples adhere to readability and clinical utility best practices? METHODS: A mixed-methods approach analyzed 54 textbook psychological report samples (2004–2021). Quantitative metrics (e.g., Flesch-Kincaid levels, passive voice) were paired with qualitative analyses to evaluate readability, structure, and client-centeredness. Samples included psychoeducational and clinical reports. RESULTS: Reports averaged above grade 12 readability, exceeding the recommended standards. Passive sentences accounted for 18% of content, and data integration was often inadequate. Most reports relied on repetitive formats, with limited use of visuals and thematic organization.*

**SIGNIFICANCE:** Persistent gaps highlight the need for standardized templates, active-voice writing, and enhanced training in graduate programs. These changes are essential to creating tools that promote understanding and equitable outcomes for diverse audiences.

**Section:** Clinical Psychology

**Session ID:** 113932 - Printed Poster

## Virtual Poster

### *A Scoping Review of Suicide Prevention Trainings: From Gatekeeping to Postvention*

**Main Presenting Author:** Guindon, Julie

**Additional Authors:** Notredame, Charles-Edouard ; Yu, ShuTong ; MacNeil, Sasha; Cai, Michelle; Zhang, Yuelin ; Boruff, Jill; Geoffroy, Marie-Claude

**Abstract:** *Background:* Effective suicide prevention requires a Whole-of-Society approach involving early identification, risk assessment, intervention, and postvention. Training programs are key to equip individuals with the skills to identify and support those at risk. However, the broad and interdisciplinary nature of the literature on suicide prevention training highlights the need for an organized review to guide future research and practice. This scoping review aims to map the suicide prevention training literature for professionals and community members, specifically regarding study characteristics, training features, and outcomes assessed. *Method/Results:* The scoping review will follow Arksey and O'Malley's framework and PRISMA-ScR guidelines. We conducted a systematic search of Medline, PsycINFO, Embase, and CINAHL databases. Two independent reviewers screened 11319 articles at the title/abstract level and 471 at the full-text level, of which 335 were retained. Data charting focusing on study design, participants, training characteristics, and outcomes categorized using the Kirkpatrick training evaluation model is complete for 274 articles. Full results expected February 2025. *Impact:* Findings will allow us to determine the feasibility of a meta-analysis, potentially leading to recommendations for evidence-based improvements in training programs and their implementation.

**Section:** Clinical Psychology

**Session ID:** 112986 - Virtual Poster

### *Breaking Barriers: Evaluating the Impact of Suicide Prevention Training on Suicide Stigma and Attitudes in Asia*

**Main Presenting Author:** Cai, Michelle

**Additional Authors:** Zhang, Yuelin ; Notredame, Charles-Edouard; Yu, ShuTong; MacNeil, Sasha; Guindon, Julie; Boruff, Jill; Geoffroy, Marie-Claude

**Abstract:** *Background:* Although Asia accounts for 60% of global suicides, research efforts on suicide in the region remain disproportionately limited compared to the West. Training in suicide prevention typically aims to change negative attitudes towards suicide; however, norms surrounding suicide differ in Asia, with suicide generally being attributed to social factors rather than mental illness. Therefore, it is important to examine suicide prevention trainings in Asia and how they might impact

*attitudes and stigma as a first step in evaluating effectiveness. A systematic review was conducted as it would consolidate understanding of changes in attitudes and stigma. Thus, this systematic review aims to determine the impact of suicide prevention training on stigma and attitudes towards suicide in Asia.*  
**Method/Results:** This secondary analysis is based on 30 articles selected from a scoping review with 335 included articles. Thus far, we have charted information related to study design, training characteristics and quantitative outcomes examined for all articles. Changes in attitude and stigma scores will be extracted and compared pre-and post-training. Full results expected February 2025.  
**Impact:** This research can help elucidate the impact of suicide prevention training on attitudes and stigma towards suicide in Asia to further inform the development of culturally relevant training.

**Section:** Clinical Psychology

**Session ID:** 113947 - Virtual Poster

### *The Current State of Suicide Risk Assessment and Management Training for Graduate Psychology Trainees in Quebec*

**Main Presenting Author:** Guindon, Julie

**Additional Authors:** Spodenkiewicz, Michel ; Beland, Karina; Corbeil, Sylvie; Dumont, Katia; Notredame, Charles-Edouard; Séguin, Monique; Geoffroy, Marie-Claude

**Abstract:** *Background: Initial training for mental health professionals, including psychologists, is a key public health strategy in suicide prevention. This study examines the current state of suicide risk assessment and management training for psychology trainees in Quebec. Methods: Semi-structured interviews were conducted with 12 directors from 21/27 accredited graduate psychology programs in Quebec. Data were analyzed using frequency and thematic analyses. Results: Nineteen programs offered mandatory training in suicide risk assessment and management, but the content, covered competencies, and delivery methods varied. Perceived trainee preparedness also differed across programs. Directors acknowledged the need for enhanced training but were divided on the idea of a province-wide suicide prevention curriculum. While some supported standardization to ensure foundational knowledge for all trainees, others valued institutional autonomy and were satisfied with current training. Conclusion: This study is the first to describe suicide risk assessment and management training for psychology trainees in Canada. Despite widespread training, challenges persist in delivering a comprehensive curriculum. Impact: These findings can guide the development of tailored suicide prevention training initiatives to address diverse program needs.*

**Section:** Clinical Psychology

**Session ID:** 112324 - Virtual Poster

### *The Effect of Suicide Prevention Training on Skills, Competency, and Behaviours in Mental Health Trainees: A Systematic Review*

**Main Presenting Author:** Zhang, Yuelin

**Additional Authors:** Notredame, Charles-Edouard ; Yu, ShuTong; MacNeil, Sasha; Guindon, Julie; Cai, Michelle; Boruff, Jill; Geoffroy, Marie-Claude

**Abstract:** *BACKGROUND/RATIONALE: Suicide prevention training for mental health professionals, such as psychologists and counsellors, is a key public health strategy globally. Initial training for*

these professionals is critical to enable them to assess and manage individuals considering suicide before entering the workplace. This systematic review aims to examine the putative effects of suicide prevention training on the skills, competency, and behaviour of university students in mental health fields throughout their training program, moving beyond surface-level responses to explore outcomes that demonstrate deeper learning and practical application. **METHODS AND RESULTS:** This project is a secondary analysis using a subset of data ( $n = 15$ ) from a scoping review with 335 included articles. Data extraction includes information on training characteristics, study characteristics, and outcomes. For data synthesis, we will summarize the current state of training for mental health professionals and the positive, neutral, and negative effects on outcomes. Full results are expected in February 2025. **ACTION/IMPACT:** Findings will provide insights into current suicide prevention training practices for future mental health professionals and can help inform evidence-based improvements in training.

**Section:** Clinical Psychology

**Session ID:** 113790 - Virtual Poster

## Review Session

### *Embodied intersubjective attunement as the foundation of therapeutic empathy*

**Main Presenting Author:** Johnson, Edward

**Abstract:** There is agreement that therapist empathy is important for effective psychotherapy. Empathy, defined as the accurate understanding of another's perspective along with the ability to convey that understanding, is not well-understood. In this presentation I will argue for a view of empathy grounded in embodied intersubjectivity. In this view, empathy arises from bodily attunement to the client, a primordial mode of apprehending rooted in limbic resonance. Such bodily resonance yields an intuitive understanding of the other's experience that is facilitated by the activation of mirror neurons as well as the physiological synchronization of therapist and client changes in arousal and oxytocin levels. This embodied connection allows therapists to apprehend clients' experiencing directly through simulation, as if it were their own experience, in the form of vivid imagery or metaphor, which may be shared with the client. I conclude by briefly exploring the implications of the present view of empathy for the practice of psychotherapy and its development through teaching and supervision.

**Section:** Clinical Psychology

**Session ID:** 113018 - Review Session

### *Impact of Early Childhood Educator Professional Development on Child Outcomes: A Meta-Analysis of Randomized Controlled Trials*

**Main Presenting Author:** Luo, Zhangjing

**Additional Authors:** Burns, Samantha ; Brunsek, Ashley; McMullen, Evelyn; Falenchuk, Olesya ; Xu, Yujie ; Xu, Yichen; Perlman, Michal

**Abstract:** **BACKGROUND/RATIONALE** Globally, access to quality early childhood education has been identified as a human right (Fredman et al., 2022). Notably, early childhood is a critical developmental period that is known to be associated with high levels of brain plasticity (Cisneros-Franco et al., 2020). children's early environments during this important period has been found to

influence their lifelong health and wellbeing (Wallerich et al., 2023). The importance of quality in ECEC is grounded by key developmental theories. First, Ecological Systems Theory (Bronfenbrenner, 1992) highlights the importance of children's proximal environmental contexts on their development, such as places within their communities and their educational settings. Thus, research has placed particular emphasis on identifying the key components needed to create a high-quality environment. Attachment Theory (Ainsworth and Bowlby, 1991; Bowlby, 1969) further prioritizes the types of interactions that children have exposure to within their environments. Notably, the relationship between caregivers who are warm, nurturing, supportive and consistent and children's social and emotional development is well understood (Hong et al., 2019). Furthermore, Vygotsky's concept of the Zone of Proximal Development (ZPD, 1978) highlights the importance of caregivers understanding what the child is capable of and their ability to provide the support children need to complete tasks that they cannot accomplish independently. Professional development refers to activities aimed at enhancing educators' professional knowledge, skills, as well as their ability to apply this knowledge in their practice (Brunsek et al., 2020; NPDCl, 2008; Schachter, 2015). Previous meta-analyses have shown the positive impact of PD provided to teacher in formal schooling on students' outcomes (Kraft et al., 2018; Sims et al., 2023). Regarding PD in ECEC settings, Kraft et al. (2018)'s conducted a meta-analysis for a subsample (including 31 experimental studies that were published before 2017) and also found positive impact of PD on student achievement. Various previous reviews found positive relationship between professional development in ECEC and child outcome (Brunsek et al., 2020; Jensen and Rasmussen, 2019; Yang et al., 2022). However, there is lack of studies that focus on investigating the causal effect of all PD in ECEC on child outcome by integrating all studies that used experimental designs. Therefore, the present systematic review and meta-analysis aims to address this gap by investigating the causal effect of PD for preschool educators on child development. Furthermore, the current study investigates whether any PD characteristics (e.g., mode of delivery and dosage) are associated with larger effects. Our findings have novel and unique practical and policy implications. They offer concrete guidance for education and research teams involved in designing PD programs. They also provide clear recommendations for policymakers on the most effective types of PD and the optimal amount of PD required.

**Section:** Educational and School Psychology

**Session ID:** 111659 - Review Session

*When clients say they have tried psychedelics: what mental health care providers need to know*

**Main Presenting Author:** Harrison, Tahlia R

**Co-Presenting Author:** Williams, Monnica

Abstract: THE LAST DECADE HAS SEEN A RENEWED INTEREST IN THE USE OF PSYCHEDELIC SUBSTANCES TO ADDRESS MENTAL HEALTH ISSUES. RESEARCH SUGGESTS THAT PSYCHEDELIC DRUGS CAN BE EFFECTIVE FOR TREATING MANY MENTAL HEALTH CONDITIONS, ESPECIALLY WHEN UTILIZED IN CONJUNCTION WITH PSYCHOTHERAPY. ADDITIONALLY, MANY INDIVIDUALS HAVE ELECTED TO USE PSYCHEDELIC SUBSTANCES ON THEIR OWN DUE TO INCREASING REPORTS ON THEIR HEALING PROPERTIES. MENTAL HEALTH PRACTITIONERS MUST HAVE AN UNDERSTANDING OF THESE ISSUES, AS PSYCHEDELIC THERAPIES ARE POISED TO BECOME A NEW PARADIGM IN MENTAL HEALTH AND WELLNESS. CLINICIANS SHOULD BE INFORMED IN THE PROVISION OF PSYCHEDELIC AFTER-CARE (INTEGRATION) AND HARM REDUCTION PRACTICES TO DELIVER IT IN A COMPETENT AND ETHICAL MANNER. THIS REVIEW BY TWO PRACTICING LICENSED CLINICIANS AND PSYCHEDELIC-ASSISTED THERAPY RESEARCHERS PROVIDES A CASE STUDY AND REVIEW OF HOW TO APPROACH WORKING WITH CLIENTS WHO ARE

**ENGAGING WITH PSYCHEDELICS FOR MENTAL HEALTH ISSUES FROM AN EVIDENCE-BASED AND DIRECT EXPERIENCE PERSPECTIVE.**

**Section:** Clinical Psychology

**Session ID:** 113599 - Review Session

***Wolves Among Sheep: Sexual Violations in Psychedelic-Assisted Therapy***

**Main Presenting Author:** Harrison, Tahlia R

**Co-Presenting Author:** Williams, Monnica

*Abstract: The number of psychedelic-assisted therapy (PAT) research trials in Canada and the US continues to increase and alongside it, reports of abuse. While there are many potential benefits of PAT, there is an increased risk of sexual abuse and abuses of power. Clients engaging in PAT, within and outside of clinical trials, are often vulnerable and experiencing serious mental health symptoms. Heightening vulnerability is the inherent power differential between patient and clinician. Risk of sexual abuse is further exacerbated by the feelings of sexual arousal and emotional intimacy towards others while on MDMA. Sexual boundary violations involving psychotherapy without psychedelics has been recorded throughout history and PAT specifically for decades. This review provides a comprehensive overview of sexual abuse and harm between therapists and clients and how it has evolved through a combination of clinical experience, ethical considerations, and empirical research. No sexual boundary violation should be tolerated under any conditions, but extra considerations are necessary to protect patients from experiencing sexual abuse when their care involves non-ordinary states of consciousness. In this review, the authors will provide documented cases and suggestions for clinical practice and policy changes to create safer, ethical, PAT from an evidence-based perspective.*

**Section:** Clinical Psychology

**Session ID:** 113637 - Review Session

## Section Featured Speaker Address

***Making Wrong Turns and Learning to Navigate Academia***

**Main Presenting Author:** Garland, Sheila N

*Abstract: This presentation will explore the inevitable missteps and detours encountered during academic journeys and how these moments of uncertainty can lead to valuable growth and insight. It will highlight the challenges that many face, from choosing the wrong research path to struggling with academic identity, and emphasizes that these "wrong turns" are not failures but essential learning experiences. Attendees will gain practical strategies for navigating the complexities of academia, including: Embracing setbacks as part of the learning process; Reframing mistakes as opportunities for growth; Developing resilience and adaptability in the face of unexpected challenges; Cultivating a supportive academic community and seeking mentorship; and Finding the right balance between persistence and flexibility. By the end of the session, participants will have a deeper understanding of how to overcome academic obstacles and build a more fulfilling and successful career, no matter where the road leads.*

**Section:** Students in Psychology

**Session ID:** 111994 - Section Featured Speaker Address

## *Toto, I have a feeling we're not in Toronto anymore: Lessons learned from working in Newfoundland and Labrador*

**Main Presenting Author:** Hubbard, Janine

**Abstract:** This invited talk will use humour and real life examples to explore the unlikely career experiences for a Psychologist based in St. John's, NL, providing provincial services to clients living in rural, remote, and northern parts of Newfoundland and Labrador. Dr. Hubbard will discuss the transition from training in a major Canadian city to learning the culture, traditions, forms of connection, humility, challenges, and opportunities of a mostly rural province. Advice will be provided for potential trainees or those looking for an adventurous change in career location, as well as important lessons for those providing tele-health to rural and remote communities. Additional discussion will be invited from attendees working in other remote, rural, northern communities regarding ongoing challenges and opportunities working with clients in these communities.

**Section:** Rural and Northern Psychology

**Session ID:** 113638 - Section Featured Speaker Address

## **Snapshot**

### *Autistic Burnout: Autistic Experiences Accessing Treatment*

**Main Presenting Author:** Mason, Heather Z

**Additional Author:** Ionita, Gabriela

**Abstract:** Autistic burnout, marked by chronic exhaustion, reduced tolerance to stimuli, and reduced executive functioning, can lead to severe mental and physical health issues, decreased independence, and suicide attempts (Raymaker et al., 2020). Although distinct from depression and occupational burnout, it remains unclear if treatment providers can differentiate it from depression (Rose, 2018; Neff, n.d.). Treatments used for depression, such as CBT and Behavioral Activation, may be ineffective or contra-indicated for autistic burnout (Higgins et al., 2021). Given the limited research, complexity of treatment, and potential harm from inappropriate interventions, it is essential to understand this syndrome better. This study explored the experiences of 11 Autistic adults seeking therapy for autistic burnout through semi-structured interviews. Qualitative analysis, guided by an interpretive phenomenological framework, revealed that clinicians often failed to recognize autistic burnout. Misdiagnoses were common, leading to treatments that delayed recovery and exacerbated symptoms of autistic burnout. Every participant described negative experiences accessing support, including lack of support services, which eroded their faith in the healthcare system. These findings underscore the urgent need for clinician education on autistic burnout.

**Section:** Counselling Psychology

**Session ID:** 111666 - Snapshot

### *Investigating Racial Discrimination in Canadian Psychology Graduate Departments*

**Main Presenting Author:** Khera, Sonali

**Additional Authors:** Collaton, Joanna ; Gayfer, Brianne; Lee, Soeun; Abdel-Baki, Rita; Yen, Jeffery

*Abstract: A racially diverse psychology graduate student body may help promote equity in research and policies and improve the delivery of healthcare and community services by increasing responsiveness to marginalized needs. However, Black, Indigenous, and People of Colour (BIPOC) students, who represent the needs of their communities and help fill these gaps, are often met with racial barriers during their education, contributing to retention challenges. This study aimed to explore the lived experiences of BIPOC psychology graduate students in Canada, identify what helps them cope, and aggregate their perspectives on addressing racial discrimination. A thematic analysis resulted in four themes: 1) A Walk in My Shoes: Discrimination from External Forces, 2) A Peek into My Mind: Negative Impacts of Discrimination at the Intrapyschic Level, 3) Self-Care and the Love We Share: Helping Oneself, One Another, and Others, and 4) Enough: A Call for Systemic Change. The results offer a narrative on the prevailing patterns of racism in Canadian post-secondary institutions, as well as the strengths and needs of BIPOC psychology graduate students navigating inequity. These findings are critical in guiding the development and implementation of frameworks and interventions to address racial discrimination in Canadian psychology graduate programs.*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 112003 - Snapshot

## Standard Workshop

### *CPA/CCPPP Residency Fair: What are Residency Programs Looking For? Preparing for Your Residency*

**Main Presenting Author:** Lowe, Catherine T

**Co-Presenting Authors:** LaChapelle, Diane; Guger, Sharon

*Abstract: Residency programs review applications with an eye for depth, breadth, and quality of practicum experiences, skills acquisition, case conceptualization, interpersonal skills, and readiness for residency. While preparation for the residency begins during early graduate training, the applicant can take specific steps to increase the likelihood of obtaining a residency that is the best match for their training needs, professional development, and personal circumstances. This workshop will be facilitated by Directors of Training of residency programs, Directors of Clinical Training from graduate programs, and the student representative for the Canadian Council of Professional Psychology Programs. Practical suggestions and facts will be briefly presented, and common myths will be reviewed and debunked. An open Q and A period will be used to provide the opportunity for students to communicate directly with Directors of Training of residency programs and Directors of Clinical Training of graduate programs. Clinical students at all stages of their graduate training, Directors of Clinical Programs, and Training Directors are encouraged to attend. This workshop is the didactic portion of the CPA Convention Residency Fair and is co-sponsored by the CPA and the Canadian Council of Professional Psychology Programs (CCPPP).*

**Section:** General Psychology

**Session ID:** 111302 - Standard Workshop

## Prescribing Psychologists: A Systematic Literature Review with Considerations for Canada

**Main Presenting Author:** Bailey-Sawatzky, Erinn C

**Co-Presenting Author:** Ortega, Carolyn J

**Additional Authors:** Farinde, Abimbola ; Costello, Rachel

*Abstract: Background: Lack of mental health prescribers in the USA and Canada, of which prescribing psychologists (RxPs) could assist and have been doing so for the past 30 years, however enacting legislation in the US has been a slow and arduous process with Canada currently without any RxP legislation. Methods: A systematic literature review utilizing a biopsychosocial lens to review results, where the collection, synthesis, and analysis was guided through PRISMA guidelines for scoping review, allowed for the utilization of n=144 studies for research results. Four research questions were explored, specifically the safety and competence of RxPs, educational preparation in comparison to other prescribers, patient and colleague feedback, and utilization within the healthcare system. Results: RxPs are highly competent and safe prescribers of psychotropics, with expertise akin to psychiatrists. They are viewed positively by prescribing colleagues, patients, and psychological associates and students, and utilized at high levels to increase access to patients. Implications: There is no evidence-based reason to not enact RxP legislation in the remainder of the US and throughout Canada. Without this legislation, patients are being denied access to specialist level mental health prescribers and psychotherapy providers.*

**Section:** Psychopharmacology

**Session ID:** 112184 - Standard Workshop

## Symposium

*Teaching Ethics Effectively in Psychology*

**Main Presenting Author:** Heath, Olga

**Additional Authors:** McMurtry, C. Meghan ; Phillips, Pam; Fabricius, Alexis; Maranzan, K. Amanda

*Abstract: Regardless of the capacity in which they are working, psychologists are expected to conduct themselves ethically. Across the continuum of professional development, psychologists have multiple opportunities to learn how to identify and manage the complexities inherent in making ethical decisions. It is crucial that psychologists develop and maintain the skills required to navigate ethical decision making. Effective teaching about ethical decision making is a key component of developing and maintaining this competency. In this presentation we outline the process we are using to develop a continuing education module on effective teaching of ethics in psychology. We highlight how the CPA Code of Ethics for Psychologists, a foundational document developed to guide ethical behaviour of Canadian psychologists, is vital to the effective teaching of psychology ethics in Canada. We review how history highlights the importance of psychologists understanding the complexity of ethical decision making. We then present an overview of what the current literature suggests is most effective for teaching ethics from both a content and process perspective. We also consider feedback from psychology students and ethics course instructors about what works well and what does not. We conclude by outlining our next steps in developing the module.*

**Section:** General Psychology

**Session ID:** 112665 - Paper within a symposium

*The Applicability of the CPA Code of Ethics for Industrial-Organizational (I-O) Psychology*

**Main Presenting Author:** Latham, Gary

*Abstract: Relative to Clinical-Counselling Psychology, professional ethics is arguably a rarely considered subject in I-O Psychology. This might imply that it is of little concern to our field. Yet, if I-O psychologists are asked about the topic, they often profess an interest. Hence, my presentation will address ethical situations I-O psychologists face in science and practice as they explicitly endorse a scientist-practitioner model. I will also address the applicability of CPA's Code of Ethics to issues encountered in the practice of I-O psychology.*

**Section:** General Psychology

**Session ID:** 112660 - Paper within a symposium

*The Ethics of AI-Driven Wellness: A Critical Look at Mental Health Apps and Platforms*

**Main Presenting Author:** Fabricius, Alexis

*Abstract: Artificial intelligence (AI) is undoubtedly reshaping psychological education, research and practice, as well as expanding access to mental health resources. While it has the potential to enhance aspects of the discipline, it also brings with it significant ethical challenges that must be navigated with care. Importantly, some of these issues have not yet garnered sufficient attention from psychologists, increasing risks for both providers and consumers of AI-based services. Drawing on work from AI ethics, this presentation explores some key ethical issues related to the use of AI-powered mental health apps and platforms, which are increasingly integrated into therapeutic practices and used by diverse groups. Although positioned by various (mental) health experts as tools that promote wellness, emerging evidence - coupled with concerns raised by the U.S. Federal Trade Commission - suggests that these platforms are not what they seem. This presentation highlights some of the reasons why psychologists are struggling to make sense of the quickly shifting AI landscape, and offers recommendations for how we might better position ourselves in the years ahead.*

**Section:** General Psychology

**Session ID:** 112658 - Paper within a symposium

# THEME: SERVING COMMUNITIES

Strengthening communities by seeking to understand and address the specific needs of a given community

## 12-Minute Talk

*Advocacy in Research: A Settler's Experiences Developing a Community-Centered Research Project with Indigenous Peoples*

**Main Presenting Author:** Aelick, Charlotte

*Abstract: Ethical research with Indigenous communities necessitates a commitment to culturally informed practices. As a settler researching the experiences of Indigenous women who have been incarcerated in Canada, I have taken a community-centered approach to research development, working closely with Indigenous women. This presentation is a reflection on my experiences working alongside communities directly impacted by my research, emphasizing culturally informed practices while developing research questions and methodologies. It argues that research involving any potentially vulnerable groups must be grounded in advocacy, highlighting three essential points of reflection: knowing yourself, knowing your community, and knowing your institution. Knowing yourself requires examining motivations for the research and deconstructing biases. Knowing your community and your institution involves recognizing their potentially conflicting needs, acknowledging harmful histories between them, and advocating for change. In the development of this project, we incorporated systemic changes necessary to making research more ethical and accessible to diverse communities. Attendees will reflect on their role in dismantling systemic barriers and prioritizing advocacy in research, while gaining strategies for developing ethical, community-centered practices applicable to all potentially vulnerable groups.*

**Section:** Indigenous Peoples' Psychology

**Session ID:** 112154 - 12-Minute Talk

*Anthropology in Psychology: Beliefs about Depression among Levantine-Canadians in Montreal*

**Main Presenting Author:** Nachabe, Jude

**Additional Authors:** Kawish, Madinah ; Bolduc, Luka; Ryder, George Andrew

*Abstract: Due to the Levant region's history of conflict, there has been an influx of Levantine migration to Canada from the late 1800s to the present. Research on Levantine-Canadian mental health beliefs is limited, however. As such, the purpose of this study was to explore beliefs about depression among Levantine-Canadians in Montreal. Using an emic approach, we employed Cultural Domain Analyses, a mixed-method approach from cognitive anthropology. We conducted a free-listing study whereby participants ( $N=32$ ) completed a survey, requiring them to enumerate 6 to 10 words or phrases describing two domains: (1) normalcy and deviancy; and (2) explanatory models of depression. Saliency analyses were conducted using R to determine the most important terms for the two domains and their subdomains (e.g., causes, symptoms and problems, help-seeking). Highly salient items, endorsed by at least 10% of participant and/or with Smith's  $S \geq 0.05$ , were identified. Results provide preliminary evidence supporting a consensus model of depression among Levantine-*

*Canadians. Recurrent themes included importance of religion ( $S = 0.47$ ), family ( $S = 0.5$ ), community ( $S = 0.30$ ), and professional help ( $S = 0.35$ ). Overall, our findings contribute to culturally and religiously sensitive approaches to depression assessment and intervention for Levantine-Canadians.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 112212 - 12-Minute Talk

*Being There: The development and evaluation of an online wellbeing program for friends and family of rural adults 50 years and older with mental health concerns*

**Main Presenting Author:** Paterson, Carley

**Additional Author:** Szostak, Carolyn

*Abstract: Social support in relationships is crucial for the wellbeing of adults 50 years and older with mental health concerns (MHCs) living in rural communities with limited resources. Family and friends (support partners) providing this support can feel overwhelmed and require more resources. This study evaluated Being There, an online, self-paced program designed to improve support partner wellbeing. Being There consists of six modules (e.g., psychoeducation, stress, coping, communication, resources) and community building. Support partners of friends/family members age 50+ with MHCs in rural BC ( $n=21$ ) completed the program and pre/post surveys that included objective and open-ended questions evaluating program acceptability and efficacy. Quantitative data were analyzed by examining mean change in scores over time; mental health literacy (MHL) and emotion dysregulation significantly increased after the program. Change in other variables was nonsignificant. Qualitative feedback indicated that participants enjoyed the program. Themes focused on strengths and areas for improvement, particularly regarding social elements and program accessibility. Together, these results show that the program is acceptable, feasible, and boosts MHL. The results provide direction for modification to prevent distress as a result of participation, such as changes to community elements, timing, and content.*

**Section:** Rural and Northern Psychology

**Session ID:** 113331 - 12-Minute Talk

*Building Pathways to Care: Hospitalization Data and Community Priorities for Eating Disorder Treatment in New Brunswick*

**Main Presenting Author:** Mitterreiner, Em

**Additional Authors:** Husain, Incé ; Miller, Molly; Besner, Julia; Cammaert, Jenni; Lacroix, Emilie

*Abstract: BACKGROUND: Eating disorders (EDs) are prevalent, costly, and often undertreated, with regional disparities in treatment availability across Canada. New Brunswick (NB) exemplifies this disparity, as it currently lacks publicly funded, specialized ED services. METHOD: This presentation combines findings from two complementary projects: an analysis of 17 years of data on ED hospitalizations in NB, and outcomes from the 2024 New Brunswick Eating Disorder Summit, a full-day stakeholder event. RESULTS: Hospitalization data revealed 475 ED-related admissions involving 285 patients from 2003 to 2020, with 60% of cases linked to anorexia nervosa and 90% involving girls and women. The average hospital stay for EDs was 30 days, costing \$24,744 per admission from*

2017–2020 and totaling \$2.35 million over four years. The Summit event brought together 150 stakeholders, including experts, policymakers, Indigenous health leaders, and individuals with lived experience, to identify strategies for improving ED care in NB. Key priorities emerged: establishing specialized outpatient services, enhancing education and training for care providers, and developing specialized residential/inpatient treatment options. CONCLUSIONS: Hospitalization data and community-identified priorities underscore the urgent need to address unmet treatment needs in NB. ACTION/IMPACT: We provide recommendations to build treatment capacity in NB, reduce regional disparities, and improve equitable access to evidence-based care across Canada.

**Section:** Clinical Psychology

**Session ID:** 112488 - 12-Minute Talk

### *Caregiver Perceptions of Risk and Resilience: Promoting Equity in Services and Well-Being for Children with Neurodevelopmental Disorders*

**Main Presenting Author:** Jean-Baptiste, Nekeisha

**Additional Authors:** Milligan, Karen ; Young, Elizabeth; Devarajah, Shanthiya; Suleman, Shazeen; Johnson, Shay; Minhas, Ripudaman; Giroux, Ryan

*Abstract: There is a well-established pattern of bias in Canada's child protective service (CPS) system, including the over-representation of Black and Indigenous families and children with neurodevelopmental disorders (ND). While most children remain in their family's care, this experience can have lasting impacts on healthcare access and engagement. No known studies have examined the intersections of race and CPS involvement on service engagement in ND. This is a critical gap, given that children with ND often require additional support services. A retrospective chart review of pediatric patients seen for ND was completed ( $n=90$ ), with 30 follow-up qualitative interviews to explore service engagement experiences in caregivers of children with ND (purposive sampling of BIPOC/White x CPS yes/no). Analyses are currently underway, but results from the larger parent study suggest a pattern of decreased disclosure/charting of needs for racialized caregivers. Results of an ANOVA examining the number and type of services by race x CPS will be presented, and themes identified using exploratory thematic analysis will be integrated with chart review findings. This mixed methods study will deepen our understanding of the relations between race and CPS involvement and their impact on service engagement for children with ND and may aid in approaches to increase health and social equity.*

**Section:** Clinical Psychology

**Session ID:** 113008 - 12-Minute Talk

### *Counselling Services for International Students: An Example from an Ontario, Canada Public Community College*

**Main Presenting Author:** Dabas, Grishma

**Additional Author:** Scharf, Deborah

*Abstract: An Ontario college hired a Mental Health and Wellbeing (MHWB) counsellor with professional and lived experience in international students' mental health. We conducted a mixed-methods investigation of international students' experiences with the institution's counselling services*

following the MHWB counsellor start. International (IS;  $n = 10$ ) and domestic (DS;  $n = 18$ ) students completed three online surveys assessing changes in working alliance and their counsellor's cultural competency across 12 weeks. Working alliance ratings increased 9.2% for IS and decreased 0.85% for DS. Counsellor cultural competency ratings decreased 2.8% for IS and increased 2.5% for DS. Differences were not statistically significant. We conducted focus groups with counsellors employed at the college at two timepoints, and interviews with international students ( $n = 5$ ). Themes related to counselling work with international students included individual systems (i.e., counsellor/client factors), microsystems (i.e., counselling processes), exosystems (e.g., College and community resources), and macrosystems (i.e., Western lens to mental health). International students sought counselling to problem-solve specific issues typically unrelated to mental health. Postsecondary institutions can improve counselling services for international students by facilitating links with other institutional and community resources.

**Section:** International and Cross-Cultural Psychology

**Session ID:** 112595 - 12-Minute Talk

*Cultivating Connection: The Impact of LGBTQ+ Choral Communities on Well-being*

**Main Presenting Author:** Ly, Ratanak

**Abstract:** This qualitative study explored the factors contributing to belonging, community, and social well-being within the Rainbow Chorus of Waterloo-Wellington (RCWW). Six participants with strong community ties to the RCWW were interviewed using a semi-structured approach. Data analysis employed Interpretative Phenomenological Analysis (IPA) and drew on McMillan and Chaviss Sense of Community and Keyess Social Well-being frameworks. The findings revealed that belonging was a foundational element for both community and social well-being. Relational experiences within the RCWW were central to this sense of belonging. Community deepened these relationships through socially, emotionally, and physically meaningful experiences. Key factors influencing belonging, community, and well-being included mattering, relational trust, psychological safety, and gratitude. These elements fostered reciprocal experiences of belonging and community, ultimately contributing to participants social well-being. To promote relational and psychological safety, LGBTQ+ choral communities can implement Diversity and Inclusion initiatives that encourage open dialogue, create diverse social opportunities, and amplify minority voices.

**Section:** Community Psychology

**Session ID:** 113917 - 12-Minute Talk

*From Berlin to Montréal: Mapping Brazilian Migrants' Sense of Belonging in Urban Spaces*

**Main Presenting Author:** Nachabe, Jude

**Additional Authors:** Duden, Gesa Solveig; Ryder, Andrew

**Abstract:** Urbanization and migration are defining features of contemporary societies, but little is known about how specific urban spaces shape migrants sense of belonging. This study investigates how Brazilian migrants in Berlin and Montréal experience belonging in urban environments, focusing on the interplay between spatial, social, and cultural dimensions of their lived experiences. Using a

*qualitative research design, we engaged 15 Brazilian migrants in each city, capturing their real-time experiences in urban spaces during go-along, face-to-face or digital interviews. GPS tracking and reflexive thematic analysis were employed to explore the significance of urban environments on their sense of belonging. Preliminary results point to key elements including nodding encounters, which foster subtle connections in public spaces; social immersion spaces, such as cafés or libraries, where individuals can be among others without direct interaction; and spaces that evoke memories of their country of origin, offering comfort and a sense of continuity. The findings underscore the crucial role of urban spaces in shaping migrants' sense of belonging, emphasizing the need for inclusive, culturally resonant environments. These insights can guide urban planning, mental health initiatives, and policies to foster migrants' well-being by addressing the spatial dimension of belonging.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113130 - 12-Minute Talk

### *Implantation et pérennisation du Projet InterCom : développement d'une intervention communautaire pour faire face aux crises sociales multiples*

**Main Presenting Author:** de la Sablonnière, Roxane

**Additional Authors:** Lebeau, Caroline ; Landry, France; Lengelé, Enzo; Lavigne, Charlie; Guérard, Rose-Marie

*Abstract: Selon l'Organisation des Nations Unies, la prévalence des bouleversements sociaux pourrait augmenter de 40% d'ici 2030. Le Projet InterCom offre diverses activités (p. ex., ateliers, conférences) afin d'outiller la population québécoise de stratégies d'adaptation concrètes. À ce jour, ces activités ont rejoint près de 8 000 participant.e.s. Dans le but d'offrir des interventions adaptées et de promouvoir l'engagement des participant.e.s, le Projet InterCom a été développé selon les principes de la science de l'implantation, en plaçant au cœur de sa démarche la co-construction avec plusieurs partenaires éducatifs et communautaires. Les activités proposées incluent une série de six ateliers interactifs destinée aux jeunes. L'efficacité sur le bien-être, la résilience et la clarté identitaire a été évaluée par une étude pilote quantitative ( $N=45$ ), une étude qualitative ( $N=7$ ). De plus, une analyse de la satisfaction des bénéficiaires ( $N=298$ ) et des animateurs.rices ( $N=138$ ) a été effectuée. Deux projets de recherche supplémentaires à devis mixte sont en cours, l'un ayant une concentration plus quantitative avec groupe contrôle et l'autre qualitative, qui suit un protocole individuel quasi-expérimental. Dans cette présentation, nous décrirons l'intégralité du processus d'implantation, les cinq grands fondements du projet et présenterons les résultats des études complétées à ce jour.*

**Section:** Community Psychology

**Session ID:** 112824 - 12-Minute Talk

### *Mental toughness in adults with neurodiverse profiles*

**Main Presenting Author:** Macdonald, Brent

*Abstract: Mental toughness (MT; Clough, 2019) is well-researched in its application in corporate, athletic, and military environments. However, it is not particularly similarly developed in its application to education in general, or in educational and counselling work with neurodiverse (ND) adults in particular. This study, which involved implementing a pre/post-measure of MT (MTQPlus) as part of an executive functioning/ MT intervention program for ND adults, examines how MT can be introduced, implemented, and evaluated. Preliminary findings with adults with ADHD, learning*

disabilities, and ASD suggest that MT may have educational and counselling implications for ND adults and that such implications may apply to a far broader range of adults and adolescents.

**Section:** Counselling Psychology

**Session ID:** 112961 - 12-Minute Talk

### *Redefining Success in Rural Adult Basic Education: Insights from the Saskatchewan Adult Basic Education Partnership*

**Main Presenting Author:** Barker, Conor W

**Co-Presenting Author:** Reeve, Catherine

**Abstract:** *BACKGROUND/PROBLEM STATEMENT:* Past research shows public education in rural Saskatchewan is challenged by high dropout rates, inconsistent programming, and inequitable access. While Adult Basic Education (ABE) provides critical support to adult learners, traditional success metrics like graduation rates and employment fail to capture the broader needs of learners and communities. *OBJECTIVES:* This research aims to redefine success in ABE by incorporating holistic factors such as community engagement, mental health, literacy, and family involvement. *METHODS:* Through the Saskatchewan Adult Basic Education Partnership (SABEP), we used Healing-Centred Engagement to conduct participatory workshops with ABE students, instructors, and community support services. These workshops facilitated dialogue to co-create a comprehensive framework for success. *RESULTS:* Initial findings highlight the need for a learner-centered definition of success, emphasizing holistic supports and engagement with social determinants of health. *CONCLUSIONS/IMPLICATIONS:* By co-creating this framework with stakeholders, we aim to develop actionable recommendations for programming, advocacy, and policy change in rural contexts. This work will foster a unified and responsive ABE system, ensuring better outcomes for learners and communities across rural Saskatchewan.

**Section:** Rural and Northern Psychology

**Session ID:** 113190 - 12-Minute Talk

### *'Sometimes sheep need a vet': A Qualitative Study of the Mental Health Perspectives of Pentecostal Assemblies of Canada Clergy*

**Main Presenting Author:** Muthaih, Justin

**Co-Presenting Author:** Whitley, Rob

**Additional Authors:** Caplin, Adam ; Jarvis, Eric

**Abstract:** *BACKGROUND/RATIONALE:* Across Canada, mental health services are underutilized by religious minorities. Clergy are often the first point of contact for religious individuals with mental distress and they impact help-seeking behaviours. This study explores the mental health perspectives of clergy in a diverse and growing Christian denomination, the Pentecostal Assemblies of Canada (PAOC). *METHODS:* 29 PAOC ministers with at least 2 years of experience offering pastoral care responded to semi-structured interviews. An inductive qualitative approach with thematic analysis documented their mental health related beliefs, behaviours, and attitudes. *RESULTS:* Participants held a multifactorial understanding of mental illness, including biomedical attributions and beliefs in spiritual causes and divine healing. To address mental distress, they offered spiritual care, made referrals to mental health professionals, and recommended church-based curricula. Notably, the

sample reported a lack of formal mental health training and inconsistent professional support. CONCLUSIONS: PAOC ministers hold nuanced views on mental health yet situate their perspectives within a spiritual-religious framework integrating Pentecostal beliefs. ACTION/IMPACT: While participants report frequent mental health discussion in churches, clergy require additional training and support to address mental health issues.

**Section:** International and Cross-Cultural Psychology

**Session ID:** 112325 - 12-Minute Talk

### *The Umbrella Model: Addressing Developmental Trauma in a Culturally Responsive Manner for Children and Youth Serving Sectors*

**Main Presenting Author:** Chou, Fred

**Additional Authors:** Chia, Mikaela ; Yan, Brian; Boothroyd, Sydney; Mai, Irene

Abstract: Children and youth in public care sectors often experience traumatic events, including adverse childhood experiences and abuse. The high prevalence of trauma in this population has led to the development of a trauma-informed care (TIC) movement aimed at mitigating these effects. However, critiques of TIC for child and youth serving sectors (CYSS) point to challenges in its practical application and lack of guidance for intervening with developmental trauma in a culturally responsive manner. To address these gaps, the Umbrella Model was developed using the Critical Interpretive Synthesis approach, a systematic method for synthesizing diverse forms of data from literature. Following a comprehensive literature search of developmental trauma and culturally responsive care, recommendations from 80 articles were identified. Thematic analysis yielded eight themes presented as an “umbrella” to emphasize an interconnected, multi-level ecological approach. The Umbrella Model incorporates micro-, meso-, and macro-level considerations, with a focus on the essential nature of relationship-centred care grounded in attachment and relational safety that permeates all levels of care. This model offers a framework to enhance TIC applications in CYSS by providing systematic, actionable recommendations for addressing developmental trauma in a culturally responsive manner.

**Section:** Counselling Psychology

**Session ID:** 111250 - 12-Minute Talk

### *Voices of Resilience in Ukraine: Psychological Predictors of Resilience in Survivor Narratives*

**Main Presenting Author:** Vanderkam, Tomas M.

Abstract: This study examines psychological traits predicting resilience in individuals facing extreme adversity, focusing on Ukrainian survivors of Soviet concentration camps (GULAG). Using thematic content analysis of 95 survivor narratives, we identified key factors associated with resilience: Achievement Motive, Integrative Complexity, and Identity Strength—particularly cultural identity. Findings revealed regional variations in Achievement Motive and Integrative Complexity across Ukraine, emphasizing the interplay of motivational, cognitive, and social-personality factors in fostering resilience. These insights advance our understanding of human responses to oppression, offering frameworks for interventions supporting survivors of the ongoing Russian invasion and others enduring extreme adversity. This work deepens scientific perspectives on resilience, post-traumatic

growth, and psychological wellbeing through linguistic analysis and highlights the transformative potential of identity and personal motivation in the face of trauma.

**Section:** Social and Personality Psychology

**Session ID:** 112782 - 12-Minute Talk

### *What aspect of social wellbeing best predicts loneliness in aging Veterans?*

**Main Presenting Author:** Lauzon, Andre

**Additional Authors:** MacDougall, Haiven ; Rodrigues, Sara

**Abstract:** *BACKGROUND Loneliness is a common concern for aging adults, including Veterans. Although mounting research suggests that aspects of social well-being play a role in mitigating the impact of loneliness, it is not clear which aspect plays a larger role. Aspects of a person's social well-being may include social network size and amount of social participation, as well as quality of availability of social support and sense of social cohesion. METHODS This study aimed to ascertain which aspect of social well-being best predicts loneliness in aging Veterans. The sample consisted of 1538 Canadians Veterans (age 50-92) who participated in the Canadian Longitudinal Study on Aging. RESULTS A multiple regression was conducted to predict loneliness from tangible support, affectionate support, positive social interaction, emotional/informational support, social network size, social cohesion and social participation, taking into account participants' age. All eight variables added statistically significantly to the prediction,  $F(8, 1516) = 59.501, p < .001$ , with positive social interaction and affectionate support contributing the most to the variation of loneliness. CONCLUSIONS Our findings stresses prioritizing quality over quantity in social connections to reduce loneliness in aging Veterans. IMPACT Results may inform the development of future loneliness interventions for older Veterans.*

**Section:** Psychology in the Military

**Session ID:** 112168 - 12-Minute Talk

## Conversation Session

### *Addressing IPV in diverse communities through authentic and meaningful co-research partnerships with people with lived experience*

**Main Presenting Author:** Moghimi, Elnaz

**Abstract:** *Background/rationale: This roundtable will focus on how co-research partnerships with diverse people with lived experience (PWLE) of intimate partner violence (IPV) can enhance research and service delivery. Methods: Key methods include forming community advisory teams with PWLE, developing trauma-informed engagement frameworks, and using knowledge mobilization strategies like digital storytelling and community events. The session will encourage participants to share their views on co-research and brainstorm actionable strategies. Results: Engaging PWLE in advisory roles fosters trust, amplifies lived experiences, and increases participation, while knowledge mobilization strategies like storytelling and social listening can address stigma and enhance the impact of IPV research and services. Conclusions: Co-research partnerships can help reduce barriers, address stigma, and create more inclusive and actionable findings. Trauma-informed methods foster a safe and respectful environment, ensuring collaboration benefits both research outcomes and service delivery. Action/Impact: Delegates will gain valuable tools for addressing*

*stigma and enhancing participation among equity-denied groups in IPV research. The discussion will provide strategies applicable to diverse populations and settings, making it relevant for researchers, clinicians, and community advocates alike.*

**Section:** Community Psychology

**Session ID:** 112837 - Conversation Session

*An analysis of the cultural challenges Asian domestic violence survivors face in thriving in Canada and the cultural opportunities that support their resilience.*

**Main Presenting Author:** Dada, Zuraida

**Abstract:** *TOPIC OF CONVERSATION: Exploring the cultural challenges Asian survivors of domestic violence face in thriving in Canada and identifying cultural opportunities that foster resilience and empowerment. PURPOSE OF CONVERSATION: This roundtable seeks to enhance understanding of the unique barriers and strengths within Asian communities to inform culturally sensitive interventions. The goal is to foster collaboration among professionals to improve psychological services and community support for survivors. RELEVANCE TO DELEGATES: Participants will gain insights into culturally specific issues that impact survivors, such as stigma, language barriers, and systemic discrimination. This discussion equips delegates with tools to address these challenges in practice, policymaking, or advocacy work. RELEVANCE TO PSYCHOLOGY: Understanding the interplay of culture and trauma is essential in psychology. This conversation highlights the need for intersectional approaches in mental health services, particularly within multicultural societies like Canada. RISKS ASSOCIATED WITH THE CONVERSATION TOPIC: Discussions may inadvertently generalize or stereotype Asian communities, minimizing their diversity. Careful facilitation is needed to maintain nuance and avoid reinforcing stigma or cultural biases.*

**Section:** Asian Psychology

**Session ID:** 113922 - Conversation Session

*Psychologists' Roles in Supporting Early Inclusion Efforts in Schools*

**Main Presenting Author:** Ford, Laurie

**Additional Author:** Soldovieri, Antonia

**Abstract:** *Increasing awareness and emphasis on inclusion has entered Canadian classrooms and scientific discourse in recent years (Armstrong, 2015). However, little is understood about how inclusion is fostered day-to-day and in the classroom by educators. Instead, existing research tends to focus on formalized inclusion interventions (Sokal and Sharma, 2013), particularly with older student populations. In early elementary school years, educators set important foundations for their students' understandings of acceptance and inclusion, yet educators widely report a lack of training to promote inclusion (Kiely et al., 2015). Further, in younger students, learning differences often begin to emerge but supports may not yet be in place. Psychologists are in a unique position to support educators in their efforts to include students with additional learning needs, both in clinical, advocacy, assessment, and consultative roles. The proposed conversation session invites delegates to discuss systemic issues which interfere with the identification of early differences in school settings, as well as conceptualize the role of psychologists who work with educators and students in supporting inclusion. Discussion questions related to possible avenues for advocacy, ethical considerations for early assessment (particularly with diverse student populations), and inclusion strategies will be posed.*

**Section:** Educational and School Psychology  
**Session ID:** 113959 - Conversation Session

## Printed Poster

### *A is Not for Ally: Identifying Risk and Protective Factors Impacting Asexual Identity Erasure and Mental Health Outcomes*

**Main Presenting Author:** Helgeson, Samantha

**Additional Author:** Offrey, Laura

*Abstract: Asexuality is among the least studied sexual identities, and yet, those who identify as asexual are subject to significant experiences of identity erasure, marginalization, and violence. Experiences of identity erasure are perpetuated by social norms, limited visibility, misinformation, and pathologizing of asexuality, which highlights a need for increased research regarding this population. The present study was designed to promote visibility of asexual people by exploring potential protective and risk factors of identity erasure and mental health outcomes. Participants ( $N = 568$  currently) responses were collected from online forums and MacEwan University. Data collection is ongoing and will be completed in Spring 2025. Participants completed measures assessing the sense of belonging within the asexual community, experiences of identity erasure, microaggressions (e.g., identity denial), self-acceptance, and social support. Measures of mental well-being, anxiety, and depression were also administered. We expect social support and self-acceptance to emerge as protective factors mitigating experiences of identity erasure and adverse mental health outcomes, whereas microaggressions, such as identity denial, are expected to worsen these outcomes. This study addresses a significant gap in literature and has important implications for efforts to support the well-being of asexual individuals.*

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113641 - Printed Poster

### *A Nunavummiut led process of co-development and psychometric evaluation of the Inuit-SPARX Wellness Questionnaire*

**Main Presenting Author:** Singh, Yogita

**Co-Presenting Authors:** Thomas, Alaina; Qaunaq, Reuben

**Additional Authors:** Qatsiya, Brooke ; Armour, Leigh; Bohr, Yvonne

*Abstract: Inuit youth in Nunavut face an epidemic of suicide rooted in colonialism. To address this, Nunavummiut have advocated for mental health research that is designed and directed by communities and uses outcome measures that support Inuit-self determination by building on cultural strengths. Currently, there is no validated wellness measure specific to Inuit. The current study aimed to bridge that gap by examining the development of a culture specific outcome tool designed for evaluating the Making I(nuit)-SPARX Fly project, which adapted a CBT game for Inuit culture. Based on an adaptation of the Aboriginal Children's Health and Wellbeing Measure, 18 youth leaders from five communities in Nunavut identified wellness themes to incorporate in a new 39-item measure, the I-SPARX Wellness Questionnaire (ISWQ). Data from 117 youth in Nunavut who tested I-SPARX and completed the ISWQ, were then analyzed. Psychometric analyses indicated strong content validity and*

*high internal consistency. Exploratory Factor Analyses supported a three-factor model encompassing: Hope for the Future and Present Appreciation, Cognitive-Behavioural Strategies, and Distress and Emotion Regulation. The ISWQ, developed in collaboration with Inuit communities, may offer a promising psychometrically sound evaluation tool for community members, researchers, and health professionals working in Nunavut.*

**Section:** Indigenous Peoples' Psychology

**Session ID:** 113850 - Printed Poster

### *A Strengths-Based Thematic Review of Inuit Communities' Voices on Youth Suicide*

**Main Presenting Author:** Disbrowe, Malcolm C

**Additional Authors:** Disbrowe, Alanna G; Le, Hai T

*Abstract: Research indicates that suicide rates in Inuit communities are among the highest globally, and this elevated prevalence is due to marginalization and trauma stemming from colonization. Using a strengths-based thematic approach, we synthesize existing qualitative studies on how Inuit communities conceptualize suicide and what strengths prevent it in youth. We screened a sample of initial studies ( $n = 605$ ) from four databases (CINAHL, PsycINFO, PUBMED, Scopus), and exclusions left five remaining studies, yielding an interrater reliability of 84%. Five themes arise in our strengths-based analysis: (a) community resilience and empowerment, (b) cultural continuity, (c) adaptability and collective agency, (d) mental health awareness and proactive wellness, and (e) identity and direction through social bonds. The results indicate that Inuit youth resilience stems from community strengths, cultural continuity, and agency. Also, traditional practices and community guidance can strengthen youths identity and mental well-being. Wellness programs and adaptable roles also encourage proactive involvement, boosting self-esteem. Overall, community-led, culturally grounded approaches effectively support Inuit youth development and mental health, emphasizing the need to empower Inuit communities in efforts to combat suicide. We will also discuss this study's limitations and future directions.*

**Section:** Indigenous Peoples' Psychology

**Session ID:** 111372 - Printed Poster

### *Adding JoyPop: Evaluating an E-Mental Health App as a Complementary Tool Alongside Treatment for Youth*

**Main Presenting Author:** Ashley, Angela

**Additional Authors:** Pearson, Erin ; Schmidt, Fred; Mushquash, R Aislin

*Abstract: Background: The JoyPop app is an evidence-based, resilience-building app focused on promoting coping skills and has been especially helpful in Northwestern Ontario in fostering youth self-regulation capacity outside mental health services. The JoyPop app may also function as a supportive tool for youth in mental health services. Methods: To explore how the JoyPop app can support youth in mental health services, this study assessed how and why youth engaged in services used the JoyPop app to support coping skills. Youth clients ( $n = 30$ ) receiving treatment from a local mental healthcare centre used the app for four months and completed semi-structured interviews at*

one and four months to assess client perspectives on using JoyPop during treatment alongside app use data. Staff interviews ( $n = 10$ ) were also conducted to assess app utility in support of services.

**Results/Conclusion:** Following deductive and inductive content analysis, interview themes and app data suggest youth use certain features (Rate my Mood, SquareMoves) more than others and as a tool outside of services when they need it most. Staff also view the app as helpful with suggestions to boost service capacity. **Impact:** Findings will enable mental healthcare organizations to assess the utility of the JoyPop app as part of standard treatment among youth to support clinic-based skills application and service efficiency.

**Section:** Clinical Psychology

**Session ID:** 113452 - Printed Poster

### *Assessing Healthcare Providers' Application of Knowledge on Mental Health and Addiction Service Delivery Within a Stepped Care 2.0 Model*

**Main Presenting Author:** Harris-Lane, Laura M.

**Additional Authors:** Churchill, AnnMarie ; Cornish, Peter; Jaouich, Alexia; Kutana, Samlau; Pevie, Noah; Rash, Joshua A

**Abstract:** *BACKGROUND:* In partnership with Stepped Care Solutions, the Government of New Brunswick trained addiction and mental health (A&MH) providers in Stepped Care 2.0 (SC2.0), a new form of A&MH service delivery. We evaluated provider competency in applying core components of the SC2.0 model within the context of a provincial practice change initiative. *METHODS:* Providers completed surveys before and after receiving online training in the SC2.0 model. Pre- and post-course surveys included a knowledge acquisition questionnaire. The post-course survey included case vignettes designed to assess providers' application of knowledge of core components of SC2.0. Responses to vignettes were coded across five domains: multiple care options, client-centrality, measurement-based care, adoption of a single-session therapeutic approach, and recovery-oriented practice. *RESULTS:* Providers ( $N=303$ ) demonstrated competency across 65% of available opportunities within vignettes. Baseline SC2.0 knowledge and knowledge from pre- to post-training predicted competency across domains. Perceived acceptability of SC2.0 predicted competency in the client-centrality domain. *CONCLUSIONS and IMPACT:* Competency in applying core components of SC2.0 can be reliably developed through competency-based training. Results have implications for supporting behaviour change among A&MH providers using evidence-based strategies.

**Section:** Clinical Psychology

**Session ID:** 112741 - Printed Poster

### *Barriers, Facilitators, and Lessons Learned while Implementing Measurement-Based Mental Health and Addiction Care in Newfoundland and Labrador through a digital platform.*

**Main Presenting Author:** King, Alesha C

**Additional Authors:** Kutana, Samlau N; Lem, Kaitlyn; Harris-Lane, Laura; Boyd, Byron; Churchill, AnnMarie; Churchill, Meghan

**Abstract:** *BACKGROUND: Mental health and addictions providers in Newfoundland and Labrador (NL) participated in a pilot implementation of Measurement Based Care (MBC), an effective clinical intervention, through a digital platform. METHODS: The digital platform was developed to support the use of MBC with clients in routine practice. Onboarding and training in MBC were given to providers pre-implementation, and participants had access to regular group consultations and an online support toolkit throughout the implementation. Barriers and facilitators to implementation success were assessed through qualitative interviews with providers conducted one month after implementation, as well as through responses to questionnaires completed by members of the implementation team. RESULTS: Providers ( $N=5$ ) and implementation team members ( $N=6$ ) provided feedback on barriers, facilitators, and lessons learned. Support and buy-in from management, engagement from frontline staff, and continuous platform support through trainings and a community of practice contributed to a successful implementation, while lack of dedicated time and delays in platform and hardware procurement formed barriers that had to be overcome. IMPACTS: This project offered key perspectives on factors contributing to and hindering successful implementation of MBC, which will inform future efforts to integrate MBC into routine practice.*

**Section:** Clinical Psychology

**Session ID:** 112037 - Printed Poster

### *Body Satisfaction and Suicidality in Gender Diverse Adolescents: Further Insights utilizing Measures of Suicidal Thoughts and Behaviours*

**Main Presenting Author:** Baghdady, Reem

**Additional Authors:** Folkierska-Zukowska, Monika ; Hu, Daisy; Peragine , Diana; Thurston , Lindsey; Lai, Meng-Chuan; VanderLaan, Doug; Skorska, Malvina

**Abstract:** *Research has shown that gender diverse adolescents and young adults experience greater suicidality than their cisgender counterparts, and that this increased suicidality is partly due to dissatisfaction with one's body (Li et al., 2024). Also, transgender girls and nonbinary youth had decreased body satisfaction compared to transgender boys, which resulted in a stronger correlation with suicidality in these groups. However, Li et al. combined measures of suicidal thoughts and behaviours (attempts). To address this gap, 69 cisgender and 61 gender diverse adolescents (ages 12-17 years), who were attending clinics for gender-affirming care, answered questions reflecting suicidal thoughts (Suicidal Ideation Questionnaire-JR), suicidal attempts, and questions related to body satisfaction (collected as part of a larger study). Analyses of variance will examine if gender diverse adolescents experience greater suicidality (thoughts and behaviours) and have lower body satisfaction than cisgender adolescents. A moderated mediation analysis will be conducted on the mediating role of body satisfaction in the relationship between group (gender diverse and cisgender) and suicidality, moderated by gender. The results will provide further insight into sources of distress that characterize the experience of suicidal thoughts and behaviours in gender diverse adolescents.*

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113727 - Printed Poster

### *Case Workers' Perspectives on the Help-Seeking Behaviours of Adolescents in Foster Care*

**Main Presenting Author:** Skeete, Jaylynn

**Additional Authors:** Johnson, Emily ; Menna, Rosanne

**Abstract:** *Youth in foster care face higher rates of mental health challenges compared to those not in care, underscoring the importance of developing their help-seeking skills to reduce psychological distress (McLeigh et al., 2023; Xu et al., 2023). This study explores child protection workers' perspectives on the help-seeking behaviours of adolescents in foster care. Ten female child protection workers aged 29 to 49 years old with 7 to 23 years of experience completed semi-structured interviews. These interviews asked about their experiences assisting youth with distressing problems and how they and the youth handled those problems. Responses were analyzed using Grounded Theory. Key identified concepts related to adolescent help-seeking included: predisposing factors (e.g., awareness of services, early learning experiences), enabling factors (e.g., agency-based systemic variables, case-worker characteristics), and level of need factors (e.g., emotional and behavioral reactions to stressors). The findings address gaps in the literature and offer recommendations for future research and implications for providers working with this population.*

**Section:** Counselling Psychology

**Session ID:** 113161 - Printed Poster

### *Co-Designing a Provincial Stepped Care Model Within Community Mental Health and Addictions Services in Prince Edward Island*

**Main Presenting Author:** Stone, Taylor B

**Additional Authors:** Fredericks, Abigail ; Harris-Lane, Laura; Rash, Joshua; Dow, Christine; Hutt, Lorna; Bol, Alexa; Impey, Danielle

**Abstract:** *BACKGROUND: A provincial stepped care (SC) model is being co-designed to deliver Mental Health and Addictions (MH&A) services in PEI. Providers were trained in SC2.0 as part of this process. METHODS: A prospective, single-cohort design was used. Providers completed questionnaires pre- and post-SC2.0 course completion. Providers, community partners, and people with lived experience engaged in a session to support the co-design of the provincial SC model. RESULTS: 79 providers completed SC2.0 training, which increased factual knowledge after adjusting for experience,  $M_{diff} = 0.07$ ,  $F(1, 77) = 10.20$ ,  $p = .002$ . Providers found SC2.0 training acceptable ( $M = 4.14$ ,  $SD = .57$ ) and feasible ( $M = 3.68$ ,  $SD = .59$ ). Participants in co-design sessions desired increased public communication, collaboration, client-centered experiences, and system-level changes (e.g., staff mentorship, public harm reduction education). CONCLUSIONS AND IMPACT: Experienced providers scored higher on pre- and post-SC2.0 knowledge. SC2.0 training was considered acceptable and feasible, showing its practicality in MH&A service delivery. These findings emphasize the utility of SC2.0 training and providers' positive implementation attitudes. Co-design sessions highlighted key focus areas for developing PEI's SC model, which provides a strong foundation for ensuring the model is sustainable and suited to client and provider needs.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113400 - Printed Poster

### *Cognitive Behavioural Therapy with Indigenous Peoples: A Scoping Review*

**Main Presenting Author:** Knox, McKenna

**Additional Authors:** Grenier, Monique ; Shaver, Caleb; Haigh, Emily

**Abstract:** *BACKGROUND: The ongoing impacts of colonialism generate mental health disparities between Indigenous and non-Indigenous communities (i.e., inequities in onset, course, and severity of mental health problems, as well as service access and effectiveness). Cognitive Behavioural Therapy (CBT) is considered the gold standard approach to mainstream psychological intervention; however, a dearth of research has examined the compatibility or efficacy with Indigenous populations. CBT emerged from a mainstream Western conceptualization of mental illness. This frame may not align with Indigenous perspectives of wellness, which emphasize mental, physical, spiritual, and emotional balance. Cultural adaptation of CBT is one approach to increasing the availability of culturally sensitive psychotherapy for Indigenous Peoples. Cultural adaptation involves tailoring interventions to better reflect the values, beliefs, and experiences of specific cultural groups. This scoping review will synthesize what is known about culturally adapted CBT for Indigenous Peoples across NA, AUS, and NZ.* **METHOD:** JBI Scoping review methodology focused on cultural adaptations of CBT for Indigenous Peoples. **RESULTS:** Results reveal varying levels of adaptation, content and population gaps. **CONCLUSION:** Recommendations for developing culturally safe and effective CBT for Indigenous Peoples will be discussed.

**Section:** Indigenous Peoples' Psychology

**Session ID:** 113214 - Printed Poster

### *Evaluation of an ADHD Skills Program at the University of Toronto: What does it do and does it meet students' needs?*

**Main Presenting Author:** Yan, Anisa

**Additional Author:** Geva, Esther

**Abstract:** *Compared to their neurotypical peers, post-secondary students with ADHD face greater academic challenges that can lead to lower academic success and higher rates of drop-out. Fortunately, access to academic supports can mitigate these challenges. Group interventions targeting study skills are usually more time- and cost-efficient for students, but there is a dearth of studies exploring the benefits of these groups. This study conducted a needs assessment/analysis of an ADHD skills program at UofT in order to document it and evaluate whether its content addresses students' needs. Focus groups were conducted with relevant staff and students at UofT. Discussions revolved around the program's goals/functioning and students' main learning needs. Responses were thematically coded and analyzed. Main themes were compared between the different groups. The program's goals were found to meet many of the main learning needs of students. However, participants highlighted areas of student needs that remain unaddressed by the program. Key areas of improvement to the program's accessibility, delivery, and referral process were also highlighted. These findings help to improve the ADHD skills program at UofT so that it better meets the needs of students. Findings also inform programs at other universities that aim to support the academic success and overall well-being of students with ADHD.*

**Section:** Educational and School Psychology

**Session ID:** 111260 - Printed Poster

### *Examining Theories Identifying Profiles of Callous Unemotional (CU) Features Among Youth*

**Main Presenting Author:** Tackaberry-Giddens, Leah

**Additional Authors:** Mansueto, Sara ; Craig, Stephanie

**Abstract:** *BACKGROUND:* Youth with callous-unemotional (CU) traits (lack empathy, shallow affect) are thought to stem from two distinct etiologies: (1) rooted in biological hypoarousal (primary variant); and (2) develop as a coping mechanism from abuse (secondary variant). Typically differentiated based only on anxiety, few studies have examined theoretically relevant affect regulation variables such as dysregulation and suppression. Exploring the associations between these measures are needed to further support theories in distinguishing CU profiles. *METHODS:* Participants included youth aged 12-18 ( $N=305$ ). Measures included CU traits (ICU), affect dysregulation and suppression (ARC), abuse (CTS-2), and anxiety and other psychopathologies (BCFPI). Cluster analysis was used to determine the profiles using CU trait and anxiety. *RESULTS:* Three profiles were revealed, suggesting secondary CU youth experience significantly more abuse ( $F(2,289)=19.64, p$

**Section:** Developmental Psychology

**Session ID:** 113164 - Printed Poster

### *Experiences of Women and Gender Diverse Individuals At-Risk for Homelessness, Accessing Free Virtual Psychotherapy: A Qualitative Study*

**Main Presenting Author:** Pencer, Alissa

**Additional Authors:** Senger, Brannon ; Yuval, Linda ; Nossett, Caitlin; Johnson, Shannon

**Abstract:** *BACKGROUND/RATIONALE:* Women and gender-diverse individuals experiencing poverty and housing instability face barriers to mental health services, including cost and accessibility. Virtual psychotherapy offers a potential solution, yet its feasibility for these populations is underexplored. This study evaluates a free, five-session virtual therapy program provided by Green Shield Canada for clients of Up With Women/Exponenti'elles, a not-for-profit coaching program for this population. *METHODS:* Semi-structured interviews with program users explored perceptions of acceptability, accessibility, and appropriateness, guided by Proctor's Implementation Outcomes Framework. Thematic analysis identified barriers and facilitators to engagement. *RESULTS:* Findings suggest the program was acceptable; Facilitators included flexible scheduling and safety of engaging from home. Barriers included technological challenges, limited clinician expertise with complex cases and insufficient sessions to users' address concerns. *CONCLUSIONS:* Virtual psychotherapy shows promise as an accessible and cost-effective option for this population provided services are adequate for users' presentations, and technology challenges are addressed. *ACTION/IMPACT:* Aligned with Green Shield Canada's Social Impact Initiative, findings will inform improvements to future services that promote equitable care access.

**Section:** Clinical Psychology

**Session ID:** 113052 - Printed Poster

### *Exploring Priorities for, Concerns about, and Definitions of Nature Connection in Curve Lake First Nation*

**Main Presenting Author:** van Haaften, Jacob S

**Additional Authors:** Curve Lake Cultural Centre, Curve Lake Cultural Centre ; Furgal, Chris; Lavell Harvard, Dawn; Nisbet, Lisa

*Abstract: Research indicates the importance of connection with nature for human and planetary health. Although many Indigenous teachings and practices involve nature and creation, little research has investigated nature connection within specific Indigenous Nations. This research employed Indigenist methodologies to investigate current topics related to nature connection within Curve Lake First Nation (CLFN). An inductive thematic analysis highlighted specific community priorities for and concerns about nature connection, including the modern impacts of treaties and the need for the protection of natural sites. A second thematic analysis was conducted using an Anishinaabe Medicine Wheel to guide deductive coding. The use of this Medicine Wheel provided a multifaceted understanding of what it means to connect with nature, including novel insights about different components of nature connection. Findings from this study are now being used to develop a nature connection scale for CLFN to better understand and address concerns identified in the community. This project also established a unique framework for engaging with Indigenous communities in the context of environmental psychology research.*

**Section:** Indigenous Peoples' Psychology

**Session ID:** 112558 - Printed Poster

### *Exploring the Impact of Climate Change Events on the Professional and Personal Experiences of Mental Health-Related Service Providers in Rural BC*

**Main Presenting Author:** Corman, Kendra

**Additional Author:** Szostak, Carolyn

*Abstract: Mental health (MH) concerns experienced by rural community members have been exacerbated by recent climate change events (CCEs; e.g., wildfires, floods). As CCEs become more frequent and severe, the demand for MH-related service providers (MHSPs) in under-served rural areas is increasing. There is evidence, albeit limited, that rural MHSPs often experience added challenges relative to urban MHSPs, high rates of burnout, and are directly affected by CCEs, which may affect their capacity to provide support. By understanding rural MHSPs' experiences, the related inequities and disproportionate impact of CCEs in rural areas can be better addressed. MHSPs (e.g., psychologists, counsellors) are being recruited in rural BC (target  $N=100$ ). The online survey explores general and CCE-related personal (e.g., distress, being evacuated) and professional experiences (e.g., workload changes). Inferential statistics and thematic analysis guided by interpretive description methodology will be used to analyze quantitative and qualitative data, respectively. Preliminary results ( $N=39$ ) suggest that most participants (64%) have experienced multiple CCEs within the past year, and reported increased personal and client distress, and changes in workload. The findings will help inform strategies to better support MHSPs and, perhaps, enhance their wellbeing and improve MH support for rural residents.*

**Section:** Rural and Northern Psychology

**Session ID:** 113847 - Printed Poster

### *Exploring the Impact of Family Support on Outcomes in Adolescents with ADHD*

**Main Presenting Author:** Miller, Courtney

**Additional Author:** Climie, Emma

**Abstract:** Adolescents with Attention-Deficit/Hyperactivity Disorder (ADHD) often experience significant social challenges, which can negatively impact their emotional well-being and adaptability (Mikami et al., 2020). While existing research highlights the protective role of social support in mitigating these difficulties, there remains a notable gap in understanding the influence of family-based social support, particularly from extended family members. This systematic review explores the impact of familial social support—encompassing both immediate and extended family—on adolescents functioning, well-being, and ADHD symptomatology. A comprehensive search yielded 23 articles meeting the inclusion criteria, focusing on parental relationships, grandparental support, and overall family dynamics (Harris-Lane et al., 2021; Duh-Leong et al., 2020). Findings emphasize the critical role of both immediate and extended family in fostering adaptability and positive functioning in adolescents with ADHD. Implications for interventions targeting family systems and future research directions are discussed, focusing on broadening the scope of social support frameworks to include diverse familial relationships (Mastoras et al., 2018).

**Section:** Family Psychology

**Session ID:** 112593 - Printed Poster

### *Exploring the Link Between Autism and Trauma: A Model Evaluation*

**Main Presenting Author:** Bernier, Abdullah

**Additional Authors:** McCrimmon, Adam ; Jin, Ling

**Abstract:** Autistic individuals are at higher risk for trauma due to diagnostic features, leading to adverse psychosocial outcomes. While evidence suggests autism and trauma can exacerbate each other, research is limited. Since Kerns et al. (2015) introduced a hypothetical model linking the two, related literature has grown, but the model remains theoretical and needs further evaluation, which is crucial for continued research. Thus, a systematic review adhering to 2020 PRISMA guidelines was completed with six databases and four key autism journals. 29 articles met inclusionary criteria. Data were analyzed and synthesized to determine how each article supported or refuted the models associations. While most articles supported the model, the level of support varied. The studies expanded the understanding of trauma type, risk factors, autism behaviours, and trauma responses, suggesting a complex and nuanced relationship, further elucidating the model. This review emphasizes the need for tailored trauma-informed care for autistic individuals. It supports refining the hypothetical model and calls for research on autism behaviors and trauma responses. Clinically, it advocates for integrating trauma-focused interventions into autism support to improve diagnostic accuracy and therapeutic outcomes. This review provided a necessary evaluation to the hypothetical model as well as strengthens it.

**Section:** Educational and School Psychology

**Session ID:** 111834 - Printed Poster

### *Exploring the Relationship Between Depression and Life Satisfaction: Unveiling the Impact of Digital Harassment*

**Main Presenting Author:** Desrosiers, Isabelle M

**Additional Authors:** Thomas, Mariah I; Snaychuk, Lindsey; O'Neill, Melanie

**Abstract:** Digital harassment (DH) exerts a profound influence on individuals, resulting in substantial psychological distress. (Snaychuk and O'Neill, 2020). Prior studies have examined the moderating effects of various factors on the relationship between DH, depression and life satisfaction (LS; Leung et al., 2018). However, the association between depression and life satisfaction within the context of DH has yet to be explored. This study analyzed whether DH moderates the relationship between depression and life satisfaction. A sample of Canadian participants ( $N = 102$ ) completed the Technology Facilitated Sexual Violence Victimization Scale (TFSV-V; Powel and Henry, 2016), the Beck Depression Inventory (BDI-II; Beck et al., 1996), and the Satisfaction with Life Scale (SWLS; Diener et al., 1985). Regression analysis revealed that both DH and depression significantly predicted life satisfaction ( $R^2 = .47$ ,  $F(3,97) = 28.12$ ,  $p < .001$ ). Notably, DH emerged as a significant predictor of LS primarily through its moderating effects on depression ( $b = .04$ , 95% CI [.02-.05],  $t(97) = 4.05$ ,  $p =$

**Section:** Clinical Psychology

**Session ID:** 113783 - Printed Poster

### *Fear of Psychosis: Examining the prevalence and predictors of a lesser-known manifestation of obsessive-compulsive disorder in an analogue sample*

**Main Presenting Author:** Pennell, Ashlinn L. B.

**Additional Authors:** Bishop, O. ; Fawcett, J.; Fawcett, E.

**Abstract:** **BACKGROUND/RATIONALE:** Obsessive-compulsive disorder (OCD) is a heterogeneous condition, with lesser-known presentations highly stigmatized. Namely, “Schizophrenia OCD” or the fear of having/developing psychosis, while anecdotally reported, has yet to be comprehensively investigated. **METHOD:** To quantify the prevalence and predictors of this subtype, university students will complete an online survey. The Dimensional Obsessive-Compulsive scale, a checklist of obsessions and compulsions specific to the fear of psychosis, the Knowledge About Psychosis questionnaire, and Attribution Questionnaire will be used to assess whether stigmatizing attitudes towards psychosis and poor mental health literacy increase prevalence rates. **RESULTS:** Preliminary results ( $n = 31$ ) showed that 74% of participants reported having at least one lifetime intrusive thought about psychosis, and 64.5% engaged in compulsive behaviors to alleviate distress. The most commonly endorsed intrusive thought was the fear of losing control over thoughts and actions (48%) followed closely by fears of “going crazy/insane” (45%). **CONCLUSIONS:** Although preliminary, intrusive fears of psychosis appear highly prevalent among university students. **ACTION/IMPACT:** Sheding light on lesser-known OCD presentations will help patients and clinicians correctly identify and better understand populations most at risk.

**Section:** Clinical Psychology

**Session ID:** 113377 - Printed Poster

### *Honouring Indigenous Students' Stories of Desire and Resistance: Ideas for Decolonizing Post-Secondary Support Services Based on Recommendations Derived from Lived Experience*

**Main Presenting Author:** Smeja, Katrina

**Abstract:** While educational settings in Canada are making some efforts to apply recommendations made by the TRC (2015), Indigenous post-secondary students themselves have identified Quebec as lagging behind other provinces when it comes to decolonizing and Indigenizing institutions (FPPSE, 2022). This finding highlights the ongoing need to improve Indigenous students' post-secondary experiences in Quebec specifically. The proposed poster will present the results of a narrative-based dissertation project that centres Indigenous students' voices with the goal to help identify post-secondary needs and culturally safe ways of meeting those needs. Four co-researchers shared their stories navigating post-secondary settings in Quebec from a range of perspectives (e.g., current students, graduates who work in post-secondary student services). Their narratives highlight various recommendations for decolonizing post-secondary student services (e.g., mental health services, programming, cultural and community supports). The presentation will share these recommendations in the hopes to offer service providers and institutions practical suggestions to guide their efforts towards Indigenization.

**Section:** Indigenous Peoples' Psychology

**Session ID:** 113958 - Printed Poster

### *How Effective are Parent-Involvement Strategies for Students with ADHD? A Meta-Analysis of Parent-Mediated Academic Interventions*

**Main Presenting Author:** Carwana, Ashlyn

**Additional Authors:** Okigbo, Christine ; MacLean, Jaidon; Rogers, Maria; Robaey , Phillippe

**Abstract:** Parent-mediated academic interventions are considered integral to helping students with Attention-Deficit/ Hyperactivity Disorder (ADHD) who struggle in the classroom. This meta-analysis synthesized the results of seven intervention studies that relied on parent participation and engagement to assess their effectiveness in improving global academic functioning. Database searches of PsycInfo, ERIC, PubMed and ProQuest (theses and dissertations) were used to identify relevant studies. A total of 14 quantitative studies ( $N=1546$ ) met inclusion criteria and were coded based on various study characteristics. Seven studies ( $N=554$ ) provided the data required for statistical analyses. Preliminary examination revealed mixed findings within studies, but a majority reported improved academic behaviours such as organization, time management, and homework performance. Overall trends will be examined from all studies and statistical analyses conducted to identify if parental involvement interventions for students with ADHD are effective at improving their academic functioning. Our synthesis and findings will be useful for implementing evidence-based parent involvement strategies for students with ADHD.

**Section:** Developmental Psychology

**Session ID:** 113080 - Printed Poster

### *Implementing Measurement-Based Mental Health and Addictions Care Through a Digital Platform in Newfoundland and Labrador: A Pilot Project*

**Main Presenting Author:** Lem, Kaitlyn

**Additional Authors:** Harris-Lane, Laura ; Kutana, Samlau; Boyd, Byron; Churchill, AnnMarie; Churchill, Meghan; Cornish, Peter; Rash, Joshua A.

**Abstract:** *BACKGROUND/RATIONALE:* Measurement-Based Care (MBC), an effective clinical practice, was implemented within mental health and addictions services across Newfoundland and Labrador (NL) in alignment with evidence-based implementation strategies. *METHODS:* Providers were instructed to use a digital MBC platform in their practice, receiving training, bi-weekly consultations, and an online toolkit to support its use. Surveys were completed at four time points (pre- and post-training, and 4- and 8-weeks post-implementation), evaluating perceived acceptability, appropriateness, and feasibility of implementing MBC, and changes in knowledge, attitudes, and practice. Interviews conducted at 1-month post-implementation captured provider experiences. *RESULTS:* Providers ( $N=26$ ) implemented digital MBC in their practice between October 2023–June 2024. Clients ( $N=201$ ) were enrolled in the platform and completed standardized assessments ( $N=1842$ ). Providers had a strong baseline knowledge of MBC, favourable attitudes towards using digital MBC in practice, and felt ready to use the platform in standardized care. *IMPACT:* This project identified factors key to successful MBC implementation, offering strategies to inform sustainable integration into routine care. Findings provide insights on how to best prepare and support providers using digital MBC, and foundations for scaling up in NL and elsewhere.

**Section:** Clinical Psychology

**Session ID:** 111472 - Printed Poster

### *Locus of Control, Self-Efficacy, and Resilience in Caregivers of Individuals with Psychosis*

**Main Presenting Author:** Baumgartner, Anna

**Additional Authors:** Bowie, Christopher ; Simioni, Olivia; Simourd, Lindsay

**Abstract:** Psychosis is associated with a variety of debilitating symptoms, including varying degrees of cognitive deficits and impairment in several areas of functioning. Assuming the role of caregiver for an individual with psychosis is demanding and often comes with negative mental health outcomes. However, caregiver involvement, particularly that of family caregivers, promotes adherence to long-term treatment and is critical to psychosis recovery. The current study examined factors that are associated with the wellbeing of caregivers, namely locus of control (LOC), self-efficacy, and resilience. 32 participants who care for individuals with psychosis were recruited via family support networks and online forums. Participants completed an online questionnaire comprising demographic items in addition to Rotter's Internal-External Locus of Control Scale, the General Self-Efficacy Scale (GSE), and the Brief Resilience Scale (BRS). Results demonstrated an indirect effect of self-efficacy on the relationship between LOC and resilience in caregivers for individuals with psychosis. A more internal LOC was associated with higher levels of self-efficacy. Gaining a better understanding of factors that foster resilience in caregivers may inform the development of interventions aimed at improving caregiver resilience, generating improved outcomes for both caregivers and care recipients.

**Section:** Clinical Psychology

**Session ID:** 112724 - Printed Poster

### *mHealth and eHealth Perceptions, Attitudes, and Experiences among Older Adults in Central Alberta*

**Main Presenting Author:** Wells, Greg

**Additional Authors:** Yeap, Reiko ; Sheridan, Irina

*Abstract: The COVID-19 pandemic highlighted the transformative potential of digital health, driving rapid advancements in the span and sophistication of mHealth and eHealth products and services. As part of the Health Everywhere initiative, this project focused on assessing the potential and challenges of digital health for older adults in Central Alberta. Following a comprehensive review, measures were developed to examine the perceptions, attitudes, and experiences with mHealth and eHealth technologies of older adults living in urban and rural communities through surveys and in-depth interviews. While eHealth and mHealth solutions hold significant promise for enhancing healthcare access and quality, key barriers continue to hinder their effective use among aging populations. Addressing these challenges is essential to creating digital health tools that are accessible, inclusive, and user-friendly. This research provides insights into the primary obstacles, challenges, and opportunities for digital health adoption among older adults, informing strategies to enhance accessibility, reduce user anxiety, and support healthy, independent aging in place. The findings will also serve as a valuable resource to promote digital health innovations that align with the needs of a diverse and growing senior demographic, helping Alberta lead in inclusive, technology-driven healthcare.*

**Section:** Aging & Geropsychology

**Session ID:** 112750 - Printed Poster

### *Mind the Gap: Discrepancies in Awareness, Attitudes, and Application of Sexual Consent Knowledge*

**Main Presenting Author:** Peace, Kristine

**Co-Presenting Author:** Reid, Nadia

**Additional Authors:** Walters, Shannon ; Koch, Lorelai

*Abstract: Educational institutions have implemented various sexual consent education (SCE) campaigns to promote knowledge and awareness about sexual consent practices and violations. However, little research has addressed how consent principles are understood, applied, and retained following exposure to SCE over time. The present study evaluated infographic presentation of SCE and its impact on knowledge (Sexual Consent Scale Revised) and application (Consent Application Scale) across four intervals: Phase 1 ( $n = 350$ ) pre/post-test, Phase 2 ( $n = 250$ ; 1 week), and Phase 3 ( $n = 150$ ; 1 month). Results indicated that SCE infographics improved consent knowledge regarding perceived behavioural control, relationship norms, and SCS-R total scores across intervals. Accuracy identifying consensual versus non-consensual scenarios (CAS) differed substantively overall (92% versus 72%), where consensual accuracy remained high relative to decreased nonconsensual accuracy across phases (75% to 66%). Evaluation of consent elements revealed that identification of voluntary, specific, and ongoing indicators of nonconsent were less accurate relative to consensual indicators; and that consciousness (independent of consensuality) was poorly recognized overall. The current study highlights a need to focus on improving SCE in relation to consent/nonconsent and how the elements show up in real-life situations.*

**Section:** Criminal Justice Psychology

**Session ID:** 112062 - Printed Poster

## *Parent Perceptions of Inclusive Education: How do Parents Navigate the System After a Diagnosis*

**Main Presenting Author:** Elliott, Katharine

**Additional Author:** Schroeder, Meadow

**Abstract:** *BACKGROUND: Parental involvement in inclusive education is crucial for positive student outcomes including higher school attendance and graduation rates. Despite the benefits, both parents and teachers report challenges in collaboration, with parents often feeling excluded from the decision-making process. This study explores how parents in Canada navigate the special education system, an area less researched compared to the U.S. context.* **METHODS:** Semi-structured interviews were conducted with parents in Alberta, Canada, whose children had been formally diagnosed with a disability. Participants provided their child's individualized program plan to guide personalized discussions. Thematic analysis was used for analysis. **RESULTS:** Analysis reveals themes in parents' roles, such as collaboration, partnership, and advocacy, along with challenges in understanding the system, systemic barriers, and concerns about their child's future. **CONCLUSIONS:** Parents in Canada face significant challenges in navigating the special education system. Understanding these experiences can help educational professionals support parents and improve collaboration with schools. **IMPACT:** This study aims to provide insights for school psychologists to improve communication and collaboration in inclusive education, fostering more inclusive environments for children with disabilities.

**Section:** Educational and School Psychology

**Session ID:** 113143 - Printed Poster

## *Pathways to Support: Exploring Youth Mental Health, Resilience, and Help-Seeking Behaviour During the COVID-19 Pandemic and Beyond*

**Main Presenting Author:** Williams, Sarah

**Abstract:** *While considerable research has emerged on youth mental health during the COVID-19 pandemic, questions about its long-term impacts remain unanswered. Additionally, a deeper understanding is needed of the supports and resources that contributed to adolescent's mental well-being and resilience. This study, part of an eight-wave longitudinal study spanning 2020-2022, provides a post-pandemic follow-up to explore long-term psychological impacts as well as youth resilience and help-seeking behaviour during and following the pandemic. Multi-level modelling will be used to examine trajectories of mental health, resilience, and help-seeking over time, as well as to identify associated risk and protective factors. Random intercept cross-lagged panel model will be used to examine the relationships between these variables overtime. Open-ended responses related to help-seeking and resilience will be analyzed qualitatively. Results will provide important lessons regarding youth's resilience and help-seeking during a time of global adversity. This study will provide valuable insights into the supports and services that were most meaningful to youth during times of stress and offer guidance on how to best support Canadian youth moving forward, including enhancing the accessibility and availability of existing resources.*

**Section:** Educational and School Psychology

**Session ID:** 113945 - Printed Poster

## Peer and Family Support as Predictors of Internalizing Symptoms in Gender Diverse and Cisgender Adolescents

**Main Presenting Author:** Helmy, Alex

**Additional Authors:** Folkierska-Zukowska, Monika ; Hu, Daisy; Peragine, E. Diana; Thurston, Lindsey T.; Lai, Meng-Chuan; VanderLaan, Doug P.; Skorska, Malvina N.

*Abstract: Gender diverse adolescents referred for gender affirming care have been found to have internalizing psychopathology at a rate both comparable to cisgender adolescents referred for psychiatric care, and higher than their cisgender counterparts in the community. Research exploring predictors of mental health among gender diverse youth has found that ratings of peer and family support may moderate the risk of developing clinically significant internalizing symptoms. However, it is unclear how ratings of peer and family support interact in their association with the severity of internalizing symptoms. To address this gap, 69 cisgender and 61 gender diverse adolescents (ages 12-17 years), who were attending clinics for gender-affirming care, answered questions reflecting internalizing symptoms (Youth Self-Report), and peer and family support (collected as part of a larger study). Analysis of variance will investigate whether gender diverse adolescents experience internalizing symptoms at significantly higher rates than cisgender adolescents. Regression analysis will further examine the extent that peer and family support moderate any association between internalizing symptom severity and group (gender diverse and cisgender). Overall, this research will provide valuable insight into the psychosocial risk or resilience factors that can be used to inform clinical interventions.*

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113704 - Printed Poster

## Perspectives on Poverty Reduction Needs: A Comparison Between Service Providers and Those with Lived Experience with Poverty

**Main Presenting Author:** Bearden, Anomi G.

**Additional Author:** Merrill, Shelbey

*Abstract: BACKGROUND/RATIONALE: The issue of poverty is pervasive and as such, it is essential to better understand the causes and prevalence of poverty, as well as to create effective approaches for its prevention and reduction. The purpose of the current study was to investigate gaps as well as overlapping perspectives on poverty reduction needs between service providers and those with lived experience with poverty. METHODS: Five focus group questions were asked to small groups of service providers ( $n = 25$  in groups of 5) and those with lived experience of poverty ( $n = 40$  in groups of 4). Data was themed by two independent coders. RESULTS: Themes arose for each question within the lived experience sample. Overarching themes emerged across all questions within the service providers. Some themes discussed included: encountering stigma, lack of coordination between services, accessibility of services, housing barriers, complex determinants of poverty, and mental health challenges. CONCLUSIONS: Insights gained from these focus groups create greater in-depth knowledge regarding the needs of those living in poverty and where service providers perspectives do or do not align with these needs. ACTION/IMPACT: Findings empower the work of organizations such as CAPRA (Central Alberta Poverty Reduction Alliance) in creating effective community poverty prevention and reduction strategies.*

**Section:** Social and Personality Psychology

**Session ID:** 111216 - Printed Poster

### *Riding Proficiency and the Resilience Divide: Exploring Differences Among Equestrians*

**Main Presenting Author:** Desrosiers, Isabelle M

**Additional Authors:** Thomas, Mariah I; Pinfield, Megan; O'Neill, Melanie ; Leynard, Stephen

*Abstract: Equestrianism represents a dynamic and multifaceted partnership, offering enriching experiences and inherent risks (Crawford et al., 2024; Krüger et al., 2018). Most research on equestrian trauma has concentrated on medical aspects, with limited attention to the psychological perspective (Butler-Coyne et al., 2018). This study explored differences in resilience among riders with varying levels of riding proficiency. A sample of Canadian equestrians ( $N = 356$ ) completed an online survey addressing horse-related accidents and psychological health. A one-way ANOVA compared resiliency scores among three riding proficiency groups: recreational, amateur, and professional/elite riders. The results revealed significant differences in resiliency levels among these groups  $F(2,330) = 6.38$ ,  $p = .002$ . Bonferroni tests indicated that professional/elite riders ( $M = 3.8$ ,  $SD = .9$ ) differed significantly from both recreational ( $p = .02$ ) and amateur riders ( $p = .001$ ), while no statistically significant difference was found between recreational ( $M = 3.3$ ,  $SD = .9$ ) and amateur riders ( $M = 3.3$ ,  $SD = .9$ ). The findings reveal a disparity in resilience among equestrian athletes, indicating that expertise may bolster it. Thus, a greater understanding of resilience in novice equine athletes may help riders better navigate and mitigate the effects of traumatic experiences in equestrian contexts.*

**Section:** Sport and Exercise Psychology

**Session ID:** 112988 - Printed Poster

### *Seeking help for mental health concerns in rural BC: Examining help-seeking experiences and stigma*

**Main Presenting Author:** Szostak, Carolyn

**Additional Authors:** Corman, Kendra ; Nworie, Tochi; Lu, Fiona; Adebayo, Oluwabusayo; Paterson, Carley

*Abstract: Adults with mental health concerns (MHCs) living in rural areas face significant barriers to care (e.g., limited services, privacy concerns). To enhance understanding and the ability to address these barriers, this study explores the related experiences of adults with MHCs living in rural BC. Adults with MHCs throughout rural BC are being invited to complete a comprehensive online survey about their mental health (MH)-related experiences. This presentation focuses upon self-report measures and open-ended questions about experiences with MH-related services and stigma. Quantitative data will be analyzed using descriptive and multivariate statistical analyses while thematic analysis guided by interpretive description methodology will be used to analyze open-ended questions. Preliminary results ( $N=112$ ) indicate that 90% of participants have multiple MHCs, with depression and anxiety being most common; 72% have been formally diagnosed. Most participants (57%) are not currently receiving MH services, despite experiencing emotional distress. Primary reasons for not seeking help were cost, lack of availability, and required travel, while intolerable*

*distress and crises led to seeking help. This research will enhance our understanding of key barriers to help-seeking in rural communities. It will also help inform strategies for addressing barriers and promoting more timely help-seeking.*

**Section:** Rural and Northern Psychology

**Session ID:** 111637 - Printed Poster

***Sexpectations: How sexual orientation impacts perceived expectations and outcomes concerning sexual coercion***

**Main Presenting Author:** Nelson, Chloe

**Co-Presenting Author:** Peace, Kristine A

**Additional Authors:** Cartwright, Aly ; Dickinson, Dakota; Offrey, D Laura

**Abstract:** *Research has demonstrated that sexual minorities experience exacerbated rates of sexual violence, yet studies of sexual coercion across relational contexts are lacking. It is unclear how coercive tactics are interpreted when relationship factors (i.e., length and orientation) and coercion levels are considered. Participants ( $N = 382$ ) completed demographic and lived experience measures and were randomly assigned to a vignette condition that varied by sexual orientation (straight, gay, lesbian, bisexual), level of sexual coercion (low, high), and relationship context (stranger, acquaintance, dating, established). Participants rated levels of consent/coercion, and perceptions of the incident, victim, perpetrator, and legal responses. Results indicated that sexual minority participants experienced more coercive tactics (particularly threats) and heightened rates of sexual violence victimization. Analysis of experimental variables revealed that coercion level was the strongest determinant of participant ratings (i.e., high coercion = nonconsensual, more perpetrator blame, less victim blame). However, minority sexual orientation also led to greater victim blame. These findings indicate that perceptions of sexual violence can be biased by coercion levels and sexual identity, reaffirming the need for awareness and inclusiveness within the criminal justice system.*

**Section:** Criminal Justice Psychology

**Session ID:** 113381 - Printed Poster

***SibsHear: Exploring Non-Autistic Siblings' Perceptions, Sibling Relationships, and Lived Experiences with Autism***

**Main Presenting Author:** Pi, Renee

**Co-Presenting Author:** Singh, Samarpreet

**Additional Authors:** Black, Amanda ; Putra, M Haidar; Choi, Brian ; McPherson, Claire; Obigbesan, Oyinda; Mogan, Dhanae; Kitt, Jillian ; Torraville, Bethany; Laviolette, Alex; McCrimmon, Adam W

**Abstract:** *AUTISM SPECTRUM DISORDER (ASD) SIGNIFICANTLY IMPACTS FAMILY DYNAMICS, YET THE PERSPECTIVES OF NON-AUTISTIC SIBLINGS OF AUTISTIC INDIVIDUALS REMAIN UNDEREXPLORED, PARTICULARLY IN THE CONTEXT OF THEIR DEVELOPMENT AND WELL-BEING. USING SEMI-STRUCTURED INTERVIEWS WITH EIGHT NON-AUTISTIC SIBLINGS, THIS STUDY EXAMINED THEIR PERCEPTIONS OF ASD AND HOW THEIR SIBLING RELATIONSHIP IS AFFECTED BY PERCEPTIONS OF AUTISM IN ADULTHOOD USING REFLEXIVE THEMATIC ANALYSIS (PART A) AS WELL AS THEIR LIVED*

*EXPERIENCES GROWING UP WITH AN AUTISTIC SIBLING USING INTERPRETIVE PHENOMENOLOGICAL ANALYSIS (PART B). THREE THEMES PERTAINING TO PARTICIPANTS' PERCEPTIONS OF AUTISM (SOCIETAL MISUNDERSTANDING, CAPABILITY AND DIVERSITY) AND TWO BROAD THEMES CONNECTING PARTICIPANTS' PERCEPTIONS OF ASD AND THE SIBLING RELATIONSHIP (COMMUNICATION ABILITY TIED TO ADAPTABILITY AND SOCIETAL MISUNDERSTANDING TIED TO A PROTECTIVE ROLE IN THE SIBLING RELATIONSHIP) WERE FOUND. PART B ADDED TWO UNIQUE THEMES REGARDING PARTICIPANTS' LIVED EXPERIENCES: COPING MECHANISMS AND RECOMMENDATIONS FOR SIBLING RESOURCES. THIS RESEARCH UNDERSCORES THE IMPORTANCE OF IMPLEMENTING PEER SUPPORT GROUPS AND MENTAL HEALTH RESOURCES FOR SIBLINGS WITHIN EDUCATIONAL SETTINGS. SCHOOLS, AS PIVOTAL SPACES FOR DEVELOPMENT, ARE WELL-POSITIONED TO PROVIDE SIBLING-FOCUSED PROGRAMS THAT ENHANCE THEIR COPING STRATEGIES AND REDUCE STIGMA.*

**Section:** Educational and School Psychology

**Session ID:** 111723 - Printed Poster

### *Social Barriers and Stigma in Youth with Juvenile Idiopathic Arthritis*

**Main Presenting Author:** Jelinkova, Kristina

**Additional Authors:** Climie, Emma A.; Birnie, Kathryn; Twilt, Marinka

**Abstract:** *BACKGROUND Juvenile idiopathic arthritis (JIA) is an autoimmune disorder characterized by pain, swelling, and inflammation of the joints (Petty et al., 2004). Youth with JIA often miss out on social activities and report feelings of social isolation, misunderstanding from peers, and feeling different due to their disease (Chaplin et al., 2018; Tong et al., 2012). Youth with JIA also report experiencing stigma from the general community, personal challenges with self-stigma, and striving to preserve their social identity (Chaplin et al., 2018; Tong et al., 2012; Wakefield et al., 2023). Therefore, the goal of this systematic review is to get a better understanding of the social barriers and stigma experienced by youth with juvenile idiopathic arthritis. METHODS A comprehensive search will be completed using Scopus, PubMed, PsycInfo, and Web of Science. Studies published from 2014 to 2024 and available in English will be included. Finally, Google Scholar and reference lists of relevant articles may be consulted to find any articles that may be missed during the previous steps. ACTION/IMPACT The results of this systematic review will reveal how youth with JIA may experience social barriers and stigma due to their diseases. These results will then inform research and intervention targets, such as individual supports for youth or public awareness programs to address public stigma.*

**Section:** Social and Personality Psychology

**Session ID:** 111624 - Printed Poster

### *Strategies to Overcome Barriers to Mental Health Care: Rural Residents' Perspectives*

**Main Presenting Author:** Giberson, Emma R

**Additional Authors:** Beaulieu, Madison A; Olthuis, Janine V

**Abstract:** Individuals who live in rural communities often face unique barriers to accessing mental health care, such as limited availability of services, the need to travel to access care, and stigma. Approaches that address some of these barriers have been developed (e.g., technology-based interventions, travelling services), and while many are effective in treating mental health concerns (Jensen et al., 2020), the extent to which rural residents are willing to use these strategies remains unknown. The aim of this study is to assess rural residents' perceptions of strategies designed to overcome barriers to care and how these strategies can be modified to be more attractive. Participants (estimated  $N = 15$ ) are adults living in rural communities in Atlantic Canada who completed a 30-minute semi-structured interview on their perspectives of strategies to address barriers to mental health care and how these strategies can be modified to be more attractive. Data collection is ongoing. Analysis of results will be completed by the end of March. We will employ thematic analysis procedures to identify common themes. Investigating rural residents' perspectives on strategies to overcome barriers to care has important implications for potential modifications that can be made to these solutions. These changes could increase the use of these strategies and improve the mental health of rural residents.

**Section:** Rural and Northern Psychology

**Session ID:** 112217 - Printed Poster

### *Suicide Ideations and Training in Rural Health Care Providers: The Role of Burdensomeness and Belongingness*

**Main Presenting Author:** Pritchard, Tyler

**Additional Author:** Lewis, Stephen P.

**Abstract:** Suicide is a global public health concern, with countless others impacted by suicidal ideations, marking the far-reaching impact of suicidality (Jobes and Joiner, 2019). A recent meta-analysis suggests there are few risk factors that uniquely and strongly account for suicidal ideations and behaviours (SIBs) (Franklin et al., 2017). Thus, grounding research in theoretical frameworks can help clarify and organize the relations between biopsychosocial factors and SIBs. The interpersonal theory of suicide (IPTS) is an ideation-to-action framework with some empirical support in explaining SIBs (Chu et al., 2017). Importantly, the IPTS may help us understand the increased risk of suicidality in rural health care providers (HCPs), given the evidence of increased suicide risk in both rural and healthcare settings. Perhaps rural HCPs are vulnerable to increased risk for suicidal ideations as a result of professional and social isolation, as well as a lack of resources to effectively serve the public. The current study consisted of 129 HCPs working in rural Newfoundland and Labrador, Canada, who completed online questionnaires related to the IPTS and suicidal ideations. Using multiple regression models, we tested the associations between suicidal ideations, thwarted belongingness (TB) and perceived burdensomeness (PB), and whether HCPs' suicide-related training moderated these relationships. Overall, HCPs' suicidal ideations were positively associated with perceptions of TB and PB. However, the level of suicide related training did not moderate these associations. Implications are discussed in the context of the findings to help further our understanding of suicide.

**Section:** Rural and Northern Psychology

**Session ID:** 114455 - Printed Poster

## *Symptoms of Stress, Depression and Age are Associated with Sleep Disturbance Among United Methodist Clergy Residing in North Carolina*

**Main Presenting Author:** Wallack, Elizabeth M

**Additional Authors:** Proeschold-Bell, Rae Jean ; Rash, Joshua ; Garland, Sheila; Eagle, David; Tice, Logan

**Abstract:** *BACKGROUND: We explored predictors of sleep quality in clergy using baseline data from the Selah trial, a preference-based randomized waitlist-controlled trial examining interventions to manage stress. METHODS: Clergy in NC were recruited from Nov 2019 – Jan 2020. Surveys were collected via REDCap and included measures of sleep quality, symptoms (SX) of stress, physical activity, and SX of depression and anxiety. Poor sleepers were defined as PSQI >5 and good sleepers as PSQI < 5. Hierarchical binary logistic regression models evaluated predictors of good and poor sleepers. RESULTS: 286 clergy participated and were on average 52 (SD 11.59) years old. 65.7% of participants had PSQI >5. Compared to good sleepers (n=98), poor sleepers (n=188) reported higher SX of stress ( $1.20 \pm 0.57$ ), higher perceived stress reactivity ( $30.60 \pm 12.05$ ), poorer emotion regulation ( $51.62 \pm 7.60$ ); greater SX of depression ( $7.21 \pm 4.54$ ) and anxiety ( $6.05 \pm 4.81$ ), and were less physically active ( $56.14 \pm 75.34$ ). Good and poor sleepers were best differentiated by SX of stress ( $p=0.017$ ), age ( $p=0.002$ ), and SX of depression ( $p$*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 113462 - Printed Poster

## *The Effect of Everyday Discrimination on the Interaction between Academic Stress and Suicidal Ideation Severity in a University Student Population*

**Main Presenting Author:** Kazi, Arithro

**Additional Authors:** Meddaoui, Brianna ; Kim, Sang Min; Kaufman, A Erin

**Abstract:** *INTRODUCTION: Suicidal ideation (SI) is distressing and a precursor to suicide. Academic stress (AS) is a common experience in university students, and is linked to SI (Okechukwu et al., 2022). Studies show that everyday discrimination (ED), a major stressor, increases SI (Goodwill et al., 2021). There may be a compounding effect among students experiencing both ED and AS, yet this has not been examined. This study investigates the interactive effect of these stressors in predicting SI among university students (i.e., ED as a moderator of the relation between AS and SI severity). METHOD: Undergraduate students from SONA ( $N = 93$ ) with recent SI completed an online survey assessing AS (Arip, 2018), ED (Williams et al., 1997), and SI severity (Reynolds, 1991). ED was most attributed to race and gender. Participants were White (49.5%), East Asian (24.7%), and South Asian (19.4%), with most identifying as female (73.1%); male = 24.7%; non-binary = 2%). RESULTS/DISCUSSION: Greater AS predicted elevated SI ( $\beta = 5.453$ ,  $SE = 1.653$ ,  $p < .05$ ). ED was a significant moderator at all levels, such that AS was more strongly associated with SI in those with higher ED ( $\beta = -0.095$ ,  $SE = 0.41$ ,  $p < .05$ ). This shows that any amount of ED amplifies the harmful effects of AS on SI. This underscores the importance of examining ED alongside AS and may inform suicide prevention work in academic settings.*

**Section:** Clinical Psychology

**Session ID:** 113459 - Printed Poster

## *The Psychological Impacts of Equestrian Accidents: The Role of Coach Support in Resilience and Post-Traumatic Stress*

**Main Presenting Author:** Annala, Cala N

**Additional Authors:** Pinfield, Megan ; O'Neill, Melanie L

**Abstract:** *Equestrian activities result in more traumatic brain injuries per year than any other sport category (Glace et al., 2023; Winkler et al., 2016). While past research shows that sport-related injuries are associated with higher rates of post-traumatic stress (PTS) in athletes (Brassil and Salvatore, 2018), no research has examined factors that contribute to resilience or PTS in equestrian activities. This study sought to explore differences in resilience and PTS symptoms based on whether one has a coach who is supportive or unsupportive regarding riding fear. Participants ( $N = 335$ ) completed the Brief Resilience Scale (Smith et al., 2008), the Post-Traumatic Stress Disorder Checklist for DSM-5 (Weathers et al., 2013), and questions relating to their perceptions of their coaches as helpful in aiding them in overcoming their riding fear. Independent samples t-tests revealed no difference in resilience between those who had a supportive coach ( $M = 3.31$ ,  $SD = .90$ ) and those with an unsupportive coach ( $M = 3.28$ ,  $SD = .81$ ,  $t(276) = .236$ ,  $p = .81$ , 95% CI [-.18, .23], Cohen's  $d = .03$ . However, those who had a supportive coach reported significantly less PTS ( $M = 12.78$ ,  $SD = 14.64$ ) than those who had an unsupportive coach ( $M = 17.21$ ,  $SD = 15.94$ ,  $t(272) = 2.40$ ,  $p = .02$ , 95% CI [0.79, 8.07], Cohen's  $d = .29$ ). These results suggest that coach support is an important factor in PTS outcomes.*

**Section:** Clinical Psychology

**Session ID:** 112858 - Printed Poster

## *The Relationship Between Immigrant Family Socio-economic Status and Canadian Born Children's Heritage Language Skills*

**Main Presenting Author:** Sangha, Amreen

**Co-Presenting Author:** Gottardo, Alexandra

**Additional Author:** Wood, Eileen

**Abstract:** *Immigrant parents face the task of passing on their culture and giving their children a bicultural experience. Socio-economic status (SES) and acculturation are said to be connected (Fitzgerald, 2010) with SES determining the attitudes and desires towards acculturation. This study explores the effects of parental SES on their children's acculturation/enculturation levels and heritage language (HL) skills. 221 Canadian born children ages 11-24 ( $M = 19.05$ ) and their parents participated in this study. Parents reported their education level and approximate annual income, while children reported on their HL skills and acculturation/enculturation levels. Correlational analyses found that the income of both parents was highly correlated ( $r = .492^{**}$ ). In addition, the income of parent/guardian two which was widely reported to be the participants' father, was associated with average reported English skills ( $r = .161^*$ ). Additionally, average parental education level was negatively correlated with enculturation levels ( $r = -.258^{**}$ ). Enculturation was correlated with heritage language skill ( $r = .587^{**}$ ) and acculturation was correlated with English language skill ( $r = .421^{**}$ ). These findings provide insight into the relations between acculturation and SES. It shows preliminary evidence that parental income is associated with their ability to pass on their culture and their HL to their children.*

**Section:** Developmental Psychology

**Session ID:** 112920 - Printed Poster

*The relationship between negative affects and emotion dysregulation (ED) among BIPOC first responders: The role of post-traumatic stress disorder (PTSD) severity*

**Main Presenting Author:** Nguyen, Tina

**Additional Authors:** Varadarajan, Anjana ; Jin, Ling

**Abstract:** *BACKGROUND: Individuals exposed to trauma experience increased negative affect (NA), and more difficulties regulating such negative emotions. However, it is unsure whether the association between NA and difficulties regulating emotion is conditioned by PTSD severity. Further, research on BIPOC first responders, who are frequently exposed to trauma is scarce. To this end, this study aimed to examine whether the relationship between NA and negative emotion dysregulation can be moderated by PTSD symptom severity. METHOD: A total of 823 trauma-exposed BIPOC first responders ( $M_{age} = 35.27$ ; 67.9% men) completed research questionnaires. The moderation effect of PTSD severity in the NA and emotional dysregulation link was examined using PROCESS Model 1. RESULTS: Results showed that the level of PTSD (both higher and lower levels) was a significant moderator in the relationship between NA and emotion dysregulation ( $b = 0.32$ ,  $R^2 = 0.58$ ,  $p < .001$ ). DISCUSSION: PTSD severity endorsed strengthened the impact of NA on emotion dysregulation. This suggests that BIPOC first responders with higher levels of NA are more likely to experience greater difficulties regulating their emotions, particularly in groups with higher PTSD severity. Culturally congruent, trauma-informed treatment should incorporate techniques that address emotional processes when working with BIPOC first responders.*

**Section:** Counselling Psychology

**Session ID:** 113442 - Printed Poster

*Transition from Care Experiences of Youth Aged 13 to 23 Living with Fetal Alcohol Spectrum Disorder (FASD) in Canada: A Scoping Review Protocol*

**Main Presenting Author:** Palk, Michele L

**Abstract:** *BACKGROUND/RATIONALE: Research about factors supporting youth living with FASDs transition from the child welfare system in Canada is limited. In 2023, policy directive CW-003-23 Preparing Youth for Successful Transitions from the Care of Childrens Aid Societies was enacted in Ontario. It requires child welfare agencies to consider transition planning from a youths perspective starting at age 13. METHODS: A systematic scoping review was conducted to map the literature and explore youth aged 13 to 23 living with FASDs transition to adulthood from the child welfare system in Canada. Empirical articles from four subscription-based databases were searched. Two screening phases were conducted by two independent reviewers to assess study eligibility and conduct data extraction. RESULTS: Six studies met inclusion criteria. Data about health, education, housing, self-care, relationships, history of trauma, abuse or both, justice involvement and demographics were extracted. Positive outcomes, the voices of youth, and factors supporting strengths and resiliency were missing from the research. CONCLUSIONS: This review directs attention to increasing research involving the voices and experiences of this subpopulation of youth. ACTION/IMPACT: Filling*

identified gaps in research could help ensure policy, services, and practice meet the diverse strengths, and needs, youth identify.

**Section:** Community Psychology

**Session ID:** 111225 - Printed Poster

### *Understanding Reasons for and Outcomes of Medicinal Cannabis Use Among Canadian Veterans Who Live with Pain: A Quantitative Study*

**Main Presenting Author:** Storey, David P

**Additional Authors:** Sheehy, Mitchell R; Harris, Nick; Anthonypillai, Jennifer; Tippin, Greg K; Siyam, Mahmoud A; Parihar, Vikas; Rash, Joshua A

**Abstract:** *Background: A qualitative study conducted by Storey et al., 2023, identified 17 emergent themes regarding Veterans medicinal cannabis use. The aim is to determine the degree to which quantitative results converge with qualitative findings. Methods: 365 Canadian Veterans living with chronic pain and currently using medicinal cannabis were administered an online cross-sectional survey. Results: Quantitative results converged with qualitative results in that: a) ingestible forms, oils in particular, were reported as the most frequently used; b) the predominant reasons for cannabis use were symptom relief, replacing other medications, and the avoidance of undesirable side effects from prescription opioids; c) a majority found cannabis helpful in reducing the intensity of chronic pain, and d) on average one negative cannabis side effect was experienced. A majority of Veterans who were prescribed 0.5-2g/day or >= 4g/day reported using the full amount; however, less than 40% of Veterans prescribed 3g/day do not use the full amount. Conclusions: Quantitative findings from the current study largely converged with the qualitative results of Storey et al., 2023. Action: Many Veterans are receiving a prescription for 3g of cannabis per day, and being reimbursed for this amount through VAC, when they do not require this amount to manage their physical and mental health conditions.*

**Section:** Psychology in the Military

**Session ID:** 111524 - Printed Poster

### *Understanding Sources of Suffering and Pathways to Healing in Mi'kmaq Populations*

**Main Presenting Author:** Obomsawin, Anik

**Additional Authors:** Fiocco, Alexandra ; Muir, Lucille

**Abstract:** *Mi'kmaq people have endured a range of atrocities resulting from colonial processes, including displacement from ancestral lands and forced removal of Mi'kmaq children from their families. Despite this, Mi'kmaq people were, and continue to be, remarkably resilient in the face of historical and ongoing adversity. In collaboration with the Union of Nova Scotia Mikmaq and through discussions with eight knowledge holders, this research aimed to uncover sources of suffering and healing pathways in Mi'kmaq communities. Knowledge holders identified salient sources of suffering including residential schooling and past policies, ongoing systemic racism and discrimination, collective loss, physical and emotional suffering, and community conflict. Knowledge holders emphasized the importance of engaging in holistic healing practices that are grounded in Mi'kmaq*

*culture, spirituality, and ways of knowing. Similarly, strengthening connections to culture, community, ancestors, and the land, as well as learning about and sharing experiences of trauma with like-minded people were described as healing pathways. This research provides support for community-based services that promote healing through cultural and spiritual revitalization.*

**Section:** Indigenous Peoples' Psychology

**Session ID:** 112174 - Printed Poster

**Validation of the Use of the Wechsler Adult Intelligence Scale Fourth Edition Canadian for Tele-Assessment of Adult Intelligence**

**Main Presenting Author:** Matchullis, Ryan L

**Co-Presenting Author:** Epp, Angela

**Additional Authors:** Colp, Mitch ; Pawluk, Chris; Laing, John

*Abstract: Psychological tele-assessment can reduce wait times, reach rural/vulnerable populations, and allow clients access non-local services. Standardized intelligence testing supports differential diagnosis, service eligibility, and selecting accommodations. Currently no studies have validated the use of tele-assessment for adult intelligence in Canada. This study explored the validity of conducting the Wechsler Adult Intelligence Scale, Fourth Edition (WAIS-IV Cdn) via tele-assessment, using guidelines provided by Pearson. Starting November 2023, 23 adults were administered the WAIS-IV twice: once in person and once via tele-assessment separated by 12-18 months. Final data is being collected in January 2025. Paired-sample analysis of composite and subtest scores will be conducted. Initial results suggest composite scores are not significantly different between administration formats within 95% confidence intervals. Full data set will be available for presentation at CPA 2025. Psychologists in Canada can be more confident that using the WAIS-IV in person and through tele-assessment can yield comparable results. Given the similarity of the core WAIS-IV subtests to those of the upcoming WAIS-5, ongoing intellectual testing of adults via tele-assessment is encouraged. This study adds to the literature on the validity and accessibility of psychological tele-assessment.*

**Section:** Educational and School Psychology

**Session ID:** 113113 - Printed Poster

**When We Fall, We Get Back Up Again: Survivors of Equestrian Trauma Report a Lack of Physical and Psychological Support**

**Main Presenting Author:** Slattery, AmandaEve C

**Co-Presenting Author:** Desrosiers, Isabelle

**Additional Authors:** Annala, Cala ; Thomas, Mariah ; Pinfield, Megan; O'Neill, Melanie

*Abstract: Although accidents are common among equestrians, there is little research on preventative measures or mental health outcomes (Naef et al., 2022). During a study of equestrian-related trauma, Canadian adults ( $N = 326$ ) expanded on their experiences throughout the lifespan with 6 open-ended questions (How did you feel before the accident? How did you feel after the accident? Was there anything that you think could have prevented the accident? How did you cope with the situation? What kind of support did you have before and after the accident? Do you feel like the situation could have been handled differently by your coach/trainer?). Data was analyzed with reflexive thematic*

analysis by blending deductive and inductive orientations, favouring semantic over latent codes, thereby generating several themes and subthemes for each question (Braun and Clarke, 2006). Participants indicated that a lack of medical and/or emotional support is common, and that recovery took longer than expected. Notably, riders feel uncomfortable telling their coaches when they are anxious or fearful due to bullying and gaslighting. Many participants believe their accidents were preventable, and also believe that inadequate support from peers and coaches leads to subsequent accidents. Riders recommended additional training be required for coaches and barn staff, specifically for first aid and mental health.

**Section:** Clinical Psychology

**Session ID:** 112801 - Printed Poster

## Virtual Poster

*"I am at peace": A Standpoint Feminist Inquiry into Empowerment, Identity, and Mental Well-being among Canadian Muslim Women Studying the Qur'ān*

**Main Presenting Author:** Qasim, Kashmala

**Abstract:** *BACKGROUND: For Canadian Muslim women, identity, faith, and societal contexts shape well-being, especially amid rising Islamophobia. RATIONALE: A gap exists in feminist research regarding Muslim women's identities, specifically in the context of studying the Qur'ān. This study explores how Canadian Muslim women use faith rooted in the Qur'ān and Prophetic Tradition to navigate identity and foster well-being, framed within Islamic Psychology and Orientalism.*

*METHODS: We conducted thirty-eight virtual interviews with Muslim women at a female-centric Islamic institution in Toronto, along with artifact elicitation. Data were analyzed using constructivist grounded theory and arts-informed approaches, revealing three themes: Qur'ān and Spirituality, Qur'ān and Well-being, and Qur'ān and Identity. RESULTS: Participants (average age 34) identified religious identity as key to well-being, providing strength, and community. Qur'ānic study offered guidance and comfort but revealed challenges, such as reconciling faith with societal norms and mental health stigma. ACTIONS/IMPACT: The study proposed a Holistic Qur'ānic Empowerment Model, advocating culturally attuned approaches to well-being. Recommendations include fostering safe spaces, integrating Islamic teachings with mental health initiatives, and encouraging dialogue on faith and empowerment.*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 112872 - Virtual Poster

*Relationship of socioeconomic status on overall reading, science and math scores of grade eight Canadian students from the 2019 Pan-Canadian Assessment Program (PCAP)*

**Main Presenting Author:** Staff, Devon

**Additional Author:** Drefs, Michelle A

**Abstract:** Socioeconomic status (SES) is a widely studied concept in psychology, that ranks one's economic and social position by gauging income, education and career. The relationship between SES and educational outcomes is well-established, with higher SES usually linked to more academic

success. This study evaluates the impact of SES on three domains: overall reading, science and math scores from the Pan-Canadian Assessment Program 2019. In the spring of 2019, a test of about 30,000 grade eight students from across Canada measured the areas of reading, science and math. This study aims to analyze SES correlations with overall domain scores using ANOVA to assess strength and direction. Literature suggests that students from higher SES backgrounds will score on average, higher, across all three domains. Thus, a higher SES score will have a strong, positive relationship with scores in each domain. Understanding the extent of SES effects on each domain will help psychologists identify the potential for SES bias in the assessment of children with cognitive impairments. Based on the strength of each domain's relationship with SES, psychology can explore the use of academic interventions for lower SES students across each domain, providing equitable academic success chances to lower SES children.

**Section:** Educational and School Psychology

**Session ID:** 113823 - Virtual Poster

## Review Session

### *Gender and Sexually Affirming Care for 2SLGBTQIA+ Older Adults*

**Main Presenting Author:** Sinacore, Ada L

*Abstract: The challenges of aging and ageism regardless can be very profound. For 2SLGBTQIA+ populations these challenges are compounded by intersections of heterosexism and ageism. Older members of queer communities have histories of discrimination and invisibility, resulting in isolation and negative health outcomes (Savage and Barringer, 2021). Older queer individuals have experienced trauma in health care due to AIDS/HIV (Wilson et al. 2019) and recently during the COVID 19 pandemic. Research indicates many older lesbians and gay men fear having to go back into the closet as they age. Other challenges faced by older 2SLGBTQIA+ communities are employment, housing, financial security, social connection and access to affirming health care (EGALE Canada, 2023). Fredriksen-Goldsen et al. (2014) suggest that older LGBT adults (age 50 plus) physical and mental health are negatively associated with historic and current oppression. This mistreatment can lead to minority stress (Savage and Barringer, 2021). Research indicates that health care providers are ill equipped to work with older gender and sexually diverse individuals. The goal of this presentation is to offer a review of the scholarship on 2SLGBTQIA+ older adults. As well, it will address ways to integrate trauma informed, anti-oppressive, as well as gender and sexual affirming care when working with older 2SLGBTQIA+ populations.*

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 112736 - Review Session

### *Purposeful, intentional, persistent: Self-care, resilience and service delivery optimization as means to psychological health for school psychologists (SPs)*

**Main Presenting Author:** Kokai, Maria

**Additional Author:** Cole, Ester

*Abstract: Resilience and psychological well-being are important for SPs to deliver effective services efficiently. High demands, workload, complex cases and wait-lists often lead to compassion fatigue and burnout, further perpetuating the critical shortage of SPs. The chronic need to address this*

problem is approached from the intersection of two areas. The evidence-based aspects of positive psychology, resilience building, compassion fatigue and self-care are linked to the optimization of service delivery. A comprehensive consultation model advocates for a paradigm shift, with planned deliverables on a continuum for direct and indirect interventions. We stress the evidence for the need for purposeful, intentional and persistent implementation of self-care and positive psychology to foster psychological health for SPs; at the same time purposeful, intentional and persistent application of a model that shifts from deficit- to strength-focus, from individual to a system-based framework, and from a direct-only service to more indirect, consultative services. The impact of utilizing this intersection would benefit SPs by cultivating better mental health and higher job satisfaction (one aspect of the SP shortage); it would also benefit students, educators, families and communities by more efficient service, higher level of engagement and better collaboration and buy-in.

**Section:** Educational and School Psychology

**Session ID:** 112657 - Review Session

## Section Featured Speaker Address

### *Methods of Weaving Reconciliation Promotion in Psychology Curriculum*

**Main Presenting Author:** Wawrykow, Natasha A

Abstract: Research indicates that many academics feel ill equipped to discuss concepts related to decolonization and reconciliation promotion because they have not received formal education on the subject and/or are not members of the Indigenous community. Recognizing the need to act on the recommendations made by the Truth and Reconciliation Commission, it is imperative that reconciliation promotion is infused into psychology curriculum. In 2023, the Canadian Psychological Association, Standards of Accreditation introduced a new foundational competency, Indigenous Interculturalism. This competency outlines education and training (e.g., Indigenous worldviews, values, and practices) required to work alongside and for Indigenous Peoples in the professional practice of psychology. This presentation will discuss elements of Indigenous Interculturalism, and methods of weaving reconciliation promotion in psychological curriculum to improve research collaboration and/or delivery of psychological service to First Nations, Métis, and Inuit populations in Canada. Teaching strategies such as land acknowledgment discussions, review of colonization examples that have and continue to impact Indigenous Peoples, and reconciliation promotion activities will be reviewed. Strategies will aid in the development of cultural literacy guidelines/direction for working alongside Indigenous Peoples of Canada.

**Section:** Indigenous Peoples' Psychology

**Session ID:** 111285 - Section Featured Speaker Address

### *Promoting Healthy Families: Triple P and Circle of Security vs. Treatment as Usual - Evaluation Findings and Key Insights*

**Main Presenting Author:** Gonzalez, Andrea

Abstract: This presentation will delve into the comparative evaluation of two prominent parenting programs: Triple P (Positive Parenting Program) and Circle of Security Parenting (COSP). This research is situated within the domain of family and child psychology, focusing on interventions designed to enhance parenting practices and child outcomes. The presentation will highlight findings from a randomized controlled trial in Ontario comparing Triple P and COSP to treatment as usual,

involving 502 caregivers of children aged 2-6 years. Various parenting and child outcomes were examined, with families followed up for one-year post-intervention. Additionally, process evaluation findings will be presented, derived from focus groups with providers trained in the programs and one-on-one interviews with participating families. Emerging themes include the differential impacts of these theoretical frameworks on parenting efficacy and child development. Key issues addressed will be the suitability of each program for diverse family contexts and the mechanisms through which they achieve their outcomes. Critical questions to be discussed include: Which program works best for whom? How may the underlying theories influence the effectiveness of the interventions? What are the practical implications for practitioners and policymakers aiming to promote healthy family environments?

**Section: Family Psychology**

**Session ID:** 113555 - Section Featured Speaker Address

*Welcoming newcomers outside of major gateway cities: Insights into the challenges and opportunities for immigration and multiculturalism in Newfoundland & Labrador*

**Main Presenting Author:** Peyton, Maggie

Abstract: Canada's so-called "gateway" cities of Montreal, Toronto and Vancouver are well-known destinations of choice for migrants of all backgrounds seeking to settle in Canada. However, recent years have seen a significant need to promote alternative destinations to better share the benefits of immigration to other regions of the country, and a number of innovative policies and programs have followed suit. Atlantic Canada has experienced unique challenges with attracting and retaining newcomers, however in spite of these challenges the region has diversified significantly in recent decades with substantial increases in the number of newcomers settling and remaining in the region. Newfoundland and Labrador is no exception. Despite the province's history of resident outmigration, immigration to Newfoundland and Labrador is a critical driver of population growth. To ensure the province shares in the benefits of immigration and continue to consolidate multiculturalism, innovative approaches to promotion, settlement, and integration are necessary. This presentation highlights the unique aspect of immigration and multiculturalism in the province, drawing attention to the role of research and policy in adopting innovative approaches to diversity and inclusion in Newfoundland and Labrador.

**Section: International and Cross-Cultural Psychology**

**Session ID:** 113699 - Section Featured Speaker Address

*Why all of psychology - applied and research - needs to pay attention to the human-nature relationship.*

**Main Presenting Author:** Passmore, Holli-Anne

Abstract: Global environmental crises, climate breakdown, and plummeting biodiversity affect all of us. These threats to the finite planetary system that sustains all of life-- human and non-human alike-- strike at the very core of our existence and well-being. Eco-anxiety (or climate anxiety) is, understandably, on the rise, impacting the mental health of growing numbers of people. Indeed, a case can be made that eco-anxiety lurks beneath the surface in all of us as it spawns a cascade of fundamental existential anxieties relating to our basic human concerns with respect to identity,

*happiness, mortality, isolation, and meaning in life. This state-of-the-world clearly demonstrates how we, as humans, have become disconnected from the beyond-human natural world. At the same time, a large (and growing) body of empirical findings consistently evidences how connecting with nature contributes to psychological health and helps to provide meaning in our lives by addressing our need for coherence, significance/mattering, purpose, and relatedness. Indeed, some researchers have proposed that connecting with nature is a basic human need, the satisfaction of which is predictive of adaptive human feeling and functioning, and the thwarting of which can diminish well-being. To date, research examining the dynamics of the humannature relationship has largely been relegated to environmental, academic research areas of psychology. However, the inherent appeal that nature holds for us has important practical implications for applied psychologists (and their clients). This talk will provide an overview of the theories grounding work in this area and supportive research findings, while also introducing accessible, applied nature-based interventions to boost individual well-being and the well-being our planet.*

**Section:** Environmental Psychology

**Session ID:** 113961 - Section Featured Speaker Address

## Snapshot

*Beyond the Office: The Role of Clinical Outreach Services in Counselling with Indigenous Youth and Families*

**Main Presenting Author:** Elgharbawy, Heba

**Additional Author:** Bove, Carrie

*Abstract: Stepping into a counselling office can be rife with barriers and inherent challenges, particularly for Indigenous communities who experience structural forms of marginalization or colonial violence and oppression. Outreach counselling, which is an alternative to traditional, often Eurocentric, office-based counselling services, can serve as a flexible, personal, cultural, and community-centered support. There is currently a scarcity of research that explores outreach counselling and its impacts on client engagement and wellness, specifically from Indigenous youth voices. This project involves a literature review of the available information on outreach counselling with Indigenous communities across the globe. Through thematic analysis, four main themes were identified including 1) a lack of evidence on outreach service models and research evaluating its use with Indigenous communities and particularly with Indigenous youth, 2) evidence that suggests a strong call for more outreach counselling as it increases accessibility, 3) improved wellness through outreach models, and 4) considerations for practitioners when implementing outreach models in counselling. These findings offer communities and mental health professionals an alternative counselling model that can provide a more tailored approach to clinical care for Indigenous youth.*

**Section:** Indigenous Peoples' Psychology

**Session ID:** 111651 - Snapshot

*Borderline (Personality Disorder) Fiction: Lived Experience Perspectives on an Overdetermined and Contested Signifier*

**Main Presenting Author:** Meredith, Pearl M B

**Additional Author:** Lymburner, Jocelyn A

**Abstract:** *BACKGROUND: The borderline personality disorder (BPD) label is hotly debated, but the literature lacks insights from those diagnosed. This is problematic because harmful stigma surrounds BPD, and evidence suggests that identifying with BPD may decrease well-being. This qualitative study addresses this gap by exploring the meaning and impact of the label for those diagnosed. METHODS: Using Consensual Qualitative Research-Modified, a subset of open-ended responses ( $N = 50$ ) from a larger study on BPD and stigma resistance were analyzed. Five qualitative coders first analyzed the data independently, then finalized codes over seven consensus finding sessions. RESULTS: Four domains emerged: (1) Meaning of BPD, (2) Impact of the Label, (3) What Hinders Healing, (4) What Helps Healing. Prominent categories include: (1a) Broken Personality, (1b) Flawed Signifier, (2a) Self-Understanding, (2b) Stigma, (3a) Quality of Care, and (4a) Community. CONCLUSIONS: The meaning of BPD is overdetermined; it is an identity, an explanation, a fiction, a result of trauma, and a symbol of inherent brokenness. Responses suggest the primary value of the label is self-understanding, but reveal other pathways to this goal. IMPACT: This work brings people diagnosed with BPD into the labelling conversation, revealing positive aspects to retain on the path to more holistic conceptualizations of BPD.*

**Section:** Clinical Psychology

**Session ID:** 112570 - Snapshot

*Called by Name: A Systematic Review of the Literature on the Relationship Between Religiosity/Spirituality and Mental Health for LGBTQIA+ people-of-faith*

**Main Presenting Author:** Prada, Kevin

**Additional Authors:** el-Khoury, Bassam ; Lemire, Naomie

**Abstract:** *While religion/spirituality (RS) may confer psychosocial benefits to many people-of-faith, RS is often associated to negative mental health outcomes for LGBTQIA+ people. This may be due to nonaffirming RS experiences, prevalent among many major world religions. Efforts are needed to better understand this phenomenon and mitigate the RS-related minority stress LGBTQIA+ people may experience. Existing reviews on the relationship between RS and mental wellbeing for LGBTQIA+ people are limited in their scope and outdated. Considering the rapidly evolving sociopolitical landscape and this gap in the literature, this review critically examined the literature to better understand: (1) The relationship between RS and mental health in adults who identify as LGBTQIA+, and (2) The risk and protective factors existing in this relationship. Databases included Medline, PsycINFO, Scopus, and Gender Studies; records were unconstrained by date. Findings suggest that RS is a complex, multidimensional phenomenon. While some dimensions of RS may represent risk factors for the mental health of LGBTQIA+ people, others may simultaneously represent protective factors and this may vary within RS traditions according to one's phenomenological experience. Findings will inform targeted research, namely to design interventions seeking to mitigate the minority stress experienced by LGBTQIA+ people-of-faith.*

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 111620 - Snapshot

## Defining A Positive Life Outcome Through Autistic Adult Female Voices: A Qualitative Exploration

**Main Presenting Author:** Waller, Madison

**Additional Author:** McCrimmon, Adam

**Abstract:** This study explored the way in which autistic female adults conceptualize and define positive life outcomes, and the types of positive life outcomes that are important to them. It also asked autistic adults about what supports and steps may be useful to best support them in acquiring the positive life outcomes they aspire to achieve. Using a qualitative approach, five autistic females over the age of 18 were interviewed through semi-structured interviews. Data was then evaluated using Reflexive Thematic Analysis. Thirteen themes emerged across the three research questions including (1) Societal Understanding and Acceptance of Autism, (2) Personal Achievement, (3) Supports to Produce Meaningful Work, (4) Chasing Passions and Interests, (5) Self-Growth and Wellbeing, (6) Helping Others, (7) Stability, (8) Relationship Happiness, (9) Obtaining Education and Qualifications, (10) Accessible Government Funding and Services, (11) Taking Action: Future Planning, Routine, and Research, (12) Giving and Receiving Social Support, (13) Considerations to Ensure Supports are Collaborative and not Combative. Future research directions and implications for researchers and important stakeholders are discussed in detail.

**Section:** Developmental Psychology

**Session ID:** 113026 - Snapshot

## Exploring 2SLGBTQIA+ mental health needs, barriers, and protective factors using a qualitative sample of community organizations in Nova Scotia and New Brunswick

**Main Presenting Author:** Hickey, Patrick

**Additional Authors:** Rae, Nicolas ; Johnson, Shannon; Cawley, Elizabeth

**Abstract:** Hate crimes against 2SLGBTQIA+ people continue to rise in Canada. Discrimination is predictor of poor mental health in 2SLGBTQIA+ populations. Research is needed to understand the immediate and long-term impact of discrimination on the mental health of 2SLGBTQIA+ individuals and the protective factors that limit its impact. Representatives from 2SLGBTQIA+ related community organizations located in Nova Scotia and New Brunswick will be interviewed to gather information about current community mental health needs, the impact of discrimination, and any protective factors that arise. Semi-structured interviews will be completed with an estimated 12 participants representing six community organizations. Data collection will begin in January 2025. Transcripts from the interviews will be used to identify common themes in the categories of mental health needs, impact of discrimination, and protective factors following a thematic analysis framework using the qualitative data analysis software NVIVO. Identified themes will help inform the development a larger research project examining the impact of 2SLGBTQIA+ discrimination on mental health and the role of protective factors, such as social support and community connectedness. The themes identified will also improve our understanding of the unique perspective and role of community organizations in 2SLGBTQIA+ mental health and well-being.

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113686 - Snapshot

### *Exploring the Interplay of Adverse Childhood Events, Depression, and Sex: A Moderated Mediation Model of Moral Injury in Public Safety Personnel*

**Main Presenting Author:** Ninan, Reshma M

*Abstract: Public Safety Personnel (PSP) report elevated levels of Adverse Childhood Events (ACEs), which increase the risk of depression and shame-related moral injury (SR-MI) in adulthood.*

*Childhood adversities often lead to shame and negative self-attributions, contributing to adverse psychological outcomes linked to SR-MI. Research suggests depression has a graded-dose relationship with ACEs and is closely tied to SR-MI, raising questions about whether ACEs directly influence SR-MI or if depression acts as a mediator. Sex differences add complexity, as ACEs and depression manifest differently across sexes. This study uses a moderated mediation model to explore if there is a direct relationship between ACEs and SR-MI or if it is due to the mediating effects of depression and if the moderating influence of sex is involved in the ACEs-depression pathway. Results show that ACEs indirectly increase SR-MI by increasing depression, with significant effects observed only in men. A follow-up mediation analysis revealed that for men, the relationship between ACEs and SR-MI was fully mediated by depression. Given that PSP face a higher risk of mental health issues due to the nature of their work, there is a pressing need for targeted interventions such as on the basis of sex. These strategies can help mitigate the lasting impacts of childhood trauma and improve overall mental well-being.*

**Section:** Community Psychology

**Session ID:** 113679 - Snapshot

### *Knowledge, attitudes, and help-seeking experiences of LGB+ and straight postsecondary students with a history of NSSI engagement*

**Main Presenting Author:** Buckley, Rya

**Additional Authors:** Hasking, Penelope L; Hsiung, Nancy; Chopra, Nikhita; Hamza, Chloe A; Heath, Nancy L; Lloyd-Richardson, Elizabeth; Robinson, Kealagh

*Abstract: The prevalence of nonsuicidal self-injury (NSSI) among postsecondary students has been found to be increasing over time, heightening the need for supports for these students. Among this population, certain groups have been found to engage in NSSI at significantly higher rates, including lesbian, gay, bisexual, and other queer (LGB+) individuals. However, little is known about the help-seeking experiences of postsecondary students who engage in NSSI, as well as the particular experiences of LGB+ students. To better understand these experiences, the present study examines 101 LGB+ postsecondary students with a history of NSSI and a matched sample of 101 straight students with an NSSI history who completed an international mixed-methods survey of students' NSSI knowledge, perception, and help-seeking experiences. LGB+ students were found to have higher perceived knowledge of NSSI compared to their straight peers. Reflexive thematic analysis of qualitative responses found two main themes: (1) Students have knowledge of NSSI on campus from interpersonal and lived experience, and (2) Access and quality of mental health services varies across universities. These findings have implications for help-seeking for NSSI on postsecondary campuses.*

**Section:** Clinical Psychology

**Session ID:** 112652 - Snapshot

*Making the invisible visible: Investigating the effect of contact on the social invisibility of queer people of colour*

**Main Presenting Author:** Marei, Daliah

**Additional Authors:** Page-Gould, Elizabeth ; Neel, Rebecca

*Abstract: Can contact with different social groups decrease feelings of invisibility for queer people of color (QPOC)? According to the intersectional invisibility hypothesis (Purdie-Vaughns and Eibach, 2008), individuals who are non-prototypical for their constituent identities (e.g., Black women), rather than prototypical (e.g., Black men), are more likely to experience social invisibility. QPOC are one social group that are at heightened risk for experiencing social invisibility due to holding multiple marginalized identities. Little research has explored the experience of feeling invisible to others or how to decrease experiences of invisibility. To investigate both, we surveyed a QPOC sample ( $N = 350$ ) on Prolific about their feelings of invisibility and contact with different social groups. A cross-classified multilevel model revealed that contact quantity ( $b = -0.08$ ,  $SE = 0.03$ ,  $t = -2.65$ ,  $p < .001$ , 95% CI = [-0.14, -0.02]) and quality ( $b = -0.61$ ,  $SE = 0.05$ ,  $t = -13.4$ ,  $p < .001$ , 95% CI = [-0.70, -0.52]) were associated with decreased invisibility, with a stronger effect of contact quality ( $R^2 = 0.15$ ) compared to quantity ( $R^2 = 0.01$ ). Additionally, contact with intersectional ingroup members (i.e., intragroup contact) was more predictive of invisibility than contact with outgroup members. Future work can test the relationship between invisibility and contact within different contexts.*

**Section:** Social and Personality Psychology

**Session ID:** 113861 - Snapshot

*The False Narrative of Canadian Multiculturalism: Racialized Realities and the Caveat of Immigration*

**Main Presenting Author:** Kwarko-Fosu, Akua

**Additional Author:** Lopez, Kimberly

*Abstract: The happy, upbeat narratives of multiculturalism in Canada misrepresent the lived experiences of individuals who embody Canada's narrative of multiculturalism and cultural diversity (i.e., racialized and Indigenous individuals). These experiences speak to the ways multiculturalism, in a Canadian context, has failed. By exploring individual embodiment (the understanding that the body is interconnected with the material and social world from in utero onwards), we can communicate experiences and feelings beyond the limitations of language. Through two semi-structured focus groups and individual interviews, we asked 10 young Black- 'Canadian' adults to reflect on when and how they show up as their true, authentic selves while in their predominantly white mid-sized city (PWMC) in Ontario. Art-based methodologies (i.e., hand-mapping) and collective reflection were used to braid the discussions to race and multiculturalism literature into five themes: Racist Experiences in Kitchener-Waterloo, Coping in PW spaces, Representation: Who needs it, Negotiation to Full Humanity and Community, and Encompassing All Peoples in Communities. In collaboration*

with the volunteers in this project, we reflected on experiences of living in Canada and how we can better support individuals at a community level.

**Section:** Counselling Psychology

**Session ID:** 112172 - Snapshot

### *The Role of Multigenerational Living in First Language Maintenance: Insights from Canadian Immigrant Families*

**Main Presenting Author:** Li, Wanxin

**Additional Authors:** Gottardo, Alexandra ; Wood, Eileen

**Abstract:** Previous literature on first language (L1) maintenance have highlighted the importance of family dynamics in preserving heritage languages, particularly within immigrant communities. The current study examined the role of multigenerational living arrangements in L1 maintenance among adolescents and young adults from immigrant backgrounds in Canada. The study looked at relationships between language proficiency, cultural affiliation, and acculturation in multigenerational vs nuclear households using survey data from 177 participants. Statistical analyses showed no significant differences in first language (L1) proficiency ( $t(55) = -0.59, p = .83$ ) or acculturation scores ( $t(55) = -1.06, p = .18$ ) between participants living in multigenerational homes ( $M = 48.39, SD = 9.98$  for enculturation) and those who did not ( $M = 50.24, SD = 9.35$ ). According to the findings, multigenerational living arrangements do not seem to have a direct impact on L1 retention or bilingual language proficiency, despite popular beliefs that they are thought to strengthen cultural ties and offer emotional support within families. The results of the present study contribute to the understanding of how family and sociocultural contexts influence language maintenance. These findings can inform strategies to support heritage language preservation in multicultural societies.

**Section:** Developmental Psychology

**Session ID:** 113858 - Snapshot

### *Validation of the Use of the Wechsler Adult Intelligence Scale Canadian for Tele-Assessment of Adult Intelligence*

**Main Presenting Author:** Matchullis, Ryan L

**Co-Presenting Author:** Epp, Angela

**Abstract:** Psychological tele-assessment can reduce wait times, reach rural/vulnerable populations, and allow clients access non-local services. Standardized intelligence testing supports differential diagnosis, service eligibility, and selecting accommodations. Currently no studies have validated the use of tele-assessment for adult intelligence in Canada. This study explored the validity of conducting the Wechsler Adult Intelligence Scale, Fourth Edition (WAIS-IV Cdn) via tele-assessment, using guidelines provided by Pearson. Starting November 2023, 23 adults were administered the WAIS-IV twice: once in person and once via tele-assessment separated by 12-18 months. Final data is being collected in January 2025. Paired-sample analysis of composite and subtest scores will be conducted. Initial results suggest composite scores are not significantly different between administration formats within 95% confidence intervals. Full data set will be available for presentation at CPA 2025. Psychologists in Canada can be more confident that using the WAIS-IV in person and through tele-assessment can yield comparable results. Given the similarity of the core WAIS-IV subtests to those of

the upcoming WAIS-5, ongoing intellectual testing of adults via tele-assessment is encouraged. This study adds to the literature on the validity and accessibility of psychological tele-assessment.

**Section:** Educational and School Psychology

**Session ID:** 113129 - Snapshot

### *When it is Too Early to Tell but Support is Needed: K to 3 Educators' Responses to Uncertainty and Creative Inclusion Solutions*

**Main Presenting Author:** Ford, Laurie

**Additional Author:** Soldovieri, Antonia

**Abstract:** Students with neurodivergences (e.g., autism, learning disabilities) often require support to succeed in the classroom (Valle and Connor, 2019). While a shift towards neurodiversity-affirming perspectives (e.g., the idea that neurological diversity is natural and beneficial) has entered scientific discourse (Barnes, 2019), little is understood about inclusion for younger students; a critical time wherein learning differences begin to emerge but supports are not yet in place. Further, educators' experiences during this period of uncertainty are understudied. An Interpretive Phenomenological Analysis study was conducted to explore K to Grade 3 educators' inclusion-related training and teaching practices. While existing research links a lack of preparedness to negative inclusion-attitudes in educators, in-depth analyses of the interviews completed for the study revealed that educators responded in the opposite manner to their self-identified lack of training; seeking out information, demonstrating dedication and creativity in their inclusion efforts and strategically implementing inclusion practices based on students' needs and available resources. The study provides a new perspective on educators' responses to uncertainty surrounding early learning differences and a lack of formal supports, as well as offers ideas for how inclusion can be fostered day-to-day in early grades.

**Section:** Educational and School Psychology

**Session ID:** 113946 - Snapshot

## Standard Workshop

### *Bridging Legal and Psychological Approaches: Enhancing Psychological Techniques to Benefit High-Conflict Families*

**Main Presenting Author:** Hopman, Trudy H

**Co-Presenting Author:** Jackart, Laine RH

**Abstract:** Situations encountered by mediators in working with high-conflict families are, in many ways, parallel to those encountered by psychologists in their work with such families. In the context of divorce, child custody, and other family disputes, high-conflict families often exhibit patterns of hostility, lack of communication, and entrenched emotional positions that complicate resolution of their ongoing conflicts. Legal mediation, a form of alternate dispute resolution, has proven effective in managing such conflicts by providing a neutral space for parties to negotiate resolutions with the help of a trained mediator. Integrating principles and structures, used by mediators, has the potential to enhance the intake interview process, treatment planning, and psychologists' ongoing work with families. This workshop aims to educate psychologists about legal mediation techniques used to

manage high-conflict families, while providing insight into the ways these techniques might be applied to such families when working with psychologists. The learning outcomes of the workshop include: insight into strategies for mediating intake interview conflict, providing strategies for the alignment of parent intentions related to treatment planning, and providing approaches to support ongoing alignment of parent intentions throughout treatment.

**Section:** Educational and School Psychology

**Session ID:** 113912 - Standard Workshop

### *Bridging Research and Practice: Strategies for effective knowledge translation in psychology*

**Main Presenting Author:** Mazerolle, Marie-Pier

**Additional Authors:** Brilz, Alexandra ; Viens, Noémie; Oliogu, Etnosa

**Abstract:** The gap between research findings and their practical application remains a significant challenge across many disciplines, including psychology. Nevertheless, applying strategies to effectively share knowledge is important, as it reduces the distance between the scientists and the general population, as well as enhancing the ability for the public to think critically. This workshop explores strategies for translating research into actionable outcomes through knowledge transfer (KT) and knowledge mobilization (KMb). KT focuses on clear, one-way dissemination to specific audiences, while KMb emphasizes two-way collaboration to co-create, synthesize, and apply research within target communities. First, participants will gain an understanding of these complementary approaches and their role in bridging research and practice. Using real-world case studies and the authors' personal experiences, we will examine how to engage stakeholders and the general population in the research process, select communication mediums, and address common barriers to the successful implementation. Second, participants will work in groups to create a short pitch of their thesis research question or results for a general audience. By the end of this workshop, participants will be equipped to transform research findings into impactful tools that drive positive change in the communities they serve.

**Section:** Students in Psychology

**Session ID:** 112731 - Standard Workshop

### *Developing a culturally specific mental wellness video game with and for Inuit youth: Learnings the Virtual Qaggiq project*

**Main Presenting Author:** Bohr, Yvonne

**Co-Presenting Authors:** Thomas, Alaina; Singh, Yogita

**Additional Authors:** Qaunaq, Reuben ; Qatsiya, Brooke; Armour, Leigh

**Abstract:** Inuit youth in Nunavut face a protracted suicide crisis that is rooted in colonialism and sustained by a chronic lack of mental wellness supports. The Virtual Qaggiq is a community- and youth- led project designed to develop and evaluate a mobile video game that combines principles of Inuit traditional knowledge - Inuit Qaujimajatuqangit (IQ) - with cognitive behavioral therapy techniques to enhance emotion regulation, support resilience, and foster cultural identity, and community-building. In this workshop our team of youth leaders, cultural advisors, and university

researchers will review a) milestones in decolonizing collaborations between Inuit communities, their youth and “southern” researchers, including game design, cultural adaptation of outcome measures and knowledge mobilization; b) opportunities and challenges involved in the integration of Inuit epistemology and “southern” so-called evidence based approaches to mental health research; and c) the importance of using a relational approach to research to nurture youth’s engagement in project leadership. Using semi-structured discussions and interactive activities, audience members will be invited to ask questions, offer criticisms, and share insights from their own community based research, including their visions for a future driven by self-determined, Indigenous youth-led wellness initiatives.

**Section:** Indigenous Peoples’ Psychology

**Session ID:** 113914 - Standard Workshop

### *Mental Health Issues of Asian Immigrants in Canada*

**Main Presenting Author:** Lin, Chin-Chum

**Abstract:** According to Statistics Canada (2021), 23.0% of the Canadian population were immigrants. Among immigrants in 2021, 1,328,240 came between 2016 and 2021. The top three places of birth among immigrants living in Canada in 2021 were India, the Philippines, and China, which all are Asian countries. The immigrant population has consistently been affected negatively by social determinants of health such as poverty, food and housing insecurity, lack of educational attainment, and challenges with healthcare access; additionally, they face the stigma of marginalization and difficulties with acculturation (Chang, 2019). English proficiency is significantly associated with depressive symptoms (Hyun, 2001). Asian immigrants who have only a high school diploma or lower educational attainment face an increased risk of mental health challenges (Gong et al., 2012), including depressive symptoms (Diwan et al., 2004). Asian immigrants who are 65 and older face more mental health challenges (Zhang et al., 2009) and have a greater need for mental health services (Nguyen, 2011). Asian immigrants in employment demonstrate fewer depressive symptoms than those who are not (Ai et al., 2013); correspondingly, unemployed Asian immigrants have lower scores of self-rated well-being (de Castro et al., 2010). Asian immigrants not in the labour force (e.g., retirees, international students, and those engaged in childcare) face more significant mental health challenges (Zhang et al., 2009). Studies also have found that Asian immigrants who have had more discrimination experiences demonstrate increased anxiety and more significant depressive symptoms (Ai et al., 2013; Lau et al., 2013; Singh et al., 2017). The workshop will mainly focus on three parts. First, the presenter will discuss the mental health issues among Asian immigrants in Canada. Second, the presenter will discuss their barriers to accessing mental health services and the applications of counselling interventions for them. The last part will focus on the practical experiences and self-reflections of the presenter, who is an Asian gay man and an immigrant in Canada. He is also a therapist, clinical supervisor, researcher, and instructor in the field of Couple/Marriage and Family Therapy. Some experiential approaches will be applied to this interactive workshop. The main goal of this workshop is to increase the cultural competence of mental health service providers who work with Asian immigrants in Canada.

**Section:** Asian Psychology

**Session ID:** 114254 - Standard Workshop

## *Understanding bias-based bullying in school contexts: Developing skills we can use from the perspectives of adolescents and educators*

**Main Presenting Author:** Martin-Storey, Alexa

**Co-Presenting Author:** Baker, Liz

**Additional Authors:** Holfeld, Brett ; Craig, Wendy; Exner-Cortens, Deinera; Dirks, Melanie

*Abstract: Bias-based bullying refers to bullying where the individual is targeted because of who they are in society or their ‘social identity’; this can include any combination of gender, ability, sexual orientation, race, religion and more (e.g., homophobic bullying, racist bullying). Helping educators address these kinds of bullying is essential, both because of the negative impacts that these kinds of bullying have for school climate, and because these types of bullying are associated with negative academic and mental health outcomes over and above general bullying. This workshop will use recent empirical data collected by PREVNet, a pan-Canadian organization whose goal is to address bullying and promote positive relationships, from over 2000 Canadian students and educators. To help school psychologists and other relevant educational professionals know how to better address bias-based bullying in school contexts, this workshop will include (a) definitions, prevalence and correlates of bias-based bullying; (b) if and how students report bias-based bullying and the factors associated with reporting (or not) this form of bullying; (c) educator comfort with addressing bias-based bullying and the strategies they employ to address this type of bullying in their schools, (d) resources to help educators prevent and respond to this kind of bullying and (e) a case-study to apply knowledge.*

**Section:** Educational and School Psychology

**Session ID:** 111653 - Standard Workshop

## Symposium

### *"I am back home, but I still need to heal": Sources of Strengths and Support for Indigenous People Returning to their Community After an Addiction Therapy*

**Moderator(s):** Wendt, Dennis C.

*Abstract: The recovery phase brings many challenges for Indigenous people returning to their communities after addiction therapy. Follow-up care would support them in their healing, but this care must be tailored to their needs. Moderated by M. Phillips, Kanien'kehà:ka woman, this symposium will address the state of the scientific literature regarding this multifaceted issue, the needs of Indigenous youth and adults returning from addiction treatment, and aftercare interventions. First author will present initial results from a scoping review regarding the recovery phase from addiction in Indigenous peoples. Data regarding relapse in Indigenous populations, and examples of follow-up care interventions will be topics discussed. Second author will present results from a rapid systematic review regarding factors contributing to the wellbeing of Indigenous people following addiction treatment. Facilitators and obstacles will be interpreted within an Indigenous Wellness Framework. Third author will present the initial stages of a community-based participatory research project with the Innu First Nation of Matimekush-Lac John in Northern Quebec. Through a photovoice design, this research aims to identify the needs of community members to better support them following an addiction treatment. Recommendations for intervention and research will be discussed, in conclusion, of the symposium.*

**Section:** Indigenous Peoples' Psychology

**Session ID:** 113504 - Symposium

*Four Dimensions Supporting the Well-being of Indigenous People Following Addiction Therapy*

**Main Presenting Author:** Lahaye, Bianca

**Additional Authors:** Garneau, Mathilde ; Fraser-Purdy, Hannah F.

*Abstract: Since follow-up care should meet Indigenous people's needs, a rapid review of the literature was conducted to answer the question: What factors contribute to the wellbeing of Indigenous populations following addiction treatment? PRISMA protocol was applied and carried out by three co-authors. Two main databanks were searched with the following three concepts: "Indigenous", "post-treatment", and "addiction". Results from studies reviewed were interpreted within a Canadian Indigenous Wellness Framework that considers four dimensions. As part of the mental dimension of wellbeing, some intrapersonal characteristics newly acquired during treatment seem to enable one to resist temptations regarding substances. Related to the affective dimension, social environment appeared of major importance in breaking the sense of isolation that can be associated with having undergone treatment away from home. In the spiritual dimension, prayers and traditional practices were reported as opportunities to connect with ones cultural identity and history. Finally, as part of the physical dimension, some social determinants and lifestyle habits would greatly contribute to maintaining abstinence. This review brings intervention avenues for practitioners and highlights the importance for future research to document the needs of loved ones surrounding a person returning from addiction treatment.*

**Section:** Indigenous Peoples' Psychology

**Session ID:** 113918 - Paper within a symposium

*Showing our Voices: Beginnings of a Photo-voice Project with Matimekush-Lac John Innu People Returning to their Community Following an Addiction Therapy*

**Main Presenting Author:** Garneau, Mathilde

**Additional Authors:** Bellefleur, Marie-Pier ; Wendt, Dennis C.; Fraser-Purdy, F. Hannah; Phillips, Morgan K.

*Abstract: The challenges associated with recovery from addiction are present in the Innu Nation of Matimekush-Lac John, in Northern Québec. Like other remote communities, members of Matimekush must travel outside their community to receive required addiction therapy. On their return, many quickly relapse. Matimekush addiction services team hoped to better understand the needs of their community members suffering from addiction to find solutions to better meet them. This presentation will describe a community-based participatory research project, grounded in the two-eyed seeing framework, with Matimekush community. This study aims to identify the needs of Matimekush youth and adults who suffer from addiction, and their families, in terms of wellbeing, following addiction treatment. Methodology of the study, a Photo-voice protocol, and the potential impacts of the research, in itself, for the community will be discussed. Initial results from the Photo-voice protocol will be presented within a four dimension Indigenous Wellness Framework, and in relation to Lahaye literature review. Based on Matimekush people's needs and on the identified factors that appear to support and hinder their wellbeing following addiction treatment, discussion will take place regarding intervention approaches that could support Indigenous individuals and remote communities when it comes to aftercare and recovery.*

**Section:** Indigenous Peoples' Psychology

**Session ID:** 113928 - Paper within a symposium

*What do we Know so Far? Recovery and Follow-up Care After Addiction Therapy among Indigenous Peoples in CANZUS: Initial Results from a Scoping Review*

**Main Presenting Author:** Fraser-Purdy, Hannah F.

**Additional Authors:** Garneau, Mathilde ; Lahaye, Bianca

*Abstract: Recovery, or healing, from addiction can take months or even years following therapy, and Indigenous people face specific challenges when it comes to it. A literature review focusing on aftercare for Indigenous people and communities after addiction treatment would inform both clinical practitioners and the scientific community to guide intervention and future research on follow-up care, relapse prevention, and social rehabilitation. An exploratory search of the literature suggested that it was eclectic, ranging from relapse analysis to efficacy studies of relapse prevention programs. Considering lacks in clinical practice guidelines and no existing knowledge synthesis on the topic, a scoping review following PRISMA-ScR guidelines was performed to, 1) draw up an exhaustive portrait of the scientific literature from the past 20 years regarding aftercare and recovery, and, 2) to identify and describe aftercare practices implemented in the CANZUS regions to support Indigenous youth, adults, and their families following addiction treatment. This presentation aims to present, in a narrative way, the initial results from this scoping review. Data regarding relapse in CANZUS Indigenous populations, extent of research covering associated factors, positioning the recovery phase within a continuum of care, and examples of promising follow-up care interventions will be topics discussed.*

**Section:** Indigenous Peoples' Psychology

**Session ID:** 113911 - Paper within a symposium

*A closer look at the socio-emotional adjustment of children and youth at key developmental periods: exploring parental characteristics and caregiving relationships in contexts of adversity*

**Moderator(s):** Pascuzzo, Katherine

*Abstract: Parents may face a host of personal, interpersonal, and socioeconomic challenges that can make it difficult to meet the daily needs of their children. Yet, is it widely recognized that a child's socioemotional functioning and development depend in large part on the parents' ability to provide consistent, predictable, and reliable care in a sensitive way. This symposium centers on the parent-child relationship and socio-emotional outcomes of children and youth in three distinct contexts of adversity. The first presentation describes the characteristics of women and their children receiving services from two programs supporting substance-involved mothers. The parent-child relationship as a lever for positive outcomes will be addressed. The second focuses on the contributions of coparenting quality, maternal and paternal distress, and maternal and paternal mind-mindedness to school-age childrens attachment in low-income families. The final presentation explores how the quality of adolescent girls' relationships with their mother and their care worker influence attachment outcomes in adulthood, in a context of out-of-home placement. Collectively, these presentations offer valuable insights into the parent-child relationship and caregiving factors associated with child and youth adjustment at critical stages of development. Implications for policy and practice will be discussed.*

**Section:** Family Psychology

**Session ID:** 112608 - Symposium

*Contribution of Coparenting Quality, Parental Distress and Mind-Mindedness to School-Age Children's Insecure Attachment Representations in Low-Income Families: A Longitudinal Study*

**Main Presenting Author:** Larouche , Karl

**Additional Authors:** Cyr, Chantal ; Miljkovitch , Raphaële ; St-Laurent, Diane; Dubois-Comtois, Karine; Berthelot, Nicolas

**Abstract:** *BACKGROUND.* According to the family stress model, children from low-income families are likely to develop socioemotional problems, such as insecure attachment representations, due to the stress that financial difficulties place on their parents. *OBJECTIVE.* This study aimed to assess the contribution of coparenting quality, maternal and paternal distress, and maternal and paternal mind-mindedness to school-age childrens attachment representations (AR) in low-income families.

*METHODS.* Eighty-eight families receiving social assistance in Quebec with a preschool-aged child were recruited. At 3-5 years of age, both parents completed the Family Experiences Questionnaire and the Brief Symptom Inventory and had their mind-mindedness coded from an 8-minute free play session with their child. At 7-9 years of age, childrens AR were assessed using the Story Completion Cards coding system applied to the Attachment Story Completion Task. *RESULTS.* Paternal mental comments about children's desires were positively associated with avoidant AR in children, and paternal psychological distress was negatively associated with ambivalent/preoccupied AR. No other significant associations were found. *CONCLUSION.* Fathers seem to play a specific role in their children' AR. *ACTION.* Community-based programs for low-income families should consider fathers to benefit children's socio-emotional development.

**Section:** Family Psychology

**Session ID:** 112610 - Paper within a symposium

*Optimizing Mental Health for Infants Exposed to Early Adversity*

**Main Presenting Author:** McDowell , Hannah

**Additional Author:** Racine, Nicole

**Abstract:** Children born to substance-involved mothers are at increased risk of adverse childhood experiences and poor developmental outcomes. Interventions to support substance-involved mothers and their children are essential, yet real-world evidence on the outcomes of integrated interventions remains limited. This presentation will describe two leading programs providing services to substance-involved mothers in Toronto (Breaking the Cycle program; BTC) and Surrey, BC (Maxxine Wright program; MW). Both programs offer a range of services (e.g., basic needs support, mental health and addiction support, child healthcare) to substance-involved women and their children under the age of 6. We will present sample characteristics for 41 mothers (BTC = 22, MW = 19) and their children who are receiving services at both programs. We will describe the mental health, trauma, and adversity profiles of the women and children in both programs and explore how approaches that address maternal substance use and child development are associated with optimal outcomes for both young children and their caregivers. The parent-child relationship as a mechanism of change will be discussed, and methods for assessing this relationship will be presented. Finally, we will facilitate a discussion on how integrated approaches that consider both mothers and children can be implemented in diverse community settings.

**Section:** Family Psychology

**Session ID:** 112609 - Paper within a symposium

*Unpacking interpersonal difficulties among women with a childhood history of out-of-home care: cascading effects of a negative mother-adolescent relationship*

**Main Presenting Author:** Pascuzzo, Katherine

**Additional Authors:** Lanctôt, Nadine ; Vézina, Rosalie; Turcotte, Maude

**Abstract:** *BACKGROUND.* Although knowledge on the psychosocial adjustment of young women with a childhood history of out-of-home care has increased, insights on their long-term relational functioning remain scarce. Moreover, early risk factors pertaining to their relationship quality with significant others are rarely assessed, even less so longitudinally. Drawing on attachment theory, this study examines underlining mechanisms linking the quality of adolescent girls' relationship with their mother and their care worker during their time in care and their later attachment in adulthood.

**METHODS.** Data was provided by 60 women ( $M_{age} = 27.45$ ,  $SD = 1.81$ ) who had been placed in residential care in adolescence. Relationship quality with their mother was assessed at admission in a new care unit ( $T1$ ;  $M_{age} = 15.13$ ,  $SD = 1.32$ ) and therapeutic alliance with their care worker was assessed three months later ( $T2$ ). Attachment insecurity was assessed 8 years later ( $T3$ ), in adulthood. **RESULTS.** Indirect effect analyses (Process) revealed that a more problematic relationship with their mother in adolescence was related to greater anxious attachment in adulthood through a poorer therapeutic alliance with their care worker (95% CI = 0.003; 0.315). **CONCLUSION AND ACTION.** Intervention initiatives to help end the cycle of relational difficulties in women with a history of out-of-home care will be discussed.

**Section:** Family Psychology

**Session ID:** 112611 - Paper within a symposium

*Exploring ACEs, Risk, Mental Health Diagnoses, and Recidivism in a Mixed Gender and Racially Diverse Sample of Youth Referred for Forensic Mental Health Assessments*

**Moderator(s):** Brown, Shelley L

**Abstract:** Youth with mental health concerns are over-represented in the justice system. Section 34 of the YCJA allows courts to request a forensic mental health assessment for youth with suspected mental health issues who are accused of violence or are thought to be high risk to re-offend. We retrospectively coded clinical notes for 202 youth referred by the courts for forensic mental health assessments (73% male, 34% Black) to explore rates of DSM diagnoses pre/post DSM 5, ADHD diagnoses as a function of gender and race (Black vs White youth) and whether Youth Level of Service (YLS) scores mediate the relationship between adverse childhood experiences (ACEs) and recidivism. Preliminary chi-square analyses showed that since the DSM-5, some diagnoses have increased: depressive disorders (11.7% to 26.1%), substance use disorders (14.0% to 26.1%), and anxiety disorders (6.1% to 21.7%). An ADHD analysis showed gender similarities in ADHD rates (girls: 44%, boys: 41%). Of note, White girls (63%) had higher rates of ADHD than Black girls (18%). A mediation analysis showed that ACEs indirectly predicted recidivism through YLS scores. As expected, forensic youth evidenced higher diagnostic rates than their community counterparts. More analyses on a larger sample are needed to understand the nuanced relationships between diagnoses, risk, ACEs, and recidivism to inform forensic clinic practice.

**Section:** Criminal Justice Psychology

**Session ID:** 112649 - Symposium

*Exploring the Over-representation of Girls with ADHD in a Racially Diverse Youth Justice Sample*

**Main Presenting Author:** Coady, Ellen

**Additional Authors:** Brown, Shelley L; Peterson-Badali, Michele; Skilling, A Tracey

*Abstract: While the high prevalence of attention-deficit-hyperactivity disorder (ADHD) in correctional settings is well-established, little correctional research has examined intersectional identity-based differences in prevalence. Emerging research suggests that gender and racial differences in the diagnostic prevalence of ADHD may be smaller in correctional samples compared to the community (Baglivio et al., 2017). In a sample of 202 justice-impacted youth referred for a court-ordered assessment (73% male, 34% Black), using a retrospective case note coding method, we found that girls had comparable rates of ADHD (44%) to boys (41%). These rates are 6-8 times that of community samples, indicating an over-representation of youth, especially girls, with ADHD in the legal system (CADDAC, n.d.). Of note, these comparable rates are largely driven by high prevalence rates among White girls (63%), with Black girls reporting a much lower rate (18%). There were no significant differences in index offence versatility, type, or charge quantity between girls with and without ADHD, indicating that their criminal conduct is similar regardless of their diagnostic profile. These findings will be explored in the context of how gendered and racialized understandings of ADHD may promote social criminalization for girls, shaping their gendered pathways to and heightened risk of legal system involvement.*

**Section:** Criminal Justice Psychology

**Session ID:** 113505 - Paper within a symposium

*The Relationship Between Adverse Childhood Experiences (ACEs) and Recidivism in Justice Impacted Youth: The Mediating Role of the Youth Level of Service (YLS) Inventory*

**Main Presenting Author:** Mogadam, Alexandra

**Additional Authors:** Peterson-Badali, Michele ; Brown, Shelley L; Skilling, A Tracey

*Abstract: Adverse childhood experiences (ACEs) encompass a set of negative and potentially harmful childhood experiences such as maltreatment and exposure to household dysfunction. ACEs are experienced by justice impacted youth at a much greater rate than the general youth population, with one study identifying over 90% of justice impacted youth having experienced at least one ACE (Vitopoulos et al., 2019). There is disagreement in terms of how ACEs should be addressed in correctional settings; some suggest ACEs function as reoffense risk factors while others view ACEs as specific responsivity factors. We conducted a mediational analysis to test whether ACEs indirectly predict reoffending in a sample of 149 justice impacted youth referred for court ordered assessments (Ngirls = 44; Nboys = 105) with YLS total risk scores acting as a mediator. The mean total ACE score was 2.52; girls ( $M = 3.20$ ) scored significantly higher than boys ( $M = 2.24, p = .03$ ). While total ACE scores did not directly predict reoffending, ACEs indirectly predicting reoffending via total YLS scores, whereby for each unit increase in total ACE score, the odds of reoffending increased by 9% ( $OR = 1.09$ , bootstrapped 95% CI [1.02, 1.23]). Ensuing analyses will explore a more nuanced mediation model in a larger sample. Data-driven recommendations on the use of ACEs in clinical forensic practice are discussed.*

**Section:** Criminal Justice Psychology

**Session ID:** 113516 - Paper within a symposium

*Trends in Mental Health Diagnoses Before and After the Introduction of the DSM-5 in a Mixed Gender and Racially Diverse Sample of Justice-Impacted Youth Referred for Forensic Mental Health Assessments*

**Main Presenting Author:** Sebastian, Olivia M.

**Additional Authors:** Coady, Ellen ; Brown, Shelley L; Peterson-Badali, Michele; Skilling, Tracey A.

*Abstract: There has been an increase in the prevalence of youth mental health diagnoses in the last two decades (Tkacz and Brady, 2021). This trend is under-researched among justice-impacted youth who consistently evidence higher rates of mental health diagnoses relative to community samples. Scholars have predicted an increase in diagnoses among justice-impacted youth after the publication of the DSM-5 in 2013 due to revised diagnostic criteria (Haney-Caron et al., 2016). Using a retrospective case note coding method, we investigated diagnostic trends before and after the DSM-5 was introduced in a sample ( $N = 201$ ) of justice-impacted youth referred for a court-ordered assessment between 2001 and 2017. Of note, the percentage of youth with any DSM diagnoses at the time of assessment increased from 61.6% to 73.9% after the introduction of the DSM-5. Preliminary chi square analyses found higher rates of certain diagnoses since the DSM-5, including depressive disorders (11.7% to 26.1%), substance use disorders (14.0% to 26.1%), and anxiety disorders (6.1% to 21.7%). However, the increases in prevalence rates were only significant for boys, not girls. The rising rates of mental health diagnoses have implications for forensic clinical practice. However, further analyses are needed to verify if the observed increase in diagnostic rates will replicate in a larger sample.*

**Section:** Criminal Justice Psychology

**Session ID:** 113499 - Paper within a symposium

*Fostering positive development through community-based participatory research: Insights from diverse collaborations with child- and youth-focused organizations in Canada*

**Moderator(s):** Zhang, Jasmine

*Abstract: Community-based participatory research (CBPR) initiatives rely on active involvement from community members and organizations throughout all phases of the scientific method. CBPR plays an essential role in translating empirical findings into sustainable reprograms and policies. Yet, researchers often hesitate to adopt CBPR frameworks due to logistical, funding, and scientific barriers, highlighting a need to openly share and discuss their perspectives on key benefits and drawbacks. This symposium summarizes research findings and methodological knowledge gleaned from partnerships with Canadian child-, youth-, and family-focused community organizations, emphasizing key learnings and recommendations for future directions. The first presentation describes the results of program evaluation collaborations with a non-profit early childhood education agency. The second talk extends insights into collaborations with organizations in the child welfare sector, focusing on unique benefits and challenges for at-risk children and families. The third presentation describes the implementation and results from a large-scale survey led in partnership with a government organization. To integrate findings, the discussant will reflect upon best practices to adopt when working with stakeholders via CBPR projects aimed at enhancing well-being.*

**Section:** Community Psychology  
**Session ID:** 112589 - Symposium

*Integrating youth perspectives in community-based participatory research: Key considerations for collaborations with government organization*

**Main Presenting Author:** Zhang, Jasmine

*Abstract: To date, abundant research has examined the well-being of Canadian children and youth, with findings collectively highlighting an ongoing need for organizations and services dedicated to strengthening protective factors for young people's mental health. Yet, efforts to bolster well-being have proved challenging due to points of disconnect between empirical findings and relevant social changes. This is largely due to a lack of consultation with youth and community groups who are directly impacted by policies and programs. The 2023 Youth Impact Survey (YIS), a community-based research collaboration between the University of Waterloo and a sub-organization of the Region of Waterloo, aimed to redress these gaps and inform support for child and youth well-being. Importantly, this project aimed to include young people's perspectives, strengths, and skills roles during the research process. This presentation will overview the scientific findings and policy changes resulting from the 2023 YIS. Moreover, there will be a detailed discussion of the benefits and challenges related to youth engagement strategies (e.g., advisory and co-production roles) adopted in the 2023 YIS. The presentation will further provide considerations for researchers when engaging local government organizations to design studies and program evaluations with direct input from children and youth.*

**Section:** Community Psychology  
**Session ID:** 113937 - Paper within a symposium

*Learnings from a series of collaborative program evaluation initiatives for a Canadian early childhood education provider*

**Main Presenting Author:** Sloss, Imogen

**Additional Authors:** Maquire, Nicola ; Browne, Dillon

*Abstract: Early Childhood Education and Care (ECE) services play an important role in shaping young minds. While abundant research has evaluated the efficacy of such programs, fewer studies have adopted community-based approaches that directly incorporate service providers' needs and perspectives. This presentation details a community-based research partnership between researchers at the University of Waterloo and a licensed not-for-profit ECE service provider in Ontario. Through program evaluations, the researchers identified the service provider's commitment to understanding its students through a strengths-based lens. This approach inspired a project that sought to explore the longitudinal development of child socioemotional strengths while considering contextual factors at multiple levels of analysis. These findings, along with current developments in the ECE field, highlighted the need to understand the experiences of early childhood educators. A subsequent research collaboration aimed to investigate employee satisfaction and job turnover among educators. Research findings will be presented, along with a discussion of logistical challenges and collaborative problem-solving strategies. Takeaways from this research experience provide insight into the benefits and complexities of community-based research to inform future collaborations, particularly among the ECE sector.*

**Section:** Community Psychology

**Session ID:** 113933 - Paper within a symposium

*Navigating challenges and opportunities in community-based research in the child welfare sector*

**Main Presenting Author:** Cantafio, Alexis

*Abstract: The Canadian child welfare system is largely under-researched, leading to a lack of understanding, insufficient system accountability, and inadequate support for children, caregivers, and families involved in the system. Integrating community-based participatory research in the child welfare sector offers a powerful potential avenue to understanding and supporting the needs of children and families by fostering collaboration between community members and institutional actors. A key challenge within this research is achieving an appropriate balance between safeguarding confidentiality and sensitivity while ensuring sufficient access to information to improve practices. This presentation will detail a partnership between University of Waterloo researchers and a regional child welfare agency in Ontario. Through an internal audit process, this project aimed to identify the causes and correlates influencing the discharge of Indigenous children in care. Additionally, the project sought to explore the agency's noncompliance with the principles of Truth and Reconciliation, which aim to promote the well-being of Indigenous children and families in care. The discussion highlighting the challenges, problem-solving approaches, and opportunities that arose during this project will help guide future collaboration in this sector.*

**Section:** Community Psychology

**Session ID:** 113934 - Paper within a symposium

*Serving diverse communities impacted by intimate partner violence through co-research partnerships grounded in lived experience*

**Moderator(s):** Moghimi, Elnaz

*Abstract: Background/Rationale: Stigma surrounding Intimate partner violence (IPV) can deter many individuals, particularly those from equity-denied groups, from contributing important insights in research. Co-research partnerships with people with lived experience (PWLE) of IPV can make meaningful strides in improving services for those affected. Methods: This symposium presents three projects showcasing how co-research, engagement, and trust-building advance IPV research and advocacy. The first explores how lived experience within the project team and participants helped identify service needs. The second develops a trauma-informed, gender-sensitive framework for co-research with survivors. The third uses knowledge mobilization, blending an in-person event and digital storytelling, connecting researchers, PWLE, and community organizations to shape future IPV research. Results: Meaningful co-research requires time for authentic relationship-building, a non-judgmental approach, and thoughtful language use, resulting in lived experience partnerships guiding impactful and inclusive research. Conclusions: These projects demonstrate the effectiveness of integrating lived experience co-research into research design and execution, enhancing trust, engagement, and outcomes. Action/Impact: Lived experience co-research helps ensure that IPV research is community-driven and creates lasting change.*

**Section:** Community Psychology

**Session ID:** 112830 - Symposium

*The Intimate Partner Violence Lived Experience Co-Research (IPV-LEC) dialogue project: bringing the community together through digital storytelling and social listening*

**Main Presenting Author:** Moghimi, Elnaz

**Abstract:** *Background:* Despite its potential, co-research in the context of IPV remains limited, underscoring the need for innovative approaches to bridge the gap between researchers and people with lived experience (PWLE). *Methods:* The IPV-LEC Dialogue Project employs a hybrid approach to foster understanding of co-research. Digital storytelling and social listening are at the core, supported by a dedicated website and social media platforms to encourage dialogue, share psychoeducational content, and spotlight diverse voices. Curated prompts and calls to action inspire both researchers and PWLE to connect. An in-person community event will consolidate these efforts by showcasing outcomes, presenting co-research benefits, and proposing a training program for PWLE. *Results:* The IPV-LEC Dialogue Project demonstrates effective strategies for trauma-informed, culturally safe engagement, emphasizing trust-building and creative expression as tools to dismantle stigma and amplify the voices of PWLE. *Conclusions:* The project highlights the power of safely sharing lived experiences through different media formats in building co-research capacity and redefining IPV research. *Action/Impact:* By leveraging digital and in-person spaces to build bridges between researchers and PWLE, the project aims to encourage impactful, community-driven change in IPV research and advocacy.

**Section:** Community Psychology

**Session ID:** 112836 - Paper within a symposium

*The IPV Service Study: How centring lived experience enhanced participant recruitment and engagement*

**Main Presenting Author:** Melvin, Ashley

**Abstract:** *Background:* Many individuals affected by intimate partner violence (IPV) report unmet service needs, yet little research directly asks survivors/victims and perpetrators about their perspectives or what support they require. This qualitative study aimed to explore the specific service needs of survivors/victims ( $n=15$ ) and perpetrators ( $n=15$ ). Using an intersectional lens, the study captured the diverse social, cultural, and systemic factors influencing service access and outcomes to inform more equitable and responsive service delivery. *Method:* In partnership with a Community Advisory Team (CAT) composed of diverse IPV survivors ( $n=4$ ), this study leveraged lived experience - from design to knowledge dissemination - to foster safety, trust-building, and long-lasting, meaningful collaborations. *Results:* CAT members offered unique and nuanced perspectives for a trauma-informed study, engaged their networks, and strengthened connections with gatekeepers to promote participant engagement, particularly among underrepresented participants. *Conclusion:* Lived experience was essential in this study to building partnerships, fostering trust, and improving engagement with IPV-affected populations. *Action/Impact:* Incorporating lived experience enriches IPV research, enhances understanding of service needs, and informs inclusive, community-driven solutions that promote equitable outcomes.

**Section:** Community Psychology

**Session ID:** 112834 - Paper within a symposium

*The RESPECT study: Research framework for Engaging intimate partner violence Survivors as Partners in Empowering Collaborative Transformation*

**Main Presenting Author:** Ham, Elke

**Abstract:** *Background: In other fields, researchers have developed models for service users to be more fully involved in the research process, which can help optimize knowledge mobilization and improves services and outcomes. Methods: The RESPECT study aimed to develop an ethical, equitable, and evidence-based framework for engaging IPV survivors/victims as full research partners. Using an intersectional and participatory approach, a team of researchers, students, and IPV co-researchers with lived experience conducted a rapid scoping review, model evaluation, and held a collaborative virtual World Cafe event to co-create the framework. Results: Co-researchers were crucial in shaping the framework and providing feedback on how to build trust and create a safe, supportive environment for participation. Challenges and considerations included varying levels of research experience, time commitments, and compensation. These factors required careful planning to ensure meaningful yet equitable involvement. Conclusions: The influence of lived experience in IPV research ensures that the research agenda aligns with the priorities and needs of survivors/victims, fostering more impactful outcomes. Action/Impact: This co-designed framework offers a practical and structured approach to driving more inclusive research practices.*

**Section:** Community Psychology

**Session ID:** 112835 - Paper within a symposium

**The Common Language for Intimate Partner Violence Risk Appraisal (CELIA) Project to Examine the Practical Applicability, Cultural Sensitivity, and Interrater Reliability of the ODARA in the Context of Policing**

**Moderator(s):** Jung, Sandy

**Abstract:** *The use of assessment tools to evaluate risk for reoffending among individuals charged for intimate partner violence (IPV) has become common practice among police personnel. Despite the abundance of studies that have examined the validity of the Ontario Domestic Assault Risk Assessment (ODARA), there is still much to learn and contribute to promote evidence-based practice in assessing and responding to IPV. The Common Language for IPV Risk Appraisal Project (CELIA; <https://www.celia-ipv-project.ca/> [1]) is a partnership between 3 police services and academic researchers. In this symposium, four presentations utilizing data from the project focus on the practical applicability, cultural sensitivity, and interrater reliability of the ODARA in the context of policing. The first paper provides an overview of the CELIA project, including an overview of the study's sample and the ODARA score distributions, comparing them with the normative data. The second paper, using data from the Saint John Police Force, will demonstrate the extent to which police officers use the ODARA to inform decision-making for IPV calls. The third paper examines the ODARA's ability to discriminate recidivists and non-recidivists among a sample of Indigenous IPV perpetrators reported to the Edmonton Police Service. Links:-----[1] <https://www.celia-ipv-project.ca/>*

**Section:** Criminal Justice Psychology

**Session ID:** 113594 - Symposium

**Assessing Bias: The Ontario Domestic Assault Risk Assessment Tool and Indigenous Offenders**

**Main Presenting Author:** Gorman, Britni

**Additional Author:** Jung, Sandy

**Abstract:** *The Ontario Domestic Assault Risk Assessment (ODARA) was developed to assess the risk of intimate partner violence (IPV) recidivism. However, little is known about the applicability of the ODARA to Indigenous populations. This study examined whether the ODARA is equally effective in predicting IPV recidivism among Indigenous and non-Indigenous offenders and explored whether criminogenic needs accurately predict reoffending for Indigenous and non-Indigenous IPV offenders. It is hypothesized that the ODARA will demonstrate greater accuracy in predicting IPV risk for non-Indigenous perpetrators compared to Indigenous perpetrators, and the prevalence of criminogenic needs will differ between groups except for procriminal attitudes and poor use of leisure time risk factors which is expected to not differ. IPV cases ( $N = 360$ ) reported to the Edmonton Police Service in 2018 were analyzed. These were stratified to include 60% male perpetrators with female victims and 40% same-sex or female-perpetrated cases. Data has been collected and coded and statistical analyses examining predictive validity and prevalence of criminogenic needs will be presented in this symposium. Based on our final analyses, implications for the use of the ODARA with Indigenous offenders who have been charged with IPV will be discussed.*

**Section:** Criminal Justice Psychology

**Session ID:** 113604 - Paper within a symposium

*Ideal vs Reality: Police Use of the ODARA in the Field for IPV Risk Appraisal and Mitigation*

**Main Presenting Author:** Campbell, Mary Ann

**Additional Author:** Widmer, Denika

**Abstract:** *The Ontario Domestic Assault Risk Assessment (ODARA) was introduced in New Brunswick to aid police officers with appraising risk of intimate partner violence (IPV) and formulate effective risk management strategies. However, the extent to which police officers utilize the ODARA to inform their decision-making processes for IPV calls is unclear. The current study examined 186 police IPV case files from 2016 to 2018 on a New Brunswick police organization. Files included occurrence reports, details of victim and suspect characteristics, police completed ODARAs, and police action. Cases were followed for recidivism ( $M_{\text{follow-up}} = 6.34$  years; 29.3% IPV recidivism). Analyses indicated that 87.7% of files had an officer-completed ODARA and most completed it the same day as the index event, reflecting timely completion. However, multivariate analysis of covariance revealed that the ODARA did not have a significant impact on the risk management strategies employed by officers in response to IPV calls. Furthermore, logistic regressions revealed that specific types of risk mitigation strategies used did not predict suspect recidivism. The current study contributes to limited research on the practical field application of the ODARA by police and identify potential weaknesses in how officers are trained on the ODARA as a decision-aide for informing police response for IPV risk mitigation.*

**Section:** Criminal Justice Psychology

**Session ID:** 113600 - Paper within a symposium

*Introduction to the CELIA IPV Project*

**Main Presenting Author:** Ham , Elke

**Co-Presenting Author:** Hilton, N Zoe

**Additional Authors:** Hanson, R Karl ; Campbell, Mary Ann; Weissflog, Meghan ; Kim, Soyeon; Eke, Angela ; Jung, Sandy

**Abstract:** This presentation introduces the Common Language for Intimate Partner Violence (IPV) Risk Appraisal Project, which is a collaboration between the Ontario Provincial Police (OPP), Edmonton Police Service (EPS), and Saint John Police Force (SJPF), with researchers from Waypoint, MacEwan University, the University of New Brunswick, and the University of Toronto. Randomly selected IPV incidents reported to OPP and EPS in 2018, and all incidents reported to SJPF from 2016-2018 were coded ( $N = 771$ ). We examined case characteristics, and compared Ontario Domestic Assault Risk Assessment (ODARA) scores by police vs researchers with each other using ICC, r, and Kappas, and with the published norms using meta-analysis,  $\chi^2$  and goodness-of-fit. Most IPV perpetrators were men (74%) and were identified as White (84%) or Indigenous (9%). 61% of cases involved married/cohabitating couples, 14% were dating and 25% were separated. 3% involved same sex couples and 2.5% involved sexual assault. All but four had a history of coercive control. The median ODARA score documented by police was 5 and coded by researchers was also 5. These findings contextualize the nature of IPV on the police frontline and highlight the need for ongoing work to standardize IPV risk assessment and mitigate IPV risk.

**Section:** Criminal Justice Psychology

**Session ID:** 113597 - Paper within a symposium

### *The Ties That Bind: LGBTQ+ Relationship Experiences Across Contexts*

**Moderator(s):** Blair, Karen L

**Abstract:** Close interpersonal bonds from a variety of sources help to buffer against the negative impacts of LGBTQ+ minority stress and provide essential social supports necessary to maintain well-being and positive mental health in these populations. This symposium will examine the complexities of LGBTQ+ experiences in various interpersonal relationships, including romantic relationships, post-dissolution friendships, and parent-child relationships. Speaker 1 (S1) will present research from a longitudinal study examining the directionality of associations between relationship and sexual satisfaction, and comparing experiences of same-sex and mixed-sex couples. S2 will present mixed-methods research comparing predictors of high-quality post-dissolution friendships among same-sex and mixed-sex former couples, with additional focus on the impact of gender transition on relationship dissolution and friendship quality. S3 will present data exploring the role that parental political affiliation plays in responses to their child coming out as LGBTQ+, including acceptance or rejection of LGBTQ+ identity. All three speakers will discuss their findings in relation to minority stress theory and the promotion of LGBTQ+ well-being. Implications for researchers, educators, and clinicians will be discussed.

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113496 - Symposium

### *Lovers to Friends: A Mixed-Methods Study of Post-Dissolution Friendships Among Former Mixed-Sex, Same-Sex, and Gender Diverse Couples*

**Main Presenting Author:** Mozessohn, Kerri

**Additional Authors:** Courtice, Erin L; O'Handley, Bre; Blair, L Karen

**Abstract:** Post-dissolution friendships (PDFs), or friendships between former romantic partners, can provide valuable social support, particularly for LGBTQ+ people who report lower support levels than non-LGBTQ+ people. Motives for maintaining PDFs in both mixed- and same-sex couples

include practicality, civility, emotional security, and unresolved sexual/romantic desires, which all impact friendship quality. However, research has not examined PDFs when one/both partners have undergone a gender transition (GT). Participants ( $N=352$ ) completed an online survey about a PDF, including questions about the romantic relationship, reasons for staying friends, and PDF quality. For GT relationships ( $n=103$ ), open-ended questions explored the GT's impact on the romantic relationship and PDF. Multiple regression analyses suggest that same-sex couples were less likely than mixed-sex couples to remain friends for practicality; same-sex and GT couples were less likely to do so for unresolved desires. Path analyses revealed that practicality PDF motives predicted lower PDF quality, and unresolved desires predicted higher quality. Thematic analyses suggested that incompatible sexual identity, GT stress, and identity exploration led to romantic dissolution, while emotional bonds motivated maintaining PDFs. Implications for clinicians supporting LGBTQ+ people, including GT relationships, will be discussed.

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113536 - Paper within a symposium

*Political Dis-Connections: How Parents' Political Orientation Relates to Their Initial Reactions to Their Child's Coming Out as LGBTQ+*

**Main Presenting Author:** Goodwin, Casey

**Additional Authors:** Holmberg, Diane ; Cleary, Olivia C; Blair, L Karen

Abstract: Past research suggests that parents' political conservatism predicts more generally negative reactions to their child's coming out; however, we know little about the specific forms those reactions take. In this on-line study, 965 LGBTQ+ participants provided open-ended descriptions of how they remembered the first parent to whom they came out responding. Narratives were coded for the presence / absence of 12 initial reactions, with each narrative containing up to three reactions. Logistic regressions showed that the initial reactions of more conservative parents were significantly more likely to be described as volatile, controlling, avoidant, and generally negative. More conservative parents were also recalled as having shown less full-hearted acceptance, less acceptance but with some qualms or reservations, less low-key acknowledgement of the news, and less inclination to continue treating their child as they normally had before. However, not all parental reactions related to political orientation. Whether parents were more liberal or more conservative was unrelated to responding to the coming out experience with confusion, calmness, awkward disappointment, or acceptance of the child but not their identity. Implications of the effects these implicit messages of acceptance versus rejection of the identity might potentially have on the parent-child relationship are discussed.

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113548 - Paper within a symposium

*Sex and Romance for All: Examining Associations Between Sexual and Relationship Satisfaction Across Gender and Relationship Types in Same-Sex and Mixed-Sex Couples*

**Main Presenting Author:** Courtice, Erin L

**Additional Authors:** Holmberg , Diane ; Cadman, Kim; Blair, L Karen

**Abstract:** Previous research consistently finds strong associations between sexual satisfaction (SS) and relationship satisfaction (RS), yet most past research on these constructs has been conducted in non-LGBTQ+ romantic relationships. These variables remain understudied in same-sex relationships and relationships that include transgender and gender-diverse (TGD) people. Furthermore, little is known about the extent to which the directionality of associations between RS and SS varies by gender and relationship type. The current study examined these issues in a diverse online sample ( $N = 1,993$ : 100 / 149 / 68 men / women / TGD people in same-sex relationships; 227 / 1372 / 77 men / women / TGD people in mixed-sex relationships; MAGE = 33.5). Participants completed an online intake survey and four weekly follow-up surveys. All surveys included measures of RS and SS. Cross-lagged panel analyses revealed that RS and SS were significant predictors of each other, but RS was a stronger predictor of SS than the reverse. Gender comparisons revealed that SS was a stronger predictor of RS for women compared to the reverse - RS was a stronger predictor of SS for cisgender men and TGD people. There were no differences in association patterns when comparing same-sex to mixed-sex relationships. Implications for LGBTQ+-inclusive research and clinical practice will be discussed.

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113528 - Paper within a symposium

# THEME: UNDERSTANDING AND IMPROVING THE WORKPLACE

Understanding what contributes to a successful workplace; what impact the workplace has on our lives and well-being

## 12-Minute Talk

### *Autonomy, Task Uncertainty, and Work Injuries*

**Main Presenting Author:** Turner, Nick

**Additional Authors:** Alexander, Sean ; Grocott, Alyssa; Granger, Steve; Pan, Chelsea

**Abstract:** *BACKGROUND/RATIONALE: Workplace safety is a critical concern, with job autonomy showing mixed effects—it is associated with both a reduction in or increase in injuries. This study proposes that these effects depend on task uncertainty, examining how autonomy and uncertainty interact to predict variance in workplace injuries. METHODS: Three studies were conducted: (1) meta-ethnographic analysis of quantitatively coded qualitative data on autonomy, uncertainty, and injuries; (2) cross-sectional survey data from a manufacturing firm with the same variables; and (3) multi-source data from a petrochemical firm, analyzing the quadratic interaction of autonomy and uncertainty on injuries. RESULTS: Task uncertainty moderated the relationship between autonomy and safety. High uncertainty amplified autonomy's positive effects in reducing injuries, while low uncertainty weakened its benefits, increasing injuries. Quadratic effects indicated that extreme uncertainty reduced safety gains without tailored interventions. CONCLUSIONS: Autonomy enhances safety most effectively under moderate to high task uncertainty, highlighting the importance of context-sensitive work designs. ACTION/IMPACT: These findings guide organizations in aligning autonomy with task demands to improve safety and reduce the financial and human costs of workplace injuries.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113564 - 12-Minute Talk

### *Barriers to Wellness Promotion in First Responder Organizations*

**Main Presenting Author:** Gryshchuk, Lena

**Additional Author:** Campbell, Mary Ann

**Abstract:** *First responders' voices are crucial when developing organization-wide wellness strategies to support employee psychological health (Campbell et al., 2024). As part of the strategic planning of one organization in Nova Scotia, police officers ( $n = 120$ ), firefighters ( $n = 21$ ), and dispatcher/other civilian employees ( $n = 24$ ) were asked open-ended questions about their views of barriers to wellness promotion. Thematic analysis demonstrated overlap in organizational barriers to wellness among three employee groups. Shared themes included a perceived lack of support from management, insufficient access to mental health resources, poor funding for wellness initiatives, and a call for better mental health supportive training for managers and employees. Police and civilians identified the need for more accountability among supervisors and for more transparent*

communication within the organization. Additionally, police and civilians emphasized short-staffing issues. Police also highlighted the need for respect from their managers, peers, and the general public. Although common barriers to psychological health support were identified by police, firefighters, and civilians, respondents' comments also demonstrated unique needs within employee groups. Such findings call for a more nuanced approach in the introduction of changes and initiatives within first responder organizations.

**Section:** Industrial and Organizational Psychology

**Session ID:** 113213 - 12-Minute Talk

***Barriers, enablers, and impact of medical technology implementation in healthcare organisations: The role of industrial-organisational psychology***

**Main Presenting Author:** Wong, Jennifer H. K.

**Additional Authors:** Watson, Jake ; Li, Daisy; Watson, Taylor; Jessep, Lucy; Näswall, Katharina; Malinen, Sanna; Chase, Geoffrey

**Abstract:** *BACKGROUND Only 30-60% of healthcare technologies reach the patients. Unsuccessful technology adoption can be attributed to an imbalance of what is prioritised during its implementation in healthcare organisations--the technology itself, rather than the individuals providing it and using it. This project explored how the implementation of new technologies can be more human-centric to healthcare professionals and their patients. METHODS Interviews and focus groups were conducted with three groups of healthcare professionals working in Aotearoa New Zealand (ANZ). General healthcare professionals ( $n = 8$ ); Multidisciplinary teams working in diabetes centres ( $n = 5$  teams); Māori (Indigenous people of ANZ) diabetes healthcare professionals ( $n = 6$ ). RESULTS Reflexive thematic analyses revealed that while the design of technology is important, organisational factors such as training, workload management, and team cohesion effect staff adoption. Sustained adoption success depends organisational decision-makers' support of innovation. Staff adoption of technology has a flow-on effect on patient adoption, and this is disproportionate for patients from systemically marginalised groups. CONCLUSION and IMPACT Industrial-organisational psychology play a key role in ensuring that technological advancements in the health system is sustainable and can deliver on equitable health benefits.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113762 - 12-Minute Talk

***Construct Validation of Inconsistent Fairness Perceptions***

**Main Presenting Author:** Carroll, Taylor A

**Additional Author:** Bobocel, Ramona

**Abstract:** *It is critical that employees perceive fair treatment from their supervisor. Commonly used fairness measures allow employees to self-report on how fairly they are treated by their supervisor, on average. However, current measurement approaches are missing an important component, that is, the consistency of the supervisor's fairness. Drawing on uncertainty management theory, we suggest that inconsistency in fair treatment is an aversive experience for employees and thus should be considered when measuring supervisor fairness. We aimed to validate a new construct, Inconsistent Fairness Perceptions, across three studies. In Study 1, we asked subject matter experts at the*

University of Waterloo to reduce the generated item list. In Study 2, we asked naive judges on Prolific to match items with definitions for the new construct and similar pre-existing constructs. In Study 3, we asked Prolific employees to self-report on the new construct and other constructs hypothesized as theoretically similar, distinct, or as a criterion. Taken together, the results of all three studies indicate that Inconsistent Fairness Perceptions has strong reliability, content validity, and construct validity. As Inconsistent Fairness Perceptions was found to predict salient employee outcomes beyond current measures, it is an element of fairness that should be considered in future organizational research.

**Section:** Industrial and Organizational Psychology

**Session ID:** 111522 - 12-Minute Talk

### *Creating Ethical Organizations: A Systems Perspective*

**Main Presenting Author:** Hartman, Lorne Michael

*Abstract: This presentation focuses on factors that allow people to act unethically without feeling distress. Moral disengagement describes a process of persuading oneself that ethical standards do not apply to oneself in a specific situation. It involves 8 inter-related self-serving biases. This research explores the practical implications of moral disengagement. Two experimental studies evaluated the efficacy of interventions to curb the influence of self-serving biases that promote unethical behavior. In Study 1, a direct approach that trained individuals to recognize moral disengagement “windows” in everyday ethical scenarios did not reduce their propensity to engage in unethical behavior. Study 2 explored an indirect, low-pressure approach that primed either an individualist or collectivist mind set. Inducing an individualist mind set fostered a greater reduction in moral disengagement than inducing a collectivist mind set (particularly amongst female participants), but the change in moral disengagement was not significant. Findings are extended in a 3rd study involving a field survey to test a theoretical framework examining the influence of situational factors and individual differences on unethical behavior. Implications for developing practical interventions to mitigate the effects of self-serving biases that impede accurate evaluations of our behavior are considered.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 111553 - 12-Minute Talk

### *Does a specific "space culture" develop on the International Space Station?*

**Main Presenting Author:** Johnson, Phyllis J

**Co-Presenting Author:** Suedfeld, Peter

**Additional Authors:** Della-Rossa, Irina ; Asmaro, Deyar

*Abstract: Researchers interested in the workplace have long studied corporate cultures and their variants in other environments. There is general agreement that workplaces have individual characteristics, norms as to interpersonal behavior, dress codes, acceptable and unacceptable modes of communication, and so on. With regard to long-duration spaceflight, such topics have typically been addressed indirectly, by examining interviews, reminiscences, and other evidence that the researcher could use to infer what the crew experienced as unique and shared, and which social scientists could interpret as cultural. The current study, involving 14 astronauts (NASA and other agencies), took a more direct route by administering questionnaires to the participants at various stages of their service from training through spaceflight and after returning to Earth. Participants identified the existence of a specific space culture, its features, its importance as compared to the*

*culture of national origin and sponsoring space agency, and the norms of those different cultures followed by the astronaut as a function of circumstances. Space agencies and both current and potential astronauts can better anticipate, understand, and prepare for diverse cultural patterns that develop in space.*

**Section:** Environmental Psychology  
**Session ID:** 112942 - 12-Minute Talk

### *Silent Narratives: A Qualitative Exploration of how Endometriosis Shapes Women's Professional Outcomes*

**Main Presenting Author:** Mercer, Marlee

**Additional Author:** Sharifi, Tina

**Abstract:** *Endometriosis, a chronic gynecological condition affecting approximately 10% of women of reproductive age globally, significantly impairs both personal and professional lives. Despite its profound physical and emotional impact, many women face persistent misdiagnosis and stigma, hindering their career growth. Yet, these challenges remain under-researched, particularly within the context of professional settings. This qualitative study employed a qualitative analysis of over 250 personal narratives collected from Endometriosis Act Canada (EndoAct), an online platform dedicated to raising awareness and supporting those living with endometriosis. Utilizing a data-scraping approach, we identified three recurring themes: \_delayed diagnosis fueled by skepticism and stigma\_, \_career interruptions caused by chronic pain and absenteeism\_, and \_dismissive workplace cultures\_. This analysis revealed a cycle of systemic dismissal, contributing to women's professional stagnation and worsened career outcomes. These findings highlight the critical need for systemic reform, particularly in healthcare and workplace environments, to address the professional and emotional challenges faced by women with endometriosis. Recommendations include fostering inclusive and accommodating workplace cultures and strengthening social support networks, necessary to alleviate career and well-being challenges.*

**Section:** Women and Psychology  
**Session ID:** 113280 - 12-Minute Talk

### *Speak Softly or Shine Bright? Navigating Humility and Self-Promotion in Leadership*

**Main Presenting Author:** Ng, Pearlyn

**Additional Author:** Brown, Douglas J

**Abstract:** *Humility and self-promotion are touted as separate and seemingly conflicting strategies for leaders who wish to create positive impressions. Humility conveys interpersonal warmth and sincerity, while self-promotional behavior conveys competence and confidence. Both strategies have merit, but are opposed to each other. Moreover, little is known about how the leader's gender and the target audience influence the effectiveness of these strategies. We explore these effects across three experimental vignette studies: Study 1 examines gender differences in responses to leadership advice advocating humility versus self-promotion. Our results reveal that women are more likely than men to endorse messaging encouraging self-promotion, while men favor advice emphasizing humility. Study 2*

shifts focus to how individuals feel about adopting these strategies depending on their audience, suggesting that leaders may adjust their impression management strategies based on their target audience. Finally, Study 3 investigates the audiences perspective, finding that subordinates respond more favorably to humble leaders, while managers view self-promoting behavior more positively. Together, these findings have implications for leadership development, particularly when individuals are embedded in multi-level organizations.

**Section:** Industrial and Organizational Psychology

**Session ID:** 113243 - 12-Minute Talk

### *Toward a Nuanced Understanding of Workplace Emotional Support: Emotion Validation as a Distinct Support Strategy Revealed Through Network Analysis*

**Main Presenting Author:** Feng, Tony Y.

**Additional Authors:** Ng, Pearlyn H. S. ; Brown, Douglas J.

*Abstract: The prevailing understanding of workplace emotional support strategies is rooted in Interpersonal Emotion Regulation Theory, which posits that we regulate others' emotions in the same way as we regulate our own. Drawing on this theory, the current literature has identified two ways in which emotional support is delivered at work: cognitive change and attention deployment. However, this framework assumes that what works at the intrapersonal level (i.e., self-emotion regulation) will be equally effective in an interpersonal context (i.e., support provision), overlooking the unique aspects of social interactions that can contribute to one's well-being. To address this gap, we conceptualized and developed the scale for a new strategy: workplace emotion validation—the affirmation of a support seeker's emotions from a negative event at work. Grounded in Shared Reality Theory, we proposed that emotion validation alleviates distress by satisfying belongingness and epistemic needs during social interactions. Using network analysis, we demonstrated that emotion validation is distinct from existing strategies with unique associations to variables in its nomological network. This research challenges the current conceptualization of workplace emotional support strategies and provides actionable guidelines for effectively supporting colleagues and subordinates.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 112864 - 12-Minute Talk

## Conversation Session

### *Empowering Leadership: Organizational Strategies to Propel Domestic Violence Survivors to Workplace Success*

**Main Presenting Author:** Dada, Zuraida

*Abstract: TOPIC OF CONVERSATION: This discussion will focus on how organizations can implement leadership strategies to support domestic violence survivors in the workplace. We will explore practices and policies that empower survivors, helping them succeed by providing necessary resources and a supportive environment. PURPOSE OF CONVERSATION: The goal is to raise awareness about the unique needs of survivors and provide strategies for supporting their workplace success. We aim to show how empowering leadership can foster career development, well-being, and an inclusive workplace culture. RELEVANCE TO DELEGATES: Delegates will learn to integrate*

*trauma-informed leadership into their organizations, helping survivors overcome career barriers and reflecting on leadership approaches and policies. RELEVANCE TO PSYCHOLOGY: This is relevant to organizational psychology, highlighting leadership's role in supporting mental health and trauma-informed care, and promoting psychological safety for survivors. RISKS: Risks include triggering emotional responses or discomfort. Creating a safe, open environment is essential for discussing sensitive topics.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113696 - Conversation Session

**How Psychology Can Better Support Entrepreneurs, Solopreneurs, and Social Innovators in the AI Era to Achieve Psychological Growth, Enhance Leadership, and Attain Sustainable Well-Being ?**

**Main Presenting Author:** Zhang, Wei

*Abstract: The rapid advancement of AI and shifting workforce dynamics have created unique challenges for entrepreneurs, solopreneurs, and social innovators. These individuals often face isolation, uncertainty, and high responsibility while striving to align professional success with personal fulfillment. This roundtable explores how psychology can better support their growth, leadership, and well-being through existential, humanistic, and positive psychology frameworks alongside leadership development principles. Using an applied, integrative approach, the session blends theory with practical tools for counseling, coaching, and education. Participants will analyze cases and collaboratively develop strategies to navigate uncertainty, build resilience, foster self-awareness, and sustain meaning. Recent studies highlight how psychological approaches improve adaptability, resilience, and leadership effectiveness, emphasizing the role of psychological capital in success. By empowering entrepreneurial professionals to achieve sustainable growth, this session makes psychology's role in helping innovators thrive in the AI era stand out. Attendees will co-create actionable strategies tailored to this population, advancing psychology's impact in entrepreneurial and leadership contexts to tackle new-era challenges.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 111985 - Conversation Session

**So, You Want to be a University Administrator?**

**Main Presenting Author:** Danto, David

**Co-Presenting Author:** Jung, Sandy

*Abstract: Many psychology students, envision themselves as one day holding academic positions in one of Canada's Post-Secondary Institutions, but how many give thought to eventually moving into academic leadership and senior administrative roles? We welcome students, faculty, current and past administrators, and anyone curious about this subject to join us for a roundtable conversation about the path to university administration, its challenges and rewards and the impact of this move on your psychology career trajectory. Dr. Danto and Dr. Jung are both Fellows of the Canadian Psychological Association, Professors at MacEwan University, and Registered Psychologists. Dr. Jung is Associate Dean, Research and Dr. Danto is Dean, Health and Community Studies. Both will discuss their career pathways and lead a fun and informative conversation about the relationship between careers as an academic psychology professional and a university administrator.*

**Section:** Psychology Careers and Professionals

**Session ID:** 112905 - Conversation Session

## Panel Discussion

### *Navigating the AI Frontier: Leveraging I-O Psychology's Insights and Partnerships for Ethical Innovation*

**Moderator(s):** Taylor, Aisha

**Panelists:** Bourdage, Joshua; Phillips, Jane; Cassidy, Scott; Chang, CHU-Hsiang (Daisy)

Abstract: As artificial intelligence (AI) continues to advance rapidly, IO Psychology has a critical role in promoting valid, fair and ethical AI practices in organizations. Drawing on decades of research on improving organizational processes, including mitigating bias, harassment, and discrimination, IO Psychology offers valuable insights to support managers, employees, and the tech industry in leveraging evidence-based interventions. This panel will: \* Highlight current initiatives by IO leaders to address AI's challenges and opportunities. \* Explore strategies for applying IO knowledge to support ethical AI development and workplace integration. The overarching goal is to contribute to a collaborative roadmap for AI's future, ensuring its development and implementation aligns with societal and organizational needs. In the short term, the panel aims to help organizations navigate AI integration, focusing on its impact on employees and workplace processes. Panelists, including IO academics and practitioners, will address key questions: \* How is AI reshaping workplace processes, and what are its implications? \* How can IO Psychologists and AI developers collaborate effectively? \* What research-informed practices can IO Psychology offer to promote equitable AI implementation? \* How can IO Psychology position its findings as essential resources for the tech industry?

**Section:** Industrial and Organizational Psychology

**Session ID:** 112785 - Panel Discussion

### *Paths to Success in the Canadian Job Market for I/O Psychology*

**Moderator(s):** Ortynsky, Mikaila

**Panelists:** Lam, Janice; Byrne, Alyson; Grocott, Alyssa; Taylor, Aisha ; Zhang, Irene

Abstract: GRADUATE STUDENTS IN INDUSTRIAL-ORGANIZATIONAL (I/O) PSYCHOLOGY, AS WELL AS ORGANIZATIONAL BEHAVIOUR (OB), ARE FACED WITH A CONUNDRUM WHEN THINKING OF OR ENTERING THE JOB MARKET. DO I PURSUE ACADEMIA OR PRACTICE? WHAT IF I WANT TO BE AN ACADEMIC WHO HAS A FOOT ON THE 'FACTORY FLOOR'? OR, A PRACTITIONER WHO STILL CONDUCTS ACADEMIC RESEARCH? PATHWAYS TO BECOMING AN ACADEMIC, PRACTITIONER, OR HYBRID ACADEMIC/PRACTITIONER ARE NOT ALWAYS WELL-KNOWN AND TEND TO BE NON-LINEAR. THE PURPOSE OF THIS PANEL SYMPOSIUM IS TO PROVIDE INSIGHT FROM I/O PSYCHOLOGY AND OB GRADUATES ON HOW THEY OBTAINED THEIR POSITIONS. THIS PANEL WILL SERVE AS AN INTERACTIVE ENVIRONMENT FOR GRADUATE STUDENTS AND FACULTY TO LEARN ABOUT DIFFERENT PATHWAYS FOR SUCCESS IN THE CANADIAN JOB MARKET. TO AID I/O AND OB STUDENTS IN THEIR CAREER JOURNEY, WE HAVE COMPILED A PANEL OF FOUR INDIVIDUALS FROM ACROSS CANADA WHO HAVE HAD NON-LINEAR PATHWAYS IN FINDING THEIR DREAM CAREERS THAT USE THEIR GRADUATE DEGREE IN I/O PSYCHOLOGY OR OB. WE

*ANTICIPATE A LIVELY CONVERSATION ABOUT OPTIONS AND PATHS TO CONSIDER, INCLUDING REQUIRED SKILLS, IN TODAY'S JOB MARKET WITH AMPLE TIME FOR AUDIENCE Q&A. AUDIENCE MEMBERS WILL LEAVE THIS PANEL SYMPOSIUM WITH NEWFOUND IDEAS ON HOW TO USE THEIR I/O OR OB GRADUATE DEGREE.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 111226 - Panel Discussion

## Printed Poster

*"SOAP Notes aren't the problem": Occupational Therapists experience evaluating large language models (LLMs) to alleviate charting responsibilities.*

**Main Presenting Author:** Gaikwad, Nikita

**Additional Authors:** Kupferschmidt, Kristina L.; Skorburg, Joshua; O'Doherty, Kieran

*Abstract: Healthcare providers are faced with increasing burdens of documentation and other non-clinical tasks that often place limits on the time they can spend with patients directly. For this reason, emerging technologies such as ChatGPT have been considered as a potential solution to assist with clinicians' documentation, and the time saved used by clinicians to see more patients. Thus, this project aims to understand the extent to which Large Language Models based tools can reduce clinician documentation, specifically Occupational Therapist documentation. To do so, we conducted interviews with clinicians to understand their experience of the documentation burden as well as their attitudes towards LLMs. Our analysis identified several social, technical and sociotechnical aspects of using LLMs in documentation. Clinicians' concerns stemmed from the high amounts of documentation expected of them and the pressure of participating in such pilot studies. Change in workflows due to the incorporation of new technological tools and technological burnout was also mentioned. While some of them did mention LLMs including inaccurate information, others seemed hopeful in other ways that it could be helpful. AI tools may pose to provide challenges for documentation in the current time, it could prove to provide support for other purposes in pediatric rehabilitation and other healthcare systems*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 113904 - Printed Poster

*"What Should I Ask?" Interviewer Perceptions about Applicant Questions*

**Main Presenting Author:** Mashhadi, Bahar

**Additional Authors:** Wingate, Timothy G; Bourdage, Joshua S

*Abstract: The employment interview presents job applicants with an opportunity to stand out among other candidates, create a positive impression, and ultimately win the interviewer's favour. To do this, applicants may not only try to successfully respond to the interviewer's questions but also ask questions strategically. Research on \_interviewers' questions\_ has been plentiful; however, little is known about \_applicant questioning behaviour\_ and its impact on interviewer impressions and evaluations. The current study aims to address this gap. Specifically, the ongoing study adopts a mixed-methods approach to understand hiring professionals ( $N = 220$ ) thoughts, attitudes, and*

expectations regarding applicant questions within the interview. The study has received ethics approval and data collection is underway, with completion expected in December 2025. Following data collection, thematic analysis will be conducted to identify key characteristics of applicant questions, based on the perceptions of hiring professionals. Results will also be analyzed through the lens of signaling theory since interviewers may interpret applicants' questions as signals of the candidates' personality and competence. Data analysis will conclude by April 2025. Given that applicant questions may influence interviewers' hiring decisions, the findings of this study could be used to promote an effective hiring process.

**Section:** Industrial and Organizational Psychology

**Session ID:** 112334 - Printed Poster

### *A Review of Unethical Leadership: Its impact on Employees' Stress, Well-Being, and Adoption of Organizational Change, and the Moderating Role of Moral Identity.*

**Main Presenting Author:** Chika-James, Theresa A

**Additional Authors:** Manangan, EJ ; Schmaltz, Rodney

**Abstract:** Extant research shows unethical leadership poses significant challenges to employee well-being and the adoption of organizational change. However, evidence on the mitigating role of moral identity in this context is yet to be explored. This paper reviews the impact of unethical leadership on employee stress, well-being, and resistance to change, proposing moral identity as a moderating factor. A systematic literature review using the SPICE (Setting, Perspective, Intervention, Comparison, Evaluation) framework was conducted, analyzing peer-reviewed articles published between 1984 and 2024. Keywords such as leadership, unethical leadership impact, workplace stress, stress, well-being, reduced well-being, moral identity, change, and change resistance were used in various combinations, yielding 38 relevant scholarly articles. The review revealed that unethical leadership intensifies employee stress, reduces well-being, and influences resistance to organizational change. Moral identity is proposed as a potential moderator to counteract these adverse effects. Findings highlight the role of leadership ethics in influencing organizational outcomes during change. Practical recommendations include fostering ethical leadership practices and promoting moral identity development to enhance organizational resilience.

**Section:** Industrial and Organizational Psychology

**Session ID:** 113906 - Printed Poster

### *Acculturation stress and psychological outcomes for immigrant entrepreneurs*

**Main Presenting Author:** Naimi, Azadeh

**Additional Author:** Chirkov, Valery

**Abstract:** *RATIONALE:* This study explores how acculturation stress relates to the psychological well-being of immigrant entrepreneurs. It aims to compare psychological and social well-being between immigrant and Canadian-born entrepreneurs. *METHODS:* Using data from Statistics Canada ( $n = 9051$ ) the study compared measures of mental well-being between immigrant and Canadian-born self-employed. ANOVAs tested gender and racial/cultural confounding effects. *RESULTS:* Immigrant self-

*employed reported better perceived mental health than Canadian-born self-employed, but lower satisfaction with life and social support. No significant interactions were found with gender or cultural/racial background, but men self-employed reported better mental health, while women reported higher social support. Non-white self-employed individuals reported lower life satisfaction and social support. CONCLUSIONS: Self-employed immigrants reported better mental health than Canadian-born counterparts, this may be due to acculturation resilience, but they reported lower life satisfaction and social support, consistent with the challenges of acculturation. In addition, cultural background and gender may create barriers to social and professional inclusion for self-employed. IMPACT: Future research should prioritize qualitative studies of immigrant entrepreneurs' acculturation experiences over variable-based approaches.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 112400 - Printed Poster

### *An Experimental Study of the Impact of Inconsistent Leadership Behaviours on Employee Outcomes*

**Main Presenting Author:** Wang, Lanxi

**Additional Authors:** Gulseren, Duygu B; Lyubykh, Zhanna; Kelloway, Kevin

*Abstract: Inconsistent leadership, characterized by inconsistencies in a leader's actions, behaviours, and decisions, has significant negative impacts on employee outcomes (Gulseren et al., 2024; Schilling et al., 2023). Previous research on inconsistent leadership typically relies on cross-sectional survey data, limiting the ability to draw causal conclusions. Therefore, the proposed study uses an experimental method, examining how inconsistent leader behaviours can lead to negative employee outcomes. Specifically, we will use a between-subjects design, presenting participants with vignettes that describe leaders exhibiting different behaviour patterns, including unethical, passive, and inconsistent behaviours. Then, we will examine if participants show different reactions and attitudes toward the leader across conditions. Data will be collected from 200 participants from Prolific (an online participant recruitment platform) by March 2025. Data will be analyzed using ANOVA and mediation analysis. We expect that inconsistent leadership will lead to higher confusion, frustration, and moral distress, as well as lower trust and perceived leadership effectiveness, compared to the other leadership styles. Our findings will enhance understanding of the detrimental impact of inconsistent leadership and guide future research and intervention aimed at addressing this negative leadership style.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 112339 - Printed Poster

### *Artificial Minds: Can AI Ace Psychopathy Tests Used in Selection?*

**Main Presenting Author:** Fisher, Madeline G

**Additional Author:** Roulin, Nicolas

*Abstract: The increased accessibility of Large Language Models (LLMs) such as ChatGPT, poses an unprecedented threat to selection processes as more individuals use Artificial Intelligence (AI) to assist in everyday tasks (Phillips and Robie, 2024). Job candidates often misrepresent themselves during the job selection process, including on personality measures (Meade et al., 2020). One*

personality trait of interest is psychopathy, due to the detrimental organizational outcomes that are associated with high levels of psychopathy in the workplace, such as bullying, toxic leadership, and other counterproductive work behaviours (Boddy, 2014). Thus, it is important to understand how AI impacts applicants' ability to fake different measures of both clinical and workplace psychopathy, including a recently-validated implicit test (*Conditional Reasoning Test of Workplace Psychopathy, CRT-WP*). Select LLMs (*ChatGPT, Llama, Gemini, Claude*) and tests of psychopathy (e.g., *PCL-R, TriPM, BScan, CRT-WP*) were analyzed across various prompting conditions (e.g., *fake good/bad*) to determine the success/failure of LLMs in faking various tests of psychopathy. These results inform future personnel selection best practices and add to the growing body of literature on AI and faking. They also provide more support for using conditional reasoning tests in personnel selection.

**Section:** Industrial and Organizational Psychology

**Session ID:** 113122 - Printed Poster

### *Behavioural Interview Responding: A Cross-Cultural Comparison*

**Main Presenting Author:** Murphy, Sara A.

**Additional Author:** Keeping, Lisa M.

*Abstract: Behavioural interview performance hinges on communicating autobiographical stories. However, norms surrounding communication and storytelling differ across cultures. In a Western context, behavioural questions are designed to elicit responses reflecting Anglo cultural values (GLOBE Project; House et al., 2004), potentially disadvantaging applicants with different cultural roots. Our work examines behavioural interview responses across cultures and tests a frame-of-reference intervention to address emerging differences. Through Prolific, we surveyed 185 participants from Anglo countries who reported matching nationality ( $N=94$ ) or nationality within the Latin American ( $N=91$ ) cluster. Half ( $N=93$ ) responded to a frame-of-reference question before answering four behavioural questions relevant to a customer service position. A MANOVA found that Anglo cluster responses used more stories (i.e., specific accounts of past experiences) ( $F(1)=4.36$ ,  $p=.04$ ) and fewer pseudo stories (i.e., summaries of generic events), and Latin American cluster responses used more pseudo stories ( $F(1)=6.32$ ,  $p=.01$ ) and fewer stories. The intervention reduced pseudo stories in Latin American responses ( $F(1)=5.00$ ,  $p=.03$ ). Our results suggest that since specific stories are critical in Western behavioural interviews, applicants from non-Western cultures may be disadvantaged and training may be beneficial.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113485 - Printed Poster

### *Benchmarking Post-secondary Counselling Supports in Atlantic Canada*

**Main Presenting Author:** McKay, Courtney

**Additional Authors:** Smith, Steven ; Brophy, Tom

*Abstract: In partnership with the Canadian Association of College and University Student Services (CACUSS), our team conducted a study benchmarking counselling supports at 19 universities and colleges in Atlantic Canada. The data from this study focused on staffing, operational capacity, appointment availability, emergency support, electronic record management tools, and student demographics. Collecting data from all four Atlantic provinces gave us insights into cross-border*

differences in capacity, salaries, and clinic management techniques. Additionally, analyzing the differences between the institutions showed findings that highlight how they approach clinician capacity, student users, and alternative support programs. With results showing as little as 1 clinician for an entire campus, clinicians being responsible to provide care for up to 2,285 students, and an overall lack of growth for new positions, the results highlight the need for reevaluation of current support services. Additionally, we found that 15 out of 19 schools only offered appointments during normal business hours, some schools had up to 90 day waits for appointments, and many limited the number of appointments. Therefore, although staff at the institutions are skilled and dedicated, there are still barriers to students trying to access support services.

**Section:** Clinical Psychology

**Session ID:** 112737 - Printed Poster

### *Beyond the Baby Track: How Gender and Choice Shape Workplace Perceptions*

**Main Presenting Author:** Li, Yanhong

**Co-Presenting Authors:** Ho, Jennifer A; Leal, Allan

*Abstract: Media often depicts childfree women as unhappy, disorderly, selfish, and unfit to lead. Despite the rise in working women without children, little attention has been directed to understanding their professional experiences. Our study contributes to a more inclusive research agenda by examining the impact of childfree status on women's career outcomes compared to their male counterparts, extending the literature on gender and careers. Using a 2 (gender: man vs. woman) x 3 (childfree reason: voluntary, involuntary, temporary) between-subject experimental vignette design, supervisors with hiring experiences will be randomly assigned to read one of six simulated job interview transcripts. They will then judge interviewees' career outcomes (e.g., hireability, leader-like qualities) and perceived characteristics (warmth, competence, morality). Data collection begins January 2025. We hypothesize that regardless of reasoning, childfree women will face greater negative perceptions and career outcomes than men. Warmth, competence, and morality perceptions are also expected to vary by reasoning, shaping career outcomes differently. By understanding the nuances of childfree stigma, findings from this study will provide insights into the unique professional experiences of childfree women, encouraging further exploration of this growing yet understudied group in organizational research.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 112438 - Printed Poster

### *Beyond the Excluded: Unveiling the Influence of Victim Gender in Observers Attributions of Workplace Ostracism*

**Main Presenting Author:** Hoxha, Klei

**Additional Authors:** Zur, Elana ; Liang, Lindie

*Abstract: Workplace ostracism, or social exclusion, is a subtle yet powerful form of workplace mistreatment that harms one's sense of belonging, job satisfaction and work performance. Previous research has predominantly examined ostracism from the perspective of the ostracized target and the ostracizer, neglecting the potential insights and perceptions from third-party observers. Complete information about an ostracizing situation is often unavailable, prompting observers to rely on available cues for interpretation. Utilizing attribution theory, we investigate how third parties use the*

*salient demographic cue of gender, of both the target and perpetrators, to attribute blame towards an ostracism situation. We recruited 360 working adults through Prolific to read realistic work chats about an ostracizing situation that varies the gender of the target and the work team. We find that regardless of if the target is male or female, gender incongruence between the target and the team members increases observers perception of sexism. Additionally, in gender incongruent conditions, observers are more likely to blame the team members for the ostracism. By incorporating the demographic cue of gender in our analysis, this research offers a new perspective on the influence of gender as an important cue in understanding ostracism.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 112098 - Printed Poster

### *Changing the Conversation: A Feminist Narrative Review of Women's Work-life Wellness*

**Main Presenting Author:** Como, Rebecca

*Abstract: As women carry a large share of paid and unpaid work, using a feminist research approach allows for advocacy for women through the critique of power hierarchies. To form a basis for my doctoral research, I conducted a narrative review of women's work-life wellness which involves feeling well at work and home and feeling well about the intersection of work and personal life. To begin, I described gender role theory and provided an overview of women's various areas of work. Additionally, I analysed the literature using a post-modern feminist lens and reflected on the following dichotomies and discourses: work-life balance as a problem for women versus for men, personal versus collective solutions, and speaking up versus staying silent. Counsellors and policy makers may consider the forces impeding the work-life wellness of women to advance empathy, solidarity, and advocacy. For my doctoral dissertation, I will use Feminist Critical Discourse Analysis (FCDA) to make visible further discourses around women's work and work-life wellness to address inequities and change the conversation.*

**Section:** Counselling Psychology

**Session ID:** 113416 - Printed Poster

### *Correlates of PTSD Symptom Severity in Homeless-Shelter Support Staff*

**Main Presenting Author:** Fox, Maegan K.

**Additional Author:** Chapman, Alexander

*Abstract: BACKGROUND/RATIONALE: The support work carried out by homeless shelter workers in the public and non-profit domains is often underrecognized, as are the mental health impacts of working with a complex and high-needs population. The literature suggests that shelter workers are struggling significantly, with burnout and PTSD symptom rates comparable with first responders and healthcare workers. OBJECTIVES/AIMS: The current study aims to assess the presence of PTSD symptoms in this underrepresented population as well as the association of possible correlates of such symptoms, including connectedness amongst colleagues, burnout severity, training quality, and frequency of critical event exposure. These predictor variables were chosen based on their organizational malleability to make changes more attainable. The proposed study seeks to highlight the presence and predictors of PTSD symptoms in a way that informs future research and contributes to efforts to improve the well-being of shelter workers. METHODS: The study will use an online*

survey consisting of various self-report inventories including the ProQOL-5, PCL-5, IOS scale, and measures created for the study. Data is currently being collected from shelter workers in regions across British Columbia, Canada, stopping on March 1st, 2025.

**Section:** Clinical Psychology

**Session ID:** 112784 - Printed Poster

### *Crisis Leadership: Taking a "direct" approach*

**Main Presenting Author:** Stewart, Jacob S

**Additional Authors:** Woodley, Hayden ; McLarnon, Matt

**Abstract:** CRISES (E.G., COVID-19 PANDEMIC) HAVE UNDERSCORED THE NEED FOR EFFECTIVE LEADERSHIP IN NAVIGATING UNFORESEEN, DISRUPTIVE EVENTS. DESPITE THE CRITICAL IMPORTANCE OF LEADERSHIP DURING CRISES, RESEARCH ON CRISIS LEADERSHIP REMAINS UNDERDEVELOPED. THIS PAPER EXPLORSES THE ROLE OF LEADERSHIP STYLES DURING ENVIRONMENTAL AND/OR ORGANIZATIONAL CRISES, WITH A PARTICULAR FOCUS ON DIRECTIVE LEADERSHIP AND EMPOWERING LEADERSHIP AS WELL AS THEIR IMPACT ON EMPLOYEE OUTCOMES, SPECIFICALLY TURNOVER INTENTION AND AFFECTIVE ORGANIZATIONAL COMMITMENT. WHILE EMPOWERING LEADERSHIP OFFERS INCREASED AUTONOMY AND CREATIVITY, ITS APPLICATION IN DURING CRISES MAY LEAD TO AMBIGUITY AND DELAYED DECISION-MAKING. CONVERSELY, DIRECTIVE LEADERSHIP OFFERS CLARITY AND STRUCTURE, WHICH CAN BE CRUCIAL DURING CRISES. THUS, DIRECTIVE LEADERSHIP CAN BE MORE EFFECTIVE THAN EMPOWERING LEADERSHIP, EMPHASIZING THAT LEADERS MUST ADJUST THEIR APPROACH TO THE CONTEXT. IN A SAMPLE OF 464 EMPLOYEES, RECRUITED THROUGH PROLIFIC, RELATIVE WEIGHTS ANALYSES DEMONSTRATED THAT DIRECTIVE LEADERS WERE PERCEIVED AS MORE EFFECTIVE THAN EMPOWERING LEADERS DURING THE PANDEMIC. FURTHER, LEADER EFFECTIVENESS MEDIATED THE RELATION BETWEEN DIRECTIVE LEADERSHIP AND BOTH AFFECTIVE ORGANIZATIONAL COMMITMENT AND TURNOVER INTENTIONS. THIS EFFECT WAS NON-SIGNIFICANT FOR EMPOWERING LEADERSHIP. THE IMPLICATIONS OF THESE FINDINGS WILL BE DISCUSSED.

**Section:** Industrial and Organizational Psychology

**Session ID:** 113372 - Printed Poster

### *Development and Validation of a Competency Model for Autistic Employees*

**Main Presenting Author:** Plotnick, Samuel L

**Additional Authors:** Hartman, Lorne ; Hancock, Samantha; Hartman, Braxton; Powell-Rudy, Tracy

**Abstract:** The objective of this project is to develop a precise, comprehensive list of skill and behavioral requirements for autistic employees to perform effectively in the workplace. Competency modeling, a method for defining the human attributes necessary to perform effectively in a job, is used. Fifteen autistic employees, mostly early-stage professional hires in corporate settings, were interviewed to collect competency modeling information using the critical incident technique, a procedure for gathering important information concerning behavior in defined situations. Data from the interviews were theme analyzed by coding interview transcripts for known competencies. Five

focus groups were then conducted with the interviewees in groups of 3 to review and confirm the draft competency model and ensure that the behavioral indicators for each competency are clear, accurate, and comprehensive. Competencies are now being adapted into an online questionnaire. Thirty autistic and thirty nonautistic respondents will rate the frequency and importance of each competency. Competencies predictive of successful performance by autistic employees in the workplace will be identified. These competencies can be used to develop selection assessments, training programs, and performance management applications for hiring, onboarding, and developing autistic employees.

**Section:** Industrial and Organizational Psychology

**Session ID:** 111883 - Printed Poster

### *Discrimination Based on a Profile: Professional and Network Effects for Recruiters Wearing a Hijab*

**Main Presenting Author:** Sharifi, Sara

**Co-Presenting Authors:** Kabat-Farr, Dana; Labelle-Deraspe, Rémi

**Additional Author:** Caron, Isabelle

**Abstract:** *BACKGROUND: Research finds that women who wear hijabs face hiring discrimination. Our project examines whether women who wear hijabs in a position of power, as a hiring recruiter, similarly experience discrimination. Social media connections are the basis for many professional networks and are fundamental to job success, especially for recruiters. We hypothesize that job applicants evaluating recruiters wearing hijabs experience activation of implicit anti-Muslim sentiment and are cognitively distracted, leading to lower evaluations and desire for engagement.*

**METHODS:** *We will use an experimental design to compare how university students evaluate LinkedIn profiles of recruiters (either a woman wearing a hijab, a woman without a hijab, or a man wearing no religious apparel) with identical professional and network characteristics. In a controlled laboratory setting we will use eye-tracking equipment to measure attention to profile photos, and capture participant perceptions of the recruiter's power, work experience, leadership capabilities, and desire to establish connection with the recruiter.* **RESULTS:** *Data collection will begin in January 2025 and we will have results to present at the conference.* **IMPACT:** *The implications of this work may underscore subtle negative forces that limit the professional success of women who wear a hijab.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113720 - Printed Poster

### *Disrupting the Dark Path: Testing interventions of mediating mechanisms linked to the Dark Triad traits and self-interested unethical workplace behaviour*

**Main Presenting Author:** Belfiore, Caitlin C

**Additional Author:** Hillebrandt, Annika

**Abstract:** *Self-interested unethical workplace behaviour (e.g., overstating performance) can have damaging consequences for organizations. The Dark Triad—narcissism, Machiavellianism, and psychopathy—is often linked to such unethical behaviour. However, scholars have typically studied these traits as a single unified construct. We aim to untangle the nuances and understand how each Dark trait uniquely influences unethical actions. Drawing on socioanalytic theory, we hypothesize that*

*each trait is sensitive to distinct motivating factors: self-presentation (appearing competent), self-interest (self-gain), other-interest (consideration for others), and impulsivity (lack of self-control). Our project involves two phases. Phase 1, which involved a cross-sectional study of full-time employees ( $N = 200$ ), demonstrated differential associations between the Dark traits and motivating factors underlying unethical workplace behaviour. Phase 2, which is currently in progress, uses a two-wave experimental design ( $N = 300$ ) to test interventions aimed at mitigating the effects of the Dark traits on unethical behaviour. We contribute to the behavioural ethics and personality literatures by advocating for the acknowledgment of variance across the Dark traits when predicting unethical behaviour. Practically, we develop tailored interventions to mitigate such workplace behaviour.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 111649 - Printed Poster

### *Does Trait Authentic Pride Enhance Career Perceptions and Well-being?*

**Main Presenting Author:** Sears, Greg

**Additional Author:** Han, Jade

*Abstract: Drawing on a social functionalist view of pride, we propose that employee trait authentic pride will be positively associated with two key career outcomes (career satisfaction and commitment) and overall life satisfaction, partly through its influence on work engagement. Data were collected from 278 police officers working for a large police organization. Two time-lagged surveys were administered 3 months apart, containing measures of pride and demographic controls in survey 1, and work engagement, career commitment and satisfaction, and life satisfaction in survey 2. Regression analyses revealed that pride was significantly positively associated with each focal distal outcome (career satisfaction:  $b = .88$ ,  $p < .01$ ; career commitment:  $b = .84$ ,  $p < .01$ , life satisfaction:  $b = .47$ ,  $p < .01$ ). Moreover, work engagement was found to mediate each of these relationships. In line with a social functionalist perspective, and the motivational hypothesis of pride, these results suggest that trait authentic pride may foster increased work engagement, which in turn, may enhance employee perceptions of career satisfaction, commitment, and life satisfaction. These findings signal that organizational efforts to cultivate authentic pride and work engagement (e.g., through work design/recognition mechanisms) may strengthen employee career and well-being perceptions.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 111999 - Printed Poster

### *Exploring Candidate Experiences: A New Tool for Assessing Needs in Selection*

**Main Presenting Author:** Wood, Corey

**Additional Author:** Pryce, Cory

*Abstract: Maintaining motivation during the job search is vital for obtaining employment. Yet, motivation is challenging as candidates may navigate rejections and setbacks through multiple hiring processes. Self-Determination Theory highlights three needs—autonomy (the need to feel in control), relatedness (feeling connected and valued), and competence (the need to feel effective and capable)—that support optimal motivation and well-being. Whereas traditional job search research focuses on job seekers as solely responsible for their outcomes, this study emphasizes the organization's role in shaping candidates' experiences. Using a novel Candidate Needs in Selection scale, we explore how*

candidates evaluate needs-satisfaction aggregated across hiring experiences during a specific time period. Data were collected from 271 active job seekers (Time 1) to measure autonomy, relatedness, and competence, followed by job search motivation and job search self-efficacy one week later (Time 2). We will examine the scale's psychometric properties and candidates' qualitative feedback about the scale, providing a new tool to assess candidates' needs in selection research. Results are expected to show that greater needs-satisfaction predicts higher self-efficacy and motivation. The findings will offer valuable insights for improving candidate experiences and fostering needs-supportive hiring practices.

**Section:** Industrial and Organizational Psychology

**Session ID:** 113365 - Printed Poster

### *Exploring Subordinate Incivility: Forms and Potential Impact*

**Main Presenting Author:** Holmvall, Camilla

**Additional Author:** Stronach, Rhea

**Abstract:** Research predominantly investigates supervisors and coworkers as perpetrators of incivility (i.e., low-intensity disrespectful behaviours with ambiguous intent to harm; Andersson and Pearson, 1999). However, incivility can also be enacted by subordinates (e.g., Meier and Gross, 2015) yet much less is understood about this source. We sought to uncover the behaviours that constitute subordinate incivility and gain preliminary insights about its possible effects. Our mixed-methods study gathered  $N = 171$  incidents of subordinate incivility from  $N = 67$  leaders (31 men, 36 women). Incidents, coded by two raters, revealed approximately 40 uncivil behaviours under five overarching themes: Challenging Authority, Communication Issues, Lack of Conscientious Behaviour, Disrespectful Acts Toward Coworkers, and Time Theft. Exploratory quantitative descriptive analyses suggest these behaviours reflect the distinguishing features of incivility (Andersson and Pearson, 1999) and may frustrate leader psychological needs (Deci and Ryan, 2000). Our findings demonstrate that subordinate incivility encompasses some unique behaviours that are not captured in current incivility scales and that have potential to damage leader well-being. Our data can be used to develop a content-valid measure of subordinate incivility for use in future research to understand the impact of subordinate incivility on leaders.

**Section:** Industrial and Organizational Psychology

**Session ID:** 111877 - Printed Poster

### *Exploring the Implications of the Hexaco Personality Profiles on Dark Tetrad Traits*

**Main Presenting Author:** Ouellette, Samuel

**Additional Authors:** Mayer, William ; Lee, Jisung; Daljeet, N. Kabir; Espinoza, Jose A.; Kowalski, Christopher Marcin

**Abstract:** The HEXACO model of personality has been linked with the Dark Tetrad (DT) traits, particularly due to its addition of the Honesty-Humility dimension. Previous studies have shown that Psychopathy, Machiavellianism, Narcissism and Sadism are related to the Honesty-Humility trait, with some of these traits also showing correlations with other HEXACO dimensions. Taking a person-centered approach, Espinoza et al. (2020) identified five stable personality profiles using the

*HEXACO model but the relationship between these profiles and the DT remains unknown. In our exploratory study, we applied the parameters established by Espinoza et al. (2020) to 830 participants who completed the 100-item HEXACO-PI-R online. Our analysis identified four out of the five previously discovered profiles in the dataset. Using BCH Chi-Square tests, we investigated the relationship between these profiles and each dimension of the DT traits. The findings revealed significant mean differences across all of the six profile comparisons for Machiavellianism and Narcissism and five of the six profile comparisons for Psychopathy and Sadism. This research supports the significance of examining the DT dimensions within the framework of the HEXACO model, and contributes to a deeper comprehension of personality profiles, providing valuable insights for future research.*

**Section:** Social and Personality Psychology

**Session ID:** 113061 - Printed Poster

*Exploring the usefulness of a lexical decision task in assessing second language proficiency in the context of the Canadian federal public service*

**Main Presenting Author:** Manganelli, Lara

**Additional Authors:** Thompson, Glenn ; Georges, Karine

**Abstract:** *The Public Service Commission (PSC) of Canada is responsible for the second language evaluations that are used by most federal organizations when staffing bilingual jobs (English and French). A study, internal to the PSC, was carried out to assess whether a lexical decision task could be used to assess second language proficiency. We are not aware of any study that has explored whether this type of paradigm could be used in the context of personnel selection. Two tests were developed: The Word Recognition Test (WRT), a lexical decision task, and the Word Activation Test (WAT), a primed lexical decision task. Speed and accuracy on the WRT ( $N = 132$ ) predicted second language oral proficiency. Moreover, participants with greater oral proficiency showed a stronger priming effect on the WAT ( $n = 115$ ), however this was only true for participants whose first official language was English. Reactions to the tests were primarily unfavorable, with the most common concerns being that the tests were demanding, had low face validity, and created accessibility issues for people with disabilities. Lexical decision tests may provide some unique opportunities, such as reducing biases, cheating prevention and more efficient testing compared to human administered tests. Nevertheless, more research is needed to support the use of lexical decision tasks in the context of high stakes selection.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113987 - Printed Poster

*Feeling confident you can follow: The power of leader character*

**Main Presenting Author:** Woodley, Hayden J. R.

**Additional Author:** Carver, Sarah J.

**Abstract:** *Leader character is a rapidly growing area of organizational research that focuses on developing good leaders (Newstead et al., 2021). We argue that leaders with high character motivate subordinates through building their followership self-efficacy (i.e., their confidence in their ability to effectively follow). Using a multi-wave design ( $N = 404$ ), we found that leader character*

(Time 1) was positively related to subordinates' followership self-efficacy (Time 2),  $r = .36$ ,  $p < .001$ . Further, we examined the relations between leader character and the facets of follower self-efficacy, finding positive correlations between leader character and cooperativeness ( $r = .21$ ,  $p < .001$ ), dutifulness ( $r = .25$ ,  $p < .001$ ), and supportiveness ( $r = .47$ ,  $p < .001$ ). Further, multiple regression and relative importance analyses revealed that leader character had the strongest relation with the facet of supportiveness ( $b = .33$ ,  $RW = .18$ ,  $RW\% = 76.49$ ), whereas dutifulness ( $b = -.07$ ,  $RW = .03$ ,  $RW\% = 13.41$ ) and cooperativeness ( $b = -.08$ ,  $RW = .02$ ,  $RW\% = 10.1$ ) were negatively related to leader character ( $R^2 = .24$ ). These findings suggest that high character leaders build subordinates' confidence in their ability to follow through their belief that they can support their leader, despite simultaneously feeling less confident in their ability to carry out their duties and cooperate with others.

**Section:** Industrial and Organizational Psychology

**Session ID:** 113330 - Printed Poster

### *From turnover intent to turnover behaviour: An exploration of early career attrition in the Canadian Armed Forces using non-proportional survival models*

**Main Presenting Author:** Gareau, Alexandre

**Additional Authors:** Laplante, Joelle ; Otis, Nancy

**Abstract:** Early career attrition in the Canadian Armed Forces (CAF) has been recognized as having detrimental effects on the personnel production system and future operational readiness. One of the strongest known determinants of turnover behaviour is turnover intention (Hom et al., 2019), however the association is heterogeneous. Using data from Project Horizon (a longitudinal study of early career attrition in the CAF), this study sought to investigate the predictive strength of several turnover intention variables collected in the first year of service (YOS). As part of Project Horizon, recruits and officer cadets were followed through the early phases of their careers via a series of surveys linked to official release information (up to 9 YOS). An additive hazard model was used to investigate time-varying effects of turnover intentions on attrition (Aalen and Scheike, 2005). Uncertain intentions in the first weeks of service offer great insight into future attrition well beyond 3 YOS. Most turnover intention variables had strong predictive value for attrition in the 1st YOS and demonstrated a prediction spike at 3 YOS, while some specific turnover intention variables had predictive value at 6 YOS and 8 YOS. Overall, this study found that the association between turnover intentions and actual turnover is contingent on cyclical waves of attrition and measurement specificity.

**Section:** Psychology in the Military

**Session ID:** 111749 - Printed Poster

### *How Generalized Attitudes and Beliefs towards AI affect Human-AI Teaming Mechanisms & Outcomes*

**Main Presenting Author:** Henke, Jonn

**Co-Presenting Author:** O'Neill, Thomas

**Additional Author:** McNeese, Nathan

**Abstract:** A quasi-experiment was done to determine how pre-existing attitudes towards Artificial Intelligence (AI) affect mechanisms linked to performance in Human-Autonomy Teams (HATs). It was hypothesized that teams of individuals more broadly positive attitudes towards AI would be more productive and achieve greater team performance. Pre-experiment participants were measured on attitudes towards AI, and then placed into teams within two conditions, each consisting of two participants and one confederate (posing as an AI). Conditions were (1) participants with more positive attitudes towards AI, and (2) more negative attitudes towards AI. Teams completed identical teamwork tasks in a multi-player videogame. Results did not vary significantly between conditions, and only a marginal relationship between attitudes towards AI and team performance was found. Previous experience in interacting with AI more strongly influenced mechanisms and outcomes than attitudes. Participants in both conditions showed positive increases in their attitudes towards AI, reported that they felt they worked productively with both human and AI teammates, viewed their AI teammate positively, and would choose to work with the AI again. Prior experience may be more important than more general attitudes and beliefs towards AI, and individuals appear capable of accepting and working with productive AI teammates.

**Section:** Industrial and Organizational Psychology

**Session ID:** 112912 - Printed Poster

### *Humble Beginnings: Experimental Inductions and Outcomes of Leader Humility*

**Main Presenting Author:** Zur, Elana S

**Additional Authors:** Liang, Lindie H.; Brown, Douglas J.; Ng, Pearlyn; Cheng, Kiyomi

**Abstract:** CONTEXT: Humble leaders admit mistakes, embrace feedback, and spotlight others, fostering trust and engagement (Owens and Hekman, 2012). However, most research on leader humility is survey-based, limiting our ability to draw causal conclusions (Chandler et al., 2023). To support experimental research, we developed and tested perceived leader humility inductions and examined their impact on key outcomes. METHOD: Using a 2 (humble vs. transactional leadership) x 2 (1st vs. 3rd person perspective) design, participants ( $N = 396$ ) were randomly assigned to read a corresponding passage, complete a writing task, and respond to several scales. RESULTS: Humility passages (1st and 3rd person) induced significantly higher perceptions of leader humility compared to comparison conditions. Although both humility conditions yielded similar results for perceived humility and leader effectiveness, the first-person humility perspective was rated as providing more useful advice. Trust in leader, psychological safety, leader consideration, competence, and warmth were significantly higher in the humble leadership conditions, whereas initiating structure was higher in the transactional conditions. IMPLICATIONS: This research validates experimental manipulations of humble leadership and enables future research on how leader humility impacts perceptions of leaders and organizational outcomes.

**Section:** Industrial and Organizational Psychology

**Session ID:** 113225 - Printed Poster

### *I'll Believe it When I See It: Widespread Use of Diversity Statements Undermines Perceived Sincerity and Organizational Attraction*

**Main Presenting Author:** Wong, Heather

**Additional Authors:** Hideg, Ivona ; Varty, Christianne

**Abstract:** *Organizational diversity statements have become widely used to attract prospective applicants. Consequently, it is critical to understand their effectiveness at enhancing applicant attraction. Integrating a signalling perspective of organizational initiatives (Bowen and Ostroff, 2004; Leslie, 2019) with the literature on authenticity (Lehman et al., 2019), we theorize that awareness of the prevalence of organizational diversity statements undermines a prospective applicant's attraction to the organization because of lower perceived sincerity of the organization's commitments to diversity. In Study 1 using qualitative methods and a sample of diversity statements (i.e., Fortune 100), we establish that statements are indeed highly prevalent. In Study 2 using an experimental design, we uncovered the negative effects of awareness of this prevalence on applicant attraction via decreased perceived sincerity. In Study 3, we tested an intervention by providing evidence of an organization's accountability (i.e., hiring a Chief Diversity Officer) and its impact on boosting perceived sincerity. By studying how diversity statements impact perceived insincerity, we offer insight to organizations genuinely committed to embracing inclusion and increasing workforce diversity but who need an effective approach to attract applicants and particularly diverse applicants they are aiming to recruit.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113192 - Printed Poster

*Innocent but implicated: How employee well-being and self-esteem are affected by organizational transgressions*

**Main Presenting Author:** Omoregbee, Esosa

**Additional Authors:** Hillebrandt, Annika ; Saldanha, Maria F

**Abstract:** *From environmental pollution to fraud and corruption, organizations often violate moral standards. However, scholars have a limited understanding of the impact of such moral violations on the organization's employees. Drawing on self-discrepancy theory, we propose that following an organizational transgression, employees may perceive a discrepancy between the moral and/or agentic person they \_ought \_to be (i.e., their ideal self) and the kind of person they really are (i.e., their actual self). In turn, these perceived discrepancies can lead employees to experience reduced subjective well-being and self-esteem. To test this model, we used a validated vignette. Full-time employees ( $N = 200$ ) were randomly assigned to conditions in which they imagined working for an organization that had committed versus not committed a moral transgression. Next, participants completed measures of perceived morality, agency, well-being, and self-esteem. The findings provided support for our proposed parallel mediation model. This research advances the behavioural ethics literature by increasing our understanding of the impact of organizational transgressions on employees who were not personally responsible for the transgression. Practically, these insights are important for developing interventions aimed at protecting employee well-being and self-esteem following organizational transgressions.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 112160 - Printed Poster

*Leading with Heart: Measuring the Impact of Vulnerable Leadership*

**Main Presenting Author:** Zur, Elana S

**Additional Authors:** Liang, Lindie H.; Brown, Douglas J.

**Abstract:** *CONTEXT: Leader vulnerability is gaining attention, but its conceptualization remains controversial. Thought leaders argue it enhances trust and performance, while academic research has positioned it as an undesirable trait. This gap highlights the lack of clarity in the conceptualization and operationalization of leader vulnerability. Addressing these gaps is essential to advancing theory and exploring potential effects.* **METHOD:** *We developed and tested a measure of leader vulnerability through a multi-stage process. In a qualitative study ( $n=100$ ), we generated items and identified dimensions. Graduate students ( $n=14$ ) provided feedback to refine items. We established substantive validity through item sorting ( $n=50$ ) and item rating ( $n=148$ ) studies. We assessed the reliability and factor structure of the scale ( $n=250$ ), followed by a multi-wave study ( $n=348$ ) to examine the nomological network, establishing convergent, discriminant, and criterion-related validity.* **RESULTS:** *Our three-factor scale measures business disclosure, business reliance, and personal disclosure in vulnerable leadership. These differentially predict leader warmth, competence, consideration, LMX, authenticity, and trust.* **IMPLICATIONS:** *This research bridges the gap between public and scholarly views of vulnerable leadership, providing a tool for research going forward.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113231 - Printed Poster

### *Lean Communication and Trust in Fast Response Virtual Work Teams: Inferring Team Member Trustworthiness versus Trust in Others through Textual Signalling*

**Main Presenting Author:** Cassidy, Scott A.

**Additional Authors:** Pham, Thong P.; Leung, Lok Yin A.

**Abstract:** *Although trust is crucial for team functioning, it often proves difficult to develop in virtual settings. This is especially true in “fast response” virtual teams, where members self-organize and complete ad-hoc tasks without prior shared experiences or rapport. According to Meyerson et al.’s (1996) swift trust framework, a tentative trust may emerge in these teams, if members have a high propensity to trust others and presume trustworthiness based on contextual signals. However, it is unclear what early behaviours signal trustworthiness during virtual ad-hoc work. To explore this idea, we content analyzed virtual team interactions during a text-based decision-making task ( $N = 96$ ). Participants reported their propensity to trust and trust towards each other. We investigated: 1) whether self-rated propensity to trust predicted different communication behaviours; and, 2) which communication behaviours predicted peer-rated trustworthiness. Consistent with swift trust theory, propensity to trust predicted trust in one’s team members. However, propensity to trust did not predict trustworthiness signalling. Team members with a higher propensity to trust exhibited longer latencies between messages and more facilitation behaviours; whereas participants received higher ratings of trustworthiness when they exhibited shorter latencies and demonstrated sensemaking through idea generation.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 112479 - Printed Poster

### *Looking Beyond Transformational Leadership: The Utility of S.A.F.E.R. Leadership*

**Main Presenting Author:** Cairns, Rebecca

**Additional Author:** Kelloway, E. Kevin

**Abstract:** *BACKGROUND Effective leadership is crucial to workplace safety outcomes (Kelloway and Barling, 2010), but many leadership models are not tied to concrete behaviours. As such, Wong et al. (2015) developed the S.A.F.E.R. leadership model, which emphasized 5 behaviours: Speaking about safety, acting safely, focusing on safe behaviours, engaging others, and recognizing safe actions. We sought to demonstrate the utility of S.A.F.E.R. in predicting safety-related behaviours and attitudes beyond safety-specific transformational leadership (SSTL). METHOD Data from 400 workers were collected via an online survey. Hierarchical regression tested S.A.F.E.R.'s incremental validity beyond SSTL for predicting safety compliance, participation, motivation, and control. For each analysis, SSTL was entered on the first step, and S.A.F.E.R. was entered on the second step. Afterwards, a redundancy analysis was completed to determine if SSTL is needed in the presence of S.A.F.E.R. RESULTS S.A.F.E.R. contributed incremental validity to all safety-related behaviours examined in this study. Moreover, SSTL was redundant for predicting compliance. CONCLUSIONS/IMPACT As a behaviour-focused model, S.A.F.E.R may be well-suited for leadership training to potentially improve safety attitudes and outcomes. Future research should explore S.A.F.E.R. based interventions to assess its long-term impact on workplace safety.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 112909 - Printed Poster

### *Meaningful Work: Perspectives of Indigenous Employees in Canadian Universities.*

**Main Presenting Author:** Yuan, Nan Hung

**Co-Presenting Author:** Belliveau, Jacob

*Abstract: Canadian Universities hire Indigenous employees (IE) to support Indigenization incentives; this study evaluates the extent and gaps how IE are supported. We interviewed 18 IE, exploring their perspectives on meaningful work (MW). Interview transcripts were analyzed using content and thematic analyses. Deductive codes came from a literature review on MW across psychology, anthropology, and management, while inductive codes emerged from interview data. Findings indicate that IEs' MW pathways and content are somewhat distinct from mainstream literature. Top pathways include 1) autonomy at work, 2) sense of purpose, and 3) belongingness. Top content categories were 1) contributing to a generational community, 2) connectedness, 3) task design. Subsequent thematic analysis explores the nuanced connection between MW and IE identity in a settler workspace. IE found meaning in work that 1) honored past legacies or served future generations and 2) established Indigenous space in settler institutions. We found that 3) having autonomy supports MW even in challenging environments (e.g., buffer against racism), and 4) MW can emerge from adversarial environments. To better support their IE and Indigenization goals, universities should ensure IE have autonomy over their tasks and opportunities to integrate with their communities at work.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113587 - Printed Poster

### *Measuring the Role and Impact of Hierarchy in Interprofessional Teams*

**Main Presenting Author:** Staff, Devon

**Co-Presenting Author:** Drefs, Michelle

**Additional Authors:** Lupo-Flewelling, Kate ; Walsh, Christine; Beran, Tanya

**Abstract:** School psychologists routinely work with external health providers to deliver mental health and related services. The effectiveness of these teams can be influenced by perceived or actual hierarchies among team members. Drawing from a subset of studies from a comprehensive scoping review, this poster explores the role of hierarchy in interprofessional team decision-making, highlighting how it has been measured and its influence on decision-making processes. **METHODS:** A systematic search of five databases was conducted which yielded 14, 510 studies published between 2005 and 2022. After completing screening procedures, 218 studies were retained for data extraction. **RESULTS:** The review identified 15 factors that influence interprofessional collaboration. Of these, 48 studies specifically addressed the role of hierarchy. **CONCLUSIONS:** The findings emphasize the detrimental impact of hierarchy within interdisciplinary teams, while also outlining strategies to navigate traditional power structures (e.g., strategic communication). **ACTION/IMPACT:** This research underscores the importance of being attuned to the effects of hierarchy within interdisciplinary teams. It calls for a deliberate approach: either creating space for others to contribute or asserting one's perspective, depending on who is perceived to hold the power in the team dynamic.

**Section:** Educational and School Psychology

**Session ID:** 113818 - Printed Poster

### *Microaggressions in the workplace: Identity protection responses and promotion seeking behaviours*

**Main Presenting Author:** Young, Charlotte E.

**Additional Author:** Adair, Wendi

**Abstract:** There has long been a struggle for minority groups to earn promotions in the workplace (Allamano, 2023). This is partially due to barriers such as lack of informal communication and stereotyping (Kilian et al., 2004). However, an overlooked barrier is microaggressions, defined as verbal, behavioural and environmental indignities used to communicate hostility (Sue et al., 2007). Furthermore, microaggressions activate social identity threat responses (SITR) in an individual because they attack minority identities (Kim and Meister, 2023). Drawing on conservation of resources theory, we suggest microaggressions will force the individual to use their resources for relieving stress caused by engaging in SITR (Hobfoll, 1989). This may leave the individual without the resources needed to seek promotions. To explore this theory, we conducted a survey study on Prolific, asking individuals to fill out scales for microaggressions, SITR and managerial aspirations. Preliminary analyses demonstrate a positive correlation between microaggressions and SITR, and surprisingly a positive relationship with promotion seeking behaviours. While microaggressions are correlated with increased SITR, the SITRs may be so effective that the individual can mitigate the effects of microaggressions. This suggests that while there is an impact of microaggressions in the workplace, it can be reduced with SITR.

**Section:** Industrial and Organizational Psychology

**Session ID:** 112787 - Printed Poster

### *Motivation to Lead in Time of Crises: The Mental and Physical Cost of Leadership During Sustained Crises*

**Main Presenting Author:** Al-Katib, Serra Y

**Additional Authors:** Carleton, Erica ; Walsh, Megan

*Abstract: Amid ongoing global challenges and the critical role of leaders during turbulent times, understanding the effects of sustained crises on leaders is imperative. Sustained crises are characterized by prolonged periods of difficulty and uncertainty. Using conservation of resources (COR) theory, this longitudinal study examines the impact of sustained crisis stress on leaders' mental and physical well-being and their motivation to lead (MTL). Using data from 566 leaders in a three-wave study later in the COVID-19 pandemic, we found that crisis stress adversely impacts leaders' mental health (via mental fatigue) and physical health (via physical illness), reducing their MTL. This decline is critical as leaders with reduced MTL lack the intrinsic motivation needed to sustain their effort and engagement to leading during prolonged adversity. We also identified workplace social support as a way to mitigate the indirect effects of reduced well-being on MTL. These findings extend COR theory to sustained crisis contexts, highlight the toll of prolonged stress on leaders' well-being, and demonstrate the importance of social support from co-workers and supervisors in preserving leaders' motivation. Practical implications underscore the need for organizations to prioritize leaders' well-being and foster strong workplace relationships to sustain leadership during crises.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113757 - Printed Poster

### *Navigating the Politics of Diversity Policy Fairness*

**Main Presenting Author:** Carroll, Taylor A

**Additional Authors:** Liu, Xinyu ; Bobocel, Ramona

*Abstract: The fairness of diversity policies has long been debated in the academic literature and in popular press. Although it is well established that employees with diverse identities assess these policies as fair, it is less known how employees who do not directly benefit from these policies (i.e., employees who identify as white males) assess their fairness. In an increasingly divided political climate, it is also informative to understand how such employees' political affiliation affects their assessed fairness. Thus, we aim to enhance our understanding of the effect of political affiliation on how fairly employees assess a diversity policy when they do not directly benefit from the policy. We conducted a 2-group experiment using both quantitative and qualitative methodology and a sample of American employees on Prolific. All participants read the same diversity policy but were grouped by their political affiliation (Republican or Democrat). The results of this study will elucidate (1) how employees who do not directly benefit from a diversity policy assess its fairness, (2) how employees' political affiliation affects their fairness assessment, and (3) how employees justify their fairness assessments in written responses, which will be analyzed for key themes. We look forward to sharing the results of this study and future directions at the conference.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 112196 - Printed Poster

### *Perceptions of Workplace Conflict Among Employees with Autism Spectrum Disorder*

**Main Presenting Author:** Cappellaro, Sarah

**Co-Presenting Authors:** Plotnick, Sam; Hancock, Samantha

**Abstract:** Autism Spectrum Disorder (ASD) involves a range of communication, social, and sensory processing challenges. Individuals with ASD face significant employment barriers leading to lower employment rates compared to neurotypical (NT) peers. We examine how employees with ASD perceive and react to task conflict (i.e., conflict about ideas and opinions pertaining to a task) because, although task conflict is meant to be beneficial, its nature may lead to more negative outcomes for employees with ASD. We hypothesized that, when experiencing high levels of task conflict, employees with ASD would report greater anxiety and incivility and lower psychological safety and affective commitment to colleagues. A 2 (autism status: ASD vs. NT) x 2 (task conflict: high vs. low) between-subjects design was employed. First, participants completed a survey assessing trait anxiety, autism status, and demographics; one week later, they were randomly assigned to a high- or low-task conflict scenario. Then they completed measures of task conflict, state anxiety, incivility, psychological safety, and affective commitment to colleagues. The analysis revealed that employees with ASD perceived significantly higher task conflict in both conditions, which contributed to markedly higher levels of workplace incivility and lower levels of affective commitment to colleagues compared to NT employees.

**Section:** Industrial and Organizational Psychology

**Session ID:** 112555 - Printed Poster

### *Psychological Services Coverage in Ontario Employee Group Benefit Plans*

**Main Presenting Author:** Zitars, Jillian

**Co-Presenting Author:** Kao, Chiao-En J

**Additional Author:** Scharf, Deborah

**Abstract:** Employee Group Benefit Plans (EGBPs) are an important avenue for accessing psychological services in Ontario, especially with long waitlists for publicly funded services and high costs of private care. However, there is limited research on the extent of psychological service coverage in Ontario EGBPs. We analyzed psychological services coverage detailed in collective agreements from the Ontario Collective Agreement e-Library. To do this, we screened 328 collective agreements for Ontario unions, removed duplicates, and two researchers extracted and coded psychological service coverage from 65 EGBPs specified within 56 agreements. The majority of EGBPs (89%) provided some degree of psychological service coverage. Among plans specifying eligible mental health practitioners, coverage for psychologists was universal (100%), followed by social workers (47%), psychotherapists (22%), and clinical counsellors (12%). However, none of the plans met the Canadian Psychological Associations (2023) recommended coverage amount of \$3,500–\$5,000 per year. These findings suggest that current EGBPs may not provide sufficient psychological service coverage for many Ontarians. This highlights an urgent need for employers to prioritize investment in employee mental health by enhancing psychological service coverage in EGBPs if they are depending on them to effectively support workers' mental health.

**Section:** Clinical Psychology

**Session ID:** 112236 - Printed Poster

### *Psychologists' Experiences of Finding Meaning in Professional Practice*

**Main Presenting Author:** Brady , Michelle H

**Additional Authors:** Dueck, Bryce S; Daniels, Lia M

**Abstract:** PSYCHOLOGISTS ENCOUNTER NUMEROUS STRESSORS, INCLUDING TIME CONSTRAINTS, HEAVY WORKLOADS, JUGGLING MULTIPLE ROLES, AND EMOTIONAL CHALLENGES SUCH AS BURNOUT, ALL OF WHICH CAN INFLUENCE THEIR LONG-TERM COMMITMENT TO THE PROFESSION (LAMBERT ET AL., 2004; LIM ET AL., 2011). THE SENSE OF MEANING PSYCHOLOGISTS DERIVE FROM THEIR WORK MAY SERVE AS A PROTECTIVE FACTOR AGAINST BURNOUT AND ATTRITION. HOWEVER, LIMITED RESEARCH EXISTS ON HOW PSYCHOLOGISTS MAKE MEANING IN THEIR WORK, AND EVEN LESS IS KNOWN ABOUT HOW THEIR EXPERIENCES OF MEANINGFUL WORK IMPACT THEM PERSONALLY AND PROFESSIONALLY. THIS STUDY AIMED TO EXPLORE PSYCHOLOGISTS' EXPERIENCES OF MEANING-MAKING IN THEIR PROFESSIONAL PRACTICE. SEMI-STRUCTURED INTERVIEWS WERE CONDUCTED WITH PROVISIONAL AND REGISTERED PSYCHOLOGISTS PROVIDING PSYCHOLOGICAL SERVICES IN CENTRAL ALBERTA ( $N = 15$ ). AN INDUCTIVE THEMATIC ANALYSIS IDENTIFIED FOUR KEY THEMES: DEFINING MEANINGFUL PROFESSIONAL PRACTICE, WHAT MAKES IT MEANINGFUL, OBSTACLES TO MEANING-MAKING, AND LACK OF MEANING. THESE FINDINGS OFFER IMPORTANT INSIGHTS INTO HOW WORK PSYCHOLOGISTS PERCEIVE AS MEANINGFUL OR MEANINGLESS IMPACTS THEIR PERSONAL AND PROFESSIONAL WELL-BEING. RECOMMENDATIONS FOR FOSTERING OPPORTUNITIES FOR MEANINGFUL WORK IN THE FIELD OF PSYCHOLOGY ARE DISCUSSED.

**Section:** Students in Psychology

**Session ID:** 111960 - Printed Poster

### *Serious Injuries and Fatalities: A Case Study of Organizational Factors in Heavy Mining*

**Main Presenting Author:** O'Neill, Thomas

**Additional Authors:** Jones, Sam ; Huray, Lena Le; Springle, Madeline; Wilkins, Jessica; Mughal, Hanna; Wasel, Claire; Lefsrud, Lianne

**Abstract:** A socio-technical systems field study was conducted at an open pit coal mining facility in Alberta. The research question was to what extent to human and organizational factors contribute to serious incidents and fatalities. We conducted 102 interviews with management and hourly employees. Also, 265 surveys were completed by hourly employees. Surveys assessed constructs such as safety culture, pressure to perform, availability of PPE, crew trust, crew collective self efficacy, and individual intentions to behave safely. All scales had adequate reliability and intra-class correlations indicated crew mean differences for some of the constructs. Dependent variables as proxies for safety included single items: In this crew we trust each other to be safe and This is a safe place to work. We find that contribution equity and crew collective self-efficacy are the strongest correlates of these dependent variables. Interview results reveal 17 themes organized in levels of the organization: Management, safety department, training department, crew/team, leadership/supervision, employee, and union. Our results reveal that all levels of the organization and its functioning potentially play a role in safety behaviour, which likely has downstream implications for serious injuries and fatalities. This aligns with a Safety II and Human and Organizational Performance (HOP) treatment.

**Section:** Industrial and Organizational Psychology

**Session ID:** 112915 - Printed Poster

## Synergistic commitments to work and physical exercise

**Main Presenting Author:** Beletski, Leonid V

**Additional Author:** Meyer, John P

*Abstract: The workplace occupies a significant portion of an individual's life, often limiting time for health-related activities. Over 60% of adults in Canada and the United States are classified as overweight or obese (Harvard School of Public Health), and while the benefits of physical exercise for well-being are well-documented across disciplines, full-time employed Canadians remain predominantly sedentary. At present, it is not clear if dedicating time and effort to one's personal health and fitness competes directly with one's work. Using multi-foci commitment theory, we develop and test a measure of commitment to physical exercise using a sample of full-time working adults ( $N=153$ ). Exploratory and confirmatory factor analytic procedures reveal a structure that overlaps substantively with the tripartite model of organizational commitment (Meyer and Allen, 1991). Latent profile analysis of affective commitments to both exercise and one's work reveals potential benefits when an individual experiences relatively elevated levels of commitment to both targets simultaneously (such as higher levels of perceived autonomy and engagement, as well as lower depressive symptoms and perceived external control). Results suggest that affective commitments to both targets are not mutually exclusive and should perhaps be fostered in tandem. Limitations and practical implications are discussed.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 112777 - Printed Poster

## Tackling to the Roots: Respect Intervention to Mitigate Subtle Forms of Mistreatment in Academia

**Main Presenting Author:** Meunier, Malaya-Katsitsanoron

**Co-Presenting Authors:** Labelle-Deraspe, Rémi; Kabat-Farr, Dana

*Abstract: BACKGROUND: Headlines continuously report problematic situations regarding interpersonal mistreatment in academia (e.g., Lincoln University; see Inside Higher Ed, 2024). Ironically, this echoes decades of research, highlighting that women and minorities are particularly at risk. Despite laws and regulations, subtle behaviors like incivility and gender harassment remain pervasive and often ignored. Researchers recently called for investigating respect (civility) interventions as a potential solution to prevent multiple forms of mistreatment among academics (e.g., sexual and gender harassment, Kabat-Farr and Walsh, 2023). Our presentation will explore how a respect intervention could help prevent mistreatment in academia, considering group context, power dynamics, and marginalized groups identities. METHODS: We will conduct a baseline climate survey among professors at a large Canadian university, including measures on demographics, experiences of mistreatment, context, and perceptions of respect to set the basis of such intervention. RESULTS: Data collection will start in January 2025, with preliminary results expected to be presented at the conference. IMPACT: The findings will provide critical insights into the specific needs and challenges faced by minority groups, informing the design and implementation of a respect promotion program to foster inclusion in academia.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113848 - Printed Poster

## The Association Between Cultural Values Orientations and Workplace Deviance

**Main Presenting Author:** Kalamder, Mohima

**Additional Authors:** Hillebrandt, Annika ; Adair, Wendi

*Abstract: Due to its negative impact on organizations and employees, workplace deviance has drawn extensive research attention. While scholars have identified many predictors of workplace deviance, there is a gap in the literature concerning the potential influence of cultural values on the enactment of workplace deviance. Drawing on Hofstede's cultural dimensions theory, we explore the relationships between the enactment of workplace deviance and cultural value orientations: power distance, uncertainty avoidance, individualism, masculinity, long-term orientation, and indulgence. We conducted a cross-sectional survey of 150 full-time Canadian employees. Results indicated that power distance positively correlated with abusive supervision. Uncertainty avoidance negatively correlated with workplace deviance. Masculinity positively correlated with social undermining and cheating. Indulgence positively correlated with self-interested cheating. Individualism negatively correlated with unethical pro-organizational behaviour but not significantly with self-interested cheating. Long-term orientation positively correlated with self-interested cheating but negatively with organizational deviance. This research contributes to the literature on workplace deviance by integrating cultural dimensions into the framework and providing insights into these dynamics in an increasingly globalized workforce.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 112931 - Printed Poster

## The Consequences of Declining OCB: Understanding the Effect of Employee Gender, Family Status and Task Timing on Managerial Reactions

**Main Presenting Author:** Rodrigues, Kyra

**Additional Authors:** Zhan, Yujie (Jessie) ; Chen, Shirley; Liang, Lindie

*Abstract: Employees may feel pressured to exhibit organizational citizenship behaviour (OCB) as such behaviours are valued and rewarded (Bolino et al., 2009). However, most research overlooks managerial responses to employees who decline OCB-related tasks. Our research addresses this gap by examining differences in managerial reactions based on employee gender, employee family status, and timing of the task. In a 2 (men/women) x 2 (single/married with kids) x 2 (task inside/outside working hours) between-subjects experimental design, participants ( $N = 800$ ) read a vignette describing a subordinate who declined an OCB task. They were asked to assume the role of a manager and evaluate the subordinate. Data analysis is still underway. We expect more negative reactions when the subordinate is a woman (vs. man), and when the OCB takes place inside (vs. outside) work hours. For OCB outside (vs. inside) working hours, participants are expected to react less negatively when the subordinate is married with kids (vs. single), especially for men (vs. women) subordinates. This research contributes to OCB literature by suggesting that opting out of voluntary tasks can elicit negative managerial reactions. It also advances workplace equality by highlighting that managerial evaluations of employees who choose not to volunteer may differ, depending on the employee's gender and/or family status.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113687 - Printed Poster

## The Development and Validation of an Artificial Intelligence Cheating Scale

**Main Presenting Author:** Canagasuriam, Damian

**Additional Author:** Roulin, Nicolas

*Abstract: The burgeoning of artificial intelligence (AI) has provided applicants with the opportunity to AI cheat, that is, to use AI without hiring organizations' authorization to complete online assessments (Canagasuriam and Lukacik, 2024). We will develop and validate a scale that can assess the extent to which applicants AI cheat. First, we will create preliminary scale items (e.g., I used AI to brainstorm ideas). These items will be evaluated by subject matter experts (SMEs) to determine their relevance and clarity. Second, we will conduct an exploratory factor analysis to assess the scale's factor structure (Study 2). Next, we will conduct a confirmatory factor analysis, and evaluate convergent and discriminant validity by examining the relationships between applicants' scores on the scale and their scores on variables such as faking and honesty, respectively (Study 3). The data collection will entail recruiting 15-20 SMEs (Study 1) and ~500 participants via Prolific (Study 2-3), and analyses will involve exploratory and confirmatory factor analyses, and correlations. Overall, our AI cheating scale will be a valuable tool to help researchers examine AI cheating's antecedents, processes, and consequences. For example, our scale will help examine if AI cheating leads to better selection outcomes and help explore what approaches (e.g., limiting preparation time) may reduce AI cheating.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113724 - Printed Poster

## The Impact of Colleague Suicide on Paramedics

**Main Presenting Author:** Mount, Vivienne

**Additional Author:** Ley, Robert

*Abstract: Paramedics face an increased risk of suicide due to job-related factors such as exposure to traumatic events, habituation to emotional pain, and access to lethal means. Despite these high suicide rates, there is a paucity of research on the impacts of a first responder's suicide on colleagues and the workplace environment. The present study qualitatively explores paramedics' lived experiences following the loss of a colleague to suicide. It examines their perceptions of the colleague's death and its impact on their mental health, job satisfaction, workplace dynamics, and functioning outside the work environment. Participants were 8 paramedics (3 females) aged 24-61 (mean = 45.75, SD = 14.60) with 5-36 years of work experience across urban and rural settings in British Columbia. All participants self-identified as white. Participants took part in semi-structured interviews, which were coded using a Reflexive Thematic Analysis framework. Three core themes were identified: (1) posttraumatic stress injuries as an inevitable part of the job that is managed or exacerbated by the employer's response; (2) a unique paramedic identity that causes isolation from the non-paramedic community; and (3) stigma surrounding mental health, which limits understanding and support within the paramedic culture. Recommendations for policy and practice will be discussed in the poster presentation.*

**Section:** Clinical Psychology

**Session ID:** 113782 - Printed Poster

## The Variability of Feedback Orientation Over Time

**Main Presenting Author:** Ghorayeb, Daniel Bassam

**Additional Author:** Beck, James

*Abstract: Feedback orientation (FO) is an individual's attitude toward receiving and implementing feedback (Linderbaum and Levy, 2010). To date, FO has been conceptualized as a stable between-person trait. However, Fleeson's (2001) whole trait theory posits that many traits exhibit both between- and within-person variance. To this end, we hypothesized that FO varies within-individuals over time, exhibiting meaningful within-person relationships with variables in its nomological network. We tested this hypothesis using a daily diary study. 160 Participants reported FO daily for 10 consecutive workdays. We also measured five proposed correlates: learning goal orientation (Beck and Schmidt, 2013), self-efficacy (Vancouver et al., 2001), extraversion (Fleeson and Jayawickreme, 2015), prevention focus (Gödöllei and Beck, 2020) and implicit person theory (Dweck et al., 1995). In support of our hypotheses, FO varied at both between- and within-individuals ( $ICC = .86$ ). Also, there were within-person relationships between FO and learning goal orientation ( $g = .13$ ,  $SE = .02$ ,  $p < .001$ ), self-efficacy ( $g = .14$ ,  $SE = .02$ ,  $p < .001$ ), and prevention focus ( $g = .06$ ,  $SE = .02$ ,  $p < .001$ ), indicating that within-person variance in FO is not due to transient error. Practically, this implies that managers may be able to take advantage of fluctuations in FO to deliver feedback when it is most likely to be effective.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 112495 - Printed Poster

## Understanding Psychological Distress in the Aftermath of Workplace Injuries: The Moderating Effects of Safety Support

**Main Presenting Author:** Dawson, Anna M

**Co-Presenting Author:** Turner, Nick

**Additional Author:** Granger , Steve

*Abstract: BACKGROUND Workplace injuries impose significant physical, financial and psychological burdens, increasing vulnerability to distress and long-term mental health challenges (Granger and Turner, 2024). Research has explored the psychological consequences of injuries and relational factors preventing them, but limited attention has been given to how workplace safety impacts post-injury outcomes (Grocott et al., 2023). The study examines the moderating role of coworker, supervisor, and management safety support in the relationship between workplace injury and distress. Guided by social impact theory (Latané, 1981) and the job demands-resources model (Bakker and Demerouti, 2007), the study hypothesizes that safety support reduces psychological distress, with coworker and supervisor support having stronger effects than management support. METHODS The study uses pre-existing data from three employee samples in UK railway maintenance and steel manufacturing sectors (Grocott et al., 2023). Employees perceptions of safety support and well-being were assessed via self-reported questionnaires. Results are expected by the conference date. RESULTS Initial findings suggest mixed results, reflecting the complexity of safety support. CONCLUSION AND IMPACT The study highlights safety support as a preventive and recovery resource, offering insights to improve workplace safety and psychological recovery.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113370 - Printed Poster

*Understanding the motivations, deterrents, and incentives for rural veterinary medicine practice*

**Main Presenting Author:** O'Neill, Thomas

**Additional Authors:** Mughal, Hanna ; Galezowski, Angelica; Huray, Le Lena; McCorkell, Robert; Whitehead, Ashley; Remnant, John; Bergman, Megan

*Abstract: Many rural practices are currently struggling to attract and retain veterinarians to service community needs. This rural shortage is growing globally and has negative impacts on livestock management, agriculture, and public health. Applying an industrial and organizational psychological lens offers insight into individual motivations, deterrents, and incentives for rural veterinarian medicine practice (RVMP). We surveyed veterinarian students and practicing veterinarians across Alberta, obtaining 124 responses. Data were analyzed using descriptive statistical analysis and thematic analysis. Findings revealed key motivating factors that influence attraction and retention include having a rural background, educational exposure to RVMP, community impact, broad scope of practice, financial concerns, improved professional opportunities, and more professional support. Deterrents included characteristics of the rural environment, personal values and preferences, on-call burdens, lack of resources and support, and financial concerns. The findings inform: (1) veterinary education to enhance readiness to practice in RVMP; (2) policy for key stakeholders to address retention in RVMP; and (3) hiring strategies in veterinary practices. Ultimately, these findings provide sustainable workforce solutions to improve attraction and retention rates in RVMP.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113765 - Printed Poster

*When Fairness Perceptions Fuel Silence: Bystander Reactions to Gender-Based Workplace Incivility*

**Main Presenting Author:** Xing, Iris

**Additional Author:** Bobocel, D. R.

*Abstract: Gender-based workplace incivility remains challenging to address due to its subtle and ambiguous nature. The present study explores how perceiving one's organization as generally fair may increase bystanders silencing behaviors—including emotional reactions, attributions to gender-based incivility, and downplaying behaviors—when witnessing a manager's uncivil behavior toward a female employee, particularly when the incivility is ambiguous. Using vignettes in a  $2 \times 2 \times 2$  mixed design ( $N = 327$ ; working adults recruited from Prolific), we manipulated the clarity of the manager's intentions (ambiguous vs. clear) and content (two examples of incivility, for generalizability), while measuring participants' perceptions of organizational justice. Preliminary findings generally aligned with hypotheses, with greater fairness perceptions linked to fewer attributions of gender incivility and increased silencing behaviors in ambiguous (vs. clear) scenarios. These findings reveal a critical paradox: greater overall fairness perceptions can inadvertently enable silencing mechanisms that perpetuate workplace incivility. We will present the findings in greater detail at the conference and discuss their implications for both theory and practice. Future research*

should explore these dynamics more deeply and develop targeted interventions to address subtle forms of workplace mistreatment.

**Section:** Industrial and Organizational Psychology

**Session ID:** 111857 - Printed Poster

### *Work Role Titles and the Willingness to Disclose Mental Health Challenges: A Leader Follower Comparison*

**Main Presenting Author:** Adams, Maria A

**Co-Presenting Author:** Cloutier, Anika

*Abstract: The ongoing mental health crisis has resulted in organizational calls to action and the development of interventions to support employee well-being; however, a necessary step in accessing such resources is employees' willingness to disclose mental health challenges. The purpose of this study is to investigate whether one's work role identity, i.e., a leadership or followership role, influences one's willingness to disclose a mental health challenge (depression or anxiety) at work. Drawing on implicit leadership theory (Lord et al., 2020), we predict that compared to followers, leaders will perceive their role expectations as incongruent with the characteristics of mental illness, and in an effort to promote their prototypical leadership image, will be less willing to disclose mental health challenges at work. To test this model, we will recruit those in leadership and followership roles and prime their work role identity. They will then complete questionnaires assessing the degree to which they wish to promote prototypical leader attributes, and their willingness to disclose mental health challenges at work (to what extent, to who). Data collection will be completed by Jan. 2025. Results from this research will contribute to the leadership and occupational mental health literature and inform organizations on how they can better support employees' access mental health resources.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113583 - Printed Poster

## **Virtual Poster**

### *Examining Mentorship Style and Career Satisfaction among Professors*

**Main Presenting Author:** Hinchcliffe, Avery J

**Additional Author:** Blair, Karen

*Abstract: Academic supervisors play a significant role in their students' success, with various approaches to mentorship. This project explored mentorship style, research program similarity, and career satisfaction in professors and their former supervisors, through a case study of a single department (N=13). Inspired by Hoskin and Whiley's 2023 'Femme-toring' paper, three types of mentorships (Exclusionist, Assimilationist, and Reformist) were measured in oneself and in one's mentor, along with career satisfaction and research program similarity (to mentors). Subscales demonstrated varied internal consistency, with former-mentor subscales Exclusionist ( $\alpha=.711$ ) and Reformist ( $\alpha=.731$ ) as the strongest. There was a significant one-tailed positive correlation between satisfaction with career progress and Reformist mentorship style,  $r(11)=.523$ ,  $p=.033$ .*

*Additionally, participants appeared to report highest similarity of mentorship style to their mentor with whom they shared the most similar research program. Participants shared that their mentors impacted their life, and that it was important to have a collaborative mentor. Findings suggest that*

*there may be a connection between mentorship style and career progress and research program. Future research should robustly test the reliability of this novel measure and work to refine the scale and explore these questions with a larger sample size.*

**Section:** Teaching of Psychology  
**Session ID:** 111462 - Virtual Poster

### **Navigating Dual Transitions: Career Development Among Emerging Adult Immigrants in Canada**

**Main Presenting Author:** Hakim , Nour

*Abstract: Emerging adult immigrants (EAIs) represent a unique group that face the dual challenges of adapting to a new culture while managing the transition into adulthood. Research on emerging adulthood often overlooks minorities such as EAIs, who experience prolonged unemployment due to immigration-related factors like credential recognition issues. This study investigates how EAIs in Canada utilize their autonomy, competence, and relatedness—core needs from Career Self-Determination Theory (Chen, 2017)—to navigate their vocational trajectories. Semi-structured interviews with EAIs will be conducted and thematic coding will be used to identify patterns in how participants meet their core needs and adjust their vocational behaviors. It is expected that EAIs will actively pursue career autonomy by negotiating choices, competence through acquiring new skills, and relatedness by seeking social and professional support. However, they will likely encounter difficulties fulfilling these needs due to factors related to both immigration and emerging adulthood, with the overlap of these two intensifying the challenges EAIs face as they navigate critical transitional periods. This research provides insights into the intersection of immigration and emerging adulthood and aims to inform programs that address immigrant employment challenges, social inclusion, and smoother transitions into adulthood.*

**Section:** Industrial and Organizational Psychology  
**Session ID:** 113609 - Virtual Poster

### **Organizational Crisis & Felt Trust**

**Main Presenting Author:** Dhatt, Simran K

**Additional Authors:** Abu-Omar, Halah ; Gill, Harjinder; Stanley, David

*Abstract: Organizational crisis, such as those brought on by COVID-19 pandemic, can jeopardize the survival of many (even essential) organizations. This study examines ‘best practices’ in organizational crisis response to assess their impact on stakeholders’ organizational felt trust (OFT), or their perception of the organization is being vulnerable towards them. In this study, participants at the University of Guelph are shown a news article about a real organizational crisis, then given a response email from the university. The emails represent three conditions: Informational Justice (IJ), emphasizing that the university values providing quality information to stakeholders; Strategic Employee Participation (SEP), highlighting the university values internal input; and a control which only acknowledges the crisis. Initial results ( $n = 402$ ) support the hypotheses that these organizational response strategies (IJ and SEP) should result in higher OFT, with IJ showing significantly higher OFT than control ( $M_{diff} = 0.33$ , 95% CI [0.59, 0.08],  $d = 0.31$ , 95% CI [0.06, 0.55],  $t(266) = 2.57$ ,  $p = .005$ ) and SEP showing significantly higher OFT than*

*control ( $M_{diff} = 0.47$ , 95% CI [0.72, 0.23],  $d = 0.47$ , 95% CI [0.23, 0.71],  $t(266) = 3.86$ ,  $p <$*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113692 - Virtual Poster

### *The Relationship Between Emotional Intelligence, Job Performance, and Job Satisfaction: Its Predictive Power Above Personality.*

**Main Presenting Author:** Brunner, Lexi

**Additional Authors:** Lin, Iris ; Hansma, Brady

*Abstract: Given the debate about the distinctive value of emotional intelligence (EI) over personality in predicting job-related outcomes, this research aims to elucidate the unique added benefit of EI. Limited research exists about the incremental validity of EI, particularly regarding the relationship between the EQ-i 2.0 and the HEXACO-PI-R. The current study addresses this gap by recruiting participants from an online research panel to complete the EQ-i 2.0, HEXACO-PI-R, and self-report their job performance and satisfaction. Preliminary regression results show that EI is a significant predictor of job performance above and beyond personality. EI also incrementally explains variance in job satisfaction. These findings suggest that EI provides unique and valuable insights beyond personality in predicting workplace outcomes. Practitioners should consider including a measure of EI to enhance decision-making in personnel selection and employee development.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113267 - Virtual Poster

### *To Share or Not to Share: Examining the Effect of Supervisor Self-Disclosure on Trust and Felt Trust*

**Main Presenting Author:** Abu-Omar, Halah

**Additional Authors:** Dhatt, Simran ; Gill, Harjinder; Hausdorf, Peter

*Abstract: Interestingly, leader self-disclosure has been found to have both positive and negative effects on employee perceptions, such as trust. Yet, the type of self-disclosure has not been studied as a possible factor contributing to this inconsistency. In this study, we examined the effect of the ethicality (the degree to which the disclosed behaviour aligns with or deviates from morally acceptable norms) and sensitivity (the degree to which the information shared is personal) of leader self-disclosure on subordinate trust and felt trust using an experimental vignette design. Participants from a university in Southwestern Ontario ( $n = 425$ ) were presented with scenarios of leaders self-disclosing information that was either ethical or unethical and either low or high in sensitivity. Results indicate a significant interaction effect between ethicality and sensitivity of self-disclosures on both trust ( $F(1, 421) = 5.88$ ,  $\eta^2 = .01$ , 95% CI [0.00, 0.04],  $p = .016$ ) and felt trust ( $F(1, 421) = 4.48$ ,  $\eta^2 = .01$ , 95% CI [0.00, 0.04],  $p = .035$ ). These results suggest that the type of self-disclosure leaders choose to engage in can affect their relationship with employees. Leaders seeking to enhance trust dynamics may benefit from sharing information that is both ethical and less sensitive in nature.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113605 - Virtual Poster

## Review Session

*Using qualitative research to evaluate and build theory about workplace interactions*

**Main Presenting Author:** Hausdorf, Peter Alexander

**Additional Authors:** Garant, Jessica ; Gonzalez-Morales, Gloria

Abstract: *Theory building is an ongoing process (Lynham, 2002), however, most research evaluating theories of workplace interactions have focused on survey data which allows the investigation of antecedents and outcomes but does not truly challenge the propositions initially formulated. We will discuss the use of qualitative research methods to evaluate theories and to support their development in I/O psychology. To illustrate the power of qualitative approaches to test theories, we review Andersson and Pearson's theory of workplace incivility (1999) (which remains unchanged after more than 1800 articles) using a research study on the incivility spiral as an example. Nine conflict mediators involved in resolving workplace incivility between coworkers were interviewed to assess the applicability of Andersson and Pearson's theory. Findings from descriptive phenomenological analysis revealed that while certain aspects of the theory (e.g., negative emotions and perceived injustice) were supported, others (e.g., workplace norms and revenge) were not, and new aspects (e.g., attributions, personal norms, perspective taking) emerged, suggesting the need to explore new concepts and to consider dynamic interactions between coworkers. We suggest that qualitative investigations should be included in the theory-building and evaluation process to help refine theories of workplace interactions.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 112085 - Review Session

## Section Featured Speaker Address

*Navigating the new normal: Work and family in the Covid-19 Aftermath*

**Main Presenting Author:** Byrne, Alyson

Abstract: *BACKGROUND/RATIONALE: The COVID-19 pandemic underscored the importance of the work-family interface, raising questions on whether shifts in work practices promoted inclusivity or deepened inequalities. METHODS: This talk leverages empirical research from the presenter and other scholars, examining the impacts of remote work, caregiving demands, and gender expectations on work-family outcomes. RESULTS: Remote and hybrid work blurred the lines between professional and personal life, affecting work-family balance. Caregiving demands increased, disproportionately impacting working women, influencing short- and long-term outcomes. CONCLUSIONS: The pandemic highlighted the complex interplay between work and family. By analyzing shifts in remote work, caregiving, and gender roles, this talk discusses challenges and opportunities in the post-pandemic landscape and suggests future research for organizations and work-family researchers. ACTION/IMPACT: The findings indicate a need for organizations and families to reassess the work-family interplay, emphasizing the development of more inclusive and sustainable approaches to work and family.*

**Section:** Industrial and Organizational Psychology  
**Session ID:** 112369 - Section Featured Speaker Address

*Psychology in the Military Feature Address: The context of people leaving the Canadian Armed Forces to work in Correctional Services in Canada: The prison as the site of the transition to civilian life.*

**Main Presenting Author:** Ricciardelli, Rosemary

*Abstract: In correctional services in Canada, samples across studies suggest upwards of 25% of correctional officers have former armed forces experience. The movement from military to public safety more generally is common in Canada, but research on the transition to public safety at/in prison is understudied - with a small emerging literature out of the United Kingdom and now Canada. I draw on data from multiple studies, one being a survey of correctional workers in either federal correctional services or select provincial services. A second being a longitudinal study of correctional officers with military experience under the employ of Correctional Services Canada, where we collected interview, survey and MINI assessments to learn about their experience of the transition to civilian within the institution of prison. Given the complexity of prison society for those working and living, I start by showing how veteran versus non-veteran officers feel military experience prepared them for all elements of the job (i.e., security, custody, care, control, report writing). Then I talk about how military experience is thought to affect promotional opportunities at work. In addition, I remind of the dynamic of veteran prisoner versus veteran correctional officer when on the same unit or same prison, each time unique and requiring navigation. Considerations for health - are discussed.*

**Section:** Psychology in the Military  
**Session ID:** 112426 - Section Featured Speaker Address

## Snapshot

*Choosing Distance or Connection? Intra-racial Dynamics among East Asian Professionals in the Workplace*

**Main Presenting Author:** Ho, Jennifer A  
**Co-Presenting Author:** Li, Yanhong

*Abstract: The inter-racial stereotypes and biases against East Asians (EA) have been well-documented (e.g., perpetual foreigners). Yet, less is known about intra-racial dynamics among EAs in Canada and the United States. Intra-racial tensions may result from EAs' anticipation of negative perceptions towards themselves by outgroup members, and the need to challenge stereotypes about their own race and ethnicities. In the present study, we collected data from EA professionals in Canada and the United States ( $N = 122$ ) via Prolific to investigate how individuals manage in-group interactions at work. Using the critical incident technique, participants provided retroactive first-hand accounts of incidents and conversations with an EA in-group member, and then reported their attitudes and behaviours about the interaction. Preliminary thematic analyses reveal three tactics that individuals utilize during interactions with EA colleagues: approach, vacillate, or distance. Further analyses aim to illuminate critical distinctions among these tactics in terms of identity and impression management responses. Our findings will provide insight into the strategies EA professionals employ to navigate intra-racial dynamics at work. Furthermore, these findings may inform workplace practices to address*

the disparate experiences of East Asian professionals and promote inclusive and equitable organizations.

**Section:** Asian Psychology

**Session ID:** 113562 - Snapshot

### *Exploring Vocational Interest Profiles in the Canadian Armed Forces: Insights from the O\*NET Interest Profiler*

**Main Presenting Author:** de Grandpre, Eloise

*Abstract: Alignment between employees and their jobs (ie. fit or congruence) influences attitudes, behaviours, well-being, and performance (Hoffman and Woehr, 2006; Kristof-Brown et al, 2005). This alignment can be improved with vocational interest tests. The CAF assesses person-job fit by evaluating education, extracurricular activities, and work experience; leveraging vocational interests may improve this assessment but little is known on the interests of serving members. Thus, serving CAF members completed a survey including the O\*NET Interest Profiler and self-report measures of fit, performance, and well-being. Occupational interest profiles were developed with incumbent ratings, job descriptions, and subject matter expert input. Latent Profile Analysis and regression analyses were conducted to identify salient interest profiles within the sample and whether congruence between members' interests and their occupational interest profile can predict key work outcomes. Results in terms of relevant interest profiles and the role of congruence in predicting work outcomes will be discussed. Understanding the interests of serving members and whether distinct occupational interest profiles exist will inform recruitment efforts and improve career counselling. Furthermore, understanding the link between congruence, or person-environment fit, and key outcomes can inform further retention efforts.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113871 - Snapshot

### *Moral Distress among Healthcare Providers Serving Uninsured: The Emotional Cost of Healthcare Policies*

**Main Presenting Author:** Kurt, Sophia

**Additional Authors:** Ozsahin, Suveyda ; Hynie, Michaela

*Abstract: Moral distress can occur when healthcare providers are unable to take the right action due to institutional constraints. It is associated with feelings of lack of control and a loss of meaning in one's role (Bernhardt, 2020). This state is not just the result of a demanding job, but of work environments that undermines moral values (Epstein and Privitera, 2016). For Canadian healthcare providers working with uninsured communities, the morally harmful environment stems from healthcare policies that force practitioners to make medical treatment decisions based on non-medical criteria. This study explores how policies around healthcare access can contribute to moral distress among providers serving uninsured communities. A combination of inductive and deductive thematic analysis (Braun and Clarke, 2006) was used to analyze seven in-depth interviews with healthcare professionals and advocates in three provinces with different healthcare access policies during COVID: Ontario, British Columbia, and Alberta. The findings revealed that perceived reasons for exclusions and workplace conditions significantly influenced healthcare providers' emotional*

*reactions, particularly moral distress. However, despite challenging working conditions, our participants did not show signs of burnout or a lost sense of meaning in their work. Possible protective factors are discussed.*

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section  
**Session ID:** 112004 - Snapshot

### *Navigating Grief: Empowering Leaders to Support Employees in Times of Loss*

**Main Presenting Author:** Shaw, Jacqueline

**Additional Authors:** Kelloway, Kevin ; Gilbert, Stephanie; Byrne, Alyson

*Abstract: Bereavement grief (the affective response to the loss of a loved one; Stroebe et al., 2007) is a universal and often painful experience that most employees and managers will experience during their careers (Levesque et al., 2023). Yet, little guidance exists for managers about how to support bereaved employees in a way that optimizes employee and organizational outcomes (Gilbert et al., 2021). While managers are often one of the first points of contact for employees and can divert resources for support, many managers experience ambiguity about addressing grief. This experimental vignette study evaluated a bereavement support training program for leaders based on the C.A.R.E. model of employee bereavement support (Communication, Accommodation, Recognition, and Emotional support; Gilbert et al., 2021). 250 respondents were recruited via Prolific to read a fictional scenario describing a bereaved employee, view one of four short training videos (policy training, C.A.R.E. training, both policy and C.A.R.E. training, control), and write a response. Response scoring and MANOVA results evaluated the effectiveness of the bereavement support program and its outcomes. Findings will be used to develop a more extensive, longitudinal training program based on these components, aiming to reduce ambiguity and misinformation around grief at work.*

**Section:** Industrial and Organizational Psychology  
**Session ID:** 113646 - Snapshot

### *Safeguard: The history and use of proactive mental health checks in Canadian policing*

**Main Presenting Author:** Handley, Kyle

*Abstract: This shapshot will summarize a review/position paper currently in publication that traces the emergence of Safeguard programs in Canadian police agencies and explores the research and methods of delivering routine, mandatory mental health check-ups to sworn and civilian personnel in positions with frequent exposure to potentially traumatic content or situations. A brief review of the history of Safeguards, their current use in Canadian police agencies, the available research evidence, and recommendations for designing and delivering Safeguard services will be discussed. Attendees will gain an understanding of the basics of Safeguard programs as well as how practitioners can structure sessions consistent with the current evidence base.*

**Section:** Clinical Psychology  
**Session ID:** 113105 - Snapshot

## *Stressors in Policing: Examining and assessing their impact on mental health*

**Main Presenting Author:** Gittens, Eleanor

**Co-Presenting Author:** Deschamps, Isabelle

**Abstract:** *BACKGROUND.* Police personnel experience significantly higher levels of occupational stress than the general population<sup>1,2</sup>. Given the recent deaths of police officers in Canada, both in the line of duty<sup>3</sup> and by suicide<sup>4</sup>, this study aims to identify policing stressors and assess current mental health levels. *METHODS.* An anonymous online survey ( $n=52$ ) was distributed to a medium-sized police service in Ontario to capture the current stressors and mental health levels experienced by its members (e.g., commissioned and non-commissioned). *RESULTS.* Preliminary findings indicated that there are several operational (e.g., fatigue) and organizational (e.g., staff shortages) stressors<sup>5</sup>. A Wilcoxon signed-rank test indicated that organizational scores were significantly higher ( $p < .001$ ) than operational scores. In addition, on average, 75% of participants scored within the normal range for anxiety, stress and depression (DASS-216). Data analysis is ongoing. *CONCLUSIONS.* These findings suggest that changes at the organizational level need to be implemented to address these stressors; however, organizational stressors such as staff shortages are not easily enacted. *IMPACT.* It is more important than ever to identify the source of the stressors and the resulting mental health consequences to prioritize initiatives and policies to promote greater resiliency and mental wellness.

**Section:** Criminal Justice Psychology

**Session ID:** 112693 - Snapshot

## *The impact of gender and physical fitness on social status and interpersonal attraction at the Royal Military College of Canada*

**Main Presenting Author:** Suurd Ralph, Cindy

**Additional Authors:** Kinnon, Iris ; Sutcliffe, Jordan

**Abstract:** *BACKGROUND/RATIONALE:* This study investigates how gender and physical fitness influence the social status and interpersonal attraction at the Royal Military College (RMC). Drawing on Role Congruity and Social Exchange theories, we propose that female and physically unfit cadets are less likeable and experience lower subjective social status (SSS) than their male and physically fit peers. Social status is critical at RMC, as it affects access to social support, a key factor in managing RMC's masculine organizational culture, combined with its emphasis on physical fitness, may heighten the role of these visible traits in determining social hierarchies.

*METHOD:* First- to fourth-year Naval/Officer Cadets read a vignette varying the gender and fitness level of a hypothetical actor. Participants rated the actor's perceived similarity to themselves, interpersonal attraction, and SSS. *RESULTS:* Data collection is ongoing. ANCOVA will assess whether gender and fitness influence attraction ratings and whether perceived similarity correlates with social attraction. *CONCLUSIONS:* Pending analysis. *ACTION/IMPACT:* Findings could identify factors influencing social and task attraction in a military context. These insights could enhance equity, diversity, and inclusion (EDI) initiatives and inform strategies to support underrepresented groups in these environments.

**Section:** Psychology in the Military

**Session ID:** 112428 - Snapshot

## The influence of external factors on reluctance to lead in a military context.

**Main Presenting Author:** Suurd Ralph, Cindy D

**Additional Authors:** Lee, Rina ; Bartolozzi, Brady; Glover, Isabelle

**Abstract:** *Background/Rationale: Leadership is often assumed to be universally desired, yet many qualified individuals avoid such roles. Reluctant leadership highlights how capable individuals may not pursue leadership due to internal (e.g., low motivation, self-efficacy) or external factors (e.g., workload, lack of support; Anderson et al., 2011; Epitropaki, 2018). Using Conservation of Resources theory, this study examines how potential resource gains (e.g., mentorship, privacy) and losses (e.g., time pressure, loneliness) influence reluctance to lead among cadets at the Royal Military College of Canada (RMC). Method: Second- to fourth-year Naval/Officer Cadets at RMC completed a survey evaluating three leadership roles within the Cadet Chain of Responsibility, which differed in duties such as administrative responsibility and first-year orientation program involvement. Participants rated each role on perceived resource gains, resource losses, desirability, and intention to apply. Results: Data collection is ongoing. Multiple regression will test whether resource perceptions predict leadership desirability and application intentions. Conclusions: Pending data analysis. Action/Impact: Results will inform military organizational practices by identifying factors influencing leadership reluctance. Insights could guide role structuring and incentives to reduce external barriers to leadership.*

**Section:** Psychology in the Military

**Session ID:** 113483 - Snapshot

## The Mental Health and Resilience of Correctional Officer Recruits : The Impact of Adverse Childhood Experiences

**Main Presenting Author:** Foley, Gillian

**Additional Authors:** Ricciardelli, Rosemary ; Johnston, Matthew; Taillieu, Tamara; Afifi, Tracie

**Abstract:** *Correctional officers (COs) have a high prevalence of mental health disorders which may be explained in part by regular exposures to traumatic events. However, little is known about how exposures to traumatic events prior to employment, such as adverse childhood experiences (ACEs), affect COs' mental health and resilience. Self-report survey data from Canadian federal CO recruits ( $n = 721$ ) from 2018 to 2024 with and without reports of different types of ACEs (i.e., sexual abuse, physical abuse, emotional abuse, witnessing domestic violence, severe bullying) were compared for resilience and mental health scores (i.e., depression, panic disorder, generalized anxiety disorder, posttraumatic stress disorder, alcohol use disorder), using a series of Welch's  $t$ -tests. Based on preliminary analyses using a subsample of the full dataset, 48.82% of CO recruits reported at least one ACE. Each ACE and reporting at least one ACE was significantly associated with poorer mental health scores on all measures except for alcohol use disorder. The results indicate that ACEs are prevalent among COs and having ACEs impacts both CO mental health and resilience which may affect their ability to cope with work-related traumatic events. Programs and policies aimed at preventing or reducing exposures to ACEs could help to improve the mental health of COs across the lifespan.*

**Section:** Traumatic Stress

**Session ID:** 112499 - Snapshot

## *The People Making the Place: Coworker Diversity Ideologies' Influence on Perceptions of Organizational Diversity Climate in Cultural Minorities*

**Main Presenting Author:** Grapes, Allister

**Additional Author:** Adair, Wendi

**Abstract:** *Diversity ideologies, referring to views on how diversity should be treated in the workplace, have been previously studied for their effects on the organization's diversity climate. Although previous research has focused on the impact of the ideological views of leadership on minorities' climate perceptions, there has been little consideration for the ideologies held by the members of one's immediate workgroup. In an online vignette design, cultural minority participants were instructed to consider their interest in a diversity-supportive company. They read informational materials about the company in which a series of ideologically coded statements from members of their immediate work group within the organization were included. These statements were manipulated to reflect one of three common diversity ideologies (assimilation, colourblindness, and multiculturalism). Results revealed that coworkers' assimilation-coded expressions worsened perceptions of the organization's diversity climate, as mediated through increased social identity threat concerns. Unexpectedly, despite being an ideology that is generally thought to be favoured by minorities, multicultural ideological expressions also appeared to increase these concerns relative to our control. We discuss the implications of these findings, limitations and potential future directions.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113846 - Snapshot

## *The Social Impact of Occupations: Developing a Multi-Dimensional Measure*

**Main Presenting Author:** Hoff, Kevin

**Additional Authors:** Wright, Ethan ; Reinhart, Ellen; Behrend, Tara

**Abstract:** *Work is a central aspect of most Americans' lives, and is pursued for various reasons, such as earning money, gaining prestige, or acquiring power. Perhaps most importantly though, work should provide value for society. For instance, janitors keep workplaces functional, clean, and healthy, while doctors treat medical issues. However, not all jobs contribute positively to society. For example, people may consider a marketer for a tobacco company to have a negative influence on society, as they are paid to promote the use of a harmful substance. The social impact of an occupation therefore can be complex and nuanced. Our study develops a framework for understanding how jobs can impact society in different ways. To do this, we first sampled a representative group of U.S. adults to gather qualitative data about the characteristics of socially beneficial and harmful occupations. The results were coded into categories, which were then used to develop a measure of the various ways in which jobs impact society. Second, we collected data from a large student sample to evaluate the measure's psychometric properties and relations with other relevant variables, including career interests and values. Overall, this research provides several key implications for understanding how people view jobs in relation to the positive and negative impacts they can have on other people and the world.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113691 - Snapshot

## Using Career Self-Determination Theory to Understand Vocational Outcomes in Autistic Emerging Adults

**Main Presenting Author:** Vacca, Talia

**Additional Author:** Chen, Charles P.

**Abstract:** *BACKGROUND: Employment fulfills basic psychological needs like independence and social connectedness, making it a vital milestone for emerging adults (EAs; 18-25). However, autistic adults face disproportionately high unemployment rates. To address this gap, this study explores their vocational experiences using Career Self-Determination Theory (CSDT). METHODS: Eight autistic EAs ( $M_{age} = 21.88$ ) with successful employment completed semi-structured interviews guided by CSDT. Interpretative phenomenological analysis was used to identify themes from individual interviews, with patterns analyzed for convergence and divergence. RESULTS: Three main themes and six subthemes emerged. Career autonomy, encompassing decision-making and meaning-making, was vital for self-expression and motivation. Career competence, including resilience, coping, and education, facilitated workplace success. Career relatedness, shaped by workplace environments and social influences, strongly influenced satisfaction and well-being. CONCLUSIONS: Internal factors (e.g., resilience) and external influences (e.g., social influences) significantly impact career trajectories for autistic EAs. IMPACT: These findings highlight targets for vocational interventions to enhance workplace satisfaction and success in autistic EAs.*

**Section:** Clinical Psychology

**Session ID:** 111623 - Snapshot

## Standard Workshop

### Caring and Compassion in Career-Related Conversations and Interventions

**Main Presenting Author:** Van Vliet, K. Jessica

**Additional Author:** Domene, José F.

**Abstract:** *Since the early 2000s, psychology has made major strides in the creation of knowledge and therapeutic approaches focused on the practice of compassion. However, the place of caring and compassion in how co-workers relate to one another has only recently received attention. What has become increasingly clear is the vital role that workplace compassion and caring play in promoting positive mental health. This practical workshop, developed by psychologists with expertise in the areas of compassion and career counselling, presents an innovative approach for centering caring and compassion in career-related conversations and interventions with clients. Through didactic instruction and interactive activities, workshop participants will: (a) learn about the existing evidence base and theory on the nature and potential benefits of caring and compassion within work contexts; (b) reflect on the place of caring and compassion in participants' own work lives and professional practices; (c) gain practical skills in exploring the topic of workplace caring and compassion with clients; and (d) learn about new, evidence-based tools that inform a caring and compassion-centered approach to work/career. This applied workshop may be of interest to psychology practitioners, researchers, and students alike. No prior knowledge of this topic is required for workshop participation.*

**Section:** Counselling Psychology

**Session ID:** 112482 - Standard Workshop

### *Harnessing Synergy's Healing Energy to Transform Mental Health Systems*

**Main Presenting Author:** Berry, Gillian

*Abstract: Mental health systems often fail to address cultural nuances and systemic inequities, leaving gaps in equity, accessibility, and responsiveness. Synergy, a transformative praxis rooted in Indigenous, including African traditions, offers a holistic framework to address these challenges. Built on principles of interconnectedness, relational practices, and cultural responsiveness, Synergy underpins Stepped Care 2.0 (SC2.0), a system of care promoting equity and wellness at individual, workforce, and systemic levels. This workshop uses reflective exercises, real-world case studies, and structured dialogues to engage participants in exploring Synergy's principles and their application to Workforce Development and systemic transformation. Applications of SC2.0 informed by Synergy have demonstrated promising outcomes, such as enhanced workforce engagement and equitable service delivery. This session draws on these insights to showcase Synergy's transformative potential. Synergy provides a bold framework for addressing systemic challenges, fostering equity, inclusion, and culturally relevant care. It enables professionals to see individuals' unique strengths while recognizing the broader interdependence within systems. Participants will leave with actionable strategies to implement Synergy in their contexts, empowering them to drive holistic transformation in mental health care.*

**Section:** Black Psychology

**Session ID:** 113448 - Standard Workshop

### *Hire Smarter: Master Structured Interview Design and Delivery*

**Main Presenting Author:** Patel, Rahul D

**Co-Presenting Authors:** Dhatt, Simran K; Wood, Corey

**Additional Authors:** Charbonneau, Brooke D; Burns-Hemingway, Fiona E.Y.

*Abstract: Employment interviews are a cornerstone of the selection process. Nonetheless, differences in how they are conducted raise important questions about their ability to identify the most qualified candidates. Structured interviews, with their standardized format, can enhance the reliability, validity, and fairness of the hiring process. Yet, developing and administering structured interviews effectively can be challenging without the proper training; our workshop is designed to guide participants through the process. This workshop is tailored for academics and practitioners interested in pragmatic, research-supported employment interviewing techniques that can be applied in academic and organizational settings. The workshop facilitation team comprises current and former consultants with Organizational and Management Solutions (OMS; <https://omsconsulting.uoguelph.ca/> [1]). Through a brief presentation, role-playing exercises, and hands-on practice, participants will learn how to design effective rating scales, rate responses to interview questions, ask effective follow-up questions, and provide evidence-based hiring recommendations. After attending the workshop, participants can apply their knowledge of structured interviews to their job interviewing practices and take home a structured interview guide for their reference. Links:-----[1] <https://omsconsulting.uoguelph.ca/>*

**Section:** Industrial and Organizational Psychology

**Session ID:** 112875 - Standard Workshop

## Symposium

### Beyond Pain and Pressure: Supporting Workplace Well-being

**Moderator(s):** Zur, Elana S

**Abstract:** *DESCRIPTION: This symposium focuses on employee well-being and workplace health, examining diverse approaches to understanding and addressing critical issues such as moral injury, self-compassion, chronic pain management, and presenteeism. NOVELTY, CONTENTION, OR PERTINENCE: Organizational science has traditionally prioritized job performance as the ultimate criterion, often neglecting workplace well-being (Tay et al., 2023). This symposium emphasizes the importance of supporting employee health while examining complex personal, social, and organizational pressures that impact well-being. UNIQUE CONTRIBUTIONS OF EACH PRESENTER: \* ELANA ZUR will share research exploring differences between dimensions of self-compassion as predictors of workplace well-being and performance outcomes. \* DR. BIRICIK GULSEREN will present a leadership intervention designed to equip leaders with the attitudes and skills necessary to support employees with chronic pain. \* DRS. SHEN AND BECK will identify key factors driving presenteeism and propose strategies to mitigate this phenomenon and promote healthier workplaces. \* DR. KELLOWAY will introduce a novel framework and measure for studying how moral injury impacts employee anxiety and ethical conflicts. Together, these presentations offer tools, strategies, and interventions for building supportive and healthy workplaces.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 112867 - Symposium

*At all costs or at what cost? Compounding predictors and downstream consequences of presenteeism*

**Main Presenting Author:** Shen, Winny

**Additional Author:** Beck, James W.

**Abstract:** *CONTEXT: Drawing upon self-regulatory theories of work motivation, we posit that presenteeism is the result of a confluence of factors (i.e., work conditions, personal constraints, and social environment) that prompts workers to prioritize work over their health. However, working when unwell may actually undermine work goals. METHOD: We conducted a three-wave survey study across one week (Monday, Wednesday, Friday), to separate measures to ward against common method variance, using a sample of workers from the United States or Canada (N = 530). RESULTS: Although prior research affirms that understaffing is one of the strongest known predictors of presenteeism, we demonstrate this relationship is further moderated by worker financial precarity and manager bottom-line mentality, such that there is a positive relationship between understaffing and presenteeism among workers high on financial precarity or manager bottom-line mentality, but this relationship is attenuated and non-significant among workers lower on financial precarity and manager bottom-line mentality. In turn, working while ill contributes to cognitive lapses and shortcut behaviours. IMPLICATIONS: Avoiding presenteeism in the face of understaffing appears a precarious proposition, such that it primarily occurs "when the stars align" and ones personal and social circumstances are both favourable.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 112871 - Paper within a symposium

*Moral Injury Events at Work*

**Main Presenting Author:** Kelloway, Kevin

**Abstract:** CONTEXT: Moral injury and moral distress have been extensively studied in military (injury) and healthcare (distress) occupations. Both concepts refer to the consequences of feeling compelled to, or witness to, actions that offend one's moral sense of "what's right". I argue that this experience applies to a broad array of occupations although many of the measures available are context specific. METHOD: Data for this study are drawn from a three-wave panel study ( $N=500$ ) of employees. Data from Wave 1 of the study are used to develop and assess the psychometric properties of the Moral Injury Events at Work Scale (MIEWS). Data from all three waves are used to test a theoretic model suggesting that abusive supervision predicts moral injury events and, in turn, moral injury events predict employee anxiety. RESULTS: Wave 1 data were split into exploratory ( $n=197$ ) and confirmatory ( $n=298$ ) samples. Exploratory factor analyses suggested a nine-item, three-factor scale reflecting Self-Transgressions, Other Transgressions, and Betrayal. The three factors all demonstrated acceptable reliability and validity. CFAs confirmed the three-factor structure and validity of the scales. Analyses based on all three waves of data suggested that abusive supervision predicted MIEWS which, in turn, predicted anxiety. Consistent with the stress generation hypothesis, anxiety also emerged as a predictor of both MIEWS and abusive supervision. IMPLICATIONS: These results suggest the need, and provide a tool, for the continued study of moral distress in the workplace as a salient predictor of employee well-being.

**Section:** Industrial and Organizational Psychology

**Session ID:** 113474 - Paper within a symposium

*The Predictive Power of Self-Compassion and Its Specific Dimensions on Workplace Well-being and Performance*

**Main Presenting Author:** Zur, Elana S

**Additional Authors:** Liang, Lindie H.; Brown, Douglas J.; Robie, Chet

**Abstract:** CONTEXT: Self-compassion—a warm and understanding attitude toward oneself—is gaining attention for its potential to alleviate worker suffering. However, its conceptualization has been inconsistent, with some studies using a general score while others focus on specific dimensions. This study investigates whether specific dimensions of self-compassion (1) provide incremental predictive ability beyond general self-compassion, and (2) differentially predict workplace well-being and performance outcomes. METHOD: Using bi-factor analysis, we evaluated self-compassion as both a single construct and as six interrelated phenomena, simultaneously. To enhance generalizability, we conducted multi-wave field surveys with two samples (sample 1: 781 full-time workers; sample 2: 492 full-time workers). RESULTS: Results indicated that while self-compassion is primarily represented by a general factor, specific facets offered incremental predictive value for various workplace well-being and performance outcomes in 16 of 19 analyses. IMPLICATIONS: This research clarifies the conceptualization of self-compassion, encouraging consistency in its study which enables us to draw theoretical conclusions as this body of research continues to grow. Researchers should evaluate general and specific variance to fully capture the predictive nature of self-compassion on workplace well-being and performance.

**Section:** Industrial and Organizational Psychology

**Session ID:** 112869 - Paper within a symposium

*Transformational Leadership Intervention for Chronic Pain*

**Main Presenting Author:** Biricik Gulseren, Duygu

**Abstract:** *CONTEXT: Chronic pain, pain lasting longer than usual, is a leading cause of disability claims in the workplace. Past research shows that pain-focused leadership behaviors are promising in reducing pain disability outcomes. The objective of this study was to enhance leaders' attitudinal and behavioral outcomes regarding chronic pain in the workplace by implementing a pain-focused transformational leadership program. Additionally, it aimed to improve the performance of employees with chronic pain whose supervisors participated in the training.* **METHOD:** This study employs the intervention methodology. I evaluated the online, hour-long training program using pre-, post-, and follow-up measurements in both training and control groups ( $N_{Training} = 92$ ,  $N_{Control} = 84$ ). **RESULTS:** The results demonstrated that the program was effective in reducing leaders' stigma towards employees with chronic pain. It also improved pain-focused leadership efficacy and pain-focused transformational leadership behaviors. However, these improvements in leaders' outcomes did not result in better performance among employees with chronic pain. **IMPLICATIONS:** Overall, this study shows that newly developed pain-focused transformational leadership program could be a promising tool in preventing and managing chronic pain in the workplace.

**Section:** Industrial and Organizational Psychology

**Session ID:** 112870 - Paper within a symposium

*Diverse Perspectives on Culture, Sustainability, and Social Justice in the Workplace*

**Moderator(s):** Ouellette, Samuel

**Abstract:** *This symposium explores the role of leadership in fostering inclusive, sustainable, and socially responsible organizational cultures. Considering increasingly diverse workplaces and global challenges such as environmental sustainability and cultural reconciliation, understanding how leaders can navigate and impact these complex contexts has become crucial. This symposium brings together three distinct studies that address different facets of leadership: environmentally specific transformational leadership (ETFL), Indigenous employee support within colonial organizational structures, and Indigenous leadership practices across cultural contexts. These topics are particularly pertinent due to the rise of sustainability agendas, diversity and inclusion initiatives, and calls for meaningful reconciliation with Indigenous communities. By examining leadership through diverse cultural and environmental lenses, the symposium offers a comprehensive view of how leadership practices can promote positive organizational and societal change. Each presenter contributes a unique perspective, shedding light on the multifaceted challenges and opportunities leaders face in contemporary organizations.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113223 - Symposium

*Bridging Cultures: A Systematic Review of Indigenous Leadership Practices Across Western and Indigenous Contexts*

**Main Presenting Author:** Atay, Elaine Jane

**Additional Authors:** Brozny , Alicia ; Kang, Haneet; Steep, Annie; Yuan , Alvan ; Murry, Adam Thomas

*Abstract: Calls for understanding Indigenous perspectives on organizational leadership have been made. Despite several articles being published, there are no comprehensive compilations of the literature to date. As part of an ongoing systematic review, we explore how Indigenous leadership practices manifest between Indigenous and Western cultural contexts. We systematically searched five databases for sources on Indigenous leadership and pulled relevant articles from two broader Indigenous organizational reviews. Included articles covered Indigenous samples from Canada, Australia, New Zealand, and the United States, peer-reviewed and grey literature, and empirical and conceptual papers. A total of 3,187 articles were identified for possible inclusion and 180 remained after title/abstract screening. Full-text review is in progress. We will qualitatively summarize the results using a data extraction template. Analysis will focus on differences and overlaps between Indigenous leadership practices within Indigenous vs. Western cultural contexts. This review will contribute to a more nuanced understanding of how leadership manifests across diverse cultural paradigms. The findings will offer valuable insights for organizations, policymakers, and practitioners seeking to engage meaningfully with Indigenous communities and tribal organizations.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113292 - Paper within a symposium

*Carrying the reconciliatory burden": Redefining commitment and support for Indigenous employees in imperial-colonial organizations*

**Main Presenting Author:** Grier, Melanie

*Abstract: In response to social and environmental pressures, organizations are increasingly declaring intentions to "decolonize and indigenize," while failing to grasp the transformations required. Restorative justice theory states that authentic accountability is necessary for repair, yet organizations are largely ill-prepared to engage at this depth. Instead, Indigenous representation is targeted, which neglects core organizational elements (e.g., culture) that impede Indigenous engagement. Tokenism and turnover easily results, as Indigenous retention remains ignored. Addressing this research gap we ask: "How do Indigenous employees remain committed to their organizations, and how can organizations better support Indigenous employees?" We used iterative inductive thematic analysis to identify themes from interviews with 18 Indigenous post-secondary faculty and staff in Canada. Participants described encountering systemic racism; barriers to promotion; and being tasked with "carrying the reconciliatory burden." Though deeply committed to their roles, their hope for organizational change waned but over time. This study challenges individualistic models of employee retention, recognizing the role of collective values and community commitment, encouraging organizations to prioritize deep and authentic decolonization and indigenization, instead of surface-level performative displays.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113301 - Paper within a symposium

*Workplace Experiences of Environmentally Specific Transformational Leaders*

**Main Presenting Author:** Steep, Annie

**Additional Author:** Dupré, Kathryne

**Abstract:** *Environmentally specific transformational leadership (ETFL) is particularly effective in supporting sustainability in organizational contexts. However, little is known about the leaders practicing ETFL and their experiences in the workplace. In the current study, we build on the results of a previous survey of 206 workplace leaders to explore the mechanisms by which personal and situational factors may support or hinder leaders' engagement in ETFL. We will interview a diverse group (based on gender, ethnicity, and ETFL behaviours) of 12 workplace leaders identified via a screening survey to discuss the leaders' environmental attitudes, ETFL behaviours, and perceptions of support for and barriers to ETFL both at and beyond work. Using thematic analysis to extract core ideas across the interviews, we will identify factors that affect workplace leaders' motivation and ability to engage in ETFL. Workplace environmental leaders are well-positioned to support key environmental sustainability initiatives. By offering insight into leaders' own motivations and perceptions of support for or barriers to their efforts, this study will offer valuable insight for organizations, policymakers, and practitioners seeking to support the development and practice of ETFL in the workplace.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113288 - Paper within a symposium

### *Exploring effectiveness and wellbeing in organizational psychology: Implications for consulting, leadership and immigrant populations*

**Moderator(s):** Lallier Beaudoin, Marie-Claude

**Abstract:** *The contemporary workplace is marked by rapid changes and evolving workforce demographics (Byrd and Scott, 2024; Shet, 2024). This symposium examines key factors influencing effectiveness and wellbeing in increasingly complex environments, presenting novel perspectives on consulting, leadership, and challenges faced by immigrant workers. Drawing from a comprehensive review of 30 years of consulting literature, the first presentation proposes an empirically derived competency framework that highlights the importance of analytical-conceptual, interpersonal, and process management skills. The second presentation proposes the preliminary validation of the Psychological Needs Support for Employees Scale, grounded in Self-Determination Theory. Findings reveal the scale's strong psychometric properties and its potential as a tool for improving workplace engagement and motivation. The third presentation delves into the issue of overqualification in immigrant populations, a significant concern in Canada (Cornelissen and Scott, 2020). Based on a scoping review, this study examines the adverse effects of overqualification and emphasizes the need for targeted research and interventions. These presentations provide a multidimensional view of factors impacting effectiveness and well-being, offering timely, evidence-based insights for researchers, practitioners, and policymakers.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113066 - Symposium

### *Consultants' characteristics for effective consulting: Toward an empirically derived foundational competency framework*

**Main Presenting Author:** Lallier Beaudoin, Marie-Claude

**Additional Authors:** Samson, Irène ; Dionne, Émilie; Kusion, Pierre-Yves

**Abstract:** Evidence supporting the practice of organizational consulting psychology is scarce. While conceptual guidelines outlining key attributes of effective consultants have been proposed (e.g., Banai and Tulimieri, 2013; Lowman, 2020), their lack of empirical validation has hindered their integration into practice and training. By reviewing 30 years of consulting literature, the aim of the present study is to lay the foundation of a data-driven competency framework for effective consulting. Using Arksey and O’Malley’s framework (2005), we conducted a scoping review of peer-reviewed papers (1973-2023) among three academic databases. Reference lists of selected articles and publications of the *Consulting Psychology Journal* were also reviewed. A combined inductive-deductive approach was used for thematic analysis. Data was extracted from 13 empirical papers, identifying 32 individual characteristics, which were organized into three overarching themes: knowledge, skills and abilities, and other personal attributes. The results highlight the importance of developing analytical-conceptual, interpersonal, and process management skills for successful interventions. This study proposes a first research-driven preliminary competency model for organizational consulting. The implications of varying methodological qualities in identified papers, along with areas for future research, are discussed.

**Section:** Industrial and Organizational Psychology

**Session ID:** 113087 - Paper within a symposium

*Fostering motivation and engagement: Preliminary validation of the Psychological Needs Support for Employees Scale*

**Main Presenting Author:** Samson, Irène

**Additional Authors:** Girard, Julie-Andrée ; Lallier Beaudoin, Marie-Claude; Larocque, Ophélie

**Abstract:** Recent evidence suggests a slight improvement in Canada's labor shortage (Canaj, Sood, and Johnston, 2023), yet employee retention remains crucial and a significant challenge for organizations. Managers play a crucial role as motivators and engagement drivers, particularly in addressing employees psychological needs (e.g., Mazzetti, and Schaufeli, 2022). Self-Determination Theory (SDT) has consistently demonstrated its relevance in this context (Van den Broeck et al., 2016). However, few validated instruments exist to measure the specific managerial behaviors that effectively support employees basic psychological needs at work. The Managerial Needs Support Scale (Paiement, 2020) is among the rare tools with strong theoretical foundations, but its psychometric validation remains limited. This study aims to validate the scale using data collected from 576 employees across five organizations in Quebec. Preliminary results of exploratory factor analyses revealed a clear structure distinguishing the scale's 25 items into five conceptual subscales, accounting for 75.33% of the variance. Furthermore, the instrument exhibits excellent internal consistency across dimensions ( $\alpha = 0.89 - 0.96$ ). These findings suggest the validity and reliability of the scale while supporting the tool's utility in identifying effective managerial behaviors to enhance employee motivation and retention.

**Section:** Industrial and Organizational Psychology

**Session ID:** 113095 - Paper within a symposium

*Navigating Mismatch: A Scoping Review of Individual Impacts of Overqualification among Immigrants*

**Main Presenting Author:** Nightingale Castillo, Ana

**Additional Author:** Samson, Irène

**Abstract:** Immigrant workers face a higher risk of overqualification globally (Larsen et al., 2018). Canada is no exception, as the overqualification rate was of 24% among immigrants compared to 11% for non-immigrants (Cornelissen and Turcotte, 2020). Numerous studies have shed light on the association between overqualification and adverse effects on individuals, including decreased job satisfaction and an increased likelihood of intention to quit their job (Erdogan and Bauer, 2021). However, very few studies have examined these associations on samples of immigrant populations specifically (Frank and Hou, 2018). Due to the unique challenges and high overqualification rates among immigrants, this study sought to comprehensively examine the empirical evidence on overqualification and its individual outcomes among immigrants. We conducted a scoping review following Arksey and O'Malley's (2005) guidelines. Targeted searches in APA PsycINFO and Scopus yielded 2,129 documents, with 12 studies from 2010–2024 retained after applying exclusion criteria. Mixed thematic analyses revealed 15 consequences spanning physical health (4), psychological health (9), financial situation (1), and working conditions (1). While this study contributes our understanding of the impacts of overqualification on immigrant populations, it also highlights critical gaps, paving the way for future research.

**Section:** Industrial and Organizational Psychology

**Session ID:** 113096 - Paper within a symposium

### *Policy and Practice Considerations for Bereavement Grief Support in the Workplace*

**Moderator(s):** Gilbert, Stephanie

**Abstract:** Employee bereavement is inevitable (Eyetsemitan, 1998; Wilson et al., 2018) and can have significant effects on employee work and health outcomes (Gilbert et al., 2021; Schoonover et al., 2023; Tehan and Thompson, 2013). Formal employee bereavement support is often limited to bereavement leaves averaging 3-4 days and very little evidence-based guidance advises organizations on providing additional support (Flux et al., 2019; Gibson et al., 2011; Gilbert et al., 2021; Wilson et al., 2021). This symposium includes three papers that explore the nature of workplace policies and practices within Canadian workplaces aimed at supporting bereavement grief. The first paper qualitatively examines the nature of bereavement support as experienced by employees, with an aim to identify evidence-based bereavement support practices. The second paper investigates bereavement leave clauses within a sample of unionized Canadian workplaces, offering insights into the range of practices and flexibility incorporated into such policies. The third paper studies the role of compassionate leadership in moderating the relationship between complicated grief symptoms and bereavement leave-taking. These studies together suggest a need for developing proactive and compassionate support systems, including bereavement policies and management practices to promote employee well-being.

**Section:** Industrial and Organizational Psychology

**Session ID:** 113119 - Symposium

### *A Study on Bereavement Leave Policies and Procedures Within Collective Agreements in Canada*

**Main Presenting Author:** Wang, Lanxi

**Additional Authors:** Gilbert, Stephanie ; Kelloway, E. Kevin

**Abstract:** *Organizational bereavement policies play a crucial role in meeting the immediate needs of mourning for bereaved employees (Bergeron, 2023; McGuinness, 2009; Rhinehart and Feeney, 2016). Literature suggests that while bereavement policies tend to lack flexibility and detail, they could facilitate improved employee outcomes if they incorporate considerations such as return-to-work processes, cultural diversity, flexible leave entitlements, health and safety, and a range of employee support and accommodation options (Bakelants et al., 2023; Barclay and Kang, 2019; DiGiulio, 1995; McGuinness, 2009). One-third of Canadian employees work in unionized environments (Statistics Canada, 2024), yet there is limited understanding of the range of bereavement leave practices outlined in collective agreements. Using template analysis (King, 2012), we examine features of bereavement leave clauses in 545 active agreements across sectors, industries, and provinces housed on the Negotech repository, managed by Employment and Social Development Canada (ESDC). Findings related to clause length, leave entitlements, the role of the supervisor, and other supports suggest a narrow range of features and general lack of flexibility. Findings from this study provide critical insights to inform evidence-based recommendations for enhancing bereavement policies in both unionized and non-unionized workplaces.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113174 - Paper within a symposium

*Compassionate leadership during a time of bereavement*

**Main Presenting Author:** Kelloway, E. Kevin

**Additional Author:** Gilbert, Stephanie

**Abstract:** *Although bereavement grief is a universal experience, organizations remain poorly prepared to assist employees during a time of bereavement (Gilbert and Kelloway, 2021). We examine the role of compassionate leadership as a predictor and moderator of individual experiences of grief. In our first study, we examined the structure of Shuck et al.s (2019) Compassionate Leader Behavior Index in a sample (N=130) of employees. In the second study (N=270), we examined whether compassionate leadership moderated the relationships between complicated grief and [a] total bereavement leave days; [b] the number of unpaid days; and [c] the number of paid days. In study 1, a six-factor structure fit the data but the factor intercorrelations all exceeded .75. Based on the results, we developed a six-item measure that demonstrated reliability and validity. In study 2, we found that the short measure moderated the relationships between complicated grief and both number of days leave taken and the number of unpaid days taken. In both cases, grief was strongly associated with the number of days taken at low and medium (but not high) levels of compassionate leave. Compassionate leaders help employees deal with their grief and, as a result, reduce the number of days leave taken because of grief. Our results suggest the need for, and benefit of, training leaders in dealing with employee bereavement.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 113212 - Paper within a symposium

*Navigating Bereavement in the Workplace: A Study of Grief Support and Organizational Practices in Canada*

**Main Presenting Author:** Hipel, Isaiah

**Additional Authors:** Gilbert, Stephanie ; Kelloway, E. Kevin

**Abstract:** Bereavement grief, the process of assimilating to the death of a loved one (Stroebe et al., 2007), can affect individuals' well-being and productivity at work. Supportive workplace policies can mitigate grief's negative effects on work outcomes and enhance employee well-being, per Conservation of Resources Theory (Hobfoll, 1989). The C.A.R.E. model of bereavement support (Gilbert et al., 2021) suggests that employees feel supported when others communicate about, accommodate, recognize, and emotionally support their grief. Expanding on this work, this qualitative study uses a critical incidents approach (Flanagan, 1984) to examine supportive and unsupportive grief experiences in the workplace from 400 Canadians facing recent familial losses. Data were analysed abductively using thematic analysis (Braun and Clarke, 2006). Largely, the data provided validation support for the C.A.R.E. model (Gilbert et al., 2021) and specific subthemes pertaining to each overarching theme (e.g., Flexible Bereavement Policies under Accommodation). Findings highlight the need for empathetic and structured organizational support systems. This research highlights the need for strategic bereavement support to boost workplace health and productivity. Recommendations include training managers in grief handling and adding flexibility to bereavement policies for better individual and organizational outcomes.

**Section:** Industrial and Organizational Psychology

**Session ID:** 113172 - Paper within a symposium

### *Reconstituting the Canadian Armed Forces: Insights and member perspectives on recruitment, support, and retention initiatives*

**Moderator(s):** Gareau, Alexandre

**Abstract:** As the Canadian Armed Forces (CAF) undertakes significant reconstitution efforts to strengthen capabilities, understanding issues surrounding recruitment, early career retention, and support programs is critical. This symposium synthesizes findings from three recent studies. The first will discuss the implementation of the O\*Net Interest Profiler on the CAF recruiting website as a tool to enhance applicant attraction by aligning job information with individual interests. The second will share findings from a thematic analysis ( $N=905$ ) of survey data focused on factors surrounding early career retention. Finally, research regarding member awareness, usage, and satisfaction ( $N=2,771$ ) with Personnel Support Programs (PSPs) to better understand supports to the well-being of CAF members will be presented. Together, the studies showcased in this symposium will provide insights into efforts dedicated toward reconstituting the CAF. Combined, these efforts can help inform CAF policies and programs, enhance recruitment efforts, as well as develop retention strategies that can contribute to long-term operational readiness.

**Section:** Psychology in the Military

**Session ID:** 111959 - Symposium

### *Completing training and renewing first Term of Service: Canadian Armed Forces members' journey*

**Main Presenting Author:** Laplante, Joelle

**Additional Authors:** Goyette-Turcotte, Myriam ; Otis, Nancy; Enouy, Sarah

**Abstract:** Ensuring military personnel remain committed to a long-term career in the organization is vital to the retention strategy effort in the CAF. Pivotal moments within a member's military career include getting fully trained to perform within their chosen occupation and opting to re-engage or leave the CAF when their initial contract concludes. The current study centers on the participants

*journey toward getting trained and their reflections after fully experiencing their roles within the organization. Using cross-sectional survey data from Project Horizon collected as members reach six years of service ( $N=905$ ), thematic analyses were conducted for three open-ended questions related to challenges in getting trained in their occupation, organizational support received or needed from the organization during important personal milestones and life events, and decisions surrounding the acceptance of a new contract. Overall, the results of the thematic analyses highlight several critical factors for achieving training qualifications and choosing to pursue a career in the CAF. These factors include training delays and availability, postings, general support received from the chain of command, career opportunities in the civilian sector, military career opportunities (promotions, deployments, and taskings), job satisfaction, and organizational support. Recommendations are discussed.*

**Section:** Psychology in the Military

**Session ID:** 111963 - Paper within a symposium

*Reconstitution of the Canadian Armed Forces: Investigating Personnel Support Programs*

**Main Presenting Author:** Van Veen, William F.S.

*Abstract: The 'Your Say Survey' is administered annually to Canadian Armed Forces (CAF) members and investigates their perspectives and experiences on a range of personnel-related topics. Through this mechanism, CAF members are provided with the opportunity to provide leadership with valuable insights which helps inform decisions about policies and programs. This presentation synthesizes findings from a subset of the 2022 survey ( $N=2,771$ ) focused on levels of awareness, usage, and satisfaction pertaining to Personnel Support Programs (PSPs), which are publicly funded services provided to enhance the well-being of military members and their families. It was found that roughly two thirds of CAF members were aware of PSPs, and of those that were aware, nearly half used them. Overall, 68.4% of CAF members that used PSPs were satisfied with them. Military fitness programs and mess functions showed the highest levels of awareness and participation. Yet while military fitness programs had the highest level of satisfaction, mess functions had one of the lowest. Of note, there was an 11.6% drop in overall PSP usage compared to 2020. Given that this survey was administered during the COVID-19 pandemic, it is possible that this slight decrease was influenced by the circumstances at the time. Further findings and cohort comparisons to previous survey iterations are discussed in this symposium.*

**Section:** Psychology in the Military

**Session ID:** 111964 - Paper within a symposium

*The use of the O\*NET Profiler to improve recruitment to the Canadian Armed Forces*

**Main Presenting Author:** Poulin-James, Matthieu

**Additional Authors:** Darr, Wendy ; Robitaille, Joel

*Abstract: As part of the Canadian Armed Forces (CAF) reconstitution effort, the first line of effort is to grow the CAF by attracting and recruiting the right Canadians. Although e-recruiting has changed the way organizations attract and recruit applicants, there is mixed evidence about its effectiveness. On one hand, organizations can more easily share information about jobs to applicants, but the relevance of this information matters. Evidence suggests that information which influences perceived-job fit or needs-supply fit (i.e., the fit between applicant preferences and what an organization or job offers) can more strongly influence applicant attraction compared to other information (e.g.,*

organizational needs). The use of information from interest inventories can improve applicant attraction by presenting information that is relevant to the applicant's preferences. This examination describes the steps taken to implement the O\*Net Interest Profiler on the CAF recruiting website. Rooted in Holland's RIASEC model, profiles for various CAF occupations were first identified through a mapping and cross-referencing process. Decisions on the type of feedback to provide applicants, and indicators used to assess effectiveness will be discussed. Overall, this presentation will provide insight into the use of the interest profiler in CAF recruiting as part of the CAF's reconstitution efforts.

**Section:** Psychology in the Military

**Session ID:** 111962 - Paper within a symposium

### *Women in the Canadian Armed Forces: Recruitment and Retention Challenges*

**Moderator(s):** LeBlanc, Manon

**Abstract:** As of August 2024, women in the Canadian Armed Forces (CAF) represented 16.3% of Regular Force members, a rate that is similar to those of our five-eyes partners (Australia, New Zealand, United Kingdom, United States). However, if the CAF wants to move closer to its long-term goal of 25.1% women, understanding the challenges of recruiting and retaining women is paramount. The presenters in this symposium, all scientists at the Department of National Defence, will be discussing their research on women in the CAF. The moderator, Dr. LeBlanc, will begin by providing a broad overview of women in the CAF. Dr. Pullman will be discussing the results of interviews with senior CAF leadership aimed at identifying employment barriers for women. Dr. Briner will be drawing on results from a multi-phase qualitative study that examined the challenges faced by women in entry level training environments (i.e., basic training, occupation training). Dr. LeBlanc will be discussing the results of the CAF Harassment and Discrimination Study, which examined gender differences in interpersonal mistreatment. Recommendations for increasing the representation of women in the CAF and for addressing the challenges faced by women in the CAF will be discussed.

**Section:** Psychology in the Military

**Session ID:** 112358 - Symposium

### *Employment Barriers for Women in the Canadian Armed Forces*

**Main Presenting Author:** Pullman, Lesleigh

**Abstract:** **BACKGROUND:** Women are identified as an employment equity group in the Canadian Armed Forces (CAF). Women tend to be underrepresented in the CAF, especially among operator, combat, and technical trades (CAF Employment Equity Report, 2023). Because of this, the CAF has conducted the 2023 Employment Systems Review to identify employment barriers for equity deserving groups (including women) in the CAF. An employment barrier is any policy or practice that makes it disproportionately more difficult for women to obtain employment, progress in their career, experience a fulfilling career, or maintain employment (Human Resources and Skills Development Canada, 2012). **METHODS:** This presentation will highlight the results from a series of interviews conducted with senior CAF leadership aimed at identifying employment barriers for equity deserving groups within different CAF employment systems (e.g., career management and promotions), focusing specifically on barriers experienced by women. **RESULTS:** Examples of themes that will be discussed include: the influence that parental leave and familial responsibilities has on career management, the value that the CAF places on certain skills when making career advancement decisions, and

*equipment that is not designed with women in mind. ACTION/IMPACT: Recommendations for increasing representation of women in the CAF will be discussed.*

**Section:** Psychology in the Military

**Session ID:** 112365 - Paper within a symposium

*Gender differences in workplace mistreatment: Results from the Canadian Armed Forces Harassment and Discrimination Survey*

**Main Presenting Author:** LeBlanc, Manon

**Abstract:** *BACKGROUND: Research suggests that women experience more workplace mistreatment than men, and this finding has been shown across a range of occupations. The Canadian Armed Forces (CAF) is committed to a work environment free from workplace mistreatment. An important part of the effort to eliminate these behaviours is to measure them in the organization. METHODS: The CAF Harassment and Discrimination Survey (CAFHDS) was administered to a stratified random sample of Regular Force members in 2020. In total, 4,715 members completed the survey, for a response rate of 36.2%. The CAFHDS measured harassment, microaggression, and discrimination. We compared the mistreatment experiences of women and men. Because different aspects of one's identity can intersect with gender and increase the risk of mistreatment, we also compared the experiences of women and men within designated groups (i.e., visible minorities, Indigenous peoples, persons with a disability). RESULTS: Women reported having experienced more harassment, microaggression, and discrimination than men. When comparing the experiences of women and men within designated groups, the results were less consistent. However, when differences were found, women reported having experienced more mistreatment than men. CONCLUSION: These results underscore the need for efforts to address mistreatment within the organization.*

**Section:** Psychology in the Military

**Session ID:** 117035 - Paper within a symposium

*Women in Early Training Environments: Socialization Experiences and Challenges*

**Main Presenting Author:** Briner, Esther

**Abstract:** *BACKGROUND: During early phases of training, women in the Canadian Armed Forces (CAF) experience various challenges related to their military socialization, some of which are unique to their gender, while also facing broader organizational pressures to conform to the military culture. Drawing on results from an ongoing multi-phase qualitative study on socialization and misconduct in the CAF, this research examines the experiences and challenges faced by women in the CAFs entry-level training environments. METHODS: Data were obtained from interviews and focus groups in basic and occupational training across multiple Canadian training schools in the Army, Navy, Air Force, and Military Personnel Command. RESULTS: An integrated analysis of themes across the study phases revealed key socialization experiences and challenges that women encounter in early training environments: gender stereotypes and biases; lack of inclusive training practices; lack of female role models/mentorship; and male-dominated peer dynamics. CONCLUSION: Findings highlight the need to identify ways to improve the socialization experiences among women in early military training environments. ACTIONS: Results point to inclusive training, mentorship programs, and fostering positive group dynamics as potential avenues for addressing some of the socialization challenges rooted in gender-based biases.*



## Abstract Book – CPA 2025, St. John's, NL



**Section:** Psychology in the Military

**Session ID:** 112368 - Paper within a symposium

# THEME: UNDERSTANDING SOCIETY AND THE WORLD AROUND US

Helping people understand the world and improve our interactions within society and the people in our lives.

## 12-Minute Talk

*"I am...": Transnational Identity Negotiation Among Second-Generation Black Adolescent Canadians*

**Main Presenting Author:** Kamassah, Vashti E.

**Additional Author:** Madibbo, Amal

*Abstract: Identity is fluid and changes through adaptation and self-definition; yet, social identities often reduce complex identities and associated experiences, like "Black," into a general monolith. To address this gap, we explored how second-generation Black adolescent Canadians (BAC) identify within a transnational context associated with their parents' home country and culture, to understand their reasoning and impact of identity choice. Thirteen semi-structured interviews were conducted with second-generation BAC in Ontario. With a transnational perspective, two analytical frameworks are used: 1) reflexive thematic analysis with template analysis and 2) narrative analysis, allowing for theme identification and exploration of participant experiences. Findings reveal the complexity of identity negotiation, with individuals asserting self-definition despite societal perceptions. Many adopt context-based identities, with varying emphasis on religion or ethnicity. While acknowledging transnational identities, their connection to Canada is often an afterthought. By acknowledging the complexity of BAC identities, we can challenge reductive categorization and better understand how BACs perceive themselves and wish to be perceived. This paper deepens our understanding of identity through negotiation and agency, providing insights for scholars and those working with second-generation BAC.*

**Section:** Black Psychology

**Session ID:** 112480 - 12-Minute Talk

*An Ecological Approach to Understanding and Preventing Bullying: Insights from Individual and Contextual Factors*

**Main Presenting Author:** Sharp, Rachel D

**Additional Authors:** Daniels, Tina ; Polihronis, Christine ; Dowd, Rowan

*Abstract: Bullying remains a significant challenge across social and developmental contexts. This presentation uses an ecological systems perspective to explore how individual and contextual factors predict bullying and bystander behaviours in traditional and digital settings. Using hierarchical linear modelling, the first study analyzed data from over 16,879 students in grades 4–6 across 114 schools. Perpetrators exhibited high moral disengagement and low engagement, while victims and bystanders showed both high moral engagement and disengagement. Collective perceptions of feeling unsafe at school predicted bullying, victimization, and witnessing. The second study surveyed 598 university*

students ( $M_{age} = 19.70$ ) to explore how individual and contextual factors shape cyber bystanding. Active cyber-defending was predicted by high empathy, defender self-efficacy, and relationship difficulties. Passivity was linked to high moral disengagement, low defender self-efficacy, popularity, and relationship difficulties. Reinforcer behaviours were associated with high moral disengagement, low empathy, high popularity, and relationship difficulties. Together, these studies emphasize the role of ecological factors in bullying dynamics and the need for tailored interventions to reduce bullying and promote defending behaviours in traditional and online contexts.

**Section:** Developmental Psychology

**Session ID:** 113281 - 12-Minute Talk

*Barriers and facilitators towards recovery among Afro-Caribbean mental health service users in Canada.*

**Main Presenting Author:** Muthaih, Justin

**Co-Presenting Author:** Whitley, Rob

**Additional Author:** Jarvis, Eric

**Abstract:** *BACKGROUND: Evidence suggests that immigrants and minorities in Canada with mental distress underuse mental health services compared with Canadian-born white individuals. The Afro-Caribbean community in Canada is a fast-growing population yet little research has focused on their experiences. Crucially, some recent reports indicate ongoing issues of racism and cultural incompetence in the mental health system that can deter service use and inhibit recovery in this community. METHODS: 18 in-depth interviews were conducted to explore (i) barriers and facilitators towards recovery; (ii) experiences within the official health care system; and (iii) utilization of alternative treatments and remedies among Afro-Caribbeans in Canada. RESULTS: Thematic analysis revealed that participants pointed to their Christian faith as a source of comfort, that stigma in their family and community was a barrier to recovery, and cited many issues within clinical services, including avoiding discussion of religion and spirituality, and a perceived overemphasis on medication. CONCLUSIONS: This study reveals that Afro-Caribbean mental health service users in Canada are experiencing many of the same issues that were identified in studies occurring decades ago. IMPACT: This suggests a need for concerted action, including cultural and religious competence training and anti-stigma campaigns.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 112922 - 12-Minute Talk

*Comparing Stress Levels by Year of Study at University*

**Main Presenting Author:** McGuinness, Claire

**Additional Authors:** Fontanilla, Patricia ; Thesis, Megha; Prasla, Lizna; Nordstokke, David

**Abstract:** Numerous studies have shown that academic stress is a widespread issue among university students (Green et al., 2021; Pascoe et al., 2020). For first-year students, high levels of perceived stress are recognized as risk factors for developing mental health conditions such as anxiety and depression, as well as experiencing academic challenges like poor performance and difficulty adjusting to post-secondary education (Freire et al., 2026; Karyotaki et al., 2020). However, limited research explores how academic stress is perceived by students across different years of university

education. To address this gap, a sample of 1,208 undergraduate students (21.5% male) completed online measures, including the Financial Stress Scale – College Version, the Perceived Academic Stress Scale, and a question regarding their year of study. This study examines how stress levels evolve over the course of university education, providing insights for designing year-specific support programs.

**Section:** Educational and School Psychology

**Session ID:** 113410 - 12-Minute Talk

### *Diaries as Data: Unveiling Autistic Masking*

**Main Presenting Author:** Husein, Zahra

**Additional Author:** Yen, Jeffery

**Abstract:** Autistic masking is a term that refers to the strategies Autistic individuals use to hide their identity in a society deemed unsafe. These strategies allow the individual to pass as a non-Autistic person, granting them access to social spaces as well as security. This presentation will examine the process of conducting, as well as the results of, an (auto)ethnographic diary study on how Autistic masking plays out in both the researcher's and participant's day-to-day lives. Diaries hold space for intricate detailing of daily life, enabling thick descriptions of context as well as the emotional, physical, and social circumstances surrounding the performance of masking. Specific attention will be paid to the meanings of Autistic masking in professional, interpersonal, and medical contexts. As part of the analysis, the presentation will highlight how early and ongoing experiences with systemic ableism intersect with masking. Finally, the presentation will also discuss the strengths and weaknesses of using diary entry studies with an Autistic sample.

**Section:** History, Theory, and Qualitative Inquiry in Psychology (HTQ) Section

**Session ID:** 112516 - 12-Minute Talk

### *Factors Impacting Academic Stress Among University Undergraduate Students*

**Main Presenting Author:** McGuinness, Claire

**Additional Authors:** Prasla, Lizna ; Thesia, Megha; Fontanilla, Patricia ; Nordstokke, David

**Abstract:** Academic stress among university students is a highly common problem that is often influenced by financial burdens (Roberts and Zeleny, 2018), mental health issues such as anxiety and depression (Smith and Brown, 2020), and levels of academic engagement (Tinto and Kuh, 2019). Factors such as isolation, mental health (anxiety and depression), financial stress, and academic engagement are expected to impact academic stress. In this study, 1,208 undergraduate students completed validated online measures to identify major contributors to academic stress. Results are expected to inform strategies on how to reduce stress and enhance the well-being of students through implications for institutional support systems and future research directions.

**Section:** Educational and School Psychology

**Session ID:** 113413 - 12-Minute Talk

## How Migrants Leverage Online Spaces to Express, Evolve, and Advance their Cultural Identities and Social Statuses

**Main Presenting Author:** Prusaczyk, Elvira

**Additional Authors:** Batinic, Mirna ; Durant, Logan; Wattam, Victoria; Fuller, Kaitlin

*Abstract: Migrants increasingly use virtual communities to navigate cultural integration and sustain transnational identities, highlighting the transformative role of online platforms. Our SSHRC-funded scoping review explores how various migrant groups collaborate online to express, adapt, and strengthen their cultural identities and social statuses. Following PRISMA guidelines, 205 studies were analyzed from 8,662 sources screened across Web of Science, Sociological Abstracts, ERIC, PsycINFO, and CINAHL. Studies documenting empirical evidence of migrant-led online community collaboration from 1993 to 2024 were included. Data were extracted according to expressions and evolutions of cultural identity and advancements in social status, with articles further analyzed for themes via inductive thematic analysis. Migrant groups worldwide mobilize online, with results highlighting online cultural expression, resistance to assimilation, the formation of transnational cultural identities, cultural entrepreneurship, and virtual communities as sources of social capital and spaces for collective activism. Gaps remain, particularly regarding underrepresented migrant groups and the longitudinal study of online migrant communities. Our review provides actionable insights to inform culturally responsive programs, enhance digital inclusion, and address the needs of diverse migrant communities.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113490 - 12-Minute Talk

## Is Machiavellianism a strategic personality trait? Exploring the role of Machiavellianism in strategic voting.

**Main Presenting Author:** Mungall, Luke

**Co-Presenting Authors:** Pruyers, Scott; Blais, Julie

*Abstract: In elections, many citizens engage in strategic voting, in which they vote for someone other than their preferred candidate to prevent an undesirable outcome. In theory, people higher in Machiavellianism should be more likely to engage in strategic voting, since their calculating and goal-driven nature should lead them to break partisan ties and vote for candidates who have the best chance of winning. However, some research questions whether Machiavellianism is actually related to strategy, calculation, and goal-pursuit. To test the strategic nature of Machiavellianism, we recruited a representative sample of Canadians ( $N = 830$ ) and administered multiple measures of Machiavellianism (i.e., MACH-IV, Dirty Dozen, Short Dark Triad, Machiavellian Personality Scale, Five Factor Machiavellianism Inventory) along with a survey-based strategic voting experiment. To incentivize strategic voting, participants received pre-election polls which showed that the candidate whose ideological positioning was closest to their own was more and more likely to lose the election. Controlling for age and gender, people scoring higher on the MACH-IV were more likely to switch their vote to the successful candidate. However, other measures of Machiavellianism were unrelated to strategic voting. Our study suggests that most measures of Machiavellianism may be less “strategic” than previously assumed.*

**Section:** Social and Personality Psychology

**Session ID:** 112762 - 12-Minute Talk

*Jumping-to-conclusions promotes extreme evaluations of the self and others*

**Main Presenting Author:** Hall, Andrew D W

**Additional Author:** Jacobson, Jill A

**Abstract:** *B/R: People who jump-to-conclusions use little information before forming overconfident, and rigid beliefs. Impressions that we form about ourselves and others are, likewise, resistant to counter information that disproves or contradicts what was learned first. Searching for less information when learning about a person (Study 1) or about oneself (Study 2) was expected to produce extreme evaluations, and that this relationship was mediated by high evaluation confidence. M: Participants in Study 1 learned facts about a character, given one-by-one, electing to either see more, or jump ahead to the impression ratings. Study 2 copied this procedure, except participants reported their level of a new trait. Confidence was self-reported on a scale from 0-100. R: Mediation analyses revealed that reading less information about a character or fewer personal descriptors predicted more extreme evaluations, and that each relationship was mediated by higher evaluation confidence. C: Understanding the relationship between our extreme views of ourselves and others requires an understanding of the information used to evaluate, and the confidence that co-occurs. A/I: Extreme impressions can be the basis for stereotypes, self-enhancement, and overall poor self-reflection. Targeting information biases like jumping-to-conclusions can be used to intervene in biased social information processing.*

**Section:** Social and Personality Psychology

**Session ID:** 112461 - 12-Minute Talk

*Measurement of Executive Functioning in Pre-school aged Children in India: A Scoping Review*

**Main Presenting Author:** Hunte, Melissa R.

**Co-Presenting Author:** Guo, Mingyu

**Additional Authors:** Rebello, Gloria ; Wade, Mark

**Abstract:** *Executive function (EF) research is disproportionately derived from Western contexts, creating significant data gaps for low- and middle-income countries (LMICs) like India. This scoping review synthesized evidence from EF research on young Indian children, focusing on how EF is measured, prioritized domains, and the utilization of results. METHODS. A systematic search identified empirical EF studies on children aged 0–6 years in continental India, published in English between 2000 and June 2023. Of 3540 articles, 2647 abstracts were screened after removing 893 duplicates. RESULTS. The review identified 75 instruments, 60% developed in Western countries, 30% adapted, and 10% locally developed. Working Memory (67), attention (42), and inhibition (25) were the most frequently measured EF domains. EF research in India was applied across clinical (n=24), psycho-developmental (n=17), intervention design (n=7), assessment validation (n=6), and policy (n=5) studies. CONCLUSION. Reliance on Western measures reflects a dependency on tools that may overlook cultural and contextual nuances. EF research in India emphasized lower-level EF domains, with higher-level domains underexplored. ACTION. This review calls for more validation*

*studies of EF measures used in India to ensure accurate and culturally relevant assessments and to expand research on higher-level EF domains.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 111951 - 12-Minute Talk

### *Navigating Life Changes: The Lived Experiences of First-Generation Immigrant Women in Canada During and After the COVID-19 Pandemic*

**Main Presenting Author:** Sadika, Bidushy

**Additional Author:** Esses, Victoria

*Abstract: Immigrant women encountered multifaceted challenges during the COVID-19 pandemic, such as unemployment, career disruptions, and precarious work conditions. However, limited research has explored how the pandemic influenced their interpersonal and community dynamics, as well as its lasting effects post-pandemic. This study investigates the lived experiences of first-generation immigrant women in Canada during and after COVID-19. Through partnerships with immigrant-serving nonprofits across Canadian provinces, two rounds of semi-structured interviews were conducted via Zoom with 38 participants. Reflexive thematic analysis revealed significant mental health challenges, with many participants demonstrating resilience and adapting to post-COVID circumstances. Participants described shifting family dynamics, characterized by both strengthened bonds and strained relationships. They also reported a decline in social skills and a growing sense of isolation from others during the pandemic. Participants further highlighted challenges in accessing information about available services, with many experiencing financial instability and lack of stable employment. These results underscore the need for intersectional research and the development of tailored services and programs to address systemic inequalities and support immigrant women.*

**Section:** Women and Psychology

**Session ID:** 112718 - 12-Minute Talk

### *Psychological Coping of Women Holocaust Survivors*

**Main Presenting Author:** Suedfeld, Peter

**Additional Authors:** Flores, Jessica P.; Lee, Jessica; McKnight, Allison; Della-Rossa, Irina

*Abstract: The Reactions to Environmental Stress and Trauma (R.E.S.T.) research group at UBC studies the victims of mass persecution and genocide, using questionnaires administered at survivor conferences and the thematic content analysis of published interviews, books, and articles recording the memories of survivors. The study reported here is based on the memories of women who survived the Nazi Holocaust. Early researchers predicted that all survivors would suffer from life-long psychological damage and disability; but recent studies show coping, resilience and post-traumatic growth, and recognize differences among groups of survivors by age, nationality, location during the persecution, etc. Women's outcomes specifically have been addressed mostly in biographies and qualitative studies. Our study uses quantitative content analysis of first-hand, unedited memoirs of women who survived the Holocaust in concentration camps, ghettos, or in hiding. Many of our participants eventually settled in Canada and the U.S., and their memoirs cover those periods as well. The report covers analyses of their motivational profiles and coping strategies, coded using*

procedures and criteria previously used in studies of other stressed groups. The findings are also compared to results from other studies of genocide survivors.

**Section:** Traumatic Stress

**Session ID:** 113649 - 12-Minute Talk

*Queer, here, throughout the years: Understanding the experiences of LGBTQ+ older adults*

**Main Presenting Author:** Shinbine, Danielle L

**Additional Authors:** Vandenborn, Elisa ; Maroney, Meredith R

**Abstract:** *LGBTQ+ individuals experience a disparity in mental and physical health outcomes compared to their cisgender heterosexual counterparts due to discrimination, with these disparities persisting throughout the lifespan (Hendricks and Testa, 2012; Meyer, 2013; Movement Advancement Project, 2017). Despite these findings, research often neglects the experiences of LGBTQ+ older adults (Fredriksen-Goldsen et al., 2015), with a specific deficit in research examining Canadian LGBTQ+ older adults. The present study aimed to capture common themes in the experiences of LGBTQ+ individuals born before the onset of Canada's gay rights movement (1971). Ten LGBTQ+ older adults between the ages of 54-72 participated in semi-structured interviews about their experiences growing up during Canada's gay rights movement. Participants endorsed a variety of sexual orientations, including gay, lesbian, asexual, and queer. In this presentation, I present preliminary data of main themes extracted from Reflexive Thematic Analysis (RTA; Braun and Clarke, 2021). Main themes include awareness and concealment of queer identity, subconscious queer identity, and community support. The study aims to provide unique insight on the experiences of LGBTQ+ older adults and inform service providers on considerations that should be made when working with this group within the LGBTQ+ community.*

**Section:** Counselling Psychology

**Session ID:** 111380 - 12-Minute Talk

*The Conflicting Associations of Filial Piety Beliefs with Chinese Singles' Well-Being*

**Main Presenting Author:** MacDonald, Geoff

**Abstract:** *Singlehood is becoming a more visible lifestyle option in many nations worldwide. Despite this, there has been little research on the cultural factors that influence well-being in singlehood. Filial piety, a key virtue within Chinese culture, emphasizes respect, obedience and care towards one's elders. On one hand, filial piety may be associated with lower well-being in singlehood as individuals may perceive their singlehood status as a failure to fulfill familial marital expectations. On the other hand, filial piety could be associated with greater satisfaction with family relationships, which may in turn link to higher well-being in singlehood. We investigated the associations of Chinese singles' authoritarian and reciprocal filial piety beliefs with family life satisfaction and well-being in singlehood (i.e., satisfaction with singlehood, fear of being single, desire for a partner). Data from two samples (total  $N = 1655$ ) revealed a statistical suppression effect suggesting that an overall negative relation between reciprocal filial piety and well-being in singlehood was partly offset by filial piety's relation to higher satisfaction with family life. We discuss the notion that pressure for singles to partner may often be embedded in relationships that simultaneously make singles' lives better.*

**Section:** Social and Personality Psychology

**Session ID:** 112820 - 12-Minute Talk

### *The Double Standard of Stigma: Gender and Compulsive Sexual Behaviour*

**Main Presenting Author:** Snaychuk, Lindsey

**Additional Authors:** Coelho, Sophie ; Bőthe, Beáta; Molnar, Megan; Deska, Jason; Lindsay, Brittany L; Szeto, Andrew; Kim, Hyoun S.

**Abstract:** *BACKGROUND: There is strong evidence suggesting that addiction broadly is highly stigmatized. However, less research has examined stigma associated with compulsive sexual behaviour disorder (CSBD; i.e., sex addiction), and findings yield mixed results. Further, few studies have explored the role of gender in stigma associated with CSBD. Therefore, we examined stigma associated with CSBD compared to other addictions and mental health conditions, and determined if gender had an effect. METHODS: Participants ( $N = 750$ , 53% women) were randomly assigned to read one of several vignettes each depicting a different addictive behaviour (CSBD, gambling, alcohol), mental health condition (depression) or health condition (cancer). There were two versions (man vs. woman) of each vignette. Participants answered a series of questions to assess various types of stigma (e.g., general attitudes, affective/sympathetic reactions, social distance) associated with each condition. RESULTS: Results suggested that CSBD was often more stigmatized than other conditions. Stigma towards men with CSBD was greater than towards women with CSBD. CONCLUSION: These findings suggest that gender may play a role in how individuals with CSBD are perceived. IMPACT: Understanding stigma associated with CSBD is essential given the associated negative consequences, including barriers to seeking treatment.*

**Section:** Addiction Psychology

**Session ID:** 113257 - 12-Minute Talk

### *The Elephant in the Room: The Lived Experiences of Autism Diagnostic Disclosure and Nondisclosure.*

**Main Presenting Author:** Lorentz, Brittany

**Additional Author:** McCrimmon, Adam

**Abstract:** *Many autistic individuals are diagnosed as minors, with parents often acting as intermediaries in conveying the assessment outcomes. While research has explored parental experiences during the diagnostic process, fewer studies address their decision-making around disclosing the diagnosis to their child or the implications for the autistic individual. Autistics vary in symptom severity, with those needing lower support often aware of their social challenges but not their diagnosis. Disclosure is frequently delayed until adolescence or later due to parental or professional concerns about timing, approach, and the stigma surrounding autism. This study integrates three independent projects examining the disclosure of an autism diagnosis: parents' decision-making, autistics' experiences of receiving their diagnosis, and their experiences of nondisclosure. A qualitative meta-analysis synthesizes these findings to provide a comprehensive understanding of the phenomenon. The results aim to benefit the autism community by informing clinicians, guiding diagnostic practices, and supporting families through experience-based resources. The study seeks to influence practice, programming, and policy to better serve autistic individuals and their families.*

**Section:** Educational and School Psychology

**Session ID:** 113714 - 12-Minute Talk

### *The Role of Community Belonging in the Association Between Childhood Abuse and Cyberbullying Victimization in Canada*

**Main Presenting Author:** Earle, Emily F

**Additional Author:** Speed, David

**Abstract:** Childhood abuse is associated with a higher risk of cyberbullying victimization in adolescence and young adulthood, while community belonging is linked to a lower risk. However, few Canadians studies, particularly those involving adult samples, have explored this association and potential resilience factors. The current study used Cycle 34 of the Canadian General Social Survey ( $N = 14,000$ ) to examine whether community belonging is a protective factor in the association between childhood abuse and adult cyberbullying victimization. A series of weighted binary logistic regressions were conducted, while controlling for demographic variables. Results showed that 1). Childhood abuse was associated with a trivial-to-small effect for higher cyberbullying victimization. 2). Community belonging negatively predicted the odds of cyberbullying. 3). The marginal means differences in cyberbullying victimization between the no abuse and the high abuse groups were large at weaker community belonging and small at stronger community belonging. The current study emphasizes the need to foster community connections to reduce the risk of cyberbullying victimization after childhood abuse, with implications for clinicians, social workers, educators, public health organizations, and society.

**Section:** Traumatic Stress

**Session ID:** 112424 - 12-Minute Talk

## Conversation Session

### *Canadian Faces of Learning Disabilities: A Struggle for Identity*

**Main Presenting Author:** Goegan, Lauren D.

**Co-Presenting Author:** Young, Gabrielle

**Additional Author:** Ayeni, Augusta

**Abstract:** The Canadian Faces of Learning Disabilities project is comprised of a group of researchers and volunteers from the Learning Disabilities Association of Canada who have come together to explore the current experiences of individuals with learning disabilities (LD) in Canada. As a team, we have engaged in empirical research; however, the goal of our roundtable conversation session is to explore a core issue in our work as researchers, practitioners, and advocates for individuals with LD: the struggle for a clear identity. This struggle stems from 3 key issues. First, the current shift toward the term "neurodiversity", in how we speak about those with disabilities, wherein the specificity of those disabilities becomes lost. Second, the general population's lack of understanding of what constitutes a LD, and what does not (e.g., the misconception that ADHD is a LD, or that anything that impacts learning is by definition a LD). Third, the absence of well-constructed questions in current Statistics Canada surveys that could provide a clearer picture of what LDs look like in Canada. Our session will review these three issues and engage participants in discussions on how best to support individuals with LD in Canada as they seek to claim a distinct identity within our society.

*This could include ideas around research, education, and/or policy depending on the backgrounds of attendees.*

**Section:** Educational and School Psychology

**Session ID:** 112181 - Conversation Session

### ***Cultural Flexibility as a Counselling Modality: Towards Equitable and Inclusive Counselling Practices for Diverse Clients***

**Main Presenting Author:** Sukkhu, Sasha C

**Co-Presenting Author:** Zhang, Wei

*Abstract: This round table explores cultural flexibility as a framework for understanding immigrant clients social and cultural adaptation while assessing counsellors cross-cultural competence. Traditional acculturation models often stress conformity to a dominant host culture, reinforcing assimilation-focused frameworks. In contrast, cultural flexibility aligns with decolonization principles, offers a balanced, two-way perspective. For immigrants, it reflects their ability to integrate heritage and host cultures into their lives, fostering well-being and belonging. For counsellors, it represents essential skills to engage effectively with diverse clients. By adopting this perspective, practitioners can better support immigrant clients complex cultural identities while addressing systemic inequalities in counselling. The session begins with an overview of case-studies of immigrant Indian families, showing how cultural flexibility enhances adaptation, followed by its application in counselling Chinese immigrant clients. Participants will engage in guided discussion and reflections to explore broader applications of this 2-way perspective in counselling. Purpose: To enlighten participants on the concept of cultural flexibility as a more equitable and inclusive approach to counselling. Relevance: Highlights the complexities of helping immigrant clients. Emphasizes cross-cultural competence*

**Section:** Counselling Psychology

**Session ID:** 112241 - Conversation Session

## **Presentation**

### ***The Role of Passion in Optimal Functioning: Classic and New Directions***

**Main Presenting Author:** Vallerand, Robert

*Abstract: Recently, an explosion of research has focused on the concept of passion. Such research has shown that passion represents one factor that can contribute to optimal functioning. The goal of this talk is to present theory and research on the construct of passion, while focusing on classic and new findings. The Dualistic Model of Passion (DMP; Vallerand, 2015) defines passion as a strong inclination for a self-defining activity that people love, value, and spend considerable amount of energy and time on. Two types of passion are proposed: harmonious and obsessive. Obsessive passion is involved when people feel that they can't help themselves and have to surrender to their desire to engage in the passionate activity that they love. On the other hand, harmonious passion refers to a strong inclination for the activity that nevertheless remains under the person's control. Research reveals that harmonious passion promotes optimal functioning whereas obsessive passion leads to mixed outcomes, and at times maladaptive functioning. In this address, I review classic research as well as new findings that take the passion concept in unchartered areas and novel*

directions. Implications for research and applications are highlighted. Vallerand, R.J. (2015). *The Psychology of Passion: A Dualistic Model*. Oxford.

**Section:** General Psychology

**Session ID:** 113821 - Presentation (15 minutes)

## Printed Poster

### *A Map of the Past: An Analysis of Casebooks of the Mount Hope Asylum, 1860-1878*

**Main Presenting Author:** Robinson, Emma L

**Additional Authors:** Watt, Margo C; Lively, Christopher J

**Abstract:** The Mount Hope Asylum opened in 1856 as Nova Scotia's first public mental health facility. Little is known about its early patients but, since 2021, researchers have been collecting admission slip data on patients in the 1860s. This data provides a snapshot but often lacks basic demographic information (e.g., age, sex). The current study has extended this research by accessing casebook data held at the Nova Scotia Archives. Each casebook includes a compilation of patient information (e.g., demographics, behavioural observations, symptom profiles, treatment progress and outcomes) on about 60 patients. To date, six casebooks ( $n = 360$  cases) have been scanned and downloaded. Key variables include responses to 20 standard medical superintendent questions (e.g., duration and supposed cause of "insanity"; "habits as to temperance, conduct, industry"). This archival study will allow for the development of demographic profiles of the patients (age, sex, place of residence, occupation, marital status) to answer the "who" was admitted. A diagnostic analysis (clinical features, treatment approach) will be conducted to examine the "why" people were admitted. The most common 19th century diagnoses were mania, melancholia, and dementia but no studies have examined whether these varied by gender. Perhaps, a map of the past can inform our management of current crises in mental health care.

**Section:** Clinical Psychology

**Session ID:** 113718 - Printed Poster

### *A resilience approach to understand runaway behaviors in residential care centers*

**Main Presenting Author:** Couture, Sophie

**Additional Authors:** Montminy, Ariane ; Villeneuve, Marie-Pierre

**Abstract:** BACKGROUND/RATIONALE: To meet their developmental needs (e.g., experimentation) and escape challenging situations in placement, some adolescents will run away. These runaway episodes can lead to various high-risk situations and behaviors. To reduce the severity of these episodes, some interventions suggest strengthening protective factors (Clark et al., 2008). Based on an ecological resilience approach, this preliminary study aimed to identify resilience factors (relationships, social environmental, interactional and personal) that differentiate adolescents who run away from those without runaway history. METHODS: 100 adolescents who run away ( $n = 67$  girls) and 10 adolescents without runaway history ( $n = 9$  girls), aged 14-17 years, housed in

residential care centers answered the Youth Ecological-Resilience Scale (Van Breda, 2017). **RESULTS:** Adolescents without runaway history have more social environmental ( $U = 240.00$ ,  $p = .007$ ) and personal ( $U = 305.50$ ,  $p = .042$ ) resilience factors compared to those without runaway history. **CONCLUSIONS:** To reduce runaway, interventions should focus on enhancing social environmental (e.g. community safety) and personal (e.g. self-expectation, self-esteem) resilience factors. **ACTION/IMPACT:** These findings suggest several intervention strategies that could be implemented to reduce runaway behavior among adolescents in residential care centers.

**Section:** Developmental Psychology

**Session ID:** 112477 - Printed Poster

### *An Intervention to Reduce Naïve Realism and Political Polarization*

**Main Presenting Author:** Blatz, Craig

*Abstract: Political polarization is on the rise, and is caused, in part, by naïve realism, which is the belief that one's opinions directly reflect reality. The current project tested the effectiveness of an intervention which taught about polarization and the concept of naïve realism. Participants watched a short educational video and completed an interactive exercise which demonstrated to participants that they had engaged in false polarization. The project tested if this intervention reduced political polarization of three types: extremity of attitude, disliking of political opponents, and perceptions of others as more extreme than those others really are. In two studies, one with Canadian undergraduate participants and the other with a nationwide all-ages sample in Canada, the intervention reduced how extreme people perceived political opponents to be. The undergraduate sample study also found that the observed effects persisted at 3-week follow-up. In the undergraduate sample, but not the all-ages sample, we found that the intervention reduced perceptions that the other side is biased and immoral. Disliking of political opponents and participants' attitude extremity was unaffected by the intervention.*

**Section:** Social and Personality Psychology

**Session ID:** 113657 - Printed Poster

### *Assessing the Reliability and Validity of Child-Friendly Scales for Right-Wing Authoritarianism and Social Dominance Orientation in a Canadian Sample*

**Main Presenting Author:** Durant, Logan

**Additional Authors:** Prusaczyk, Elvira ; Steele, Jennifer

*Abstract: Racism remains pervasive in Canada, demanding innovative early interventions. While Social Dominance Orientation (SDO) and Right-Wing Authoritarianism (RWA) are well-established predictors of racial bias in adults, their influence during childhood—a critical period for bias formation—remains underexplored. Early prejudice predicts later discrimination, underscoring the importance of validated tools to measure the precursors of bias in young children. Building on Ruffman et al. (2020), we developed child-friendly SDO and RWA scales for children ages 5 to 12. As an initial validation step, this study aimed to evaluate the reliability and validity of these scales by comparing them to established adult SDO and RWA measures. A sample of 500 Canadian adults recruited via CloudResearch completed the child-adapted and adult scales and racial prejudice measures. Confirmatory factor analyses will examine the scales' factor structures, while structural equation modelling will assess their reliability, validity, and convergence with adult measures. We*

*hypothesize that the child-friendly scales will demonstrate strong psychometric properties and that higher levels of SDO and RWA will correlate with greater racial bias. This research will help establish foundational tools for studying prejudice in childhood, paving the way for early interventions targeting the roots of racial bias.*

**Section:** Social and Personality Psychology

**Session ID:** 113465 - Printed Poster

### *Associations entre les excuses parentales et l'estime de soi des adolescents : Le rôle médiateur de la satisfaction des besoins psychologiques fondamentaux*

**Main Presenting Author:** McLaughlin, Chloé

**Additional Authors:** Comeau, Noémie ; Guérette, Lisane; Mageau, A Geneviève; Robichaud, Jean-Michel

*Abstract: L'estime de soi est un facteur cl du bon développement des adolescents. Un facteur susceptible d'influencer leur estime de soi est le niveau de satisfaction de leurs besoins psychologiques fondamentaux dans leur relation avec leurs parents. Or, sachant que tout parent risque d'avoir des comportements susceptibles de frustrer ces besoins, il importe de trouver des stratégies pour réparer les dommages potentiels sur les besoins psychologiques des jeunes et en retour leur estime de soi. Des études suggèrent que les excuses parentales, selon leur formulation, pourraient représenter une telle stratégie. Le lien entre les excuses, les besoins psychologiques et l'estime de soi n'a cependant jamais été testé. Dans cette étude, nous avons demandé à 98 adolescents (73,81 % filles, M<sub>ge</sub> = 17,84) de répondre à des questionnaires évaluant les tendances des parents à offrir différentes réponses d'excuses, la satisfaction de leurs besoins psychologiques, et leur estime de soi. Les résultats d'une analyse factorielle suggestent que les jeunes dont les parents offrent des excuses plus centrées sur leurs besoins et moins défensives tendent à avoir des besoins psychologiques fondamentaux plus satisfait dans leur relation avec leur parent. En retour, seule la satisfaction du besoin de compétence prédit une meilleure estime de soi. Les implications de ces résultats sont discutées.*

**Section:** Family Psychology

**Session ID:** 113373 - Printed Poster

### *Attachment and Chronic Loneliness: The Mediating Role of Coping Flexibility and Cognitive Flexibility*

**Main Presenting Author:** Adams, Rylan T

**Additional Author:** DiTommaso, Enrico

*Abstract: Loneliness, whether it be transient or chronic, affects many individuals. Increased levels of attachment anxiety and avoidance have been associated with higher levels of loneliness. Coping flexibility and cognitive flexibility have also been associated with both attachment and loneliness. Given these associations, it may be fruitful to examine if coping flexibility and cognitive flexibility mediate the relationship between attachment and chronic loneliness. Evidence of such a mechanism could increase our understanding of the development and maintenance of chronic loneliness. In the current study, we recruited participants ( $N = 219$ ) from psychology courses at the University of New Brunswick Saint John. They completed measures of attachment, loneliness, coping flexibility, and*

cognitive flexibility. It was hypothesized that lower levels of loneliness, attachment anxiety, and attachment avoidance would be associated with higher levels of coping flexibility and cognitive flexibility. It was also hypothesized that coping flexibility and cognitive flexibility would mediate the relationship between an individual's attachment and chronic loneliness. All hypotheses were either fully or partially supported. The current findings contribute to a better understanding of the link between attachment security and loneliness, along with informing interventions to alleviate chronic loneliness.

**Section:** Social and Personality Psychology

**Session ID:** 112444 - Printed Poster

### *Changing an Undergraduate Major Over a Year: The Role of Motivation and Epistemic Authority*

**Main Presenting Author:** Sones, Juliette M.

**Additional Authors:** Grouzet, Frederick M.E.; Norquay-Pahl, Pippin R.

**Abstract:** The purpose of this study was to understand how the reasons behind initial undergraduate major degree selection influence the likelihood of future degree change. Using self-determination theory (Deci and Ryan, 2000), dual valuing processing model (Grouzet, 2013), and lay epistemic theory (Kruglanski et al. 2009), we examine the extent to which students rely on others (epistemic authorities) vs. oneself (self-ascribed epistemic authorities) and their autonomous vs. controlled motivation for selecting an initial major. We hypothesized that students who chose their initial major selection for more autonomous (vs. controlled) reasons and relied on self- (vs. other-) ascribed epistemic authority, were less likely to change major degrees. Undergraduate students ( $n=445$ ) were recruited to complete an online questionnaire that explored their current degree and, retrospectively, their initial degree if they had changed. Another pool of participants ( $n=16$ ), who have changed majors, were recruited to complete semi-structured interviews for an exploratory analysis. The results from the survey and interviews confirmed the hypothesis. Interviews revealed that some students were in the process of developing their self-ascribed epistemic authority for major selection. These results could inform academic advisors to support students in making meaningful and efficacious undergraduate decisions.

**Section:** Social and Personality Psychology

**Session ID:** 113879 - Printed Poster

### *Childhood Trauma and Paternal Involvement: The Protective Role of Coparenting Relationship Quality*

**Main Presenting Author:** Larouche, Karl

**Additional Authors:** Deschênes, Kim ; Dubois-Comtois, Karine; Berthelot, Nicolas

**Abstract:** BACKGROUND/RATIONALE. Coparenting relationship quality has been reported as a protective factor for paternal involvement in a variety of risk contexts but has never been examined among fathers who experienced childhood trauma (CT), although these fathers are likely to face challenges in parenting. OBJECTIVE. This study aimed to examine the moderating role of coparenting relationship quality in the association between CT and paternal involvement. METHODS.

*Three hundred forty-three fathers of a child aged 6 years or younger completed the Childhood Interpersonal Trauma Inventory, the revised version of the Montreal Father's Involvement Questionnaire and the Quebec Scale of Coparental Collaboration. Regression-based moderation analyses were conducted.* **RESULTS.** Coparenting relationship quality, but not CT, was significantly and positively associated with levels of paternal involvement. Coparenting relationship quality significantly moderated the association between CT and paternal involvement. CT was significantly and negatively associated with levels of paternal involvement only at low levels of coparenting relationship quality. **CONCLUSION.** The co-parental relationship is a protective factor for the paternal involvement of fathers who have experienced CT. **ACTION/IMPACT.** The current study calls for interventions targeting coparenting among fathers who experienced CT.

**Section:** Family Psychology

**Session ID:** 112118 - Printed Poster

*Children who expect others to lie evaluate truthful individuals less positively*

**Main Presenting Author:** Duan, Tz-Yu

**Additional Authors:** Phillips, Thera ; Isik, Ipek; Crossman, Angela; Talwar, Victoria

*Abstract: From a young age, children learn to evaluate the morality and honesty of truthful individuals more positively (Bussey, 1999). As they mature, they learn to differentially evaluate white lies told to protect others' feelings and self-serving lies (Talwar et al., 2016). However, it is currently unknown if children's presumptions of others' honesty influence judgement of their characters, regardless of actual honesty. To fill this gap, we recruited 84 children from ages 4 to 10 years of age ( $M=8.08$ ,  $SD=1.79$ ) to read 4 vignettes that varied by (1) whether the character accidentally break something or is given a gift they dislike, and (2) whether they told a lie or the truth. Children then predicted what the character would say, evaluated what the character said, and rated their honesty. Independent samples  $t$ -tests revealed that in the accident scenario, children who expected characters to lie evaluated their truthful statements less positively,  $t(81)=2.08$ ,  $p=.048$ , as well as their honesty,  $t(80)=1.30$ ,  $p=.038$ . In the gift scenario, children who expected characters to lie rated their honesty more negatively, even if they told the truth,  $t(82)=.67$ ,  $p=.007$ . These findings reveal that children's presumptions do carry over to judgement of others' actual moral characters. Results will advance understanding of how children form preconceptions of strangers and the resulting implications.*

**Section:** Developmental Psychology

**Session ID:** 112632 - Printed Poster

*Children's Evaluation of High and Low Credibility Websites*

**Main Presenting Author:** Stevens, Alicia

**Additional Authors:** Wood, Emily ; Roberts, Kim P; Barbosa-Silva, Samantha

*Abstract: Although children receive training in online safety they are rarely trained to consider the credibility of websites. This is worrisome given the reliance on the internet for information, generative AI, and increasing amounts of 'fake news'. Children aged 8- to 12-years-old ( $N=60$ ) made credibility judgments about websites. Thirty websites aimed towards children were manipulated to be high, medium, or low in credibility using known markers of credibility (e.g., author, date, advertisements,*

spelling errors). Children were randomly presented with six websites (2 high, 2 medium, 2 low in credibility) and asked to rate each website on a trustworthiness scale of 1 ("Not Trustworthy") to 4 ("Very Trustworthy"). Children were also shown four pairs of websites, asked to choose the most credible one and give their reasons. Preliminary analyses ( $N = 29$ ) showed that children rated the low credibility websites ( $M = 2.22$ ) as less trustworthy than the medium ( $M = 2.91$ ) and high credibility websites ( $M = 2.95$ ). Additionally, children correctly identified the more trustworthy website in a pair 2.65 times out of 4. Children rarely identified the criteria behind their decisions but, when they did, they were generally correct. The findings have relevance for digital literacy programs where children are provided with the tools to make intelligent judgments about the credibility of online information.

**Section:** Developmental Psychology

**Session ID:** 113926 - Printed Poster

### *Children's Peer Selection in STEM: The Influence of Gender, Ethnicity, and Disability.*

**Main Presenting Author:** Girard, Meagan

**Additional Author:** Roberts, Kim

**Abstract:** Peer selection in STEM is often influenced by societal stereotypes, with children's choices shaped by biases related to gender, ethnicity, and ability. This study investigates how demographic factors and reasoning influence peer selection in STEM tasks. Sixty children aged 6–12 participated in the study. They were presented with photos depicting diverse demographic groups and asked who they wanted to partner with in various STEM tasks. Ethnicity played a key role in peer selection: Black participants predominantly chose Black peers (75.8%), with fewer selecting White (9.1%) or Asian peers (15.2%). Asian participants overwhelmingly selected Asian peers (81.3%), while White (12.5%) and Black peers (6.3%) were chosen less frequently. White participants most often preferred White peers (62.5% and 53.3%, respectively). Cognitive abilities (31.8%) and demographic alignment (28.4%) were the most cited reasons for these choices, followed by strategic considerations (14.8%) and neutral/no reason (10.2%). These findings reveal persistent biases linked to gender and ethnicity, shaping perceptions of STEM competence. To promote diversity and equity in STEM, stereotype awareness programs and inclusive educational strategies are essential to foster unbiased peer dynamics and supportive learning environments.

**Section:** Developmental Psychology

**Session ID:** 113601 - Printed Poster

### *Children's Perceptions of Foreign-Accented Others*

**Main Presenting Author:** Frank, Avishag

**Additional Authors:** Shinder, Emily ; Ma, Lili

**Abstract:** In today's multicultural societies, people often interact with others who do not share their native accent. The present study examined how children living in highly diverse cities perceive foreign-accented others. Forty children aged 5–6 and 9–10 from the Greater Toronto Area participated in an online experiment. In each test trial, children listened to audio recordings of two speakers and were asked to select which speaker was more representative of three social (likeability,

*empathy, friendliness) and three cognitive (intelligence, expertise, reliability) characteristics, one characteristic at a time. The two speakers differed in either accent (native vs. Chinese-accented, both with perfect grammar) or grammatical accuracy (perfect grammar vs. grammatical errors, both with a Chinese accent). The results revealed marked accent-based preferences in 9- to 10-year-olds: (1) they favored the native-accented speakers over the Chinese-accented ones when judging the social characteristics; and (2) when both speakers had a Chinese accent, they favored the speakers with perfect grammar over those with grammatical errors when judging both types of characteristics. Five- to 6-year-olds did not show any significant preferences. These findings add to our understanding of how accent-based biases develop, with important implications for intergroup perception and relations.*

**Section:** Developmental Psychology

**Session ID:** 113652 - Printed Poster

### *Communicating Unforgiveness: How Do Victims Communicate Their Unforgiveness to Their Offenders?*

**Main Presenting Author:** Boon, Susan D

**Additional Authors:** El-Ariss, Ghinwa ; Fallahtafti, Sadeq

*Abstract: Interpersonal offenses are an almost inevitable part of social life and victims are sometimes unable or unwilling to forgive their offenders. We know little, however, about whether and how victims convey their unforgiveness to their offenders. The strategies victims use to do so may reveal important information about their appraisals of/stance toward the offense, offender, and relationship with the offender. They may also have consequential downstream effects on the offender and victim-offender relationship (e.g., diminish an offender's motivation to make amends). We conducted 40 interviews with undergraduates and community members about a time when they did not forgive (victim role) or were not forgiven (offender role). Using thematic analysis, we identified three main strategies for communicating unforgiveness (assertive, passive-aggressive, and evasive). Both victims and offenders identified characteristics that led them to view some strategies as more effective (e.g., allowed for victim self-care) and appropriate (e.g., reflected maturity) than others, but there was variation both within and across roles in such characteristics. Understanding how unforgiveness is communicated may help us understand why unforgiveness can be a psychologically harmful experience while helping victims make informed decisions about how best to communicate unforgiveness depending on their goals.*

**Section:** Social and Personality Psychology

**Session ID:** 112077 - Printed Poster

### *Curiosity or Conspiracy? How Personality Shapes Belief in Pseudoscience*

**Main Presenting Author:** Crossland, DJ

**Co-Presenting Authors:** Schmaltz , Rodney ; Watson , David

*Abstract: The rise of misinformation on online platforms poses significant challenges, particularly in public health, science, and politics. Misinformation contributes to vaccine hesitancy, mental health issues, and social instability. This study investigates how personality traits, specifically the Dark Triad (narcissism, Machiavellianism, psychopathy) and Light Triad (Kantianism, faith in humanity, humanism), relate to belief in pseudoscience and misinformation susceptibility. A sample of 729 psychology undergraduates completed measures of selfishness, the Dark and Light Triads, and belief*

*in pseudoscience. Regression and mediation analyses revealed that selfishness was positively linked to Dark Triad traits and pseudoscientific beliefs. Conversely, selfishness negatively correlated with Light Triad traits, which partially mediated belief in pseudoscience, though in an unexpected direction. These findings highlight the complex interplay between personality traits and misinformation susceptibility. While mediation effects were observed, neither triad fully explained the relationship. Future research should explore diverse populations and cultural influences to better inform interventions targeting misinformation.*

**Section:** Social and Personality Psychology

**Session ID:** 112686 - Printed Poster

### *Developing the Needs of Justice Scale: Punishment and Restoration*

**Main Presenting Author:** Thomsen, Erin

**Additional Author:** Yamamoto, Susan

*Abstract: Punishment is often assumed to be the only outcome of a legal conflict and, therefore, synonymous with justice. However, the notion of restorative justice challenges that assumption by indicating other unmet personal needs (Wenzel et al., 2008). Current punishment measures are based on the distinction between underpinning philosophical goals of punishment and do not include items based on restorative principles. Participants ( $N = 190$ ) in undergraduate courses and from Prolific were asked to answer 51 questions about process and outcome justice needs regarding one of two violent offences. The Punishment Orientation Questionnaire, Contact Quality and Contact Quantity, and Intergroup Anxiety scales were also administered. The resulting Needs of Justice scale comprises Attribution Focus items associated with traditional punishment motivations and Restoration Focus items related to inclusion and communication. As expected, Attribution Focus scores correlate negatively with prohibitive punishment and contact, while positively correlated with permissive punishment and anxiety. The reverse relationships were found for Restoration Focus scores. Results demonstrate additional needs beyond punishment to achieve justice, especially based on experience with the justice system. Determining individual needs may aid in understanding the benefits of alternative approaches to achieve justice.*

**Section:** Criminal Justice Psychology

**Session ID:** 112682 - Printed Poster

### *Development, Reliability, and Initial Validation of the Fear of Institutional Betrayal Questionnaire*

**Main Presenting Author:** Dufour, Gena K.

**Additional Author:** Senn, Charlene Y.

*Abstract: Post-secondary institutions have a responsibility to prevent and respond to instances of campus sexual violence. Institutional Betrayal (IB) is a theoretical framework which states that actions and inactions on the part of the institution can cause further harm to survivors of violence. Recently, students and others have expressed beliefs that reporting sexual violence will inevitably lead to further harm for survivors. This phenomenon, coined and defined in the present study, is called Fear of Institutional Betrayal (Fear of IB): the belief held by an individual member of an institution that the actions of the institution will not adequately meet the needs of the survivor and that*

engagement with the institution will lead to additional harm. Modelled after existing tools, the goals of this study were to develop and validate the new Fear of Institutional Betrayal Questionnaire (FIBQ). In an online survey, university students completed the FIBQ, a demographics questionnaire, a sexual violence victimization measure, and other related scales, which allowed for validation of the FIBQ. We examined the FIBQ's psychometric properties, established convergent and divergent validity, and discuss group-based differences in fear of IB. Results have implications for universities assessing campus climate and policymakers addressing barriers to student use of institutional services.

**Section:** Women and Psychology

**Session ID:** 112161 - Printed Poster

### *Does Personal Relative Deprivation Uniquely Explain System Justification?*

**Main Presenting Author:** Baldwin, Maddison M

**Additional Author:** Day, Martin V

**Abstract:** Despite inequalities, individuals typically maintain the setup of society instead of supporting major changes. System Justification Theory suggests that people are motivated to rationalize the status quo as fair, legitimate and desirable for a variety of psychological reasons (e.g., needs for a just world, certainty, order). To better understand this persistent pattern, the present research examined whether Personal Relative Deprivation (PRD) uniquely relates to System Justification (SJ) beyond the previously established factors of subjective Socioeconomic Status (SES) and Political Orientation (PO). That is, does the personal situation of believing one isn't getting what one deserves (e.g., unfairly receiving less) compared to similar others (i.e., PRD) uniquely explain status quo defense? Canadian participants ( $n = 266$ ) completed measures of PRD, subjective SES, PO, and SJ online via Qualtrics. We found greater levels of PRD ( $\beta = -.222$ ,  $p = < .001$ ) related to lower SJ, while higher subjective SES ( $\beta = -.157$ ,  $p = .005$ ) predicted higher SJ. PO was unrelated to SJ ( $\beta = -.059$ ,  $p = .279$ ). Overall, these findings contribute to our understanding of people's willingness to go along with their system by uncovering the novel role of local (rather than societal) comparison processes. Interpretations and implications for relevant theory will be discussed.

**Section:** Social and Personality Psychology

**Session ID:** 112514 - Printed Poster

### *Drawings of the Self During COVID-19 Reveal Lived Experiences of the Pandemic*

**Main Presenting Author:** Arbeau, Kelly

**Additional Authors:** Thorpe, Cass ; Zubaly, Benjamin; Steeves, Katie

**Abstract:** Novel circumstances and disruptions, such as the COVID-19 pandemic, can have far reaching social and individual impacts, including unique challenges to the self's individual and role-based social identities. This led us to wonder: what are the lived experiences of the self within the context of the early days of the COVID-19 pandemic? In the summer and fall of 2020, participants ( $N=78$ ) were asked to reflect on and draw how they saw themselves during the pandemic. Analysis of participant-generated images using a critical visual methodology resulted in 18 categories grouped into 4 descriptive themes: personal wellbeing, a shared experience of isolation, pandemic protocols, and the role of time. Use of participant-generated images and the reflection required to generate them

*provides a rich and vibrant understanding of such conditions, allowing non-literal representations and conceptualizations to emerge. Findings shed light on the complexity of self-perceptions during a period of social disruption and uncertainty and highlight positive and negative impacts of pandemic conditions on the self.*

**Section:** General Psychology

**Session ID:** 111447 - Printed Poster

### *Effect of personality on children's moral evaluation of polite lies and blunt truths*

**Main Presenting Author:** Phillips, Thera

**Additional Authors:** Duan, Tz-Yu ; Isik, Ipek; Crossman, Angela; Talwar, Victoria

*Abstract: Children's moral evaluations of polite lies are affected by many variables, such as cognition, age and social factors (Lee, 2013). However, the effect of personality on moral evaluation is far less researched. While children high on agreeableness tend to tell more prosocial lies (Demedardi et al., 2021), it is unknown whether children's personality relate to their evaluation of others' truthfulness decisions in a politeness setting. The current study fills this gap by examining children's evaluation of polite lies versus blunt truths. Sixty-seven children aged 4-10 ( $M=8.14$ ,  $SD=1.76$ ) were presented two vignettes in which characters either told the truth or lied about a gift they did not enjoy. Parents filled out the ICID-S (Deal et al., 2007) to inform children's Big 5 personality traits. A bivariate correlation analysis uncovered no relationships between childrens personality and evaluation of protective lies. However, children with higher neuroticism  $r(65)=.27$ ;  $p=.027$ , lower extraversion  $r(61)=-.25$ ;  $p=.047$  and lower agreeableness  $r(64)=-.30$ ;  $p=.015$  evaluated blunt truths more positively. While children high in agreeableness or extraversion might see polite lies as indicators of sociability, children high in neuroticism might prefer blunt truths that minimize uncertainty. These findings may inform different methods of encouraging honesty in children with various dispositions.*

**Section:** Developmental Psychology

**Session ID:** 112633 - Printed Poster

### *Environmental Sensitivity in Children is Differentially Associated with Caregiver Adverse Childhood Experiences and Family Functioning across Income Strata: A Sibling Study*

**Main Presenting Author:** Berry, Yashika

**Additional Authors:** Browne, Dillon ; Wade, Mark

*Abstract: Parental adverse childhood experiences (ACEs) are linked to the subsequent generations' developmental health through many documented biopsychosocial pathways. This study examines parental ACEs in relation to children's developmental sensitivity to environmental contexts using the Highly Sensitive Child Scale. Environmental sensitivity is ostensibly an adaptive mechanism; however, heightened sensitivity can be deleterious for developmental health under socially disadvantageous settings. This study examined parental ACEs and child sensitivity using a sibling design, with family functioning as a moderator. Participants were from a multinational sample of caregivers ( $N = 549$ ) and their children ( $N = 1098$ ). Pre-registered analysis revealed no main effect of caregiver ACEs on child sensitivity or moderation effects. However, exploratory analyses revealed a*

*significant three-way interaction between parental ACEs, family dysfunction, and income. Specifically, high parental ACEs in low-income, dysfunctional family settings corresponded to limited environmental sensitivity (e.g. blunted response). In contrast, high parental ACEs in high income, dysfunctional family environments corresponded to greater environmental sensitivity (i.e. stress sensitization). Findings highlight the importance of family resources in understanding the link between caregiver ACEs and child sensitivity.*

**Section:** Clinical Psychology

**Session ID:** 113965 - Printed Poster

### *Exploring Canadian Public Perceptions of Fetal Alcohol Spectrum Disorder*

**Main Presenting Author:** Bishop, Olivia C

**Additional Authors:** McMahon, Isobel ; Hiscock, Brooke; Anthony, Taylor; Downey, Molly K; Harris, Nick; Gault, Siann; Peters, Adrienne

*Abstract: With a national prevalence of 4%, fetal alcohol spectrum disorder (FASD) is a leading developmental disability in Canada. FASD has lifelong effects on cognitive, emotional, behavioural, social and physical health. Despite its significant prevalence, FASD is poorly understood and highly stigmatized, which can exacerbate challenges and limit access to supports. This study explored knowledge of FASD among 372 Canadian adults to identify common knowledge gaps and misconceptions. Participants were recruited through the Angus Reid Forum for a larger study on perceptions of FASD and other neurodevelopmental disorders. In the current study, we analyzed responses to one open-ended question which asked participants to report what they know about FASD. Using qualitative content analysis, five categories emerged from the data: 1) general knowledge, 2) causes, 3) perceived impacts, 4) nature of FASD and 5) stigmatizing attitudes. The results suggest a wide range of knowledge and awareness. While some participants had a strong understanding, some were not aware of FASD, and others believed misconceptions and held stigmatizing beliefs. Participants who had direct experiences with individuals with FASD had a more accurate understanding. The findings suggest the need for targeted education campaigns to address misconceptions, reduce stigma, and promote a more informed understanding of FASD.*

**Section:** Clinical Psychology

**Session ID:** 112048 - Printed Poster

### *Exploring Student Perceptions of Human vs. AI-Generated Scoring and Feedback*

**Main Presenting Author:** Hariharan, Shruthi

**Additional Authors:** Thomas, Mackenzie L.; Yildirim Erbasli , Seyma

*Abstract: The integration of AI in educational assessment offers scalable and efficient solutions to traditional grading challenges although limited research exists on student perceptions of AI-generated scoring and feedback, particularly compared to human evaluators. However, its use in subjective tasks like writing evaluation raises concerns about its reliability, fairness, and acceptance. This study explores undergraduate students perceptions of AI-generated scoring and feedback compared to human evaluators. Specifically, it investigates students' ability to distinguish between AI and human evaluators, as well as changes in and factors predicting perceptions. A sample of undergraduate students from a Canadian university evaluated scores and feedback from both AI and a human,*

*followed by pre- and post-surveys assessing shifts in perceptions upon disclosure of the source. Preliminary results indicate that approximately half of the participants incorrectly identified whether the evaluator was AI or human. While students expressed some concerns about AI, their overall perceptions were moderate and did not significantly change after disclosure. Further, comfort with technology, familiarity with AI, and frequency of AI use were sometimes predictive of their perceptions. This research provides valuable insights into student acceptance of AI-based scoring and feedback.*

**Section:** Educational and School Psychology

**Session ID:** 113772 - Printed Poster

### *Exploring the Indirect Role of Peer Rejection and Peer's Antisocial Characteristics in Adolescence, between Childhood Conduct Problems and Sexism in Early Adulthood*

**Main Presenting Author:** Chavignon, Éléonore Claudy Laura

**Additional Authors:** Martin-Storey, Alexa ; Lapalme, Mélanie; Déry, Michèle

*Abstract: Peer rejection and affiliation with antisocial peers have been suggested to place children with childhood conduct problems (CP) at higher risk for later antisocial behavior. While peer help shape adolescents' gender role attitudes, their role in shaping sexism has not been thoroughly explored. Sexism is known to be associated with negative outcomes, on individual and societal levels. Understanding the mechanisms underlying the development of sexism is therefore a critical area of study. The present project investigated the indirect role of peer rejection and peers antisocial characteristics in adolescence in the association between CP and sexism in early adulthood.*

*Participants ( $N = 564$ , 46.8% girls) in a longitudinal study on children, 58.3% of whom exhibited conduct problems at T1 ( $M$  age = 8.4,  $SD = 0.9$ ), completed relevant measures of peer rejection and peer antisocial characteristics in adolescence (T2:  $M$  age = 13.8,  $SD = 0.9$ ), as well as sexism in early adulthood (T3:  $M$  age = 18.9,  $SD = 0.9$ ). Preliminary findings suggest that peer rejection and peers antisocial characteristics in adolescence predict sexism in early adulthood. Indirect effects between CP and sexism were observed via peer rejection and peer antisocial characteristics at T2. The study highlights the importance of considering peer influence as a potential target for intervention to prevent sexist attitudes.*

**Section:** Developmental Psychology

**Session ID:** 113541 - Printed Poster

### *Expressing Partner and Relationship Preferences in Online Dating: A Study of Canadian and Korean Profiles*

**Main Presenting Author:** Nah, Kyoungsil

**Additional Authors:** Perunovic, Elaine ; Skye, Breanna

*Abstract: Prior work suggests that cultural contexts are linked to differing communication styles and priorities in interpersonal interactions. For instance, people from Eastern cultures may emphasize relational connections, while those from Western cultures are often focused on personal autonomy (Heine, 2003). Additionally, direct communication tends to be more common in Western settings, and*

indirect communication is more typical in Eastern ones (Kim and Papacharissi, 2003). Our study examined whether these cultural patterns are evident in online dating profiles by content-analyzing Canadian and Korean profiles, focusing on the statements about the qualities and types of partners or relationships users sought. Results showed that both countries' profiles contained more direct than indirect statements and emphasized what users wanted in a partner over what they wanted in a relationship. When describing the personal traits of a preferred partner, however, Koreans used direct statements 1.41 times more than Canadians, while Canadians used indirect statements 2.08 times more than Koreans. These findings suggest that while both cultures share some language patterns, Koreans may adopt more direct language when expressing partner preferences. This highlights the dynamic nature of cultural communication styles, where language use adapts to the context and reflects changing cultural priorities.

**Section:** International and Cross-Cultural Psychology

**Session ID:** 112075 - Printed Poster

*From Control to Concern: The Lasting Impact of Authoritarian Parenting during Adolescence on Anxiety in Adulthood*

**Main Presenting Author:** Wang, Yifan

Abstract: This study investigates the long-term psychological impact of AUTHORITARIAN PARENTING during adolescence on ANXIETY LEVELS IN ADULTHOOD. Grounded in personal experience and supported by prior research, the study explores how STRICT PARENTAL CONTROL and HIGH EXPECTATIONS contribute to the development of MALADAPTIVE PERFECTIONISM and anxiety. A sample of 156 PARTICIPANTS (aged 24-65) completed surveys assessing their perceived parental control during adolescence and current anxiety levels. Data were analyzed using SPSS, revealing a SIGNIFICANT POSITIVE CORRELATION ( $R = .73, P < .001$ ) between authoritarian parenting and adult anxiety. The study underscores the long-term emotional costs of authoritarian parenting, emphasizing the importance of fostering autonomy and emotional support during adolescence. These findings provide valuable insights for educators, mental health professionals, and caregivers aiming to mitigate the adverse effects of authoritarian parenting on mental health.

**Section:** Developmental Psychology

**Session ID:** 112863 - Printed Poster

*Gender as a Moderator of the Relationship between Lifetime Ostracism and Risky Coping Behaviours in University Students*

**Main Presenting Author:** Gao, Angela

**Additional Author:** Racine, Sarah

Abstract: According to the need-threat model, ostracism (i.e., being ignored and excluded without excessive explanation or explicit targeted negative actions) depletes self-control resources, leading to the development of risky coping behaviours. Emerging adults are particularly sensitive to ostracism and may be more likely to engage in risky behaviours to avoid or cope with its emotional consequences. While previous studies have investigated the consequences of induced ostracism, this study extends existing work by examining lifetime experiences of ostracism. Undergraduate students

( $N = 625$ ; 52% female) completed measures of lifetime ostracism, risky alcohol use, drug use, and binge eating. We hypothesize that: 1) lifetime ostracism will positively correlate with risky behaviours; 2) alcohol use will have the strongest relationship with ostracism; and 3) gender will moderate the relationship between ostracism and risky behaviours, such that women with elevated ostracism will be at increased risk of binge eating. Analyses are underway. Ultimately, this study examines relationships between lifetime ostracism and a series of risky coping behaviours in emerging adults to identify possible risk factors. Identification of these factors may lead to the development of preventative strategies and targeted treatments.

**Section:** Clinical Psychology

**Session ID:** 111838 - Printed Poster

### *Impact of Social Anxiety on Communication Skills in Face-to-face vs. Online Contexts*

**Main Presenting Author:** Lacombe, Corina

Abstract: Individuals with social anxiety (SA) have been shown to prefer communicating through online platforms. Part of this preference may be accounted for by their self-perceived level of social skill ability in online modalities. However, it is unclear whether perceived social skill abilities change across in-person and online contexts. Therefore, this study investigated whether specific social skills, like sociability, assertiveness, self-disclosure, and non-verbal emotion recognition vary across online and face-to-face settings. We first validated the *Real and Electronic Communications Skills* (*RECS*) questionnaire using a confirmatory factor analysis in a sample of 780 participants, who completed the survey through Qualtrics. We then conducted a series of correlations and a doubly multivariate GLM to evaluate whether perceived social skills abilities are influenced by communication medium and SA. Our results indicated that we were able to validate the RECS, and that specific social skills like sociability and assertiveness are influenced by communication medium. Specifically, higher SA scores were associated with decreased in-person sociability, emotion recognition, and assertiveness. The results highlight a potential perceived barrier to approaching in-person interactions, which may exacerbate avoidance of social interaction, thus resulting in social isolation and loneliness.

**Section:** General Psychology

**Session ID:** 112994 - Printed Poster

### *Mindfulness and relationship happiness: The dyadic role of empathic responding*

**Main Presenting Author:** Cumben, Robyn K

**Additional Author:** Quinn-Nilas, Christopher

Abstract: Mindfulness – awareness of the present moment – is associated with greater relationship satisfaction and is connected to a host of beneficial relationship processes. One unexplored mechanism through which mindfulness may benefit relationships is increased empathic responding to one's partner. Karremans et al.'s (2017) theory suggests that mindfulness enhances relationship happiness through dyadic processes, yet the link between mindfulness, empathic responding, and relationship satisfaction has not been investigated from this perspective. Data from 230 midlife married Canadian couples ( $M_{Age} = 49$ ) recruited via a national panel were analyzed using Actor-Partner Interdependence Mediation Modeling (APIMeM). Women's mindfulness predicted their own

*empathic responding, and their empathic responding was associated with their own increased satisfaction – this indirect effect was significant. Men's empathic responding predicted their partner's and their relationship satisfaction, yet their mindfulness was not associated with their own empathic responding. Our findings demonstrate gender differences in the actor and partner effects of mindfulness and empathic responding as they relate to relationship satisfaction, with implications for scholars and practitioners.*

**Section:** Social and Personality Psychology

**Session ID:** 113569 - Printed Poster

### *Mindfulness, Self-Focused Attention, and Compassion: A Dyadic Daily Diary Study*

**Main Presenting Author:** Waclawek, Theresa

**Additional Author:** Schütz, Astrid

*Abstract: The relationship between mindfulness and compassion is well-documented. However, one theoretically central yet understudied mechanism possibly linking these constructs is the role of the "self." Mindfulness practice is thought to foster a more interdependent understanding of the self, which could reduce self-focused attention. This may, in turn, free up cognitive resources for engaging in the present moment and responding with compassion. In this preregistered study, we examine the connection between mindfulness and compassion by exploring self-focused attention as a mediating mechanism. Additionally, we contribute to the broader understanding of this relationship by employing methods with high ecological validity. Using a ten-day diary design, we collected data from 200 individuals (100 romantic couples). To minimize the social desirability bias often associated with self-reported compassion measures, we collected partner ratings of compassion. We tested our hypotheses using a longitudinal actor-partner interdependence mediation model, with mindfulness as the predictor, self-focused attention as the mediator, and compassion as the outcome. We hypothesize that mindfulness will be positively associated with compassion and that this relationship will be mediated by less self-focused attention. Analyses are ongoing, but initial results provide support for these predictions.*

**Section:** Social and Personality Psychology

**Session ID:** 113749 - Printed Poster

### *Mothers of adolescents with cannabis use disorder: Exploring public perceptions of maternal responsibility*

**Main Presenting Author:** Bishop, Olivia C

**Additional Authors:** Downey, Molly K; Anthony, Taylor; Hiscock, Brooke; McMahon, Isobel; Coles, Ashlee; Harris, Nick

*Abstract: Substance use disorders (SUD) are often attributed to upbringing and family dynamics, an assumption that places undue responsibility on parents. Mothers may be particularly susceptible to blame due to traditional gender norms around parenting. This qualitative study explored public perceptions of maternal responsibility and shame in the context of adolescent cannabis use disorder (CUD). Participants were 80 Canadian adults recruited during a larger online survey. After reading a vignette describing a mother and her adolescent child with CUD participants answered two open-ended prompts exploring perceptions of maternal responsibility and shame. An inductive thematic*

*analysis revealed mixed and complex opinions regarding maternal responsibility, with themes highlighting the nature and etiology of addiction, the mother's role in prevention and recovery, societal tendencies to parent blame, and the detrimental effects of shame and stigma. The current findings highlight the need to challenge public beliefs regarding SUD to reduce parental blame and stigmatization.*

**Section:** Addiction Psychology

**Session ID:** 112044 - Printed Poster

### ***Need for Social Media Validation and Digital Editing of Physical Appearance: The Role of Parental Modelling on Adolescents' Social Media Use***

**Main Presenting Author:** Dumas, Tara M

**Additional Authors:** Luchs, Khalilah ; Ellis, Wendy E; Hutchinson, Lynda

*Abstract: Research on parental contributions to adolescent social media use focuses heavily on rule setting and monitoring. There is a lack of research on parental \_modelling\_, even though parents of adolescents today are avid social media users. We focused on parental modelling of: (1) the \_need for social media validation\_ (SMV), which is the importance one places on receiving likes, views and followers and (2) \_digital editing behaviour\_ (DEB) to increase personal attractiveness in posts. Participants included 174 adolescents in Study 1 ( $M_{age} = 13.87$  years; 55.7% girls) and 85 parent-child dyads in Study 2 (children's  $M_{age} = 13.15$  years; 37.6% girls; 60% mothers) who completed self-report surveys on social media use and body self-esteem. Both adolescent-reported (Study 1) and parent-reported (Study 2) parental SMV and DEB predicted adolescents' own SMV and DEB. Further, parent SMV predicted adolescent DEB via adolescent SMV (full mediation). Effects did not differ by mother versus father. Finally, in both studies, adolescent SMV and DEB were related to poorer body self-esteem regardless of gender. Thus, parents should be mindful of their relationship with social media. Those with a stronger need for validation and who post digitally altered, enhanced versions of themselves, appear to have adolescent children with similar needs/behaviour, which are associated with poorer body self-esteem.*

**Section:** Family Psychology

**Session ID:** 113816 - Printed Poster

### ***Parent Support for Learning and Family School Relationship in Relation to Chronic Absenteeism from School in Children Aged 9-14 with ADHD Symptomatology***

**Main Presenting Author:** Perry, Annabeth

*Abstract: Increasing evidence indicates that youth with ADHD are absent from school at twice the rate of their non-ADHD peers (Niemi et al., 2022). While parental involvement in education has been shown to benefit students, research on its impact on school attendance in children with ADHD is limited, particularly in terms of the family-school relationship and parents support for their child's learning. This study aims to address this gap by exploring two key research questions: (1) Does the family-school relationship predict school attendance in children with ADHD symptoms? (2) Does parental support for their child's learning predict school attendance? In Fall 2022, data were collected from 95 parents of children (aged 9-14) with ADHD symptomatology as part of a Canada-*

wide survey. Preliminary results suggest that parent support for learning and a positive family-school relationship are both associated with higher levels of school attendance. Regression analyses will be conducted to examine the associations between two types of parental involvement—family-school relationship and parental support for learning—and school absenteeism. The results of this study could help guide educators, mental health professionals, and public health workers in leveraging parental involvement, an underutilized resource in addressing school absenteeism in children with ADHD.

**Section:** Developmental Psychology

**Session ID:** 112573 - Printed Poster

*Perceived Intentionality and Social Perspective Taking: When Do We Give Others the Benefit of the Doubt?*

**Main Presenting Author:** Minel, Raelynne

**Co-Presenting Author:** Sharpe, Donald

Abstract: The intentions we attribute to others effect how we perceive ambiguous actions. Think of the polarized interpretations of police conduct in the news. This study explored the relationship between two attributional biases that effect how behaviour is perceived (i.e., intentionality bias and hostile attribution bias) and social perspective taking. In an online survey administered to one hundred and eighty-three participants, perspective taking was assessed using a self-report questionnaire (Reiners et al., 2011), intentionality bias was assessed using an ambiguous sentence task (Rosset, 2008), and the types of intentions attributed were measured using a series of vignettes (Coccaro et al., 2009). Mediational analyses were conducted to test the hypotheses. Contrary to the hypotheses, no relationship was found between intentionality bias and perspective taking. As anticipated, an inverse relationship between perspective taking and hostile attribution bias was found. Furthermore, a relationship between intentionality bias and hostile attribution bias was found although that relationship was not mediated by perspective taking. These findings support the assumption that intentionality bias is related to hostile attribution bias and suggest perspective taking is related to the intent attributed to ambiguous behaviours, but not whether those behaviours are perceived as intentional.

**Section:** Social and Personality Psychology

**Session ID:** 111762 - Printed Poster

*Perceptions of Academic Integrity in Canadian Higher Education*

**Main Presenting Author:** Burrows, Hannah M. R.

**Co-Presenting Author:** Norris, Meghan E

**Additional Author:** Pallis, Rea

Abstract: This study investigates differing perceptions of academic integrity among Canadian students, instructors, and industry professionals. Understanding these perspectives is crucial for promoting a culture of shared values, particularly in Canadian psychology which has pillars in science, practice, and education. In response to ChatGPT's release, an online survey was piloted in Spring of 2023 ( $N = 24$  participants, including students, instructors, and those working in industry). 40 scenarios regarding academic integrity were rated on a 7-point Likert scale. Results highlighted varied perceptions of ethical behaviours: students rated peer editing as the least severe form of

academic misconduct, while instructors and industry viewed it more critically. Closed-book collaboration was uniformly viewed as unethical. Views were mixed on AI use in writing, with students rating it as more problematic. Variations were also found in views on resource sharing and document alterations. Significant differences in perceptions regarding academic integrity among students, instructors, and industry representatives demonstrates the need for clear, shared guidelines. Recommendations include developing consistent, role-specific policies on academic integrity, educating stakeholders on AI use, and fostering shared values through targeted workshops to support academic honesty in Canadian institutions.

**Section:** Teaching of Psychology

**Session ID:** 111656 - Printed Poster

### *Prévalence et facteurs associés à l'adhésion aux mythes sur l'agression sexuelle auprès de différentes populations : une étude de portée*

**Main Presenting Author:** Baril, Karine

**Additional Author:** Foley, Corinne

**Abstract:** CONTEXTE: Différentes études ont été menées sur l'adhésion aux mythes sur l'AS auprès de différentes populations cliniques ou d'échantillons de convenance, mais peu dans le cadre d'études populationnelles. MéTHODE: Cette affiche présente les résultats d'une étude de portée visant à documenter la prévalence et les facteurs associés à l'adhésion aux mythes sur l'AS auprès de différentes populations occidentales. La stratégie de recherche documentaire a permis d'identifier 9 études populationnelles qui rencontraient les critères d'inclusion. RÉSULTATS: Certaines catégories de mythes apparaissent faire davantage l'objet d'acceptation auprès des populations étudiées, et des différences dans le niveau d'adhésion ont été identifiées selon les populations étudiées. La plupart des études ont mis en lien l'adhésion aux mythes avec différentes caractéristiques sociodémographiques, particulièrement le genre, mais aussi avec les expériences passées de victimisation. CONCLUSIONS: Les résultats permettent de documenter l'adhésion aux mythes liés à l'AS auprès de différentes populations occidentales et d'identifier les caractéristiques des personnes plus susceptibles d'y adhérer, et ce, auprès de larges échantillons populationnels, ce qui est utile pour la prévention. L'identification des limites du champ de recherche permet la formulation de recommandations pour les recherches futures.

**Section:** Social and Personality Psychology

**Session ID:** 112722 - Printed Poster

### *Prevalence of Intimate Partner Violence During COVID-19 Lockdowns: A Systematic Literature Review*

**Main Presenting Author:** Tofigh, Pariya A

**Abstract:** Intimate partner violence (IPV) increased both in frequency and severity during the COVID-19 pandemic, with lockdowns listed as a risk factor for this increase (Bhuptani et al., 2022; Wake and Kandula, 2022). The prevalence of IPV during COVID-19 lockdowns appears to vary depending on how the data was collected and where it was collected. To evaluate the factors contributing to these differences, we conducted a systematic literature review to answer two questions: (1) how did the prevalence of IPV during COVID-19 lockdowns vary depending on geographical location? (2) how

*did the prevalence of IPV during COVID-19 lockdowns vary depending on the operationalization of IPV? Data was extracted from 29 studies and revealed that IPV prevalence was highest when IPV was operationalized using a scale developed by the study author(s) and lowest when IPV was operationalized using a Revised Conflict Tactics scale. Further, IPV prevalence was highest in the Middle East and lowest in Europe. Thus, the prevalence of IPV during COVID-19 lockdowns varied depending on the scale and geographical region. These results suggest a need for a standard scale to more accurately measure IPV prevalence during world crises across contexts. Better resources and education must be directed to regions where a greater prevalence of IPV has been identified, particularly during future world crises.*

**Section:** Women and Psychology

**Session ID:** 112661 - Printed Poster

### *Prospective Association Between Intrafamilial Stress and Children Adjustment in Preschool: The Protective Role of Parental Personality and Child Temperament*

**Main Presenting Author:** Scola, Maria-Cristina Claudia

**Additional Authors:** Morizot, Julien ; Paquette, Daniel

*Abstract: Several theoretical models highlight the importance of assessing resources to understand family adaptation to stress. Personal traits of family members, which influence characteristic patterns of thoughts, actions, and feelings during stressful times, may serve as protective factors. However, few studies have explored these factors, especially for parents. This study aimed to evaluate if personal traits buffered the association between intrafamilial stress and externalizing/internalizing problems in preschoolers. The sample included 182 couples with children aged 12 to 18 months. Multiple linear regressions and moderation analyses showed that intrafamilial stress at age 1 predicted both internalizing and externalizing problems at age 3, after controlling for initial problems, gender, and socioeconomic status. Elevated levels of paternal emotional stability and conscientiousness reduced the risk of externalizing problems, while lower maternal conscientiousness suppressed the association with internalizing problems. Moreover, children with higher sociability had a lower risk of both externalizing and internalizing problems. This study emphasizes the value of assessing personal traits to understand family responses to stress and suggests that interventions should help develop key psychosocial abilities in both parents and children.*

**Section:** Family Psychology

**Session ID:** 111663 - Printed Poster

### *Pro-Wealth or Pro-Middle Class? Diverging Insights from Implicit and Explicit Measures*

**Main Presenting Author:** Allen, Erik JK

**Additional Author:** Steele, Jennifer R

*Abstract: Around 70% of Canadians identify as part of the middle class (Hogan, 2019). Yet, it is not clear how strongly people would show preferences for this group both implicitly and on self-report measures. In previous research (Allen and Steele, 2024), we examined people's attitudes toward upper and working people and found they reported more positive attitudes toward the working class;*

however, they also showed a robust pro-wealth bias on the Implicit Association Test (IAT; Greenwald et al., 1998). In the current study, we recruited middle class undergraduate participants ( $N = 378$ ) and randomly assigned them to complete a wealth IAT in a 3 (Categorization Condition: Upper Class / Working Class, Upper Class / Middle Class, Middle Class / Working Class)  $\times$  2 (Wealth Stimuli: Yearly Salaries or Houses and Cars) between-subjects design to examine if implicit attitudes would be more positive toward the middle class. In each condition, we found a pro-wealth bias on the IAT (each  $p < .001$ ), with participants being relatively faster to pair positive words with wealthier groups. By contrast, when asked, participants expressed a consistent preference for the middle class, suggesting a pro-Middle Class bias on these self-reported measures. These results suggest that participants' implicit and self-reported attitudes toward the middle class differ to a significant degree.

**Section:** Social and Personality Psychology

**Session ID:** 113867 - Printed Poster

### *Relations between research and layperson perspectives on the construct of social competence*

**Main Presenting Author:** Hodges, Amanda

**Additional Authors:** Stobbart, Jade ; Chow, Isabella; Nolet-Mulholland, Liam; Iarocci, Grace

Abstract: Social competence (SC) is linked to a variety of favourable social outcomes. Thus, research aimed at better understanding SC across different populations is of considerable benefit. However, studies to date have not sought to ensure existing measures of SC reflect the perspectives of young adults who interact in real-world settings. To address this, this study used reflexive thematic analysis to identify themes across definitions of social competence from 83 young adults ( $M_{age} = 18.77$ ,  $SD = 2.04$ ). The analysis revealed three overarching themes: *knowledge of social norms*, *social skills*, and *personal attributes*. When compared with researchers' definition, there was considerable overlap between these themes and the seven domains of the Multidimensional Scale of Social Competence (MSCS). However, young adults' descriptions of social competence included five additional characteristics that were not captured by the MSCS: leadership skills, problem-solving skills, inclusivity, non-judgemental, and introversion. In light of these results, we discuss the value of integrating layperson perspectives in current operational definitions of social competence.

**Section:** General Psychology

**Session ID:** 113220 - Printed Poster

### *Rich Country, Poor Country: Explaining Perceptions and Ideals of Global Wealth Inequality*

**Main Presenting Author:** Brenton, Shawna

**Additional Author:** Day, Martin V

Abstract: A large gap between rich and poor countries can be consequential. The current research examines whether four factors: belief in a just world, identification with humanity, national identity, and political orientation explain perceptions of the degree of global wealth inequality and ideals for it. In two studies ( $n = 1253$ ), American participants completed measures of just-world beliefs, identification with humanity, national identity, political orientation, and their estimates and ideals of

*global inequality. Across studies, participants underestimated the amount of global wealth inequality and desired more equality than they believed existed. Higher just-world beliefs were related to perceiving less global economic inequality in both studies. Higher political conservatism was only related to perceiving less global inequality in Study 2. In both studies, higher identification with humanity predicted desires for less global inequality, while higher just-world beliefs predicted desires for more global inequality. In Study 2, higher conservatism was related to a desire for more global inequality. National identity was unrelated to both outcomes. This research provides some explanation of perceptions and ideals of global wealth inequality. Study 3 will examine these findings reliability with a Canadian sample. Implications for theory and policy will be discussed.*

**Section:** Social and Personality Psychology

**Session ID:** 112405 - Printed Poster

### *Risk-taking propensity of adolescents placed in residential care centers: the role of runaway*

**Main Presenting Author:** Couture, Sophie

**Additional Authors:** Laurier, Catherine ; Lemieux, Annie; Maldonado-Lannes, Émilie Esther; Monette, Sébastien; Lafourture, Denis

**Abstract:** *BACKGROUND/RATIONALE: Adolescents who run away from residential care centers expose themselves to significant risks. Some researchers attribute this risk-taking propensity to higher sensation seeking, particularly in the presence of peers, and impulsivity, while others emphasize the role of contextual factors. This study examines the psychological (sensation seeking, impulsivity and peer influences) and contextual (placement history) factors influencing the risk-taking propensity of adolescents who have or have not run away from residential care centers. METHODS: This study included 115 male adolescents aged 15-17 years who had run away from their residential care center and 60 who had not. Data were collected from protection services files and self-report questionnaires. Group comparisons were performed with  $t$ -tests. RESULTS: Runaway youths exhibited higher sensation seeking, but showed no differences in impulsivity or resistance to peer influence compared to non-runaway youths. Runaway youths also experienced more frequent, longer and less stable placements than their non-runaway counterparts. CONCLUSIONS: This study underscores the importance of considering both psychological and contextual factors in understanding risk-taking propensity involved in running away. ACTION/IMPACT: Recommendations for interventions to prevent running away will be discussed.*

**Section:** Social and Personality Psychology

**Session ID:** 112434 - Printed Poster

### *Role-Dependent Integrity: Variations of Integrity Meaning Across Social Contexts*

**Main Presenting Author:** Kwantes, Catherine

**Additional Authors:** Talaei, Amirreza ; Unis, Sarah

**Abstract:** *RATIONALE: This study explores the concept of integrity, essential for understanding trustworthiness, yet inconsistently defined across contexts. Despite its importance in roles like coworkers or managers, research has not fully examined how expectations for integrity vary across relationships. By studying integrity in family, friendships, coworkers, and managers, this study aimed*

to clarify its components. **METHOD:** A measure developed by the authors based on literature on integrity (e.g., Monga, 2006; Palanski and Yammarino, 2007) was used. Participants rated the importance of integrity factors (e.g., honesty, consistency, authenticity) across roles in family, friendship, coworker, and supervisor contexts. **RESULTS:** The analysis ranked integrity factors (e.g., honesty, fairness) based on mean scores across roles. Certain factors such as Fairness were only important in work roles, while others such as Honesty were only important for non-work roles. Also, certain factors such as Authenticity were among the most important ones for non-work roles while being the least important for work roles. **CONCLUSION:** Integrity factors are prioritized differently depending on the role. This emphasizes the role-dependent nature of integrity assessments. **IMPACT:** This research addresses gaps in how integrity is defined and operationalized, enhancing understanding of its role in workplace trust and beyond.

**Section:** Social and Personality Psychology

**Session ID:** 111832 - Printed Poster

### *Self-Serving Sympathy: Investigating the Discrepancy Between Self-Report and Behavioral Measures of Empathy and Prosocial Behavior in the Study of Narcissism*

**Main Presenting Author:** Forget, Audrey-Anne

**Additional Authors:** Gregory, Amy ; Bartz, Jennifer

**Abstract:** Narcissism, marked by grandiosity, exploitation, and empathy deficits, is often tied to antisociality. However, research suggests narcissists may engage in ego-driven, public prosocial behavior for self-enhancement. Notably, narcissism correlates positively with self-reported but negatively with peer-reported prosocial behavior. Building on this dichotomy, this study examined whether narcissism moderated the effect of simulation on self-reported empathy and helping intentions, and behavioral measures of support responsiveness. 600 participants read 4 vignettes of a distressed target; half engaged in episodic simulation—mental exercise known to enhance empathy and helping intentions (vs. control). All completed the Short Dark Triad (SD3), rated empathic responses and willingness to help, and wrote a support message. Multilevel modeling showed narcissism predicted greater self-reported empathic concern ( $\beta = .39$ ,  $p$ )

**Section:** Social and Personality Psychology

**Session ID:** 113088 - Printed Poster

### *Sexisme et rôles de genre traditionnels : Analyse comparative des attitudes autorapportées et des biais implicites en fonction du genre*

**Main Presenting Author:** Laviolette, Valérie

**Additional Author:** Trottier, Dominique

**Abstract:** L'actualité met en lumière une résurgence des attitudes sexistes et une valorisation des rôles de genre traditionnels. Les connaissances actuelles soulignent que les hommes adhèrent plus fortement que les femmes au sexisme et aux rôles de genre traditionnels. Or, ces connaissances reposent sur l'utilisation prédominante de questionnaires autorapportés. L'objectif de cette étude est de mesurer l'adhésion à ces attitudes de façon autorapportée ainsi qu'à partir de tests d'associations

implicites afin de procéder à des comparaisons de genre. Pour ce faire, 65 hommes et 65 femmes ont complété des questionnaires autorapportés ainsi que des tests d'associations implicites sur le sexisme et les rôles de genre traditionnels. Les analyses comparatives sur les questionnaires autorapportés suggèrent que les hommes adhèrent significativement plus que les femmes au sexisme ( $p < 0,01$ ) et aux rôles de genre traditionnels ( $p < 0,05$ ) alors que les deux groupes présentent des biais implicites équivalents par rapport au sexisme ( $p = 0,565$ ) et aux rôles de genre traditionnels ( $p = 0,253$ ). Ces résultats suggèrent que, peu importe le niveau d'adhésion autorapportée au sexisme et aux rôles de genre traditionnels, des biais implicites sont présents chez tous.les participant.e.s, quel que soit leur genre, ce qui reflète l'internalisation des normes genrées issues de la socialisation patriarcale.

**Section:** Social and Personality Psychology

**Session ID:** 113661 - Printed Poster

### *Sexual Orientation Perception and Stereotypes: The Role of Gender and Gender Presentation*

**Main Presenting Author:** Collins, Alexis

**Additional Authors:** Brown, Douglas ; Adair, Wendi

**Abstract:** *Stereotypes about sexual orientation are influenced by gender roles. Previous studies have not used implicit measures to study these stereotypes. This study addresses this gap using an Implicit Association Test (IAT) to investigate how gender (male, female) and presentation (masculine, feminine) influence perceptions of sexual orientation. An ANOVA analyzed data from 500 participants. The main effect of presentation was significant,  $F(1, 97089) = 2694.2$ ,  $p < .001$ , indicating that participants categorized masculine presentations faster than feminine presentations. The main effect of gender was significant,  $F(1, 97089) = 41470.4$ ,  $p < .001$ , showing that participants categorized male faces faster than female faces. A significant interaction,  $F(1, 97089) = 311.9$ ,  $p < .001$ , revealed that categorization speeds were influenced by stereotype congruence. Such that feminine presenting male faces were categorized faster with gay words than straight words, and masculine presenting female faces were categorized fast with gay words than straight words. These findings show how implicit biases related to gender and presentation shape our assumptions about sexual orientation. By examining these biases at the implicit level, this study offers insights into the cognitive processes that influence how we categorize others highlighting the need for reflective engagement with diverse identities.*

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113774 - Printed Poster

### *Sexual satisfaction as a mediator on mindfulness in couples & relationship satisfaction*

**Main Presenting Author:** Dias Martins, Claudia

**Co-Presenting Author:** Kasprzyk, Agata

**Additional Authors:** Kwarko-Fosu, Akua ; Khoury, Bassam

**Abstract:** Growing research has demonstrated a link between mindfulness and relationship satisfaction, which has also been mediated by sexual satisfaction. However, past researchers commonly used measures of trait mindfulness rather than considering the important role of context-specific interpersonal mindfulness. Additionally, limited research has evaluated the unique contributions of different aspects of sexual satisfaction. The current study aims to investigate the mediating roles of ego- and partner/activity-centered sexual satisfaction on the relation between mindfulness in couple relationships and relationship satisfaction among Canadian adults in committed and sexually active romantic relationships. A longitudinal sample of 194 participants completed online self-report questionnaires at Time 1 and Time 2 (January-September 2024). Preliminary mediation analyses demonstrated that sexual satisfaction partially mediated the relation between mindfulness in couples and relationship satisfaction. However, higher order factor analysis will be run to improve model fit of the measures of interest prior to finalizing the results presented at the conference (January 2025). The findings will provide insight into the potential of interpersonal mindfulness-based interventions aimed at promoting sexual wellbeing in romantic relationships, and in turn overall relationship quality.

**Section:** Social and Personality Psychology

**Session ID:** 113611 - Printed Poster

### *Sexual Self-Schemas Mediate Childhood Sexual Abuse and Sexual Revictimization in Plurisexual Women Facing Antibisexual Prejudice.*

**Main Presenting Author:** Rowe, Jessica R.

**Additional Authors:** Armstrong, Grace ; Bujold, Ariana; Harkness, L Kate

**Abstract:** Childhood sexual abuse is a key predictor of adult sexual revictimization, with negative schemas related to the sexual self as "immoral" or irresponsible identified as mediators. Plurisexual women (i.e., bi-/pansexual) experience disproportionately high rates of sexual violence; thus, research is needed to examine how systemic factors, such as antibisexual stigma, shape revictimization pathways. We tested the novel hypothesis that greater scores on the immoral-irresponsible schema would uniquely mediate the relation between childhood sexual abuse and adult revictimization while accounting for other sexual schemas (open-direct, passionate-romantic, embarrassed-conservative) and that this mediation would be stronger in those reporting higher antibisexual stigma. Plurisexual women ( $n = 229$ ) completed self-report questionnaires on the constructs of interest. Consistent with moderated mediation, the indirect relation between childhood sexual abuse and adult revictimization via the immoral-irresponsible schema was stronger given higher antibisexual stigma (Index = 0.02, 95%CI [0.004, .05]). Unexpectedly, the open-direct schema was associated with lower revictimization severity given higher stigma ( $b = -0.12$ ,  $p = .01$ ). Findings underscore the need for interventions targeting sexual self-schemas and societal stigma to reduce revictimization among plurisexual women.

**Section:** Traumatic Stress

**Session ID:** 112322 - Printed Poster

### *She/He/They: Investigating the Social Cognitive Impacts of Pronoun Disclosure*

**Main Presenting Author:** Kraemer, Joanna

**Additional Author:** Hauser, David

**Abstract:** *RATIONALE:* Many recommend sharing pronouns to create inclusive spaces and avoid consequences of misgendering. However, our understanding of the interpersonal impacts of sharing pronouns is limited. This research explores the impact of pronoun disclosure on impression formation and the prevalence of pronoun sharing. *METHODS:* Participants imagined introducing themselves and sharing their pronouns (or not) or imagined another person introducing themself and sharing their pronouns (or not; randomly assigned between subjects). Participants then rated impressions they expected others would form of themselves or impressions they formed of the other person. *RESULTS:* ANOVAs find that pronoun disclosure increased perceptions of allyship, warmth, and trying to appear morally good, though did not influence perceptions of competence. Impressions expected to be formed about the self and those formed of others were generally aligned, although pronoun disclosure increased perceptions of allyship more for others than was expected for the self. Descriptive analyses show that a minority of participants have shared pronouns, and those that have most often report doing so only sometimes. *CONCLUSIONS AND IMPLICATIONS:* While pronoun sharing may not currently be a common practice, evidence of positive impressions resulting from pronoun sharing may be used to encourage engagement in the behaviour.

**Section:** Social and Personality Psychology

**Session ID:** 111967 - Printed Poster

### *Situations that the Dark Tetrad finds stressful: An intensive longitudinal study*

**Main Presenting Author:** Stern, Amy P

**Additional Authors:** Charlton, Jaidyn ; MacIsaac, Angela ; Mushquash, Aislin

**Abstract:** The Dark Tetrad (DT) is composed of four “dark” personality traits (Psychopathy, Narcissism, Machiavellianism, Sadism). Coping consists of strategies to deal with stressors, and those high in DT traits predominantly cope in maladaptive ways. However, much research has relied on retrospective, one-time questionnaires to examine stress and coping, and little to no research has thoroughly explored the situations that individuals higher in these traits find stressful in the first place. The current study explored situations that individuals higher in DT traits reported to be notably stressful, building on methodological gaps. Undergraduates ( $N=359$ ) were recruited for an intensive longitudinal “daily diary” study. Participants completed baseline personality measures, followed by a daily survey each day for 14 days examining stressors, stress levels, and coping. Data analyses (exploratory multilevel analyses) are underway to examine associations between the DT traits and common stressors. Given their “dark” tendencies, identifying situations that may cause stress to individuals higher in DT traits, thus inducing maladaptive or destructive coping, is key to predicting and curbing potentially harmful behaviours. Findings will also begin to answer the research call to consider unique situational nuances that influence individual coping and stress response.

**Section:** Social and Personality Psychology

**Session ID:** 113004 - Printed Poster

### *Task instruction delivered by an agent of artificial intelligence (AI) reduces individual sense of agency affecting perception of control over actions*

**Main Presenting Author:** Edwards, Salina

**Additional Author:** Obhi, Sukhvinder

**Abstract:** Artificial intelligence (AI) is increasingly adopting roles that involve guiding humans. Sense of agency (SoA), the feeling of control, is essential to experience responsibility and ownership over decisions. Research shows that SoA is reduced when tasks are guided by other humans and robots however, little is known about the effect of AI-driven guidance on SoA. This study offers insights into how instruction by AI can impact perceptions of control. We conducted a within-subjects experiment with three randomized conditions: Free-Choice (F-C), AI-Instruction (AI-I), and Human-Instruction (H-I). In the F-C condition, participants performed tasks voluntarily. In the AI-I and H-I conditions, tasks were instructed by an AI and a human, respectively. SoA measures followed each trial. A rmANOVA revealed significant effects ( $p$ )

**Section:** Brain and Cognitive Science

**Session ID:** 111540 - Printed Poster

### *Testing Bidirectional Effects between Maternal and Child Depression During Middle Childhood*

**Main Presenting Author:** Hewitt, Jackson

**Additional Authors:** McArthur, Brae Anne ; Neville, Ross; Park, Joanne; Tough, Suzanne; Madigan, Sheri

**Abstract:** *BACKGROUND:* Unidirectional research like the *\_spillover hypothesis\_* posits that parent depression influences child depression. Recently, a new hypothesis—*\_child evocative effects\_* proposes that children can influence parent depression. We tested potential bidirectional effects of mother and child depression across four waves of data during the middle childhood period. Second, we tested whether child sex and family income moderated associations. *METHODS:* 1801 mother-child dyads from Calgary, Alberta self-reported on depression and demographic information across four timepoints. *RESULTS:* A random-intercept cross-lagged panel analysis revealed that child depression at T1 predicted higher maternal depression at T2 ( $\beta=.12$ ; 95%CI .02, .22). Child depression at T2 also predicted higher maternal depression at T3 ( $\beta=.17$ ; 95%CI .07, .26). The obverse association was not supported, and child sex and family income did not moderate associations. *CONCLUSIONS:* We only found evidence for child-evocative effects in mother-child depression. Our study highlights how depression may develop within families, challenging a unidirectional spillover in family depression. *IMPACT:* This study will help guide the future testing of bidirectional effects of depression in families. Moreover, it emphasizes a need to incorporate the complex dynamics of family interactions into prevention and intervention efforts.

**Section:** Clinical Psychology

**Session ID:** 112998 - Printed Poster

### *The Effects of Loneliness on Adaptability of International Students in Canada during COVID-19: The Role of Social Support as a Mediator*

**Main Presenting Author:** Su, Susan Chang

**Co-Presenting Author:** Flett, Gordon L

**Abstract:** COVID-19 as a global crisis to public health, negatively impacted people's health, mental health and well-being. Quarantine and social distancing exacerbated social isolation, loneliness, and mental health issues. International students as a particularly vulnerable populations faced numerous

challenges, including limited social support and networks, difficult to adapt to remote learning and financial stress. This quantitative study explored effects of loneliness on adaptability and examined if there was a mediator effect of social support. 186 international university students (98 men, 84 women) in Canada were recruited online, and assessed the scales of adaptability, loneliness, social support, and demographic questions. Correlational analyses confirmed that lower levels of loneliness predicted better adaptability, which was significantly positively associated with greater social support. However, the effect was fully moderated by the presence of social support. This empirical study confirmed that feelings of loneliness negatively predicted adaptability, while social support as a protective factor, which plays a crucial role in mediating the effects of loneliness on adaptability. It will be essential to help international students enhance their adaptability and build stronger social support networks, ultimately reducing feelings of loneliness while studying abroad in Canada.

**Section:** Social and Personality Psychology

**Session ID:** 113745 - Printed Poster

### *The Effects of Praise and Norms on Prosocial Intentions as Moderated by Personality*

**Main Presenting Author:** L'Heureux, Mikhael

**Additional Author:** Emond, Michael

Abstract: Individuals aiming to encourage others to participate in community goals may think about pre-emptively praising them. Learning theory suggests that reinforcers preceding rewards may lack salience, and the literature establishes that praise can be a negative experience, particularly when undeserved. This online study assessed the effects of pre-emptive praise on prosocial intentions, accounting for social norms and personality to provide a comprehensive understanding of individual and group differences. The purpose was to refine and add nuance to strategies for fostering prosocial intentions through encouragement. In this experiment, participants viewed a video featuring praise (or no praise) and information regarding average giving behaviors among their undergrad cohorts on the Dictator Game. They then imagined being allocated \$10 and could anonymously donate any amount to three other participants. They disclosed their intended donation amount and completed a personality test. A two-way ANOVA and moderation analysis were used to examine the effects. Findings from a preliminary project found medium-large negative effects of praise on prosocial intentions. The conclusions highlighted which personality traits responded most to praise and norms on prosocial intentions, providing a nuanced and actionable plan for tailoring pre-emptive praise.

**Section:** Social and Personality Psychology

**Session ID:** 113002 - Printed Poster

### *The impact of infants' language background and speaker race on language expectations*

**Main Presenting Author:** MacLachlan, Madison B

**Additional Authors:** Boruah, Ankana ; Reeves, Emma; Lavoie, Paige; Robinson, Nicole; Ritsema, Vanessa; Workye, Rebeka; Weatherhead, Drew B

**Abstract:** Infants learn language in linguistically and socially diverse environments. Only recently have models of language perception started to account for social information to develop more generalizable models that reflect real-world diversity. The current study explores how speaker race impacts the assumptions infants make about speakers. Previous studies found that monolingual infants expect others to be monolingual while bilingual infants expect bilingualism. We expect infants will not have expectations about speakers who are unfamiliar to them. N=30 (recruitment ongoing) infants aged 15 to 20 months old participated in an asynchronous, virtual experiment. Participants were randomly assigned to be shown a speaker of a familiar or unfamiliar race. Participants were familiarized to the speaker speaking English then viewed test trials which alternated between the speaker speaking English and Spanish. Participants looking behaviour was measured, with greater looking times indicating surprise. Preliminary results suggest that monolinguals show more surprise than bilinguals when a speaker speaks a second language. In line with our hypothesis, both groups showed less surprise in the unfamiliar condition. Our findings will aid psychologists, linguists, educators, speech-language practitioners, and policy makers, as children encounter speakers of diverse racial and linguistic backgrounds.

**Section:** Developmental Psychology

**Session ID:** 113227 - Printed Poster

### *The Impact of Type of Technology Use on Adolescents' Solitude and Affect*

**Main Presenting Author:** Nolan, Alyssa G

**Additional Authors:** McVarnock, Alicia ; Stone, Anna; Cheng, Tiffany; DeGroot, Megan; Coplan, Robert

**Abstract:** Technology use has become ubiquitous in adolescence. The search for constant connectivity is redefining solitude, where always being connected feels natural and online interactions rival face-to-face interactions. This study explored links among types of technology use while alone, time spent alone, and indices of well-being in a sample of N=959 adolescents (15-18 years). Types of technology use included social media, interactive (e.g., text messages/phone calls) and passive (watching videos/online browsing) activities while alone. Overall, time alone was negatively associated with indices of well-being. However, hierarchical regressions indicated that after controlling for time spent alone and gender, technology use significantly predicted well-being and had different associations depending on type of technology use. For example, interactive engagement predicted positive affect ( $\beta=.156, p$

**Section:** Developmental Psychology

**Session ID:** 112766 - Printed Poster

### *The Influences of Cooperation-Competition and Individualism-Collectivism Interactions on Group Behaviours*

**Main Presenting Author:** Kwantes, Catherine T.

**Co-Presenting Author:** Smiciklas, Josiah T.

**Abstract:** BACKGROUND This research study examined whether competitive or cooperative group conditions interact with team-level individualism and collectivism to influence types of intragroup behaviours displayed among group members. METHODS A total of 49 students (25 F, 23 M, 1 NR) responded to an INDCOL survey, then were randomly placed into experimental conditions. In the

cooperative condition participants were told their group was competing with other groups; in the competitive condition participants competed with group members. A second INDCOL survey was then completed. Each interaction between group members during the tasks was coded using Bales' Interaction Process Analysis. All analyses were conducted using group level data. RESULTS Paired sample t-tests indicated that in the cooperative condition individualism scores significantly dropped from initial to post game responses but not collectivism scores. Neither dropped in the competitive condition. Individualism was positively correlated with giving opinions and negatively with giving information in the cooperative condition. CONCLUSIONS Contextual factors can both prime and interact with group individualism and collectivism to affect intragroup behaviour. IMPACT More research is required to understand both the development of, and changes in, the relationship between team level individualism and interpersonal behaviours in a team.

**Section:** Social and Personality Psychology

**Session ID:** 111795 - Printed Poster

### *The Interplay of Partners' Dyadic Empathic Abilities and Their Associations with Sexual Satisfaction and Desire in Young Adult Couples*

**Main Presenting Author:** Maindron, Emmanuelle

**Additional Authors:** Emond, Marianne ; Ramos, Brenda; Daspe, Marie-Ève; Péloquin, Katherine

Abstract: Past studies highlight the significant associations between dyadic empathy and a range of relationship outcomes, with recent research suggesting that higher levels of dyadic empathy are linked to greater sexual satisfaction and desire. However, dyadic studies remain limited, and the interaction between both partners' dyadic empathic abilities in association with sexual outcomes has yet to be explored. This study used a dyadic design with an inclusive sample of 190 young adult couples to investigate (1) both partner's dyadic empathy (perspective-taking and empathic concern) (2) and their interaction in association with sexual satisfaction and dyadic sexual desire. Dyadic empathy, sexual satisfaction and dyadic sexual desire were assessed via self-report questionnaires. Results revealed that one's higher levels of empathic concern were associated with one's own greater sexual satisfaction ( $\beta = .13, p = .01$ ) and dyadic sexual desire ( $\beta = .12, p = .02$ ). Higher levels of one's perspective-taking were associated with one's own ( $\beta = .19, p = .002$ ) and their partner's greater sexual satisfaction ( $\beta = .14, p = .01$ ). No significant interaction effects were found between partners' empathic abilities. Findings underscore the importance of dyadic empathy in fostering both partners' sexual satisfaction and desire, especially during young adulthood, when relational skills are still developing.

**Section:** Social and Personality Psychology

**Session ID:** 113730 - Printed Poster

### *The Relationship Between Birth Order and Family Well-Being in Neurodevelopmentally Diverse Families*

**Main Presenting Author:** Penner-Goeke, Lara

**Additional Authors:** Gaulke, Taryn ; Ronaghan, Dana; Cochrane, Karis; Romaniuk, Alyssa; Hogan, Emily; Theule, Jennifer

**Abstract:** Parenting a child with a neurodevelopmental disorder (NDD), such as autism spectrum disorder (ASD), or attention-deficit/hyperactivity disorder (ADHD) can negatively impact family well-being factors such as family quality of life (FQOL), coparenting quality (CQ), and parenting stress (PS). The limited research examining birth order suggests that having a child with a NDD earlier in the birth order and having a typically-developing (TD) child later in the birth order may place more strain on the family system. We examined how birth order is linked to FQOL, CQ, and PS in neurodevelopmentally diverse. We conducted an online cross-sectional survey that consisted of 214 mothers of TD children, along with mothers of children with ASD, and/or ADHD between 6 and 12 years old. A one-way MANCOVA revealed no significant differences in family well-being across birth order groups (oldest, not oldest) in families of children with ASD and ADHD. In TD families, mothers of children earlier in the birth order reported higher PS than mothers of children later in the birth order. There were no significant differences in FQOL or CQ across birth order groups in families of TD children. Two-way MANCOVA analyses did not reveal differences in FQOL, CQ or PS between child symptomology or birth order groups. This study highlights the unique needs of families of children with and without NDDs.

**Section:** Family Psychology

**Session ID:** 113524 - Printed Poster

### *The Role of Childhood Pet Ownership in Enhancing Sibling Bonds*

**Main Presenting Author:** Crossland, DJ

**Co-Presenting Author:** Legge, Eric L. G.

**Abstract:** This exploratory study examines the impact of childhood pet ownership on the strength and quality of sibling relationships, focusing on the role of empathy as a mediator. Building on existing research that links pet ownership with enhanced family cohesion and empathy within romantic relationships, this investigation extends these insights to sibling dynamics within a cognitive-developmental framework. Our study conducted both retrospective and current-day assessments with over 600 undergraduate participants, gathering details about their childhood and current sibling relationships, history of pet ownership, interactions with childhood pets, family dynamics while growing up, and their current empathy profiles. The study found that childhood pet ownership was associated with stronger family cohesion and reduced sibling conflict, though it showed no connection to levels of empathy or sibling warmth and rivalry. While limited by its retrospective design, this research provides an important early step in understanding the potential role of pet ownership in shaping childhood and family relationships.

**Section:** Family Psychology

**Session ID:** 113593 - Printed Poster

### *The Role of Mentalization in Perceptions of Creepiness*

**Main Presenting Author:** Kachafanas, Yanna

**Additional Authors:** Howse, Melissa ; Doyle, Jessica N.; Watt, C. Margo; Lively, Christopher J.

**Abstract:** Creepiness is a feeling of discomfort or fear arising from people, places, and situations. Creepiness is commonly experienced, yet little understood. To date, creepiness studies have confirmed gender differences in perceptions (Watt et al., 2017), a role of threat ambiguity (Doyle et al., 2022) and an effect of facial orientation (Lévesque et al., under review). While previous have mainly focused

on the perceived, the present study focuses on the perceiver and whether their judgements reflect mentalizing capacities (Dimitrijevic et al., 2018). Participants were psychology undergraduates and community members who completed measures of mentalization, (CAMSQ; Müller et al., 2022); affective and cognitive empathy (QCAE; Gomez et al., 2022), discomfort with ambiguity (DAS; Lauriola et al., 2016), and rated the creepiness, attractiveness, and trustworthiness of 20 static facial images (10 “neutral”, 10 “creepy”). Preliminary analyses with a subsample of 100 undergraduates (80% female, Mage=18.42 ± .89) showed, as predicted, higher DAS scores for females (vs. males), and an inverse relationship between perceptions of creepiness and trustworthiness. A regression analysis will test which variable – DAS, CAMSQ, QCAE - best predicts creepiness. Better understanding judgements of creepiness has implications for both perceived (social ostracization) and perceiver (threat assessment).

**Section:** Social and Personality Psychology

**Session ID:** 113787 - Printed Poster

### *The Roles of Ideological Traits and Waves of Change Bystander Intervention Training on Bystander Intervention Behaviors for Sexual Violence Prevention at StFX*

**Main Presenting Author:** Walker, Madison

**Additional Authors:** Lambe, Laura ; Stewart, Emilia; Landry, Olivia; Blackburn, Heather; AWRCASASA, The; Prusaczyk, Elvira

Abstract: Sexual violence remains a critical issue on post-secondary campuses, leading universities to implement bystander intervention programs like the Waves of Change (WoC) at St. Francis Xavier University (StFX). WoC equips students with the skills to intervene, but individual differences in ideological traits—such as sexism, honesty-humility, social dominance orientation (SDO), and right-wing authoritarianism (RWA)—likely influence bystander intervention. Such traits shape perceptions of social hierarchies and gender roles, affecting readiness to challenge sexual violence. This longitudinal study examines how bystander intervention behaviour changes over six months (three waves) based on students' ideological traits and WoC participation. It is hypothesized that lower sexism, SDO, or RWA, higher honesty-humility, and prior WoC participation will predict greater initial intervention behaviour and increases over time. Data collection at Time One ( $N = 255$  StFX students) assessed demographics, ideological traits, and bystander behaviours, with Wave 3 data collection ending in January 2025. Latent growth curve modelling will uncover behavioural trajectories, providing valuable insights for designing tailored messaging and strategies that address ideological barriers to bystander intervention, ultimately strengthening sexual violence prevention efforts at StFX.

**Section:** Social and Personality Psychology

**Session ID:** 113461 - Printed Poster

### *To Cancel or to Hold Accountable: Individual Differences Predict Judgements of Severe versus Minor Online Offenses*

**Main Presenting Author:** DiVincenzo, Alexandra

**Additional Authors:** Dawson, Andrew ; Kapsa, Mallory; Wilson, Anne

**Abstract:** *With the emergence of social media, outrage can spread like wildfire. A single post or comment, whether moderately or severely offensive, can face serious backlash from others. This phenomenon has grown exponentially, and has been coined “cancel culture”, referring to the consequences individuals face for their behaviour online. But what factors influence whether an individual is likely to react harshly to online offenses? And - do different factors predict harsh treatment of serious versus minor offenders? Two studies ( $N=897$ ,  $N=342$ ) tested how individual differences predict people’s responses to moderate and severe tweets by varying the content and severity of tweets presented to participants. We found that participants’ judgements of the offenses depended both on the severity of the offense and the individual differences of the perceiver. Some participants may participate in cancelling behaviours for prosocial reasons, as to hold individuals accountable for severe offenses, whereas others may “cancel” for more antisocial or bullying reasons, such as harshly attacking someone for a minor offense. This work illuminates the complex dynamics of cancel culture and offers insight into who participates in cancelling behaviours, towards which offenses, and for what reasons.*

**Section:** Social and Personality Psychology

**Session ID:** 113748 - Printed Poster

### *Tuned In: Music Preferences, Music Listening Duration, and Personality*

**Main Presenting Author:** Pi, Renee

**Additional Authors:** Lee, Kibeom ; Loeffler, Jordyn

**Abstract:** *The present research examined the relationships between HEXACO personality traits, music genre preferences and music listening duration using a sample of 317 undergraduate students. Openness to Experience was found to correlate significantly with preferences for specific genres, including Jazz ( $r=.41$ ), Classical ( $r=.39$ ), Alternative ( $r=.36$ ), Soul/Funk ( $r=.33$ ), Blues ( $r=.32$ ), and Rock ( $r=.30$ ) but not with genres such as Country ( $r=-.06$ ) and Pop ( $r=.03$ ). This suggests that high Openness persons are more inclined to enjoy unconventional music styles. Agreeableness was positively associated with a preference for Religious music ( $r=.24$ ), while Emotionality was negatively correlated with a preference for Heavy Metal ( $r=-.27$ ). Additionally, Openness was found to be associated with self-reported genre-inclusivity ( $r=.33$ ), listening to a more diverse range of genres. Regarding music listening duration, persons high in Openness tended to spend more time listening to music ( $r=.20$ ), partly driven by the motivation to concentrate or focus. These findings suggest Openness to Experience as a key driver of both musical diversity and engagement, offering insights into personality and music consumption. This study highlights how individual differences in personality influence everyday behaviors, grounding our understanding of personality traits with real-world choices.*

**Section:** Social and Personality Psychology

**Session ID:** 111761 - Printed Poster

### *Understanding Familiarity: Intimacy's Role in Public Stigma towards Mental Illness*

**Main Presenting Author:** Storrs, Hannah

**Additional Author:** Maranzan, K. Amanda

**Abstract:** Mental health stigma has significant negative impacts, making it essential to understand the mechanisms that perpetuate it. Originally thought to be a linear relationship, Corrigan and Nieweglowski (2019) proposed a quadratic relationship between familiarity on stigma. However, empirical support for this model is limited and familiarity has mainly been explored by the type of relationship. A more accurate representation of the degree of familiarity may be the level of intimacy within a relationship. The study explores whether the relationship between familiarity (in terms of intimacy) and public stigma is better fit by a linear or a quadratic model. Undergraduate psychology students will complete a demographic questionnaire and three public stigma measures. Those who know someone with a mental illness are assessed on the degree of intimacy within that relationship, and participants with a mental illness will complete a self-stigma measure. We anticipate a quadratic model will better explain the relationship between familiarity (in terms of intimacy) and public stigma. This study will enhance our contextual understanding and provide insight into the underlying mechanisms that perpetuate stigma in some compared to others. Additionally, it will provide insights for the development of tailored anti-stigma campaigns that can better address the impacts of familiarity on stigma.

**Section:** Clinical Psychology

**Session ID:** 111716 - Printed Poster

***Understanding the Significance of Stigma Consciousness Amongst Adolescents with Learning Disabilities***

**Main Presenting Author:** Goodman-Vincent, Ella

**Co-Presenting Author:** Vaccarella, Paige

**Abstract:** In 2024-2025, Ontario will invest \$3.71 billion in special education, with children and young people (CYP) with learning disabilities (LDs) being major beneficiaries. Despite these investments, CYP with LDs face severe long-term adverse outcomes, including reduced educational attainment, lower income, and overrepresentation in correctional facilities. While stigma consciousness (SC)—the anticipation of being stigmatized—has been studied in other populations, its role among CYP with LDs remains underexplored. Evidence suggests that individuals with LDs view themselves more positively than they believe others perceive them, but the implications of this discrepancy, particularly for academic self-concept (ASC) and the use of assistive technologies (AT), are unclear. Using a mixed-methods design, this study will analyze SC and discrepancies between internal and external views of LDs in adolescents (Grades 7-10, N=79). Thematic analysis of open-ended responses will assess SC, with discrepancies quantified and analyzed for associations with ASC, and AT use and perception. We predict that discrepancies characterized by positive internal and negative external views will correlate with higher ASC, but lower use and perception of supportive tools. Findings aim to inform interventions to mitigate negative outcomes for CYP with LDs.

**Section:** Educational and School Psychology

**Session ID:** 113263 - Printed Poster

***Unpacking Loneliness: The Role of Emotional Intelligence in Shaping Our Social Connections***

**Main Presenting Author:** Reid, Shannon L

**Co-Presenting Author:** DiTommaso, Enrico

**Abstract:** Social connection is vital for health and well-being (U.S. Public Health Service, 2023). Loneliness arises when relational needs from friends, family, and romantic partners go unmet. Negative thoughts and feelings associated with social disconnection act as signals that we need to reconnect with important others. Emotional intelligence (EI) is the ability to identify and manage emotions in oneself and others and plays a role in maintaining social connection and may help reduce the experience of chronic loneliness. This study examined if trait and ability EI predict chronic loneliness over and above social-emotional factors including recollected caregiver sensitivity, attachment and emotion regulation strategies. Participants included 201 university students. Results indicated that only trait EI was significantly correlated with social, romantic, and family loneliness. That is, greater trait EI was associated with less loneliness. Hierarchical multiple regressions predicting each of the three loneliness domains revealed that trait EI explained a significant portion of the variance in social and family loneliness over and above caregiver sensitivity, attachment, and emotion regulation. Ability EI had no significant additional predictive power in any of the three models. Explanations and future directions with respect to ability EI and the experience of loneliness are explored.

**Section:** Social and Personality Psychology

**Session ID:** 113089 - Printed Poster

*Unresolved/disorganized states of mind in pregnant women: associations with anxiety symptoms, sleep problems, and self-esteem*

**Main Presenting Author:** Deschênes, Kim

**Additional Authors:** Larouche, Karl ; Garon-Bissonnette, Julia; Mayrand, Kristel; Godbout, Natacha; Briere, John; Berthelot, Nicolas

**Abstract:** *BACKGROUND.* Adverse childhood experiences (ACEs) are associated with psychological symptoms, somatic problems and poor self-esteem in pregnant women, which may contribute to the well-documented intergenerational repercussions of ACEs. The degree to which these potentially traumatic experiences have been resolved, or not, may be a determining factor in adult functioning. *OBJECTIVE.* This study examined whether ACEs were indirectly associated with anxiety symptoms, sleep problems, and self-esteem during the 2nd trimester of pregnancy through the severity of self-reported unresolved/disorganized (U/d) states of mind. *METHOD.* A sample of 262 pregnant women completed the *Adverse Childhood Questionnaire*, a brief version of the *Pittsburgh Sleep Quality Index*, the *General Anxiety Disorder-7*, the *Rosenberg Self-Esteem Scale*, and the *Disorganized Response Scale* – 8-item version (DRS-8). *RESULTS.* A path analysis controlling for education revealed a significant indirect effect of U/d states of mind in the relationship between cumulative exposure to ACEs and anxiety symptoms, sleep problems, and self-esteem. *CONCLUSION/ACTION.* The findings highlight that the lack of resolution of trauma is strongly associated with functioning in pregnant women and offer target for psychological interventions. Results also offer additional support for the DRS-8, a new self-report measure of unresolved trauma.

**Section:** Family Psychology

**Session ID:** 113290 - Printed Poster

## **Victimization and Defending: Exploring how Anxiety Shapes Bystander Intervention Using Virtual Reality**

**Main Presenting Author:** MacGillivray, Anna M

**Additional Authors:** Byron, Julia ; Lukeman, Jack; Redden, Ralph; Lambe, Laura

**Abstract:** *Bullying is among the top threats facing Canadian youth and is a relationship problem that occurs in the presence of peer bystanders. Bystanders influence bullying dynamics, including defending their victimized peers. Although rare, peer defending is effective in reducing bullying. However, little is known about how a bystander's emotions influence how and if they intervene in bullying situations. The current study used an experimental virtual reality paradigm to examine how past victimization and anxiety interact to influence peer defending while witnessing social exclusion. Participants ( $n=120$ ) consist of undergraduates between the ages of 18-25. Self-reported data (past victimization, state anxiety, trait anxiety sensitivity) and qualitative data (defending) are being collected. Results indicate that a history of peer victimization is positively associated with state anxiety in the context of social exclusion,  $p < .05$ . Preliminary analyses further suggests that state anxiety mediates the relationship between past victimization and peer defending, with anxiety sensitivity moderating this effect. Insights from this study can help us better understand the factors that promote or inhibit defending, thereby helping us understand why some individuals intervene while many others do not. This knowledge may be used to improve future bullying prevention programming.*

**Section:** Clinical Psychology

**Session ID:** 113070 - Printed Poster

## **Weight Stigma and Disordered Eating in Young Adults: The Roles of Shame and Self-Compassion**

**Main Presenting Author:** Couturier, Laura E

**Additional Author:** Carter, Jacqueline C

**Abstract:** *BACKGROUND/RATIONALE: Research shows an association between weight stigma (WS) and disordered eating, yet underlying mechanisms remain unclear. As shame is theorized to be both a defence against social devaluation and a predictor of disordered eating, this link may occur via increased shame. Further, self-compassion may play a protective role. This cross-sectional study examined how WS relates to disordered eating in young adults, independent of body weight, whether shame mediates this relationship, and whether self-compassion moderates this mediation.*

*METHODS: Participants (299 university students, aged 18-25) completed online self-report measures of WS, disordered eating, shame, and self-compassion. Hierarchical regression was used to test the link between WS and disordered eating while controlling for body mass index (BMI). Mediation and moderated-mediation analyses were used to test the respective roles of shame and self-compassion.*

*RESULTS: Controlling for BMI, WS was associated with increased disordered eating,  $R^2 = .207$ ,  $p < .001$ . Shame partially mediated this relationship,  $p < .001$ . Self-compassion did not moderate this mediation. CONCLUSIONS: WS significantly predicts disordered eating in young adults, independent of weight. This may occur in part via increased shame, regardless of self-compassion. ACTION/IMPACT: Implications for clinical settings and prevention programs.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112137 - Printed Poster

### *What Constitutes an International Student?*

**Main Presenting Author:** Marie Jeanne, Justine M

**Abstract:** *The number of international students in Canada increased every year, and understanding how those students lived their transition from their home country to Canada was crucial to understanding how individuals interacted with their social context and vice versa. This project focused on identifying what constitutes an international student and their self-construct. After recruiting four participants from the University of Guelph-Humber, one each year, the goal was to depict characteristics that make them international students. Through a qualitative design using in-person semi-structured interviews, the participants shared their stories about their culture, beliefs, socialization, and other lived experiences on campus. The data was later analyzed using grounded theory to gain more insight into each person's perspectives while integrating narrative analysis to gain a deeper understanding of their identity. The findings revealed that "international students" vary depending on each student's experiences and self-concept, thus existing on a spectrum rather than a holistic definition.* **KEYWORDS:** INTERNATIONAL STUDENTS, GROUNDED THEORY, NARRATIVE ANALYSIS, CHOICE OF SCHOOL/COUNTRY, INTENTIONS TOWARDS INTERNATIONAL STUDENTS, TRANSITION IN COUNTRIES, BELONGING, CULTURE SHOCK, COMMUNICATION BARRIERS, INSTITUTIONS' RESPONSIBILITIES, CHALLENGES, RESILIENCE, FINANCIAL SITUATION, AND IDENTITY.

**Section:** Social and Personality Psychology

**Session ID:** 113378 - Printed Poster

### *Why Can't We Be Friends? Reasons for Forming or Avoiding Friendships with Ex-Partners*

**Main Presenting Author:** Hinchcliffe, Avery J

**Co-Presenting Author:** Watkins, Hella D

**Additional Authors:** Krueger-Kischak, Merrin ; Mozessohn, Kerri; Blair, Karen

**Abstract:** *Social support is associated with positive outcomes, including improved well-being and physical health. However, LGBTQ+ individuals often report lower levels of social support. Friendships that develop between former romantic partners, post-dissolution friendships (PDFs), may serve as a valuable source of support, offering particular importance to LGBTQ+ individuals. PDFs are more common amongst former same- than mixed-sex couples, suggesting that relationship gender composition may play a role in the decision to remain friends after a break-up. Yet, little is known about why people form PDFs, regardless of relationship type. This study examined factors associated with forming PDFs. Participants (N=1028) completed an online survey on PDFs, including an open-ended question about how they decide whether to remain friends. Our qualitative analysis suggests that the nature of the breakup, interconnectedness of lives, and presence of a pre-existing friendship increase one's likelihood of forming a PDF. Given that the latter two may be more common in LGBTQ+ communities, this helps to explain the difference in PDF formation between same- and mixed-sex couples. The research adds to literature's growing understanding of same-sex relationships and will improve understandings of how and why PDFs occur across all relationship types, shedding light on an important source of social support.*

**Section:** Social and Personality Psychology

**Session ID:** 112679 - Printed Poster

### *Youth Life Satisfaction and Social Interaction during the COVID-19 Pandemic*

**Main Presenting Author:** Duong, Linda T

**Additional Authors:** Miller, Ryan ; Cost, Katherine T; Dryburgh, Nicole; Georgiades, Kathy

**Abstract:** *BACKGROUND: During COVID-19, youth in-person socialization was restricted. Studies show in-person interaction protects youth life satisfaction (LS), raising questions about virtual socializations role. METHODS: We used data from 492 youth aged 11-18 in a longitudinal sample representative of Ontario. To determine how LS changed through COVID-19, we used an ANOVA. Multiple comparisons were used to identify differences between timepoints. Then, to compare virtual and in-person interaction, and understand how they were related to LS, we ran a linear regressions at each timepoint. RESULTS: The sample had a mean age of 13.92 (48% boys). LS was lowest during lockdown and highest when schools were open. In-person interaction was consistently positively associated with LS. Moderate virtual interaction (1-4 hrs/wk) buffered against changes in LS, but high levels (4+ hrs/wk) were negatively associated during reopening. CONCLUSIONS: Findings suggest LS decreased during lockdown, in-person interaction was protective for LS, and virtual interaction was negatively associated with LS. IMPACT: This supports that in-person opportunities for youth should be prioritized in pandemic recovery and in future public health crises. Further, virtual interactions may not be an alternative to in-person, and there is a need for nuanced measures of youths online communication in future studies.*

**Section:** Community Psychology

**Session ID:** 113015 - Printed Poster

## **Virtual Poster**

### *Adolescents' Perceptions of Safety in Cyberbullying: The Influence of Bystander Support and Relationship Type*

**Main Presenting Author:** Benallal, Larbi

**Additional Authors:** Civita, Sara-Zoe ; Leduc, Karissa; Talwar, Victoria

**Abstract:** *The present study investigates 80 Canadian adolescents aged 13-17 ( $M_{age} = 14.17$ ,  $SD = 1.22$ ) perceptions of safety in response to positive and negative forms of bystander support during cyberbullying incidents on Instagram. Participants watched nine videos depicting different forms of bystander support (positive: polite stop, empathy, positive thinking; negative: bite back, call out, blame) from an acquaintance, friend, or celebrity related to the victim. After each video, participants rated their feelings of safety on a 5-point Likert-type scale (1 = not safe at all, 5 = very safe). The study found that positive bystander support was generally viewed as safer and more effective compared to negative bystander responses ( $F(4,352) = 3.48$ ,  $p < 0.01$ , partial  $\eta^2 = .08$ ), which were considered somewhat unsafe regardless of the bystanders identity ( $F(2,88) = 9.03$ ,  $p < .001$ , partial  $\eta^2 = .09$ ). Celebrities were particularly seen as providing the safest bystander responses ( $F(2,176) = 5.03$ ,  $p = .007$ , partial  $\eta^2 = .05$ ), regardless of the support type. These findings suggest that educational programs should focus on promoting positive bystander behaviors and*

demonstrates the influential role of celebrities in shaping adolescents' perceptions of cyberbullying support.

**Section:** Developmental Psychology

**Session ID:** 111619 - Virtual Poster

*Culture Circles as Culturally Appropriate Method and Research Process in Understanding Barriers of Domestic Violence Resources for South Asian Communities*

**Main Presenting Author:** Singh, Amandeep K

Abstract: South Asians (SAs) constitute the largest visible minority in Canada with many SA-centred organizations across the country, yet continue to face an assortment of obstacles when attempting to access resources for domestic violence (DV). The findings from this doctoral research offer a culturally appropriate qualitative method to help scholars, service providers, and organizations understand the multi-level factors that impede access to support and the ability to provide support from the perspective of SA service providers. This presentation will provide an overview of an adapted version of Paulo Freire's Culture Circle method and process, the application within research processes, lessons learned, and implications for DV support for racialized and marginalized communities.

**Section:** Community Psychology

**Session ID:** 113989 - Virtual Poster

*The Influence of Absences of Caregiver Responsiveness in Social Interactions on the Development of Infant Social Bids: An Action-Based Approach*

**Main Presenting Author:** Angeles, Jacob C

**Additional Author:** Carpendale, Jeremy

Abstract: Research has shown that infants may re-attempt a social bid (SB) when ignored. However, moments of caregiver non-responsiveness (CNR) on infant's SBs have been overlooked. I hypothesize that infants will attempt to gain their caregivers' attention despite their failed attempts and that infant's SBs will increase in each moment of CNR and longitudinally. This study used 14 hours of footage of two different parent-infant dyads. In a convergent parallel design, the qualitative component included: 3 stages of analysis where the author noted routines, moments of CNR and changes in routines. In the quantitative component, the author used a linear regression. The qualitative analysis showed that both infants demonstrated an increase in the amount and types of SBs when they were faced with moments of CNR and, additionally, both infants demonstrated this change longitudinally. This supports hypothesis 1 and 2. Quantitative analysis is still in progress. My findings demonstrate that infants learn to interact with their caregivers to achieve their goal of mutually enjoying interactions and that CNR plays a role in development. Further research can observe how this increase in SBs from these moments of CNR is related to greater development of language skills. This study recommends that parents do not need to be always attentive for typical development to ensue.

**Section:** Developmental Psychology

**Session ID:** 113963 - Virtual Poster

***Understanding the Role of Perceived Health Risks and Perceived Benefits Related to Return to In-Person University Class***

**Main Presenting Author:** Wakif, Zahra

**Additional Author:** Greenglass, Esther

**Abstract:** *BACKGROUND/RATIONALE:* The purpose of this research was to investigate perceived health risks and benefits associated with returning to in-person class post-COVID-19. *METHOD:* Participants were 617 undergraduate university students, recruited through a large university's participant pool, who completed an online questionnaire for course credit. Perceived health risks and benefits of returning to in-person class were assessed and perceived COVID-19 threat due to poor health or disability. General health and reported frequency of class attendance were also measured. *RESULTS:* Correlation results showed that the greater the risk of getting COVID-19 due to poor health or being disabled, the more participants perceived health risks of returning to in-person class. ANOVA findings showed that there was a significant interaction between perceived health risks and perceived benefits on perceived risk of getting COVID-19 due to poor health or disability. *CONCLUSIONS:* Thus, when perceiving benefits of attending class, students with compromised health are more likely to discount the risks of getting COVID-19. *ACTION/IMPACT:* Results are interpreted within the Cognitive Dissonance Theory, demonstrating how cognitive dissonance can be applied to how individuals think about a recent social issue, namely, returning to in-person class after the pandemic.

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 111489 - Virtual Poster

## Review Session

***Mental Illness Stigma and Intersectionality: Let's Continue the Conversation!***

**Main Presenting Author:** Lindsay, Brittany L.

**Abstract:** As discussed in my popular review session last year "Mental Illness Stigma Conceptualization: Where are we at?", although researchers from various disciplines have been exploring stigma for 70 years, there is still no agreed-upon conceptualization. As an emerging scholar in mental illness stigma who teaches on intersectionality and mental health, I have reflected on the various conceptualizations and developed a practical model of mental illness stigma that incorporates the individual differences of the various people and structures involved. In this review session, I will continue this important conversation by providing a brief overview of the stigma of mental illness, followed by a more in-depth look at intersectionality and its importance for this topic. Recognizing the systems of power, privilege, and oppression that perpetuate through our society, and pushing back on these ideas, is key to understanding and combatting mental illness stigma. Alongside "saneism" (or "mentalism"), which is a form of oppression against people with mental illness, the other "isms" (racism, sexism, etc.) are also influential in this topic. As we consider culture, norms, and human differences at all levels of stigma (i.e., structural, public, self), we will reflect on what we can do to make society a better place for the many people living with mental illness.

**Section:** Students in Psychology

**Session ID:** 112918 - Review Session

## Section Chair Discussion

### *Being Credible in the Era of Misinformation and AI*

**Main Presenting Author:** Shaw, Steven R.

*Abstract: School psychologists are overwhelmed due to the shortage and the storm surge of mental health, educational, and systemic problems that wash over us daily. We use our clinical judgment, science-based knowledge, and expertise to manage. This has always been a challenging and unappreciated profession. But now the public and educators are overwhelmed with false information, distrust professionals, and challenge our credibility. We are too overworked to fight this trend. Recently, artificial intelligence has been added to our professional stew. How should we determine if AI is an answer to our problems or if AI diminishes our professionalism and credibility further?*

**Section:** Educational and School Psychology

**Session ID:** 113360 - Section Chair Discussion

## Snapshot

### *Behind Closed Doors: Understanding Dating Violence within Post-Secondary Greek Life Organizations*

**Main Presenting Author:** Marchetti, Sophia

**Additional Authors:** Malkin, Albert ; Moscovitz, Aly

*Abstract: Post-secondary campuses in North America grapple with a sexual violence crisis, affecting 1 in 5 female students, particularly through dating violence. This risk is heightened for students associated with Greek Life (GL), as GL normalizes harmful social and sexual expectations. Literature has linked GL association with an increased risk of dating violence. Research supports the Theory of Planned Behaviour, linking attitudes and behaviours of dating violence among undergraduates. However, research has yet to explore the influence of objectively measured perspective-taking skills (PT) or attitudes toward dating violence (ATDV) and sexual deception specifically within GL contexts. This study examines PT, ATDV, and sexual deception among 370 undergraduates (GL n=40, NGL n=330). Surveys measured ATDV, GL involvement, use of sexual deception, and a novel behavioural measure of PT. Analyses explore direct correlations and mediation effects of GL affiliation on these constructs. Analyses found a positive relationship between sexual deception and GL ( $r=0.176$ ,  $p=0.003$ ) and GL was found to strengthen the relationship between PT and various ATDV items ( $p=<0.05$ ) through mediation. Implications underscore the need for increased research into innovative targeted interventions in post-secondary institutions. Understanding GL's impact on ATDV may guide policies for safer campus environments.*

**Section:** Counselling Psychology

**Session ID:** 111812 - Snapshot

## Better Together: Associations Between Group-Level Social Dynamics and Individuals' Psychological Adjustment During the Transition to University

**Main Presenting Author:** Nelson, Marisa A

**Additional Authors:** Nakamura, Julia S; Chen, Frances S; Mikami, Amori

*Abstract: Beyond our one-on-one social connections, there is growing evidence that group dynamics are impactful to our well-being. We examined associations between students' social connections and their well-being, at both the individual level (i.e., each student's connections to other students) and the group level (i.e., connectivity of the network in which they were embedded) using multilevel models. Our sample was 718 international university students participating in a transition program two weeks before the start of their first year. As part of the program, they were assigned to "learning groups" of 20-30 students. Baseline data was collected at the start of the school year, and follow-up data was collected at the end of the school year. Cross-sectionally, individual-level social connections were associated with better well-being (e.g., lower hostility); at the group level, individuals in better-connected groups had higher institutional attachment. Longitudinally, individuals in better-connected groups had higher institutional attachment and grades by the end of the year. These findings shed light on the potential benefits associated with membership in well-connected social groups. This work suggests that interventions targeting group-level dynamics—rather than individual-level social connections alone—may hold particular promise for improving students' psychological adjustment.*

**Section:** Social and Personality Psychology

**Session ID:** 112674 - Snapshot

## Classroom Revelations: Students Speak to Impacts of Instructor Disclosures of Mental Illness and/or Neurodiversity

**Main Presenting Author:** Jordan, Janae N

**Additional Authors:** Gelech, Jan ; Forrester, Shannon; Jaunzems-Fernuk, Judy

*Abstract: As rates of mental illness and neurodiversity have been rising on postsecondary campuses, so too has attention to instructors' disclosures of mental illness and/or neurodiversity in the classroom. To date, studies have overwhelmingly focused on instructors' perspectives, with little attention to how students experience, understand, and evaluate these revelations. Although instructors who frequently practice revelations of mental illness and/or neurodiversity often report positive student impacts and benefits, there is limited knowledge regarding how students directly perceive these occurrences. The current study examined students' ( $n = 330$ ) experiences and understandings of these events as reported in open-ended survey questions using qualitative content analysis. We discuss various student perspectives around the psychoemotional experience of these revelations. Specifically, we investigate how students feel upon hearing their instructor has a history of mental illness and/or neurodiversity, what concerns or worries students had upon learning this, and the perceived influence of these events on personal mental illness attitudes. This research adds to the limited Canadian scholarship and qualitative inquiry surrounding this practice and its' impacts on students. Implications for students, instructors, pedagogical practices, and postsecondary institutions will be clarified.*

**Section:** Educational and School Psychology

**Session ID:** 113553 - Snapshot

### *Exploring Parental Self-Efficacy in Parental Stress Management Among Parents of Intellectually Gifted/ADHD Children*

**Main Presenting Author:** François-Sévigny, Juliette

**Additional Authors:** Pilon, Mathieu ; Brault-Labbé, Anne

**Abstract:** PARENTAL SELF-EFFICACY IS A PROTECTIVE FACTOR FOR PARENTAL WELL-BEING, NEGATIVELY ASSOCIATED WITH PARENTAL STRESS, AND COULD SERVE AS AN INTERVENTION TARGET TO SUPPORT PARENTS OF INTELLECTUALLY GIFTED/ADHD CHILDREN. THIS STUDY AIMED TO EXPLORE THE INDIRECT EFFECTS OF PARENTAL SELF-EFFICACY TO BETTER UNDERSTAND THE RELATIONSHIP BETWEEN THE CHILD'S NEURODEVELOPMENTAL CONDITION, SUCH AS INTELLECTUAL GIFTEDNESS AND ADHD, AND PARENTAL STRESS. A TOTAL OF 279 PARENTS ( $M_{AGE} = 40.52$ ;  $SD = 4.51$ ; 71.32% MOTHERS) OF 209 CHILDREN AGED SIX TO 16 ( $M_{AGE} = 9.38$ ;  $SD = 2.51$ ; 57.20% BOYS) WERE RECRUITED. BASED ON COGNITIVE ASSESSMENT, YOUTHS WERE ALLOCATED INTO FOUR GROUPS: INTELLECTUALLY GIFTED/ADHD ( $N = 50$ ), ADHD ( $N = 61$ ), INTELLECTUALLY GIFTED ( $N = 50$ ), AND NEITHER CONDITION ( $N = 46$ ). RESULTS REVEALED SIGNIFICANT INDIRECT EFFECTS OF THE CHILDS NEURODEVELOPMENTAL CONDITION ON PARENTAL STRESS THROUGH PARENTALE SELF-EFFICACY. COMPARED TO PARENTS OF CHILDREN WITH NEITHER CONDITION, THOSE OF GIFTED/ADHD CHILDREN OR EITHER CONDITION ALONE REPORTED SIGNIFICANTLY LOWER LEVELS OF PARENTAL SELF-EFFICACY, WHICH, LED TO HIGHER LEVELS OF PARENTAL STRESS. THESE FINDINGS SUGGEST THAT PARENTAL SELF-EFFICACY MAY PARTIALLY EXPLAINS THE LINK BETWEEN THE CHILDS NEURODEVELOPMENTAL CONDITION AND PARENTAL STRESS, REPRESENTING A INTERVENTION LEVER FOR SUPPORTING PARENTS OF GIFTED/ADHD CHILDREN.

**Section:** Family Psychology

**Session ID:** 111742 - Snapshot

### *Exploring social competence subtypes in autistic children*

**Main Presenting Author:** Stobbart, Jade S

**Additional Authors:** Scheerer, Nichole ; Van Esch, Natalia; Iarocci, Grace

**Abstract:** Research highlights general challenges in social competence (SC) among autistic children, but not all face the same social difficulties nor have equal access to SC interventions. This study identified SC subtypes among 268 autistic children ( $M_{AGE} = 8.61$ ,  $SD = 1.32$ ) using parent-reported scores on the Multidimensional Social Competence Scale and investigated whether socioeconomic status (SES) varied across these subtypes. Examining the seven SC domains (\_social motivation, social inferencing, empathetic concern, social knowledge, verbal conversation skills, nonverbal communication skills, \_and \_emotion regulation\_), an exploratory k-means cluster analysis gave rise to four subtypes: socially adaptive (high scores across domains), global social difficulty (low scores across domains), verbal-emotional strengths (high verbal and emotion regulation scores), and empathetic and motivated-nonverbal communicators (high social motivation, empathetic concern, and

nonverbal scores). Post-hoc analyses revealed SES varied significantly across the subtypes ( $p = .007$ ). These findings suggest economic resources may influence SC development, emphasizing the need for targeted interventions for children from low SES backgrounds that focus on specific SC domains.

**Section:** Developmental Psychology

**Session ID:** 112006 - Snapshot

### *Hostility in the headlines: Understanding how Canadian media depicts gender affirming care*

**Main Presenting Author:** Shinbine, Danielle L

**Additional Authors:** Maroney, Meredith R; Defaz, Sam D; Lefebvre, Danielle; Ganshorn, Heather; Keough, Jordan; Madaan, Ridham; Min, Moonkyung

*Abstract: Transgender, nonbinary, and gender diverse (TNG) individuals experience elevated rates of discrimination related to their gender identities (Hendricks and Testa, 2012). The United States has presented numerous bills endangering the rights of TNG communities, including access to gender affirming care (GAC). GAC refers to a variety of social, psychological, behavioural and medical interventions which affirm gender identity (WHO, n.d.). Media depictions of GAC can impact TNG communities, with negative depictions risking the spread of misinformation and creating barriers to GAC (Human Right Campaign, 2022; Pang et al., 2022). Despite similar anti-trans legislation being proposed in multiple provinces and territories (Trianon, 2024), research on Canadian media depictions of GAC is lacking. In this study, we explored how GAC is depicted in Canadian media. We conducted a content analysis on articles addressing GAC between 2020-2022 from diverse Canadian news databases, including CBC, City News, Truth North, and EPOCH Times. Several anti-GAC themes were identified including cherry picking scientific data and centering of anti-transgender viewpoints. Conversely, pro-GAC themes included presenting GAC as recommended by medical professionals and emphasizing the life-saving impact of GAC. Implications for policy, clinical work, and impact on TNG communities will be discussed.*

**Section:** Sexual Orientation and Gender Identity

**Session ID:** 113804 - Snapshot

### *How are social vulnerability indicators associated with parenting in co-residing mothers and fathers postpartum?*

**Main Presenting Author:** Li, Lydia M

**Additional Authors:** Brennenstuhl, Sarah ; Wade, Mark; Dennis, Cindy-Lee

*Abstract: BACKGROUND: Early parenting behaviors and attitudes are embedded in parents social circumstances, yet research often lacks comprehensive parenting assessments and father participation. This study examined associations between social vulnerability and parenting in mothers (N = 2,994) and fathers (N = 2,787) from 3 to 24 months postpartum. METHODS: Data from a longitudinal Canadian study (2014–2019) on co-residing couples were analyzed. Parents reported social vulnerability (e.g., low support, immigrant background) within three months postpartum and parenting constructs (e.g., involvement, satisfaction) over the first two years. Latent growth curve*

*modeling assessed associations between vulnerability indicators and parenting trajectories. RESULTS: Shared vulnerability indicators (e.g., high relationship stress, low support) were strongly associated with parenting at 3-12 months for both parents. Associations with parenting changes over time were minimal and varied in mothers and fathers, with high stress, low support and SES, childhood adversity, and immigrant background linked to suboptimal changes. CONCLUSIONS AND IMPACT: Social vulnerability impacts were the strongest within three months postpartum. Early interventions addressing stress, social support, and SES, with tailored services for mothers and fathers, may improve parenting and child development.*

**Section:** Developmental Psychology

**Session ID:** 112497 - Snapshot

### *Immigrant Solidarity and Policy Support for Indigenous Peoples in Canada: Examining Profiles of Victimization, Knowledge, and Views on Fairness*

**Main Presenting Author:** Li, Jessica Yijia

**Additional Authors:** Lou, Nigel Mantou ; Costigan, Catherine L

**Abstract:** *BACKGROUND: Group-based victimization (i.e., discrimination), views on social injustice, and historical knowledge are linked to greater solidarity and political support among marginalized groups. In Canada, immigrants' experience with racial/ethnic victimization varies, as does Indigenous knowledge and views on injustice. This study examined whether these differences impact their solidarity with Indigenous peoples. METHODS: Canadian adults with immigrant backgrounds (n=285) completed an online survey measuring demographics, victimhood identities, support/critique of unfair systems, Indigenous knowledge, and solidarity and policy support for Indigenous peoples. RESULTS: Latent profile analysis identified four profiles: 1) Victimized, aware system critics; 2) Non-victim, unaware system supporters; 3) Non-victim, aware system critics; and 4) Victimized, unaware system supporters. Participants in profiles 1 and 2 had high solidarity and policy support, those in Profile 4 had a moderate level, and those in Profile 3 had the lowest support. CONCLUSIONS: Knowledge and social critique are associated with greater solidarity among victimized immigrants to Indigenous peoples, but not among non-victimized immigrants. These relationships differ by gender and age. IMPACT: Tailored initiatives are needed to foster solidarity and reconciliation between immigrants and Indigenous peoples.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 111957 - Snapshot

### *Mindful Parents, Shifty Thoughts: How Does Parent Mindfulness Link to Stability and Fluctuations in Their Attributions for Child Misbehaviour?*

**Main Presenting Author:** Burik, Anastasiia

**Additional Authors:** Johnson, Nathaniel J; Kil, Hali

**Abstract:** *Parental attributions describe how parents interpret the causes of their child's behaviours. These attributions can be biased, either blaming the child or the parent themselves for their child's misbehaviours. However, little is known about the daily dynamics of parental attributions. Additionally, the role of parents' mindfulness—present-moment awareness and attention—within these*

daily dynamics has not yet been examined. Thus, the present study examines whether parental attributions are stable or fluctuate on a day-to-day basis and explores the link between mindfulness and daily parental attribution dynamics. Participants (current  $N = 167$ ) completed a baseline measure of dispositional mindfulness and 14 daily surveys on parental attributions (\_data collection ongoing\_). Analyses will involve multilevel modeling to account for the nested structure of the data (i.e., days within individuals). We expect that daily parental attributions will be stable, echoing past evidence suggesting that they are automatic and rigid cognitions. We further hypothesize that parent mindfulness will be linked to more fluctuations in biased parental attributions as mindfulness may facilitate controlled and accurate, rather than automatic and rigid, cognitions. We discuss the findings with reference to targeting parents' biased cognitions in mindfulness-based family interventions.

**Section:** Family Psychology

**Session ID:** 112672 - Snapshot

*Parent's attachment, resilience, and psychological distress during the Covid-19 pandemic*

**Main Presenting Author:** Vézina, Rosalie

**Additional Authors:** Pascuzzo, Katherine ; Laurier, Catherine

Abstract: When faced with stressful situations, parents may be particularly vulnerable to experiencing distress given their many concurrent responsibilities (Johnson et al., 2022). This was namely the case during the COVID-19 pandemic (Patrick et al., 2020). Nonetheless, individual differences in people's adaptation were found during this time. For instance, adults with a secure attachment showed less psychological distress (Adar et al., 2022) and more resilience (Kural and Kovacs, 2021) compared to their insecure counterparts. Furthermore, lower resilience was linked with greater internalizing symptoms among parents (Valero-Moreno et al., 2021). Despite these insights, longitudinal research examining underlining mechanisms linking these variables is lacking. Using a sample of 127 parents of minors, the following study explored whether parents' resilience explained the link between their attachment and psychological distress during the pandemic. Parents completed measures of attachment in summer 2020 and of resilience and psychological distress in winter 2021. Results of mediation analysis (Process) revealed an indirect link whereby greater attachment avoidance in parents was linked to greater distress through lower resilience ( $IC\ 95\% = 0.044; 3.148$ ). The discussion will focus on the critical role of resilience and clinical implications for promoting parent adaptation in times of crisis.

**Section:** General Psychology

**Session ID:** 111403 - Snapshot

*Perception du consentement sexuel dans la population adolescente et adulte émergente au Québec*

**Main Presenting Author:** Bergeron, Manon

**Co-Presenting Author:** Baril, Karine

**Additional Authors:** Fethi, Ihssane ; Meek-Bouchard, Catherine

**Abstract:** CONTEXTE : La population 15-25 ans représente le groupe d'âge le plus fortement touché par les violences sexuelles (VS). Le consentement sexuel demeure le thème central dans les programmes de prévention et de sensibilisation. L'étude vise à documenter les attitudes et les normes relatives au consentement chez les adolescent.es et adultes en émergence. MéTHODE : Cette étude a été menée auprès d'un échantillon représentatif de 400 personnes québécoises âgées entre 15 et 25 ans. Les participant.es ont été sollicité.es aléatoirement à l'automne 2024 pour compléter un questionnaire en ligne. Une version adaptée du Sexual Consent Scale-Revised (SCS-R; Humphreys et Brousseau, 2010) a été utilisée pour la collecte. RÉSULTATS : Des analyses descriptives permettront de décrire la perception du consentement à deux sous-échelles du SCS-R : les attitudes positives à l'égard de l'établissement du consentement et les normes relatives au consentement. Des analyses comparatives permettront de vérifier si le genre, l'âge et la victimisation sexuelle sont associés à une perception plus favorable face au consentement. CONCLUSION/IMPACT : L'étude fournit des données actuelles et postérieures aux mouvements de dénonciation des VS. Les résultats offriront des pistes aux professionnel.les des milieux académiques, communautaires et de la santé publique afin d'améliorer la prévention des VS.

**Section:** Social and Personality Psychology

**Session ID:** 112999 - Snapshot

### *Perceptions of smartphone etiquette: Influence of age, Big Five personality traits and Fear of Missing Out*

**Main Presenting Author:** Nason, Kathryn

**Additional Author:** Wilbiks, Jonathan

**Abstract:** Smartphones have a negative effect upon behaviours including social interactions, however some individuals are not as impacted by their effects. In addition, a relationship between age and the awareness of phones (i.e., people hearing or seeing other phones) is present; older individuals report being more perceptive in making observations, while younger individuals report being less distracted by the devices, and more likely to agree they should be used in educational settings, if they do not disturb others. The present study aimed to measure technology etiquette in emerging adults, in whom smartphone use is more engrained. It was hypothesized that older adults would view their smartphone usage as more inappropriate in social settings. Participants ( $N = 267$ ; comprised of both a university sample and general population sample) completed the Big Five Inventory, a Fear of Missing Out inventory, and a seven-item questionnaire measuring beliefs of appropriateness to use a smartphone in different situations. A hierarchical linear regression was used to evaluate the data. Age predicted view of smartphone appropriateness above measures of personality and FoMO, meaning older adults were more likely to view smartphone use as more inappropriate in social settings. The results of the present study may help to inform how smartphone overuse is examined in research contexts in the future.

**Section:** Social and Personality Psychology

**Session ID:** 113715 - Snapshot

## *Prévalence et facteurs associés à l'adhésion aux mythes liés à l'agression sexuelle dans la population adulte québécoise*

**Main Presenting Author:** Baril, Karine

**Co-Presenting Author:** Bergeron, Manon

**Additional Authors:** Ricci, Sandrine ; Trottier, Dominique

**Abstract:** CONTEXTE: L'adhésion d'une société à des mythes sur l'agression sexuelle (AS) est à contrer. Or, aucune recherche n'a été menée à ce jour sur l'adhésion aux mythes sur l'AS dans la population québécoise. MéTHODE: Cette présentation porte sur une étude menée auprès d'un échantillon représentatif de 1100 adultes québécois avec l'objectif de documenter l'adhésion de la population aux croyances liées aux AS et les caractéristiques des personnes plus susceptibles d'y adhérer. Les participants ont été sollicités aléatoirement par téléphone à l'automne 2024 pour compléter un questionnaire en ligne. L'adhésion aux mythes sur l'AS a été documentée avec une adaptation de l'Updated Illinois Rape Myths Acceptance Scale (IRMA: McMahon et Farmer, 2011). RÉSULTATS: Des analyses descriptives permettront de documenter la prévalence de l'adhésion aux quatre sous-échelles de l'IRMA, soit: 1) Elle l'a cherché, 2) Il n'en avait pas l'intention, 3) Ce n'était pas vraiment une AS et 4) Elle a menti. Des analyses de régression multiple permettront d'identifier les caractéristiques personnelles associées aux mythes. CONCLUSIONS: Les résultats permettront pour la première fois de documenter la prévalence de l'adhésion aux mythes sur l'AS au Québec et d'identifier les caractéristiques des personnes plus susceptibles d'y adhérer, ce qui permettra de formuler des recommandations de prévention spécifiques.

**Section:** Social and Personality Psychology

**Session ID:** 113083 - Snapshot

## *Pro-Wealth or Pro-Middle Class? Diverging Insights from Implicit and Explicit Measures*

**Main Presenting Author:** Allen, Erik JK

**Additional Author:** Steele, Jennifer R

**Abstract:** Around 70% of Canadians identify as part of the middle class (Hogan, 2019). Yet, it is not clear how strongly people would show preferences for this group both implicitly and on self-report measures. In previous research (Allen and Steele, 2024), we examined people's attitudes toward upper and working people and found they reported more positive attitudes toward the working class; however, they also showed a robust pro-wealth bias on the Implicit Association Test (IAT; Greenwald et al., 1998). In the current study, we recruited middle class undergraduate participants ( $N = 378$ ) and randomly assigned them to complete a wealth IAT in a 3 (Categorization Condition: Upper Class / Working Class, Upper Class / Middle Class, Middle Class / Working Class) x 2 (Wealth Stimuli: Yearly Salaries or Houses and Cars) between-subjects design to examine if implicit attitudes would be more positive toward the middle class. In each condition, we found a pro-wealth bias on the IAT ( $p < .001$ ), with participants being relatively faster to pair positive words with wealthier groups. By contrast, when asked, participants expressed a consistent preference for the middle class, suggesting a pro-Middle Class bias on these self-reported measures. These results suggest that participants' implicit and self-reported attitudes toward the middle class differ to a significant degree.

**Section:** Social and Personality Psychology

**Session ID:** 113875 - Snapshot

*Public displays of affection: Relationship-relevant posting predicts positive outcomes*

**Main Presenting Author:** Wells, Tayler

**Additional Author:** Lockwood, Penelope

*Abstract: With the dramatic rise in social media use over the past decade, it has become increasingly common for individuals to share relationship-related content with their followers. It is unclear, however, what impact relationship posting might have on relationship outcomes. Given that individuals post primarily positive information about themselves, we propose they likely showcase their relationships as positively as possible. This, in turn, may be boosting positive illusions they hold about their relationship; idealizing one's partner and focusing on the positives has important benefits (e.g., increased relationship satisfaction). In two experimental studies, we found that participants who created a relationship post ( $N = 392$ ) or recalled a past relationship post ( $N = 392$ ) reported greater perceived outcomes, including relationship satisfaction, relative to control participants. Additional correlational studies ( $Ns = 332$  and  $570$ ) revealed a positive association between posting and relationship outcomes. Specifically, on days when individuals posted about their relationship, they reported greater commitment and satisfaction, even after controlling for baseline satisfaction and typical post frequency. Together, these studies suggest that posting about one's relationship may be beneficial, promoting positive outcomes.*

**Section:** Social and Personality Psychology

**Session ID:** 112587 - Snapshot

*Resilience Through Change: The Role of Resilient Coping and Cultural Adaptation on Immigrants' Psychological Adjustment*

**Main Presenting Author:** Suciu, Julia A

**Additional Authors:** Lou, Nigel M; Wang, Yitong; Ivande, Kingsley ; Kil, Hali

*Abstract: Maintaining one's heritage culture and adapting to the receiving culture, along with the use of resilient coping skills, can support newcomers psychological adjustment in their new home country. In this multilevel meta-analysis, we examined the relative contributions of heritage and receiving culture adaptation and resilient coping skills for newcomers' psychological adjustment using pooled correlations from existing studies. Using a systematic search, 44 studies were identified from 6 databases, published up to August 6, 2024. Pooled random effect sizes revealed that heritage culture adaptation was not significantly associated with psychological adjustment ( $r = .050$ ,  $p = .095$ ). In contrast, receiving culture adaptation ( $r = .136$ ,  $p < .001$ ) and resilient coping skills ( $r = .169$ ,  $p < .001$ ) showed small but significant associations. A comparison of these effect sizes showed that, relative to heritage and receiving culture adaptation, resilient coping was significantly and more strongly associated with psychological adjustment. Subgroup analyses showed different pooled effect sizes based on receiving society for the link between receiving culture adaptation and psychological adjustment. Findings are discussed with relation to current policies in supporting newcomer*

*settlement and future work on resilient coping that may optimally support newcomers in diverse societies.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113170 - Snapshot

### *Self-Concept Development and Gender Dynamics in Hookup Culture at StFX*

**Main Presenting Author:** Prusaczyk, Elvira

**Additional Author:** Baker, Rachel

*Abstract: Hookup culture, characterized by casual sexual encounters with minimal emotional attachment, is a prominent feature of university life. Although extensively studied, limited research explores how students' engagement with hookup culture evolves, particularly concerning self-concept development. Through in-depth interviews, this study examines the experiences of 15 mature undergraduate students (fourth year and beyond) at St. Francis Xavier University (StFX). Using inductive thematic analysis, findings reveal a developmental trajectory of decreasing participation in hookup culture over time. Early involvement is often driven by peer norms and external pressures, with notable gendered dynamics. Women report navigating conflicting societal expectations: preserving a "good girl" image while conforming to campus norms. In contrast, men experience fewer social constraints and exaggerate sexual experiences to align with masculine ideals. Notably, in later years, women report greater autonomy and establishment of personal boundaries. These findings highlight the influence of self-concept development and gender on sexual behaviour, offering actionable insights. Initiatives could include workshops on healthy relationships, campaigns challenging harmful gender norms, and resources promoting self-awareness and boundary-setting, fostering a healthier campus hookup culture.*

**Section:** Women and Psychology

**Session ID:** 113471 - Snapshot

### *The Influence of Police Legitimacy on Jury Decision-Making in Trials Involving Recanted Confessions*

**Main Presenting Author:** Rajack, Natalie

**Additional Authors:** Ewanation, Logan ; Carruthers, Aliyah; Lamb , Amanda; Maeder, Evelyn

*Abstract: Although suspects falsely confess to crimes for various reasons, confessions are extremely influential. We investigated how jurors' perceptions of police legitimacy influenced their decision-making in trials involving recanted confessions. Jury-eligible community members ( $n = 762$  Canadian,  $n = 591$  American) read a trial transcript involving a recanted confession, then rendered a verdict, rated the voluntariness of the defendants' confession, and completed a police legitimacy scale. In both samples, mock jurors with positive perceptions of police were significantly more likely to render guilty verdicts (Canadian:  $p = .01$ , OR = 1.16, 95%CI [1.04, 1.31]; American:  $p = .001$ , OR = 1.20, 95%CI [1.08, 1.32]). These findings suggest that perceptions of police legitimacy may play a role in jury decision-making in trials involving recanted confessions.*

**Section:** Criminal Justice Psychology

**Session ID:** 112948 - Snapshot

## **THE STIGMA ASSOCIATED WITH FOOD ADDICTION AND BINGE EATING DISORDER**

**Main Presenting Author:** Molnar, Megan G

**Additional Authors:** Snaychuk, Lindsey ; Cassin, Stephanie

*Abstract: Food addiction (FA) and binge eating disorder (BED) have many overlapping features. Though there is strong evidence to suggest that individuals with BED experience mental illness stigma and weight-based stigma, less is known about stigma associated with FA. Therefore, the present study aimed to compare the mental illness stigma and weight-based stigma between individuals characterized as having BED versus FA. 200 undergraduate psychology students completed online questionnaires through Qualtrics. Participants were randomly assigned to read one of three vignettes describing someone experiencing either FA, BED, or no condition (control). Participants then completed several questionnaires assessing weight-based stigma and mental illness stigma. We conducted a preliminary data analysis with  $N = 179$  participants. A one-way ANOVA indicated no significant between-group differences in mental illness stigma [ $F(2, 176) = 1.521, p = .221$ ] or weight based stigma [ $F(2, 176) = 1.707, p = .184$ ]. Mental illness stigma and weight based stigma may not differ based on the label ascribed to addictive-like eating behaviours in an undergraduate student sample. Findings suggest the need to further investigate stigma associated with FA. It may be beneficial to replicate this study in a larger community sample.*

**Section:** Addiction Psychology

**Session ID:** 112866 - Snapshot

## **Understanding Cultural Variation in the Manifestation of Grief**

**Main Presenting Author:** Menon, Laviynia

*Abstract: Grief is a journey experienced by all, regardless of culture. Culture shapes our perceptions of the world, which, in turn, shapes our cognitive processes. Thus, it is essential to explore how cultural influences shape the manifestation and navigation of grief. Despite its significance, much of the extant research on grief has predominantly been conducted through a Western lens. As such, there is a clear lack of understanding of how grief manifests in different cultural contexts. To address the gap, this study explores the cultural variations in grief manifestation using a multi-group design. Participants from different cultures will complete a survey examining their experiences, coping, and perception of other's grief. They will also complete the Adult Attitude to Grief Scale. Multivariate analysis of variance will then be employed to examine the impact culture has on the various dimensions of grief, including cognitive, behavioural, and emotional responses. Data collection is ongoing; however, initial findings suggest potential cultural differences in the manifestation and perception of grief. Although further analysis will follow, we have observed early indications of response variability across cultural groups. Findings from this study will contribute to further understanding the relationship between culture and grief to aid in informing culturally sensitive practices.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 112602 - Snapshot

## Symposium

### *Disrupting Discourses: Social Norms and Their Impact on Sexuality and Sexual Violence*

**Moderator(s):** Balint, Storm

**Abstract:** This symposium will explore, through three studies using diverse methodologies and participant samples, how gendered and heteronormative social norms and discourses shape sexual violence, empowerment, and agency. Storm Balint will present a study using a large-scale survey to examine how gender norms, heterosexual scripts, and rape myths influence young women's experiences of sexual violence and sexual agency. Next, Hio Tong Kuan will present findings from a Q-methodology study exploring women's engagement with sociocultural and political messages about female bodies and sexuality and its impacts on sexual empowerment in a neoliberal society. Finally, Dr. Nicole Jeffrey will present findings from a study investigating how young men's engagement with dominant (stereotypical) and alternative social norms can support or challenge the perpetuation of sexual violence. Together, these studies highlight how gendered norms, sociopolitical culture, and structural inequalities shape experiences of sexuality and sexual violence. By integrating qualitative, quantitative, and mixed-method approaches, this symposium will highlight the influence of ever-changing social norms and deep-rooted structural inequalities on sexuality and sexual violence, offering insights and recommendations for the future of education and research aimed at disrupting harmful and gender-inequitable norms.

**Section:** Women and Psychology

**Session ID:** 112448 - Symposium

#### *(Shifting) Young Men's Engagement with Social Norms that Support Sexual Violence*

**Main Presenting Author:** Jeffrey, Nicole

**Abstract:** Men's sexual violence (SV) against women is a pressing social issue, with 3 in 10 Canadian women being victimized and often suffering extensive negative impacts (Statistics Canada, 2019). To prevent SV, it is crucial to understand if and how men engage with stereotypical social norms that support and perpetuate SV in conversations with other men, as well as with alternative norms that have the potential to promote gender equity and disrupt SV. Using 13 focus groups with a total of 80 racially diverse heterosexual men aged 18–25 (university and community samples) and a feminist poststructuralist form of discourse analysis (Gavey, 1989, 2005; Hollway, 2005; Potter and Wetherell, 1987; Weedon, 1997), I examined young men's engagement with social norms in conversations with other men, including in cases where facilitators deliberately (but gently) challenged certain stereotypical norms. Participants commonly relied on norms suggesting that sex among heterosexual couples starts naturally; that men should always initiate sex and cannot stop sex once started; and that women are responsible for communicating. Preliminary results suggest that facilitators' gentle challenges were often insufficient for shifting the conversations toward positive social norms. These results have important implications for how we encourage young men's critical engagement with alternative norms.

**Section:** Women and Psychology

**Session ID:** 112453 - Paper within a symposium

*Navigating Sexual Agency in an Oppressive Society: How Coercion and Gender Norms Shape Women's Experiences*

**Main Presenting Author:** Balint, Storm

**Additional Author:** Senn, Charlene Y

*Abstract: Women are increasingly encouraged to take charge of their sexual experiences and agency. However, societal structures often contradict this, rewarding and punishing women for their sexual choices. Additionally, sexual coercion has become normalized through discourses that reinforce traditional gender roles, socializing men as sexual aggressors and women as passive gatekeepers. The purpose of this study was to assess how women experience sexual coercion in relation to their perceptions of their own sexual agency, and how they are influenced by society. A community sample of approximately 500 self-identified Canadian women between ages 16-30 completed an online battery of questionnaires assessing their attitudes towards traditional gender norms, heterosexual scripts, rape myths, components of sexual agency (i.e., communication, desire, boundaries, safety) and previous experiences of sexual violence. Analyzed through a critical feminist lens, a path analysis highlights how women's experiences of sexual violence are influenced by oppressive societal structures and negatively impact their sexual agency. The findings from this research can guide policymakers and educators in reshaping sexual education programs to address societal barriers to women's sexual agency, fostering environments that empower women to assert control over their experiences.*

**Section:** Women and Psychology

**Session ID:** 112450 - Paper within a symposium

*What is (not) sexual empowerment for women in neoliberal times: A Q-methodology study*

**Main Presenting Author:** Kuan, Hio Tong

*Abstract: Neoliberalism frames female sexuality and bodies through individualistic narratives, emphasizing freedom and determination. Women are encouraged to "work on" their sexuality and bodies, positioning empowerment while placing blame on those who fail to meet the standard because not being savvy enough (Evans and Riley, 2014; McRobbie, 2009). However, empirical research on how women today define sexual empowerment remains limited. Using feminist Q methodology, I examined the viewpoints of 72 women on sexuality and female bodies, identifying five distinct perspectives. Neoliberal narratives were pervasive but coexisted with selective incorporation or rejection of cultural discourses, such as promoting critical awareness (e.g., resisting objectification) or reinforcing constraints (e.g., traditional gender norms). These perspectives illustrate how women navigate sexuality and embodiment, revealing ambivalence that both regulates and liberates their conceptualization of sexual empowerment. Additionally, experiences of sexual violence and religious-political alignment expose the limits of neoliberal ideals when "bootstrapping" is insufficient for achieving empowerment. The struggle to define sexual empowerment—compared to the ease of identifying what it is not—suggests a cultural shift as women grapple with the narrow ideals of neoliberal empowerment.*

**Section:** Women and Psychology

**Session ID:** 112451 - Paper within a symposium

## Examining Lives Lived Single

**Moderator(s):** MacDonald, Geoff

*Abstract: Singlehood is becoming a more visible option. Three novel approaches examine factors that influence single lives. First, the potentially gendered social consequences of living single are examined. In 3 pre-registered studies ( $N=585$ ) examining stereotypic traits people associate with single women vs men, no meaningful differences emerged. The talk will explore what this means for the role of gender in singlehood. Second, pairfam data are used ( $N=5113$ ) to explore how expectations about romantic relationships shape singlehood. Singles with more positive relationship expectations reported higher desire for a partner and higher likelihood of entering a romantic relationship. Singles with more negative relationship expectations reported lower desire for a partner and less likelihood of entering a romantic relationship. The influence of social media on these expectations will be discussed. Finally, experience sampling ( $N = 352$ , 10,046 observations) is used to examine whether singles uniquely must trade off satisfaction of autonomy needs to satisfy belongingness needs. People report lower autonomy and higher belonging when interacting with others compared to when alone, but autonomy and belongingness both increased during interactions with romantic partners. The symposium will conclude with discussion of the implication of these findings for choosing to live life single.*

**Section:** Social and Personality Psychology

**Session ID:** 112808 - Symposium

*Expecting the best (or worst): Singles' relationship expectations predict decisions to partner*

**Main Presenting Author:** Wells, Tayler

*Abstract: When individuals decide to partner, they likely consider various advantages and disadvantages. These considerations may relate specifically to the potential partner, but they may also be more broadly centred on relationships in general. Indeed, individuals may hold certain expectations about how a romantic relationship will impact them; these expectations could predict important outcomes. Using data from six waves of the German Family Panel (pairfam;  $N = 5113$ ), we found that singles with more positive relationship expectations reported significantly higher desire for a partner, and, over time, were more likely to get into a romantic relationship. When these individuals partnered, they reported increased relationship satisfaction; when they remained single, they reported being less satisfied with their singlehood. Conversely, singles with more negative relationship expectations reported lower desire for a partner and were less likely to get into a romantic relationship. Negative expectations had no significant association with singlehood satisfaction, but when these individuals did partner, they reported decreased relationship satisfaction. Overall, this study highlights the role that relationship expectations may play in shaping decisions to partner and their broader implications for well-being, both in and out of relationships.*

**Section:** Social and Personality Psychology

**Session ID:** 112817 - Paper within a symposium

*Gendered Perceptions of Singlehood*

**Main Presenting Author:** Dupuis, Hannah

**Abstract:** *Do single women experience more negative evaluations compared to single men? Across 4 pre-registered studies, we examined valence judgments of stereotypic traits associated with single women vs men. In Study 1 (N=146), single participants reported stereotypic words for single women and men and rated the valence of those words. Contrary to hypotheses, single participants rated single men more negatively compared to single women. Studies 2 (N=168) and 3 (N=271) randomly assigned participants to read about a single woman or man and rate the valence of gender-neutral (“independent”) and gendered (“bitter”, “immature”) stereotypic traits. Contrary to hypotheses, no meaningful differences emerged. Study 4 (anticipated N=400) will examine the consequences of gendered singlism by evaluating the desirability of a single woman (vs. man) in four contexts: receiving financial advice, hiring an employee, seeking childcare and choosing a renter. We expect that the single woman will be seen as a worse financial advisor and employee but a better childcare provider and renter. This research sheds light on the evaluations of single women and single men and highlights the potential consequences of singlism.*

**Section:** Social and Personality Psychology

**Session ID:** 112816 - Paper within a symposium

*With or Without You? People Feel More Autonomous Alone Than During Social Interactions (Unless They Are With a Romantic Partner)*

**Main Presenting Author:** Hoan, Elaine

**Abstract:** *Social interaction is widely considered to bolster well-being and fulfill fundamental belongingness needs. Less considered in well-being research has been the costs of social interaction such as loss of autonomy. To test a potential connection-autonomy tradeoff, we examined feelings of relatedness and autonomy when people were socially interacting versus not. Participants completed baseline self-report measures of attachment as well as experience sampling method (ESM) self-reports ( $N = 352$ , 10,046 observations) of their momentary social interactions, feelings of social connectedness, autonomy, and positive affect. We found that people report lower autonomy when interacting with others compared to when alone. This decrease in autonomy was especially strong for avoidantly attached people, but autonomy increased during interactions with romantic partners. Our study findings provide ecologically valid evidence for a tradeoff between relatedness and autonomy during social interactions that is bypassed by interacting with a romantic partner.*

**Section:** Social and Personality Psychology

**Session ID:** 112819 - Paper within a symposium

*Exploring the Roles of Violent Attitudes, Self-Control, Psychopathic and Other Personality Traits in Aggressive Behaviour*

**Moderator(s):** Nunes, Kevin

**Abstract:** *Theory and evidence suggest that attitudes, self-control, and certain personality traits are important for the explanation, prediction, and reduction of aggressive and violent behavior. In this symposium three papers will examine the association between violent attitudes, self-control, fundamental personality traits, psychopathic traits, and aggressive/violent behaviour. The first paper examines the relationship between self-control, violent attitudes, and aggressive behaviour, and whether violent attitudes moderate or mediate the association between self-control and aggressive behaviour. The second paper examines the association of HEXACO personality traits (Honesty-Humility, Emotionality, eXtraversion, Agreeableness, Conscientiousness, and Openness to*

*Experience) with aggressive versus assertive behaviours and expectancies in the context of men's mate competition. The third paper examines the relationship between psychopathic traits, violent attitudes, and aggressive/violent behaviour, and whether violent attitudes moderate the association between psychopathy and aggressive/violent behaviour. Together these papers advance understanding of the relationships between violent attitudes, self-control, fundamental personality traits, psychopathic traits, and aggressive/violent behaviour.*

**Section:** Social and Personality Psychology

**Session ID:** 112619 - Symposium

*Do Violent Attitudes Moderate the Relationship Between Psychopathic Traits and Violent Behaviour?*

**Main Presenting Author:** Nunes, Kevin

**Additional Authors:** Hatton, Cassidy ; Brazil, Kristopher; Kam, Chloe; Forth, Adelle

*Abstract: Theory and evidence suggest that attitudes toward violence and psychopathic traits are important risk factors for aggressive and violent behaviour. However, relatively few studies have examined the extent to which attitudes are associated with psychopathic traits or the role attitudes may play in the relationship between psychopathic traits and aggressive/violent behaviour. In this preregistered study, we examined the relationship between multiple measures of violent attitudes, psychopathic traits, and aggressive/violent behaviour in an online panel of 908 men in Canada and the United States. We found large bivariate correlations between all the measures of violent attitudes, psychopathic traits, and aggressive/violent behaviour. For most of the measures, hierarchical multiple regression analyses indicated that violent attitudes and psychopathic traits were independently associated with aggressive/violent behaviour. Further, for most of the measures, violent attitudes moderated the relationship between psychopathic traits and aggressive/violent behaviour, such that the relationship was stronger when attitudes were more supportive of violence. In terms of implications, our findings are consistent with the possibility that attitudes more supportive of violence may increase the likelihood that psychopathic traits manifest in aggressive/violent behaviour.*

**Section:** Social and Personality Psychology

**Session ID:** 113039 - Paper within a symposium

*Examining the Role of Attitudes Toward Violence in the Association Between Self-Control and Aggression*

**Main Presenting Author:** Hatton, Cassidy

**Additional Authors:** Milyavskaya, Marina ; Kam, Chloe; Presta, Benjamin; Nunes, Kevin

*Abstract: Background: Research suggests that self-control may be an important determinant for aggressive and violent behavior, yet the role of attitudes toward violence in this relationship remains underexplored. In this study, we examined whether attitudes toward violence moderates or mediates the association between self-control and aggressive behaviour. Method: An online sample of 840 men from Canada and Portugal were asked to respond to self-report measures of self-control, attitudes toward violence, and aggressive behaviour. Results: In preregistered analyses, we found that attitudes toward violence did not significantly moderate the association between self-control and aggressive behaviour. We then conducted exploratory mediation analyses and found that attitudes partially mediated the association between self-control and aggressive behaviour. Conclusions and Impact:*

*Attitudes toward violence appear to act as a partial mediator rather than a moderator in the association between self-control and aggressive behaviour. These results suggest the association between self-control and aggressive behaviour may be partially understood through their associations with attitudes towards violence.*

**Section:** Social and Personality Psychology

**Session ID:** 112620 - Paper within a symposium

*Who is Aggressive and Who is Assertive in Men's Mate Competition? Findings with HEXACO Personality*

**Main Presenting Author:** Brazil, Kristopher

**Additional Author:** Forth, Adelle

**Abstract:** *Background/Rationale:* Personality traits help explain in part behavioural decisions and expectancies in different contexts. One context that has received less study is during mate competition. This study examined how HEXACO personality traits were linked to aggressive or assertive behaviours and expectancies in men's mate competition. *Method:* Participants were 397 heterosexual adult men ( $M = 38$  years old). Men completed the HEXACO and read a scenario meant to stimulate mate competition for an attractive partner. Men then rated how likely they would be to take assertive (e.g., asking a woman out) and aggressive (e.g., fighting other men) actions as well as expectancies about these actions' effectiveness. *Results:* Lower Conscientiousness was associated with likelihood of taking aggressive actions, whereas higher Extraversion was associated with assertive actions. The same personality traits were linked to expectancies (low C for aggressive, high X for assertive), but lower Honesty-Humility was also associated with higher aggressive and assertive expectancies. *Conclusions and Impact:* Lower Conscientiousness emerged as the personality trait most likely to impact aggressive behavior during mate competition, but lower Honesty-Humility was also important in facilitating aggressive expectancies. Hence, different personality traits may influence decisions during mating competition.

**Section:** Social and Personality Psychology

**Session ID:** 112621 - Paper within a symposium

*International & Cross-Cultural Psychology Section's Student Symposium 1:  
Immigration Experiences and Inclusive Research Practices*

**Moderator(s):** Chahar Mahali, Saghaf

**Abstract:** *In this year's student symposium (part 1) for the International and Cross-Cultural Psychology Section, three presenters will share their empirical research, broadly focusing on adaptation and acculturation experiences, as well as anti-oppressive research practices. The first presenter will discuss how first-generation immigrants' preferences for, use of, and perceived availability of ethnic food and clothing relate to their ethnic identity and acculturation strategies in the Canadian context. The second presenter will explore the importance of cultural competency and resilience in the psychological and sociocultural adaptation of two immigrant groups in Canada. The third presenter will highlight the advantages and challenges associated with community-based participatory action research. Overall, these studies provide insight into immigration experiences and offer recommendations for more inclusive research practices.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113796 - Symposium

*"What to wear and what to eat, that is the question": The relationship between Canadian immigrants' ethnic identity, acculturation and ethnic products.*

**Main Presenting Author:** Nadkarni, Shruti C

**Additional Author:** Safdar, Saba

*Abstract: Food and clothing choices are integral aspects of daily lives and are often used to express identities. For immigrants, the introduction of a new culture creates complexities impacting these choices. Literature suggests that choosing to wear and eat ethnic products helps understand and express ethnic identity, and distinguishing in-group boundaries; however, the results are inconsistent across immigrant groups. Therefore, this study examines whether first-generation immigrants' preferences for and use of their ethnic-culture clothing and food products are connected to their ethnic identity and choice of acculturation strategy. Additionally, given the varying presence of ethnic products across Canada, this study also explores the moderating effect of perceived availability and accessibility of the products. Data was collected from first-generation immigrants (N = 219) via a Qualtrics survey and analyzed using multiple correlational and moderation analyses. The findings will highlight the role of ethnic products in the identity and adaptation of first-generation Canadians and the impact of varying availability and accessibility. Insights could be used to guide policymakers and businesses in improving cultural inclusivity for diverse ethnic communities in Canada by making relevant ethnic products available and accessible in the Canadian market.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113836 - Paper within a symposium

*Thriving in Transition: How Cultural Competency and Resilience Shape Immigrant Adaptation in Canada*

**Main Presenting Author:** Raitman, Michelle

**Additional Authors:** Pour Iliae, Sadaf ; Shamim, Asma ; Ferrari, Michel; Safdar, Saba

*Abstract: In this presentation, we explore the relationship between psychological resources, such as cultural competency and resilience, and the psychological and sociocultural adaptation of immigrants in Canada. Drawing on existing literature, we hypothesize that cultural competency and resilience enhance immigrants' ability to manage stress and navigate new environments (H1). Furthermore, we propose that these psychological resources support sociocultural adaptation by improving the capacity to engage with others, fostering stronger relationships with members of the host community (H2). To test these hypotheses, we conducted a comparative study of two immigrant groups. The sample consisted of 203 Iranian immigrants (82 male, 121 female; Mean age = 32.84 years) and 201 Syrian immigrants (94 male, 106 female; Mean age = 36.43 years). The results of this study will be discussed in the context of promoting cultural competency and resilience skills among immigrants. Finally, we will address the practical implications of these findings for community building, including the development of mentorship programs and social networks that offer diverse perspectives and provide robust support systems for immigrants adapting to life in Canada.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113855 - Paper within a symposium

*Working toward ethical research praxis between Global North and South partners: A casestudy*

**Main Presenting Author:** Torok, Debra

**Additional Authors:** Foundation, Suwannimit ; Ball, Jessica

*Abstract: Research between Global North institutions and Global South forced migrant communities has long reinforced power imbalances. While calls to redress these inequities are growing, clear guidelines with practical examples are scarce. This talk aims to address this gap by presenting a case study on the application of anti-oppressive research (AOR) principles to a community-based participatory action research (CBPAR) project between the University of Victoria and Suwannimit Foundation, a forced migrant-serving agency on the Thai-Myanmar border. Our team strove to implement CBPAR and AOR principles through four key processes: engaging with reflexivity and humility, forming genuine relationships, fostering reciprocal knowledge production, and privileging community ownership. These efforts transformed the partnership dynamic: the academic partners became co-learners, centering community partners' autonomy and expertise, while the community partners became leads, actively shaping the project to meet their needs. Entrenched global inequities and institutional constraints prevented fully levelling power asymmetries. Despite these limitations, this project demonstrated that combining CBPAR and AOR can foster ethical spaces that promote institutional accountability, mutual learning across difference, and restoration of power to forced migrant communities in research for and about them.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113868 - Paper within a symposium

*International & Cross-Cultural Psychology Section's Student and Early Career Researchers Symposium 2: Immigration Perceptions, Policy Frameworks, and Collective Action in Canada*

**Moderator(s):** Stora, Lisa

*Abstract: In this year's student and early career symposium (part 2) for the International and Cross-Cultural Psychology section, three presenters will share their empirical research, broadly focusing on attitudes toward immigration and the measures used to assess such attitudes. The first presenter will discuss the impact of Canadians' perceptions of immigration admission targets on their attitudes toward immigration and related policies. This research also examines how correcting misperceptions about these targets influences public opinion. The second presenter will provide an overview of a newly developed scale designed to capture public beliefs about interculturalism policy within Quebec. This study also compares how the endorsement of multiculturalism and interculturalism ideologies relates to national identification and attitudes toward immigrants in this context. The third presenter will explore how psychological and social factors influence engagement in collective action in Canada, with a focus on the experiences of Canadian-born individuals and first-generation immigrants. Overall, these studies offer valuable insights into the importance of perceptions of injustice and immigration-related issues and policies within Canada's socio-political context.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113795 - Symposium

*Does Communicating Factual Information About Migrant Admittances Change Public Opinion?*

**Main Presenting Author:** Scott, Colin

*Abstract: Immigration levels targets have become hotly debated, receiving significant media attention as questions emerge over Canada's capacity to settle and integrate increasing numbers of immigrants, refugees, and asylum seekers. Are Canadians responsive to different ways of framing Canada's immigration levels target, and can corrective information about actual migrant admittance levels change public opinion? This study draws on survey and experimental data ( $N = 1,599$ ) with a national sample of Canadians and highlights substantial variation in Canadians' perceptions of the number of immigrants, refugees, and asylum seekers the country admits. A significant proportion of respondents strongly over-estimate the number of migrants admitted under any category, a belief that is strongly correlated with negative attitudes toward migrants and increased support for a reduction in admittance levels across migrant categories. Factual information has no effect on immigration attitudes, but has a small, attenuating effect on negative stereotypes of refugees while increasing opposition to admitting more asylum seekers. The results are discussed within the context of Canadians' knowledge about immigration and the obstacles and opportunities for communicating with Canadians about migration admittances.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113872 - Paper within a symposium

*Normative and Non-Normative Collective Action: A Study of Canadian-Born and Immigrant Perspectives*

**Main Presenting Author:** Hashem, Nouran

**Additional Authors:** Soltan, Hajar ; Safdar, Saba

*Abstract: In this presentation, we explore the psychological and social factors influencing support for collective action in Canada, focusing on differences between Canadian-born individuals and first-generation immigrants. The sample included 722 participants (610 Canadian-born and 112 first-generation immigrants; ages 17–49,  $M = 19.62$ ,  $SD = 3.40$ ). The research examined the influence of perceived injustice, cultural tightness-looseness, and shared identities on preferences for normative collective action (e.g., peaceful protests) and non-normative action (e.g., disruptive or illegal activities). The findings offer insights into how perceptions of injustice and cultural orientations shape engagement in collective action, providing valuable implications for addressing social inequities and promoting cross-group collaboration.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113880 - Paper within a symposium

*Public Perceptions of Quebec's Interculturalism Policy: A Psychometric Evaluation*

**Main Presenting Author:** Chahar Mahali, Saghar

**Additional Author:** Safdar, Saba

*Abstract: In 1971, Canada became the first country to enact a multiculturalism policy to manage ethnocultural diversity. However, in the province of Quebec, interculturalism has emerged in*

*opposition to multiculturalism, as many perceive that multiculturalism treats Francophones as simply another ethnic group in Canada, thereby neglecting and weakening their status. Interculturalism seeks to accommodate diversity within Quebec's culture and language, and interculturalists advocate managing diversity in Quebec through interculturalism rather than multiculturalism. Despite its significance, this policy and its implications have mainly been examined theoretically in academic literature. It is unclear whether Quebecers' attitudes toward this policy mirror those of interculturalists. Therefore, a scale was constructed based on the writings of Quebec's primary architects of interculturalism. This study examines the psychometric properties of the newly developed scale among a representative sample from Quebec. Additionally, the association of interculturalism and multiculturalism with attitudes toward immigrants and national identification will be explored and discussed. Comparing interculturalism and multiculturalism provides a better understanding of these ideologies and can lead to the adoption of policies that more effectively facilitate and enhance intergroup relations in this context.*

**Section:** International and Cross-Cultural Psychology

**Session ID:** 113876 - Paper within a symposium

### *Police Mental Health Calls: Call Outcome Predictors and the Role of Crisis Intervention Competencies*

**Moderator(s):** Campbell, MaryAnn

*Abstract: Police response to mental health calls has been controversial, especially since high-profile cases of persons being injured or killed by police while experiencing mental distress/illness. This symposium will examine the client demographic, mental health, and contextual factors that influence outcomes of police-involved mental health calls in a sample of New Brunswick, Canada, cases drawn from police records and body-worn camera (BWC) footage to obtain a real-time analysis of factors potentially influencing police response. This symposium will first explore the factors that predict mental health call outcomes, including outcomes (e.g., community referral, use of force). The second paper will use the same sample to describe officers' quality and use of crisis intervention competencies from the BWC and examine how these competencies contribute to call outcomes once other contextual factors are considered (e.g., the presence of a weapon). The final paper will focus on the impact of mental health call duration to assess how duration influences call outcomes in general. Then, it will examine whether the quality of crisis intervention is enhanced when officers take more time off their calls. Collectively, these three papers will provide an enhanced understanding of the complexity of mental health calls involving police and highlight the value of including mental health clinicians.*

**Section:** Criminal Justice Psychology

**Session ID:** 113042 - Symposium

*Description of Police Officer Crisis Intervention Competencies and their Impact on Mental Health Call Outcomes*

**Main Presenting Author:** Reilly, Olivia

**Additional Authors:** Campbell, MaryAnn A; Smith, Erin; McLaughlin, Daniel

*Abstract: People in mental health crisis are overrepresented in police encounters and police-involved deaths in Canada (Tartaro et al., 2021), but police use of crisis intervention may mitigate negative outcomes (Huey et al., 2021). Little real-time knowledge exists about how officers use crisis*

intervention skills, however. The current paper examines officers' interactions with persons in crisis to assess what crisis intervention skills they use and how the quality of this use predicts call outcomes. Body Worn Camera footage and police records were drawn from 200 mental health crisis calls in New Brunswick between 2020-2024 (52% male; 82% White/European; age range: 10-87 yrs). Results indicated that officers regularly used crisis intervention skills (e.g., rapport building, reducing distractions) during these interactions; specific mental health indicators and crisis clinician presence predicted the quality of officers' crisis intervention skill use; and officers' reliance on crisis intervention competencies and clinician presence both reduced the odds of some outcomes (e.g., no action being taken) and increased the odds of some positive outcomes (e.g., less use of force). Crisis intervention was used similarly across client demographics. Findings support the value of crisis intervention training for police in Canada, and speak to the benefits including co-responding crisis clinicians.

**Section:** Criminal Justice Psychology

**Session ID:** 113074 - Paper within a symposium

*Mental Health Call Duration: Impact on Police Crisis Intervention Competencies*

**Main Presenting Author:** Carey, Amy

**Additional Authors:** Campbell, MaryAnn ; Smith, Erin; Reilly, Olivia; McLaughlin, Daniel

**Abstract:** *An understudied factor in police-mental health calls is the influence of call duration. The longer a call takes to resolve, the greater the opportunity for crisis intervention to de-escalate the situation. To clarify whether call duration matters in police response, this paper assesses the duration of police mental health calls, factors influencing duration, and the degree duration relates to crisis intervention use by police using 200 police-mental health calls in New Brunswick, Canada (47% female; 82% White/European; age range: 10-87 yrs). Variables were extracted from body-worn cameras and police records. Calls lasted a median of 43 minutes, with much variability (2 to 642 minutes). Hierarchical regression found that longer call duration was significantly predicted by a non-White client, displays of self-harm/suicidal behaviour, and intimidating/threatening behaviour towards others, whereas shorter duration was predicted when clients displayed generally aggressive behaviour. Weapon presence, uncooperative behaviour, causing a disturbance, or voicing violent ideations were unrelated to duration. Longer calls correlated with use of more crisis intervention skills but not the overall quality of the crisis response. Findings provide a window into factors influencing how long an officer takes during mental health calls and what may shape the immediacy of their actions.*

**Section:** Criminal Justice Psychology

**Session ID:** 113079 - Paper within a symposium

*Predictors of Police-Involved Mental Health Call Outcomes*

**Main Presenting Author:** Smith, Erin

**Additional Authors:** Campbell, MaryAnn A; Reilly, Olivia ; McLaughlin, Daniel

**Abstract:** *Little research on police response to mental health calls comes from Canada (Huey et al., 2021), and what is available often underemphasizes contextual factors that may influence call outcomes. Thus, this paper examines the impact of contextual variables (e.g., presence of family or a*

weapon; suspected drug/alcohol use) on the resolution of police-PMHC interactions in New Brunswick, Canada. Data were coded from body worn cameras and police files of 200 mental health calls (52% men;  $M_{age}=31.96$ ,  $SD=17.83$ ). Hierarchical regressions examined client demographic, call initiator, client mental health indicators, and other context variables on call outcomes (e.g., use of force, arrest). No demographic variables influenced call resolution. However, the presence of a mental health clinician increased the odds of mental health act apprehension, though observations suggest this association is due to involving the clinician post-apprehension rather than for informing that decision. A potential crime having been committed also elevated the likelihood of mental health act apprehension, arrest, and use of force. Not surprisingly, presence of a weapon predicted more serious forms of use of force. Through deepening our understanding of police/PMHC interactions, changes to training and procedures can be made to improve these interactions for both the client and the responding officer(s).

**Section:** Criminal Justice Psychology

**Session ID:** 113068 - Paper within a symposium

### *Psychological Contributions To Understanding Extremism: Theory and Application*

**Moderator(s):** Nussbaum, David

**Abstract:** This Symposium will explore theoretical and applied aspects of Extremism and Terrorism. Extremism comes in many forms and is not restricted to political or religious arenas. Dr. David Nussbaum will present a psychological conceptualization of all forms of Extremism based on a resonance between informationally restricted ideologies and individuals attracted to simplifications of complex issues. This will lead to the psychology of restrictions of information in extremist regimes, using Stalinist Russia and Nazi Germany as models. Professor Brian Bigelow will detail how mass media, AI, and imprecise use of language have negatively impacted science, academia, our concept of democracy, and has harmed our mental health. Professor Wagdy Loza and colleagues will present an applied paper addressing psychometric complexities that raise serious issues concerning psychometric assessment of risk for committing extremist ideology motivated violence.

**Section:** Extremism and Terrorism

**Session ID:** 113849 - Symposium

### *2 + 2 = 5: The New Math of the Internet, Truth and Extremism*

**Main Presenting Author:** Bigelow, Brian

**Abstract:** The flood of online information has threatened our pursuit of truth. Methods: Highlighting social media, Artificial Intelligence, use of vague political terms and their destructive impact. Data: Examples of clinical, political and legal disasters emanating directly from the contamination of the internet by pseudofacts. Results: Freedom of speech and academic freedom are being destroyed by lack of effective policing of the content of the internet. Not only our clients' and our own mental health are being threatened but democracy itself is under siege and is destroying the foundations of civilised society. Impact and Application: We must find an effective way to filter accurate from inaccurate information online before we destroy ourselves. If we have learned nothing from the masters of brainwashing (e.g., Josef Goebbels) it's that we must counter brainwashing.

**Section:** Extremism and Terrorism

**Session ID:** 113916 - Paper within a symposium

*Difficulties faced by Western clinicians when completing risk assessments on individuals motivated by extremist ideologies.*

**Main Presenting Author:** Nussbaum, David

**Additional Authors:** Loza, Wagdy ; Hesselink, Ann-Mari

**Abstract:** Context: Globally, Law Enforcement services assess individuals for risk of committing terrorism. Several Terrorism Risk Instruments (TRIs) were developed, claiming suitability for use, akin to Violent Risk Assessment Instruments (VRAIs) developed for typical criminals. Rational: Crucial differences between TRIs and VRAIs, i.e., availability of valid personal psycho-social histories, appreciation by assessors for the specific language, history, religion, and traditions underlying the ideology motivating the violence. Method: Two prominent TRIs (Vera-2 and the ERG 22+) will be presented, with their methodologies and validity data compared with VRAIs. Summary: Do currently available validity data for TRIs justify their use to assess risk of engaging in ideologically driven violence? Replicating the methodology in classical VRAIs is unlikely for developing TRIs. Results and Conclusions: Test construction issues, requirements for training in the diverse cultures, histories, religions and ideologies of distinct terrorist groups, and a lack robust and reliable validity evidence, suggests that these TRIs are not appropriate for making conclusive risk statements. Actions, Recommendations and Impacts: We suggest that future TRIs be developed using different, more contextually relevant information and replicated validation studies.

**Section:** Extremism and Terrorism

**Session ID:** 113913 - Paper within a symposium

*Inverting Information Processing Hierarchies to Cancel Reality: Why Extremist Ideologies Never Solve Real World Problems*

**Main Presenting Author:** Nussbaum, David

**Abstract:** Context: This talk assimilates cognitive simplicity, and disordering of information processing hierarchies (Nussbaum, 2022) to detail psychological mechanisms employed by extremists to achieve power, and their inability to deliver promised utopias. Rational: Extremist ideologies restrict the available perceptual and cognitive considerations to data that aligns only with the tenets of the ideology. Negative emotions pre-empt and “negatively frame” contrary information, challenges or adversaries. Method: A critical analysis examines the Stalinist and Nazi extremist ideologies to illustrate and understand the influence of ideologically limited and politically controlled information to enable these diverse extremist regimes. Summary of Issue or Analyses: The highly polarized contemporary world has not been sufficiently explored by psychologists from different perspectives. This presentation is one step in addressing a number of explanatory gaps. Results and Conclusions: This perspective brings a more complete understanding of the confluence of informationally restricted ideologies and restrictions of available information in totalitarian states. Actions, Recommendations Expected Impacts: This talk will provide attendees with a deeper understanding of the psychological mechanisms underlying contemporary political chaos, how to navigate its vagaries.

**Section:** Extremism and Terrorism

**Session ID:** 113874 - Paper within a symposium

## *Self-Harm in the Context of Intimate Partner Violence Perpetration: A Relevant Risk Factor?*

**Moderator(s):** Campbell, MaryAnn A

**Abstract:** Questions exist about the role of self-harm threats in intimate partner violence (IPV). Understanding how self-harm relates to IPV is crucial to determining whether and how this factor should be integrated into risk appraisal, including self-harm threats as a form of coercive control (Barlow and Walklate, 2022). This symposium will explore links between self-harm by abusers and IPV across three studies, two with Canadian police records and one involving survey research. The first paper compares IPV abusers with/without threats of self-harm during their abusive incidents and describes the links between self-harm threats, coercive control, and other IPV dynamics. The second paper highlights the need for clarity when operationalizing self-harm in the context of IPV by differentiating between the manipulative element versus general self-harm tied to mental health issues unrelated to IPV. The final paper draws from a survey with non-forensic community adults who completed measures of borderline personality traits (including self-harm indicators), criminogenic risk factors, and other measures to examine patterns of relations to IPV (physical, psychological, sexual). Overall, this symposium provides insight into self-harm as a dynamic of IPV abuse and offers directions for future research to operationalize this factor and assess its additive value to traditional IPV risk appraisal tools.

**Section:** Criminal Justice Psychology

**Session ID:** 113084 - Symposium

*Predicting Intimate Partner Violent Behaviours: The Relative Import of Borderline Personality Features Versus Traditional Criminogenic Risk Factors*

**Main Presenting Author:** Doyle, Jessie

**Additional Author:** Campbell, MaryAnn

**Abstract:** Intimate Partner Violence (IPV) is a critical public health concern that has reached epidemic status. Preventing IPV requires the identification of proximal risk factors such as borderline personality disorder (BPD), which entails proclivities for suicidality and self-harm. BPD (subclinical features or diagnosis) is associated with IPV perpetration, but research is limited on its clarification as a risk factor for IPV. Online recruitment methods were used to investigate the validity of BPD features (including suicidality/self-mutilation) over and above traditional criminogenic risk factors for predicting IPV acts. A Community-based sample ( $N = 451$ ,  $M_{age} = 31.98$ , 62.7% men) completed measures of borderline features (BPQ), IPV behaviours (CTS2), dark triad traits (SD3), procriminal thinking (PICTS-L-SF), substance misuse (DAST-10), and alcohol misuse (CAGE). Hierarchical regression and canonical correlation analyses indicated that BPD features and traditional criminogenic risk factors each have incremental validity in predicting IPV acts. Various BPD features emerged as significant predictors depending on the specific IPV behaviour, with suicidality/self-mutilation among the unique predictors of physical and psychological IPV. These findings support ongoing investigation into the role of BPD in IPV behaviours to better inform risk assessment and management strategies.

**Section:** Criminal Justice Psychology

**Session ID:** 113123 - Paper within a symposium

*Self-Harm and Intimate Partner Violence Perpetration: Context Likely Matters*

**Main Presenting Author:** Gaudette, Jessica

**Additional Authors:** Campbell, MaryAnn ; Gryshchuk, Lena

*Abstract: Refining risk appraisal for intimate partner violence (IPV) is essential given the serious personal and social impacts on IPV victims (WHO, 2024). A purported context factor that may elevate risk is self-harm threats as a form of coercive control (Barlow and Walklate, 2022). Risk tools overlook self-harm threats given uncertainty about their value in risk appraisal. Thus, this paper examines how general self-harm tendencies are associated with IPV, ODARA risk scores, and recidivism using 309 New Brunswick IPV police files (abuser  $M_{age} = 33.50$  yrs,  $SD = 10.91$ , 67.6% men). Overall, self-harm by the abuser was unrelated to the severity of violence attempted, injury inflicted, or arrest outcomes and had no ties to risk scores or recidivism. Findings were unchanged when examining past month or general history of self-harm. However, when an abuser had both manipulative and recurrent self-harm tendencies, they were less likely to use more severe forms of violence during the index IPV incident,  $\chi^2 (16, N = 308) = 27.103$ ,  $p = .04$ . These findings suggest that abusers may be less reliant on serious violence for victim control when resorting to manipulative self-harm. In contrast, a general tendency towards self-harm may be insufficient to inform risk appraisal. Greater operationalization of how self-harm manifests within IPV dynamics is required to understand its influence on risk of harm.*

**Section:** Criminal Justice Psychology

**Session ID:** 113115 - Paper within a symposium

*Threats of self-harm among perpetrators of intimate partner violence (IPV): Relation to mental health service referrals and coercive control*

**Main Presenting Author:** Weissflog, Meghan

**Additional Authors:** Kim, Soyeon ; Hilton, Zoe; Campbell, MaryAnn

*Abstract: BACKGROUND: Threats of self-harm may be seen as coercive control when made in the context of perpetrating intimate partner violence (IPV), but also may be a mental health concern. We studied characteristics and behaviors of male IPV perpetrators documented by police as having threatened self-harm in the presence of their victim. METHOD: We compared 130 men who threatened self-harm with 436 who did not using chi-square analyses and t-tests, and used binary logistic regression analyses to predict threats to self-harm. RESULTS: Relative to other men, men who threatened self-harm were more likely to be younger, unemployed, and in unstable relationships. They were more likely to have a prior IPV offence, commit specific acts of physical and sexual abuse (e.g., choking, threat with weapons, confinement, injury), and score higher on the ODARA. They engaged in significantly more coercive and controlling behaviours towards their index victim: for every additional reported act of coercive control, the odds of threatening to self-harm increased by 1.1 times ( $OR = 1.10$ , 95% CI [1.07, 1.14]). Mental health service referrals by policing services was similar between the two groups. CONCLUSIONS/IMPACT: These findings underscore the critical need for further research into self-harm threats in the context of IPV as a symptom of mental distress or as a form of coercive and controlling behaviour.*

**Section:** Criminal Justice Psychology

**Session ID:** 113106 - Paper within a symposium

## *Unraveling the layers of stigma in psychosis: Societal manifestations, individual responses, and transformative interventions*

**Moderator(s):** Best, Michael W.

*Abstract: Despite efforts through anti-stigma campaigns, psychotic disorders remain some of the most highly stigmatized mental disorders at the public-, provider-, and self-levels. Limited research addresses how stigma manifests, as well as how persons with psychosis think, feel, and behave in response to stigmatizing interactions. Furthermore, although self-stigma is a barrier to recovery from psychosis, existing interventions addressing self-stigma are limited in their therapeutic approach or method of delivery. This symposium adopts a comprehensive narrative to examine manifestations of stigma toward psychotic disorders, responses of this clinical population to such stigma, and a novel treatment for self-stigma. The first presentation focuses on the interaction between diagnosis knowledge and symptom presentations in shaping stigmatizing attitudes, highlighting how these factors interact to influence social exclusion. The second presentation considers the perspective of individuals with psychotic disorders to explore how different forms of social distancing affect their cognitive, affective, and behavioural responses. The final presentation highlights the efficacy and acceptability of a remotely delivered, group treatment for self-stigma. Together, this symposium seeks to understand the development, direct experience, and treatment of stigma in a highly vulnerable population.*

**Section:** Clinical Psychology

**Session ID:** 113592 - Symposium

*"Something really clicked": Examining the effectiveness and acceptability of a treatment for self-stigma in psychosis*

**Main Presenting Author:** Simourd, Lindsay E.

**Additional Authors:** Simioni, Olivia ; Woolridge, Stephanie; Van Rooy, Tammy; Foster, Christopher; Murphy, Colleen; Best, Michael W.; Bowie, Christopher

*Abstract: Self-stigma is a highly prevalent and disabling experience for individuals with psychosis. Yet existing self-stigma treatments are limited in accessibility and therapeutic scope (e.g., rely solely on psychoeducation). Our research examined the efficacy of Be Outspoken and Overcome Stigmatizing Thoughts (BOOST), an eight-session group intervention integrating cognitive behavioural therapy and peer support. In Study 1, we analyzed changes in self-stigma, interpersonal hopelessness, and recovery beliefs across treatment. In Study 2, we used semi-structured interviews to explore patient perspectives on treatment experiences, perceived value, and intervention format. Individuals with lived experience of psychosis were involved in the design, delivery, and evaluation of the BOOST program. Patients with early psychosis ( $N = 107$ ) participated in BOOST as part of a multi-site trial. BOOST led to significant reductions in self-stigma ( $d = .78$ ) and interpersonal hopelessness ( $d = .54$ ), as well as a significant increase in perceptions of self-defined recovery ( $d = .99$ ). Nine interviews were analyzed using thematic analysis. Patients described growing to acknowledge their own stigmatizing experiences, gaining assertiveness skills, enjoying group dynamics, and convenience of the format. BOOST effectively fills a critical gap in psychosis intervention research and delivery.*

**Section:** Clinical Psychology

**Session ID:** 113643 - Paper within a symposium

*Exploring the roles of diagnostic label, positive symptoms, and negative symptoms on stigmatizing attitudes towards schizophrenia*

**Main Presenting Author:** Zedan , Saleena A.

**Co-Presenting Author:** Hamzai, Hanna

**Additional Authors:** Ibrahim, Aqsa ; Best, Michael W.

**Abstract:** Schizophrenia is one of the most stigmatized mental illnesses by the public. Stigma can present itself in multiple ways and manifest through multiple pathways. The purpose of the present study was to investigate which pathways may produce the most stigma towards a diagnostic label of schizophrenia and/or symptoms which characterize schizophrenia. Participants ( $N = 559$ ) were randomly assigned to read one of eight vignettes in which an individual is described either with or without a schizophrenia diagnostic label, and either with or without symptoms of the disorder. Participants then reported their social exclusionary behaviours and stigmatizing attitudes. Between positive symptoms, negative symptoms, and diagnostic label, a significant three-way interaction was found for stigmatizing attitudes,  $p = .006$ . Specifically, knowledge of a diagnosis was associated with significantly less stigma when symptoms were present relative to them being absent,  $p = .027$ . Between a diagnostic label and negative symptoms, a significant interaction was also found,  $p = .028$ . Specifically, awareness of a diagnosis increased desire for social distance when negative symptoms were present. The combination of the presence and/or absence of a diagnostic label alongside positive and/or negative symptoms may result in different perceptions of schizophrenia and expressions of stigma.

**Section:** Clinical Psychology

**Session ID:** 113630 - Paper within a symposium

*Understanding the cognitive, affective, and behavioural impact of stigmatizing attitudes on persons with psychotic disorders*

**Main Presenting Author:** Ibrahim, Aqsa

**Additional Author:** Best, Michael W.

**Abstract:** Persons with psychotic disorders are often stereotyped as dangerous, violent, and unpredictable, leading to social exclusion. However, limited research exists on their experiences following social exclusion. Thus, we explored the cognition, affect, and hypothetical behaviour of individuals with psychotic disorders after exposure to social distancing. Participants with a psychotic disorder ( $N = 50$ ) read various hypothetical scenarios; each scenario was manipulated thrice to reflect different types of social distancing: generalized social distancing (GSD; distancing based on diagnosis knowledge), individualized social distancing (ISD; distancing after observing atypical behaviour) and no social distancing (control). Cognition, affect, and hypothetical behavioural responses to each scenario were then reported. Relative to ISD, participants were more self-conscious ( $p = .020$ ,  $d = .35$ ) and less excited ( $p = .002$ ,  $d = .47$ ) after GSD, and they had weaker positive cognitions ( $p = .014$ ,  $d = .37$ ) and stronger negative cognitions ( $p < .001$ ,  $d = .81$ ) about themselves. Knowing that an interaction partner is aware of one's diagnosis results in further adverse effects on cognition and affect. This information can inform the agendas of anti-stigma campaigns and provide further support for the potential benefits associated with selective disclosure of one's psychotic disorder diagnosis.



**Section:** Clinical Psychology

**Session ID:** 113634 - Paper within a symposium

# THEME: UNDERSTANDING THE MIND AND THE BRAIN

Understanding what contributes to how the mind and brain works - or doesn't work

## 12-Minute Talk

*A review and meta-analysis of fMRI studies of proactive and reactive cognitive control*

**Main Presenting Author:** Goghari, Vina

**Additional Author:** Kusi, Mavis

*Abstract: Rationale: The dual mechanisms of control (DMC) theory posits that cognitive control has two modes, proactive and reactive control. Proactive control is an "early selection" mechanism whereby goal-relevant information is maintained in anticipation of conflict. In contrast, reactive control is a late correction mechanism whereby control processes are transiently activated after event onset. Proactive control has been associated with sustained activation of the lateral prefrontal cortex (lPFC), while reactive control has been linked with transient activation of the lPFC along with activations in other brain regions. This review and meta-analysis aimed to test the assumptions of the DMC theory. Methods: This study followed the PRISMA reporting guidelines. Activation coordinates were analyzed using activation likelihood estimation (ALE). Results: lPFC regions consistently activated for proactive and reactive control. Proactive control was also linked with activations in the cingulate gyrus and inferior parietal lobule. Reactive control was linked with activations in the insula, cingulate gyrus, medial frontal gyrus, and inferior parietal lobule. Conclusions: Proactive control was associated with activations in a wider set of brain regions than predicted by the DMC theory. Action: Conceptualization of brain regions important for proactive control might need to go beyond the lPFC.*

**Section:** Brain and Cognitive Science

**Session ID:** 111594 - 12-Minute Talk

*Examining children's play duration and engagement with loose parts*

**Main Presenting Author:** Cankaya, Ozlem

**Additional Author:** Taylor, Keirsten

*Abstract: There is growing interest in enriching children's play with loose parts, which involves open-ended materials like cardboard, sticks, and beads not designed as toys. Policymakers and educators in Canada promote this type of play, yet limited research exists on how children play with loose parts. We studied 136 children ( $M = 56.87$ ,  $SD = 10.64$ ) in two studies: playing alone and with their parents. Children's cognitive functioning was assessed with the WPPSI-IV, and executive function with the Head-Toes-Knees-Shoulders Task. Parents completed a questionnaire regarding children's home activities and attitudes toward reading, math, and play. In Study 1, children played longer and were more engaged with loose parts than control toys. In Study 2, parental involvement increased playtime with loose parts, but engagement levels were not significantly different. Using hierarchical linear regression, we found cognitive abilities significantly predicted engagement (14% variance,  $F(1, 95)$*

= 15.16,  $p < .001$ ). Parental involvement increased the explained variance to 22%,  $F(2, 94) = 13.31$ ,  $p < .001$ ,  $\Delta R^2 = .083$ ,  $p = .002$ . Higher cognitive functioning correlated with greater engagement, while parental involvement in the session was linked to reduced engagement. Our findings highlight how to support children in quality play while considering the interplay between cognitive and social factors.

**Section:** Developmental Psychology

**Session ID:** 113898 - 12-Minute Talk

### *Investigating Empathy Dysfunctions in Co-occurring Psychopathy and Substance Use Disorders*

**Main Presenting Author:** Picco, Corina

**Additional Author:** Shane, Matthew

**Abstract:** *BACKGROUND.* Substance use disorders (SUDs) and psychopathy are externalizing disorders characterized by empathy deficits. While SUDs show deficits in both cognitive and affective empathy, psychopathy primarily impacts affective empathy. Comorbid presentations are prevalent, particularly in justice-involved populations, yet limited research has isolated the unique and shared effects of these disorders on empathy. *METHODS.* This study analyzed data from 142 probationers/parolees. Psychopathic traits were assessed using the PCL-R, substance use via the ASI-X and SCID, and empathy with the IRI. Hierarchical regressions examined the predictive effects of substance use and psychopathy on cognitive and affective empathy, controlling for age. *RESULTS.* Substance use significantly predicted reductions in cognitive empathy but had no impact on affective empathy. Psychopathy scores did not predict deficits in either empathy domain. Interaction effects between substance use and psychopathy were also non-significant, indicating independent rather than synergistic influences. *CONCLUSIONS.* Cognitive empathy deficits appear more attributable to substance use than psychopathy, while affective empathy remains unaffected by either factor in this sample. *IMPACT.* These findings highlight the need for targeted interventions addresses cognitive empathy in substance-using populations.

**Section:** Clinical Psychology

**Session ID:** 112535 - 12-Minute Talk

### *On the cognitive science of statistical measures*

**Main Presenting Author:** Rao, V.N. Vimal

**Abstract:** "Dont say statistically significant" -- so recommends Wasserstein et al. (2019). They envision a world "beyond  $p < .05$ ", where statistical measures are not interpreted based on an arbitrary categorization. Yet, categorization is a natural cognitive process, perhaps inevitable. Furthermore, repeated application of categorical cognition can alter the way we see the world. In a series of cognitive psychological experiments, we investigated the initial numerical processing of  $p$ -values as stimuli in emerging scientists in the psychological sciences, comparing their response patterns to those of statistically untrained individuals. We repeatedly find a psychologically real boundary at .05 in the initial information processing of the numerical value of  $p$ -values in those with statistical training. This extends into encoding and retrieval of  $p$ -values. Furthermore, we find evidence of boundary effects in the interpretation of effect sizes, another common statistical measure. These results show that (1) the effects of the historical categorical interpretation of  $p$ -values are not so

easily erased, and (2) ensuring that a problem such as the  $p$ -value controversy does not recur will at least partially require a cognitive solution -- explaining  $p$ -values clearer or switching to other measures will not solve the underlying problems on their own.

**Section:** Brain and Cognitive Science  
**Session ID:** 111560 - 12-Minute Talk

### *Parental Influences on Young Children's Science, Technology, Engineering, and Mathematics Play Behaviours*

**Main Presenting Author:** Taylor, Keirsten AA

**Additional Author:** Cankaya, Ozlem

*Abstract: Loose parts, such as acorns and sticks, have been shown to encourage STEM behaviours, including questioning, investigation, designing, divergent thinking and problem-solving. As facilitators of play, parents shape children's early play experiences. However, limited research examines how children's STEM behaviours are influenced by play materials and partners, particularly parents. Seventy-six parent-child dyads (children aged 40–78 months,  $M = 55$ ,  $SD = 10$ ) were randomly assigned to either a loose parts play or puzzle task (control). Play sessions were videotaped and coded for engagement and STEM behaviours. Parents completed a questionnaire on attitudes toward play, education, and demographics. Regression analysis indicated parental engagement significantly predicted children's STEM behaviours during the puzzle task (11% variance,  $F(1,36) = 4.63$ ,  $p = .038$ ), but not during the loose parts task. Parents asking questions about play significantly predicted children's STEM behaviours in the loose parts task (17% variance,  $F(1,36) = 7.62$ ,  $p = .011$ ) and the puzzle task (26% variance,  $F(1,36) = 12.41$ ,  $p = .001$ ). Higher cognitive functioning correlated with greater child STEM behaviours during the puzzle task but not during the loose parts task. This study explores how parents and play materials can influence STEM behaviours, offering insights for optimizing early learning environments.*

**Section:** Developmental Psychology  
**Session ID:** 113938 - 12-Minute Talk

### *The Basal Ganglia as a Neural Marker of First Onset Internalizing Disorder in High-Risk Youth*

**Main Presenting Author:** Pawlak, McKinley R

**Additional Authors:** Bray, Signe ; Kopala-Sibley, Daniel C

*Abstract: Research has linked changes in resting state functional connectivity (RSFC) and structure of the basal ganglia to internalizing disorders, but little research has examined if these changes are pre-morbid risk factors. This study examined RSFC and grey matter volume of the basal ganglia as risk factors for the first lifetime onset of an internalizing disorder in youth at familial risk. Participants were adolescents with a parent with a history of internalizing disorders, but with no history themselves. Youth completed structural MRI scans, and resting state fMRI scans, as well as the MINI-Kid and the Youth Self Report internalizing symptoms scale at baseline. The MINI-Kid was completed again at 9- or 18-month follow-up for 99 participants to assess onset of internalizing disorders. Analyses consisted of a multiple regression model controlling for sex, age, and baseline symptoms.*

*Decreased RSFC between the putamen and cingulate gyrus ( $_p\_FDR = .02$ ) and the pallidum and precentral gyrus ( $_p\_FDR = .03$ ) at baseline predicted first onsets at follow-up. Decreased volume of the putamen and pallidum also predicted first onsets of internalizing disorders, although not after controlling for baseline symptoms. Alterations of these regions may represent a neural pre-morbid risk factor for internalizing disorders. This has implications for early interventions and prevention of these disorders.*

**Section:** Brain and Cognitive Science

**Session ID:** 112797 - 12-Minute Talk

*The relationship between the tendency for interpersonal victimhood (TIV) and interpersonal stress and trauma: Findings from daily diary and online survey studies*

**Main Presenting Author:** MacIsaac, Angela

**Additional Authors:** Charlton, Jaidyn K; Bedard, Theresia; McQueen, Mackenzie; Chambers, Lori; Visser, Beth; Mushquash, Aislin R

*Abstract: The tendency for interpersonal victimhood (TIV) is a disposition characterized by often feeling slighted or hurt across relationships, ruminating on such offenses, and anticipating unfair treatment. There is a dearth of research, however, on the relationship between TIV and real-word experience and perception of interpersonal events. To fill this gap, in our first study, 450 participants completed a two-week daily diary study measuring interpersonal stress and rumination to evaluate whether TIV is associated with more frequent everyday interpersonal stress and/or biased recall of it. In a second study, participants completed self-report measures to examine relationships between TIV, history of early childhood maltreatment and lifetime interpersonal trauma, and PTSD-related cognitions. Finally, to examine whether TIV is related to how people conceptualize trauma, participants completed a written event classification task. Data analysis is currently underway using methods such as structural equation modeling and multilevel modeling across studies. Overall, findings will speak to whether TIV is based in high frequency of interpersonal adversity, maladaptive perceptions of and responses to adversity, or both, which can guide the appropriate level of intervention (e.g., reframing perceptions of events versus preventing and treating trauma and its responses).*

**Section:** Social and Personality Psychology

**Session ID:** 113285 - 12-Minute Talk

*The Structure of Psychedelic Phenomenology: An Interpretive Phenomenological Analysis of 1,450 Psilocybin Narrative Experiences*

**Main Presenting Author:** Richard, Jérémie

**Additional Authors:** Sepeda, Nathan ; Garcia-Romeu, Albert; Rubin, Sofia; Nayak, Sandeep

*Abstract: BACKGROUND: Psilocybin, a serotonin 2A (5HT2A) receptor agonist, can produce intense acute changes in perception, affect, and cognition. To date, large-scale qualitative analyses of psychedelic experiences remain limited, with additional research needed to better understand the temporal and experiential phenomenological features of these experiences. METHOD: Participants*

were recruited to participate in a prospective longitudinal study yielding approximately 1,450 narrative accounts describing naturalistic psilocybin use. Participants were provided with the open-ended prompt: "Please provide a brief narrative of your experience". An interpretive phenomenological analysis of these accounts was conducted by two independent reviewers following established guidelines for qualitative analysis. **RESULTS:** A common temporal and hierarchically organized experiential structure to psilocybin-induced psychedelic experiences was identified including the following themes: 1) changes in perception and sensation, 2) changes in affect or feeling, 3) alterations in cognitions and appraisals, and 4) imaginal and spiritual experiences. **CONCLUSIONS and ACTION:** The presence of a structure of psychedelic experiences with similarities to transtheoretical models of emotional experiences provides insights into the psychological mechanisms of action for the clinical use of psychedelics.

**Section:** Psychopharmacology

**Session ID:** 111371 - 12-Minute Talk

## Printed Poster

### *A Misinformation Situation: How Emotion and Anxiety Affect Susceptibility to the Misinformation Effect*

**Main Presenting Author:** Larsen, Sophie O

*Abstract: The misinformation effect occurs when an individual is exposed to false or misleading information after an event has been witnessed, which then impacts the way that individual remembers the event. The present study examined 267 participants on their susceptibility to misinformation for specific emotional images and investigated whether anxiety and neuroticism are related to an individual's susceptibility to misinformation. High valence, high arousal (positive); high valence, low arousal (calm); neutral; low valence, low arousal (sad); and high arousal, low valence (negative) image categories were used. The results revealed that the general valence of emotion of an image did not have an effect on misinformation accepted; however, there was a significant main effect of the specific valence of the emotion of the image an individual was exposed to and the amount of misinformation accepted; analyses indicated that the sad emotion category accepted the most misinformation. Anxiety did not have a significant effect on misinformation acceptance, but did have an effect on accuracy. Finally, neuroticism did not have an effect on misinformation acceptance or overall accuracy. These findings align with previous research and add to the growing body of work focusing on how malleable human memory is and has implications in the legal field.*

**Section:** Brain and Cognitive Science

**Session ID:** 112638 - Printed Poster

### *A Multidimensional perspective of Attention-Deficit/Hyperactivity Disorder*

**Main Presenting Author:** Jolin, Amy

**Additional Authors:** Ghaleb, Christina ; Hai, Tasmia

*Abstract: BACKGROUND: ADHD is a common neurodevelopmental disorder affecting 5-9% of Canadian children. While biological, cognitive, and social factors of ADHD are often studied separately, fewer studies integrate these dimensions using the Biopsychosocial Framework for Health. METHODS: This secondary analysis used open data from Cardinale et al., including children aged 8–*

18, both typically developing and with ADHD diagnoses. Psychological data were derived from a continuous performance task and a stop signal task, while social factors were measured using the Conner's Comprehensive Behavior Rating Scales–Parent (CRBS-P), data were analyzed using FreeSurfer to assess cortical thickness. RESULTS: Preliminary analyses revealed group differences in cognitive tasks. Further results will CRBS-P incorporate cortical thickness and CRBS scores. IMPACT: This multidimensional approach provides a more comprehensive understanding of ADHD, highlighting the interplay of biological, psychological, and social factors to inform personalized diagnosis, intervention, and treatment strategies for children with ADHD.

**Section:** Educational and School Psychology

**Session ID:** 113108 - Printed Poster

### *A Neurovisceral Integration Approach to Preschool Children's Go/No-go Performance*

**Main Presenting Author:** Pomrenke, Jasmine

**Additional Authors:** Giuliano, Ryan ; Soleyman Nejad, Mohammad

Abstract: The neurovisceral integration theory examines relationships between cardiac activity, the ability to engage in response inhibition, and event-related potentials (ERPs). There is a gap in the literature relating behavioural measures of response inhibition tasks, high-frequency heart-rate variability (HF-HRV), and ERPs, such as the N2, P3, ERN, and Pe, in a pediatric sample. A secondary data analysis will be conducted by analyzing a precollected dataset and calculating correlations between HF-HRV, response inhibition measures, and neurophysiological measures, examining both internal consistency and heart-brain-behaviour correlations. Response inhibition will be measured using reaction time variability and accuracy, brain activity with ERPs, and cardiac activity with electrocardiogram (ECG). Two-tailed t-tests will be used to calculate split-half reliability of ERPs within preschool children engaging in a child-friendly Go/No-go task as well as correlations between reaction time variability and accuracy, HF-HRV, and the N2, P3, ERN, and Pe waveforms. Results and data analyses will be obtained by the end of April 2025. Using individualized measures of HF-HRV and evaluating the internal consistency of ERPs will assist in clinical and developmental research to quantify stability of higher-order cognitive function in pediatric samples and allow for more rigorous comparisons.

**Section:** Brain and Cognitive Science

**Session ID:** 110662 - Printed Poster

### *A Systematic Review of Inter-Rater Correspondence in Executive Function Ratings of Youth*

**Main Presenting Author:** Penner-Goeke, Lara

**Additional Author:** Theule, Jen

Abstract: Executive functions (EF) are cognitive processes critical for purposeful, goal-directed behaviour, including planning and problem-solving. While many EF assessments rely on laboratory or computer-based tasks, these methods often lack ecological validity compared to behavioural ratings provided by parents, teachers, and self-reports from youth. Prior research highlights limited

agreement between these raters, but the overall extent of inter-rater correspondence in EF ratings has yet to be systematically examined. A systematic literature review will identify studies of children aged 5-18 reporting correspondence in EF ratings among mother-father, parent-teacher, parent-youth, or teacher-youth dyads. Studies will be coded for the level of correspondence in ratings and other relevant characteristics, such as measures used, sample characteristics, and year of publication. The review will synthesize the degree of agreement among parents, teachers, and youth in behavioural ratings of EF. It will also amalgamate the characteristics and trends of studies on EF inter-rater correspondence. Findings will inform best practices for assessing EF in clinical settings, ensuring more accurate and comprehensive evaluations of childhood EF.

**Section:** Educational and School Psychology

**Session ID:** 112484 - Printed Poster

*ADHD inattention and mind-wandering are longitudinally associated with cognitive disengagement syndrome*

**Main Presenting Author:** Arseneau, Jolyeve

**Additional Authors:** Registe, Pierre Philippe Wilson ; Plourde, Vickie

**Abstract:** Cognitive disengagement syndrome (CDS) is related to mind-wandering (MW) and attention-deficit/hyperactivity disorder (ADHD), but their longitudinal associations are unknown. The objective was to examine longitudinal associations between ADHD, MW, and CDS at 3-month intervals. Participants were 42 university students ( $M_{age} = 19.7$ ,  $SD = 1.5$ ; 38 females) recruited at the first measurement time. Among those, two-thirds ( $n = 28$ ;  $M_{age} = 19.5$ ,  $SD = 1.3$ ; 26 females) participated in the second measurement time 3 months after without intervention in the waiting period. Participants filled in at both times these questionnaires via Qualtrics: the Adult ADHD Self-Report Scale (ASRS-v1.1), the Mind Wandering Questionnaire (MWQ), and the Adult Concentration Inventory (ACI). Linear mixed methods analysis revealed that, taken together and using a stepwise approach, only inattention (0.21, 95% CI [0.004, 0.42]),  $p = .046$  and MW (0.85, 95% CI [0.60, 1.11],  $p$  = .

**Section:** Clinical Psychology

**Session ID:** 113000 - Printed Poster

*Autonomic dysregulation in major depressive disorder during increasing cognitive load*

**Main Presenting Author:** Stewart, Chloe A

**Additional Authors:** Wood-Ross, Chelsea A; Woolridge, Stephanie; Bowie, Christopher

**Abstract:** Autonomic dysregulation has been observed in major depressive disorder (MDD), often via cardiac variables such as interbeat interval (IBI), the time between successive heartbeats. Literature suggests a correlation between autonomic dysregulation and cognitive dysfunction, a common MDD symptom. We hypothesized that individuals with MDD would perform worse than controls on the cognitive task, would display autonomic dysregulation with increasing task difficulty, and that autonomic dysregulation would be associated with poorer cognitive performance. 64 individuals with MDD and 26 controls completed an N-back task under low, moderate, and high cognitive load while

continuous electrocardiogram recordings were taken. An ANOVA found that individuals with MDD performed worse than controls on the N-back,  $p=.010$ . A linear mixed-effects model found an interaction of difficulty and diagnosis on IBI,  $p=.004$ . Post hoc tests found a significant effect of task difficulty on IBI for the controls,  $p$

**Section:** Clinical Psychology

**Session ID:** 113139 - Printed Poster

### *Can the serial position effect identify people at-risk for developing dementia? Findings from the Canadian Longitudinal Study on Aging*

**Main Presenting Author:** Marinou, Sofia

**Additional Author:** Phillips, Natalie

**Abstract:** Subjective Cognitive Decline (SCD) is understood as a self-perceived decline in cognition without evidence of objective cognitive impairment. It is considered a potential predictor of Alzheimer's Disease (AD), however, due to the subtle cognitive changes in people with SCD, assessments of cognitive decline in this population are challenging. Nonetheless, the serial position effect (SPE) shows promise as a sensitive measure for capturing these subtle changes. Using data from the Canadian Longitudinal Study on Aging (CLSA), a 20-year national study following 50,000 Canadians aged 45–85 at baseline, we examined differences in the SPE among older adults with and without SCD. Preliminary analyses comparing primacy recall between groups revealed a significant effect of SCD status on primacy recall,  $F(2,22537) = 20.29$ ,  $p < .001$ ,  $\eta^2 = .002$ , wherein those with SCD had lower primacy recall compared to healthy controls ( $p < .001$ ). This suggests that the SPE could help differentiate individuals with SCD and, thus, identify those at higher risk of developing AD before the emergence of clinical symptoms. Through the evaluation of longitudinal SPE patterns in older adults with and without SCD, our research will also examine the stability of the SPE over time. Ultimately, this work will improve the early detection of cognitive decline in this population.

**Section:** Brain and Cognitive Science

**Session ID:** 112043 - Printed Poster

### *Cascading Effect of Maternal ACEs on Child Development: The impact on socioemotional and neurocognitive functioning*

**Main Presenting Author:** Rodriguez, Cludia

**Additional Authors:** Finegold, Katherine ; Wade, Mark

**Abstract:** Adverse childhood experiences (ACEs) have an extensive impact past the individual who experiences the adversity. There is well-documented evidence of the intergenerational transmission of adversity spanning children's neurodevelopmental and socioemotional outcomes. The current study utilizes Ontario Birth Study longitudinal data from mothers ( $n = 2002$ ) and their children, including prenatal and postpartum questionnaires on maternal ACEs (ACEs Questionnaire), depression (PHQ-2, EPDS), anxiety symptoms (GAD-2, STAI), and screeners for child neurodevelopment at 24 months (ASQ-3 and MCHAT-R) and performance-based measures of children's cognitive abilities (NIH Toolbox Early Childhood Cognition Battery) and emotional well-being (NIH Toolbox Parent Proxy Emotional Battery) at 54 months. We will employ a multiple linear regression to assess the hypothesis

that an increased number of maternal ACEs are associated with more neurodevelopmental problems and lower socioemotional and neurocognitive functioning in children. This study will provide a novel contribution of the cascading intergenerational effect of maternal ACEs on child development outcomes.

**Section:** Developmental Psychology

**Session ID:** 113545 - Printed Poster

### *Childhood Maltreatment as a Moderator of the Relation Between Major Stressful Life Events and Time to Depression Onset*

**Main Presenting Author:** Armstrong, Grace

*Abstract: Major Depressive Disorder (MDD) is associated with harmful health and economic consequences, highlighting the need to investigate the predictive factors of MDD to develop preventative treatments (Lye et al., 2020). Major Stressful Life Events (MSLE) are a robust predictor of MDD (Hicks et al., 2022). Yet, not all individuals who experience stressful life events will experience depressive episodes. A history of childhood maltreatment has been shown to strengthen the relation between MSLE and the episode onset, suggesting its role as a moderator (Harkness et al., 2006). The goal of the current study is to replicate the moderating effects of childhood maltreatment on the relation between stressful life events and time to onset and to examine the differential moderating roles of maltreatment types (e.g., emotional, physical and sexual abuse). The study used archival data from 31 participants for the Canadian Biomarker Integration Network in Depression (CAN-BIND 16) study. Participants completed retrospective interviews inquiring about their MDD symptoms, MSLE, and childhood maltreatment. A survival analysis revealed that emotional abuse significantly predicted a shorter time to episode onset. No other significant findings were found. Future research and prevention efforts should investigate the mechanisms underlying the relation between emotional maltreatment and MDD.*

**Section:** Clinical Psychology

**Session ID:** 111720 - Printed Poster

### *Cognitive Self-Regulation and Stress, Depression, and Anxiety in University Students*

**Main Presenting Author:** Wallace, Alannah

**Additional Author:** Handy, Todd

*Abstract: University students manage various tasks that place a high demand on the executive system (studying, completing assignments). To help manage these demands, students may deploy methods of coping such as the use of self-regulatory strategies (use of planner, organizational systems, study techniques). Levels of stress, depression, and anxiety may influence the effective use of these self-regulatory strategies. The present survey study explores the relationship between factors such as stress, depression, anxiety, attention, executive function, and self-regulatory behaviours (100 students,  $m\_age = 21$  years, 55% female). Relationships were found between higher daily levels of stress, anxiety, and depression and increased executive dysfunction, academic anxiety, and symptoms of attention-deficit/hyperactivity disorder as well as decreased levels of concentration, motivation, and some types of academic strategy use (selecting main ideas, reward, testing strategies, time*

management, and resource use). These results suggest a relationship between mental health and maintaining coping mechanisms aimed at improving academic function. Understanding factors that influence self-regulatory use of study strategies is essential in helping students develop effective coping mechanisms and improving academic outcomes.

**Section:** Brain and Cognitive Science

**Session ID:** 113860 - Printed Poster

### *Comparing Executive Function in Children With Epilepsy and Typically Developing Peers: A Meta-Analysis of BRIEF Scores*

**Main Presenting Author:** Johnston, Kiera

**Additional Authors:** Bailey, Kathie ; Im-Bolter, Nancie

**Abstract:** Epilepsy, a heterogeneous neurological disorder characterized by bursts of abnormal brain activity (Plioplys et al., 2007), impacts about 1% of children (Aaberg et al., 2017). Evidence is mixed regarding the impact of epilepsy on children's executive function (EF; Breuillard et al., 2019; MacAllister et al., 2012). Thus, we conducted a systematic review and meta-analysis of studies ( $k = 11$ ) that used self- or parent-reports of EF behaviors (the Behavioural Rating Inventory of Executive function) in everyday environments (e.g., school, home) to examine differences in EF between children with epilepsy and controls. Results indicated a significant large effect size for parent reports of general executive control (Hedges  $g = -0.92$ ) and metacognition ( $g = -0.82$ ) in children with epilepsy indicating worse EF in the epilepsy group compared to the control group. There were moderate effects for both self-reported general executive control ( $g = -0.59$ ) and parental reports of behaviour ( $g = -0.72$ ), further indicating worse EF in children with epilepsy compared to controls. These results clarify the current understanding of epilepsy and EF and suggest that intervention targeting executive function is needed for children with epilepsy.

**Section:** Developmental Psychology

**Session ID:** 113769 - Printed Poster

### *Covariation between emotion regulation, symptoms of stress, and sleep quality across time during participation in stress management intervention*

**Main Presenting Author:** Mostad, Erik

**Additional Authors:** Wallack, Elizabeth ; Eagle, David E.; Garland, N. Sheila; Proeschold-Bell, Rae Jean; Tice, Logan C.; Rash, Joshua A.

**Abstract:** BACKGROUND: Secondary data analysis of the Selah trial, a partially-randomized, waitlist-controlled preference trial evaluating the effects of 1 of 3 12-week(w) stress-management interventions (spiritual, cognitive-behavioral, or mindfulness). METHODS: 218 participants completed surveys at pre-intervention (0-w), post-intervention (12-w), and follow-up (24-w), including measures of symptoms (SX) of stress, emotion regulation and sleep quality. A random-intercept crossed-lag panel model (RI-CLPM) was used to evaluate trait and state relationships over time. RESULTS: Improvement was observed in SX of stress, emotion regulation, and sleep quality. There was good model fit,  $TLI=0.990$ ,  $RMSEA=0.038$ . At the trait level, there was a direct association between SX of stress and sleep quality,  $\beta=0.114$ ,  $p=0.015$ . There was no trait-level association

*between SX of stress and emotion regulation,  $\beta = -0.002$ ,  $p = 0.820$ , nor emotion regulation and sleep quality,  $\beta = -0.003$ ,  $p = 0.622$ . At the state-level, SX of stress predicted emotion regulation,  $\beta = 0.048$ ,  $p = 0.012$ , and vice versa,  $\beta = 2.679$ ,  $p = 0.007$ . IMPACTS: Association between dispositional sleep quality and SX of stress may denote connected underlying processes believed to drive stress and sleep. Modifying SX of stress or emotion regulation results in concurrent improvement in one another.*

**Section:** Health Psychology and Behavioural Medicine

**Session ID:** 112051 - Printed Poster

### *Did That Smile Reach the Eyes? The Effects of Autism Traits on the Judgement of Variations of Smiles*

**Main Presenting Author:** Comeau, Ellène

**Additional Authors:** Gallant, Adèle ; Roy-Charland, Annie

*Abstract: Authentic smiles often include the activation of the orbicularis oculi (Duchenne Marker) and tend to be more symmetrical. Previous work revealed that individuals with autism spectrum disorder (ASD) showed reduced attention to the eyes, leading to reduced accuracy in smile judgement. However, it remains unclear if difficulties are present for individuals with traits along the autism spectrum. This study aimed to assess the role of autism traits on smile judgment in the general population while using more controlled stimuli than previous work. Participants ( $N=125$ ) judged the authenticity of three types of smiles (symmetric Duchenne, symmetric non-Duchenne, and asymmetric Duchenne) and completed the Autism-Spectrum Quotient (AQ) questionnaire. The symmetric Duchenne smiles were judged as happier than the other smiles, and the asymmetric Duchenne was judged as happier than the symmetric non-Duchenne. Accuracy was highest for the symmetric Duchenne smile, followed by the symmetric non-Duchenne and lowest for the asymmetric Duchenne. Results showed no effects of reaction times. More importantly, AQ scores did not interact with the type of smile on any of the dependent variables measured. This study shows that the results found in previous literature on smile judgments associated with ASD may not translate to traits of autism.*

**Section:** Brain and Cognitive Science

**Session ID:** 112340 - Printed Poster

### *Différences sexuelles dans le développement des fonctions exécutives : Une étude longitudinale de l'inhibition, de la mémoire de travail et de la flexibilité cognitive de 9 à 14 ans.*

**Main Presenting Author:** Côté, Marie-Pier

**Additional Authors:** Bernier, Annie ; Matte-Gagné, Célia

*Abstract: Les fonctions exécutives (FE) regroupent des processus cognitifs essentiels à la régulation des pensées, des comportements et des émotions. Bien que les différences entre garçons et filles sur le plan des FE à des âges spécifiques aient été explorées, les différences sexuelles dans le développement des FE au cours des années, particulièrement de l'enfance à l'adolescence, sont peu étudiées. Cette étude longitudinale vise à examiner les différences sexuelles dans les courbes de croissance de linhibition, de la mémoire de travail et de la flexibilité cognitive de l'âge de 9 à 14 ans. Les FE ont été évaluées à l'aide de tâches expérimentales auprès de 177 enfants au T1 ( $8,76$  ans  $\pm 0,33$ ), avec des*

mesures répétées sur cinq ans. Pour la mémoire de travail, aucune différence significative liée au sexe n'a été observée. En revanche, pour l'inhibition et la flexibilité cognitive, des différences ont été observées : les filles faisaient initialement moins d'erreurs que les garçons avec 1,77 de moins pour l'inhibition et 1,04 pour la flexibilité cognitive. Ces écarts se sont maintenus de manière stable au fil du temps, sans interaction entre le sexe et les courbes de croissance. Ces résultats indiquent que les filles tendent à présenter des avantages initiaux en matière d'inhibition et de flexibilité cognitive, avantages qui perdurent tout au long de la période étudiée.

**Section:** Developmental Psychology

**Session ID:** 111944 - Printed Poster

### *Does a Wearable Technology Biofeedback Intervention Affect Resting Brain Electrophysiology?*

**Main Presenting Author:** Turner, Hayley R

**Additional Authors:** Sitka, Madissen ; Barscello, Jena G; Roos, E Leslie; Giuliano, Ryan J

*Abstract: Given the psychological and neurobiological effects of stress, interventions that mitigate these impacts are needed. Biofeedback, which teaches individuals how to gain greater control over physiological processes, may be one such intervention. Yet, how biofeedback affects the brain, particularly brain electrophysiology, remains unclear. This study aims to clarify whether a wearable technology biofeedback intervention affects resting electroencephalography (EEG) outcomes. All participants ( $n = 40$ ) will receive a Fitbit smartwatch for an 8-week period and be randomized to a biofeedback or control group. Pre- and post-intervention EEG data will be collected to characterize how changes in EEG bandwidths at rest might be sensitive to treatment (e.g., biofeedback), including measures such as frontal alpha asymmetry and theta-beta ratio. Pearson's correlation analyses and mixed modelling will be used to identify differences in EEG outcomes. Data collection and analysis will be complete by early spring. We expect changes in EEG measures to occur in the biofeedback group, reflective of enhanced self- and physiological-regulation. This study will provide insight into how biofeedback, and learning ways to manage stress, affects brain electrophysiology. Ultimately, it may promote future interventions aimed at mitigating the effects of stress on the brain, especially beyond the laboratory.*

**Section:** Brain and Cognitive Science

**Session ID:** 112061 - Printed Poster

### *Effects of Menstrual Phase and Estradiol on Rumination after Social Rejection*

**Main Presenting Author:** Sander, Bethany J

**Additional Authors:** Preston, Duncan ; Gordon, Jennifer L

*Abstract: BACKGROUND: Past research suggests that estradiol (E2) impacts mood, but the underlying mechanisms are unclear. The current study examined one potential mechanism – rumination in response to social rejection. METHODS: 28 reproductive-aged women completed the Cyberball social rejection task followed by a measure of rumination (Brief State Rumination Inventory) in both the early (EF; low E2) and late (LF; high E2) follicular menstrual phases. Affect (Positive and Negative Affect Schedule – Extended), state self-esteem (Current Thoughts Scale), and salivary E2 were assessed during each phase. RESULTS: Multilevel models revealed that the EF*

phase predicted lower positive affect ( $p = .010$ ) and self-esteem ( $p = .001$ ) as well as higher negative affect ( $p = .025$ ). E2 only predicted lower negative affect ( $p = .011$ ), but there was a trend for E2 predicting better self-esteem on the performance subscale ( $p = .057$ ). E2 significantly predicted lower post-rejection rumination ( $p = .002$ ), and there was a near-significant effect for the LF phase predicting lower rumination ( $p = .055$ ). Pearson correlations indicated that the decrease in post-rejection rumination from the EF to LF phase was correlated with an increase in performance-related self-esteem ( $r = .39$ ,  $p = .049$ ). CONCLUSION: This is the first study to suggest that low E2 may negatively impact self-esteem by increasing social rejection sensitivity.

**Section:** Women and Psychology

**Session ID:** 113120 - Printed Poster

### *Every Four-Legged Animal is Indeed a Dog: Investigating Concussive Symptoms in a Non-Concussed Psychiatric Sample*

**Main Presenting Author:** Abrar, Kaynaat

**Additional Authors:** Goldstein, Brianna M; Frank, Jeremy; Zakzanis, K Konstantine

Abstract: In the post-acute stages of an uncomplicated mild traumatic brain injury (mTBI), many individuals report persistent physical, cognitive, and psychological deficits, including dizziness, fatigue, poor memory, and headaches (Boake et al., 2005). These symptoms, when lasting over 3 months, form the basis of post-concussion syndrome (PCS) (Bigler, 2008). Archival data from 140 participants with various psychiatric disorders, in the context of a medical-legal evaluation at the request of both defense and plaintiff, were analyzed. Participants completed the Rivermead Concussion Questionnaire along with various psychometric tests of psychopathology, with symptom validity indexes. No participant with non-credible test findings was included in the study. Various inferential statistics will be employed to examine differences between groups in terms of overall Rivermead scores and specific symptoms, while controlling for multiple comparisons based on the number of groups and symptoms to be analyzed. We hypothesize that individuals with varying psychiatric diagnoses would endorse concussive symptoms with similar base rates to those who have suffered a concussion, and that significant differences in symptom clusters between psychiatric disorders would be found. Results will inform clinical practice so to negate future positive diagnoses of concussion in psychiatrically impaired individuals.

**Section:** Clinical Neuropsychology

**Session ID:** 112466 - Printed Poster

### *Examining associations between Cortical thickness and Self-Regulation skills in preschool children with attention/behaviour problems*

**Main Presenting Author:** Jolin, Amy

**Additional Author:** Hai, Tasmia

Abstract: BACKGROUND: ADHD affects 5–9% of Canadian school-aged children and often presents with early challenges in self-regulation prior to diagnosis. Self-regulation, essential for managing behaviours and emotions, is linked to cortical thickness in the anterior cingulate cortex (ACC), orbitofrontal cortex (OFC), and lateral prefrontal cortex (LPFC). While cortical thinning in these

regions is associated with ADHD in older children, its role in preschoolers remains unclear. **METHODS:** This study uses T1-weighted MRI analyzed with FreeSurfer to measure cortical thickness in the ACC, OFC, and LPFC in preschoolers (ages 4–6) with attention/behavioural challenges. Self-regulation will be assessed using the Snack-Delay Task and parent-reported tools. Multivariate analysis of variance and correlations will explore group differences and associations between cortical thickness and self-regulation. **RESULTS:** Preliminary findings are expected to reveal a negative correlation between cortical thickness and self-regulation. **IMPACT:** A deeper understanding of the relationship between behaviour and the brain.

**Section:** Brain and Cognitive Science

**Session ID:** 113078 - Printed Poster

### *Examining the Obsessive-Compulsive Trait of Incompleteness in Parents of Children with Autism*

**Main Presenting Author:** Hinchcliffe, Avery J

**Additional Authors:** Summerfeldt, Laura J; Parker, James

**Abstract:** Incompleteness (INC), an obsessive-compulsive trait, is present in autism spectrum disorders (ASD). Prior work establishes connections between obsessive-compulsive disorder (OCD) and ASD, but an in-depth analysis of trait INC in first degree relatives of ASD-diagnosed individuals is missing. The current study addressed this gap using data from a large sample of autism-affected families. 993 parents' scores on two measures, Autism-Spectrum Quotient (AQ) and Obsessive-Compulsive Core Dimensions Questionnaire, Trait Version (OC-CDQ-T), were analyzed with one sample t-tests and pearson correlations with an exploratory logistic regression and MANOVA. AQ scores were significantly higher than normative values. Highest scores were on measures of Attention Switching (AS) and Attention to Detail (AD), both of which have been found elevated in OCD, with both also strongly positively correlated with INC scores. Findings were moderated by gender and family type (one or multiple autism diagnoses in a family). Overall, traits of autism were high and correlated with INC, suggesting an underlying contribution of INC in autism-affected families. Results suggest future research should examine AS and AD more closely with INC. The presence of elevated symptoms and strong correlations between INC cognitive scores of AQ, suggests INC may be an endophenotype spanning multiple disorders.

**Section:** Clinical Psychology

**Session ID:** 111364 - Printed Poster

### *Examining Trait and State Variability in Neural and Cardiac Activity: A Covariance Perspective*

**Main Presenting Author:** Barscello, Jena G

**Additional Authors:** Sitka, Madissen ; Turner, Hayley R; Roos, E Leslie; Soleyman Nejad, Mohammad; Giuliano, Ryan J

**Abstract:** Despite theoretical models positioning coupled cardiac and neural functionality in regulating our health, there is scant evidence for concurrent relationships in cardiac and neural data. The neurovisceral integration model (Thayer and Lane, 2009) describes the interplay between neural

*and cardiac activity operating in self-regulation and adaptability to stress, particularly through changes in high-frequency heart rate variability (HRV). We will examine the extent to which HRV covaries with a common index of prefrontal neural activity implicated in affective states, frontal alpha asymmetry (FAA). Participants will have neural and cardiac data recorded during an 8-minute resting task at three timepoints. This longitudinal study, using multilevel modelling, will partial out state and trait variance in the neural-cardiac relationship, and identify contributors to state and trait variance in neural and cardiac data separately. We predict that independently, HRV and FAA will have a greater proportion of variance attributed to trait and state, respectively. While HRV-FAA covariance analyses are largely exploratory, previous literature suggests moments of heightened HRV will be associated with concurrent increases in leftward FAA, consistent with a positive emotional state. This study will extend knowledge on the neural-cardiac relationship, guiding stress-informed clinical applications.*

**Section:** Brain and Cognitive Science

**Session ID:** 113680 - Printed Poster

### *Exploring Anxiety-Related Beliefs in Introversion and Neuroticism*

**Main Presenting Author:** Jans, Syhdnae H

**Additional Authors:** Penney, Alexander M.; Styba-Nelson , Kevin A. E.

*Abstract: Previous studies have shown that neuroticism and introversion are related to anxiety disorders, as well as the dysfunctional beliefs that underly anxiety disorders. We examined the association between anxiety sensitivity (AS), intolerance of uncertainty (IU), and metacognitions about worry with neuroticism and introversion in two samples. The first sample was recruited online from across Canada ( $N = 624$ ), while the second sample was university students ( $N = 1020$ ). In both studies, participants completed online measures of demographic characteristics, the anxiety-related beliefs, and personality traits. Hierarchical multiple regression analyses were conducted to determine which beliefs had unique associations with neuroticism and introversion. Across both samples, when controlling for demographic variables and introversion, both prospective and inhibitory IU, as well as negative metacognitive beliefs about worry, were associated with neuroticism. Further, across both samples, when controlling for demographic variables and neuroticism, AS social concerns and inhibitory IU were associated with introversion. Surprisingly, negative metacognitive beliefs about worry and prospective IU were negatively associated with introversion. Clinical implications and future directions will be discussed.*

**Section:** Clinical Psychology

**Session ID:** 113005 - Printed Poster

### *Exploring the Relationship Between Cortical Thickness and Bilingualism*

**Main Presenting Author:** Saleemi, Somayya

**Additional Author:** Kousaei, Shanna

*Abstract: Bilingualism is associated with neuroanatomical adaptations, particularly in regions supporting language processing and executive functions. This study explores the relationship between bilingualism factors—age of acquisition, proficiency, usage, language entropy, and code-switching—and cortical thickness in French-English bilinguals aged 18 to 35. Structural MRI data from 50*

participants are being processed with FreeSurfer to extract cortical thickness metrics. Regions of interest include the inferior frontal gyrus, superior temporal gyrus, and parietal areas due to their established roles in language and cognitive control. The ongoing analysis employs multiple regression and correlation techniques to assess how different bilingualism factors relate to cortical thickness in these regions. By investigating the influence of individual bilingual experiences on brain structure, this study aims to uncover patterns of neural adaptation in young adult bilinguals. The findings will contribute to a growing body of research on the neuroanatomical correlates of bilingualism, with potential implications for understanding the cognitive and structural effects of managing multiple languages.

**Section:** Brain and Cognitive Science

**Session ID:** 112842 - Printed Poster

### *Exploring the Role of Self-Compassion in Adolescents' Emotional Reactivity*

**Main Presenting Author:** Maynard, Meghan L

**Additional Authors:** Zabin, Rakha ; Talwar, Victoria; Bosacki, Sandra

**Abstract:** Emotional reactivity (ER) predisposes individuals to challenges with emotional regulation and leads to increased vulnerability to mental health challenges. Understanding adolescents ER is essential for developing effective interventions. Compassion, self-compassion, and mind-mindedness are important constructs that may buffer against the negative impacts of high ER. This study aimed to illuminate potential pathways for intervention through exploration of the relationships among ER, compassion, self-compassion, and mind-mindedness. Preliminary findings indicated that self-compassion was negatively associated with ER among adolescents ( $r=-.515$ ,  $p$

**Section:** Brain and Cognitive Science

**Session ID:** 113842 - Printed Poster

### *Eye Tracking and Pupilometry in Bilingual Speech Perception in Noise*

**Main Presenting Author:** Sedemedes, Kalista Athanasia

**Additional Authors:** Chauvin, Alexandre ; Phillips, Natalie

**Abstract:** *Background:* Speech perception in noise is challenging in both a first (L1) and second language (L2). Visual speech cues (VSC) and sentence context facilitate perception. We used a) eye tracking to investigate whether bilinguals attend to the mouth of a speaker, and b) pupillometry as a measure of cognitive effort to examine individual differences in speech in noise perception. *Methods:* Younger (YA;  $N=12$ ) and older (OA;  $N=18$ ) English/French bilingual adults were presented with noise-masked sentences in L1 and L2, 50% with low context and 50% with moderate context in three modalities (auditory, visual, audiovisual). Participants identified the last word of each sentence while gaze and pupil dilation were recorded. *Results:* Participants were more accurate in L1 versus L2. Growth curve analyses show that participants look more at the speaker's mouth (YA > OA) and showed greater pupil dilation in L2 versus L1. VSC and context facilitated accuracy in both age groups. Participants had greater looking time and pupil dilation in visual versus audiovisual conditions. OA showed greater pupil dilation compared to YA. *Conclusions:* Participants benefit from VSC and context regardless of age, yet differ in their attention to visual cues and cognitive effort.

Action/Impact: This is a step in developing bilingual models of speech perception in noise that include various listener characteristics.

**Section:** Brain and Cognitive Science

**Session ID:** 113570 - Printed Poster

### *Health Related Quality of Life in Children with ADHD: Evaluating the Impact of a Game-Based Cognitive Intervention*

**Main Presenting Author:** Giakoumakis, Lily Y

**Additional Authors:** Chomistek, Tessa M; Sheehan, John; Macoun, J Sarah

**Abstract:** *Background:* Attention Deficit hyperactivity disorder (ADHD) can significantly impact health-related quality of life (HRQoL) due to deficits in attention and executive functioning (A/EF). Few cognitive interventions exist for this population, and HRQoL is seldom explored in interventions. *Methods:* The current study is part of a mixed-methods study evaluating the impacts of a novel parent-led, game-based cognitive intervention program titled Dino Island (DI) that aims to improve A/EF deficits in children. Children diagnosed or suspected to have ADHD ( $n=88$ ) were randomly assigned to either the DI intervention or waitlist group. Parents delivered DI sessions at home 3x/week for 6 weeks. Pre- and post-intervention assessments were conducted and included parent proxy HRQoL reports. *Results:* A two-way ANCOVA displayed a significant main effect of baseline scores on follow-up scores for wellbeing,  $F(1,85)=83.74, p$

**Section:** Clinical Neuropsychology

**Session ID:** 113289 - Printed Poster

### *Individual Differences in Mentalizing Skills Reveal Mechanisms of Language Processing*

**Main Presenting Author:** Corenblum, Hannah T

**Additional Author:** Pexman, Penny M

**Abstract:** An assumption of multidimensional semantic models is that meaning is retrieved through a simulation process. However, the mechanisms of simulation are not well understood. Mental state inferencing – the capacity to understand our own and others' mental states – has been proposed as a simulation mechanism, particularly for cognitive concepts (Keifer et al., 2022). We tested this proposal using an individual differences approach. Adult participants ( $n = 300$ ) completed three measures of mentalizing skills. They also completed two Syntactic Classification Tasks (SCT; is this word a verb or a noun?) to measure their semantic processing and test for the cognition effect (more cognitive words processed more efficiently than less cognitive words). We replicated the cognition effect, with high-cognition words eliciting faster responses than low-cognition words. Additionally, we found a significant interaction between one of the mentalizing measures (Reflective Functioning, RF) and the cognition effect. That is, participants with stronger mentalizing skills showed a larger cognition effect, mainly because they had faster responses to highly cognitive verbs. This relationship suggests that mentalizing may indeed serve as a mechanism for simulation in the process of deriving meaning from language.

**Section:** Brain and Cognitive Science

**Session ID:** 113154 - Printed Poster

### *Is there a link between the level of Education and the Age of Onset in Behavioral Variant of Frontal Lobar Dementia: A cognitive reserve analysis*

**Main Presenting Author:** Ahn, Sookkyung

**Additional Author:** Sepehry, Amir

**Abstract:** *BACKGROUND: Cognitive Reserve (CR) refers to the brain's ability to maintain cognitive function despite pathology, suggesting that cognitively stimulating activities like education can sustain cognitive performance as we age or develop diseases. This concept is well-studied in Alzheimer's Disease (AD), but less is known about its role in Frontotemporal Dementia (FTD), particularly the behavioural variant (bvFTD), which affects individuals aged 45-64 and is the third most common neurodegenerative disorder. Sporadic cases of bvFTD (those without a family history) are common (55-75%) as in AD (95%). The similarities in the proportion of sporadic cases between AD and bvFTD make bvFTD a useful comparison for studying environmental factors like education.*

*METHODS: This meta-analytic study examines existing bvFTD research data, using regression analysis, to explore the link between education and age of onset, considering moderating factors. We hypothesize that higher education delays the onset of bvFTD. RESULTS: We have found a significant relation between the level of education and age of onset [N=14 ( $n=1274$ );  $r = 0.66$ ;  $\beta = -0.47$ ;  $P\text{-value} = 0.01$ ] when weighing by sample size. CONCLUSION: These results suggest that individuals with lower educational attainment may benefit from earlier monitoring and intervention as a preventive strategy for bvFTD.*

**Section:** Clinical Neuropsychology

**Session ID:** 113030 - Printed Poster

### *More is Less: Surprising Outcomes of Multi-Domain Sibling Comparisons*

**Main Presenting Author:** Lentz, Bryan

**Additional Author:** Midgley, Claire

**Abstract:** *BACKGROUND: Siblings play an integral role throughout the lifespan; for instance, they often serve as a target to whom we compare ourselves, a process complicated by the qualities of the sibling relationship. However, adult sibling comparisons remain understudied. METHODS: The present analysis explored the relationship between sibling comparison domains and self-evaluations. Participants ( $N = 140$ ;  $M_{age} = 29.31$ ,  $SD = 8.35$ ; 54.3% women, 40% men, 5.7% other gender identification) described their own experience of an upward comparison and indicated the domains of the comparison. RESULTS: If participants indicated that their recalled comparison to their sibling spanned multiple domains, they reported feeling better about themselves compared to those who reported fewer domains. However, this was true only for participants who indicated making a comparison on parental approval/affection, romantic relationships, or sports/physical ability. For participants who compared in other domains, number of domains was negatively associated with self-evaluations. CONCLUSIONS: These results may indicate that outcomes of recalling a threatening upward comparison may be attenuated by simultaneously recalling an additional comparison – perhaps a downward comparison – in another domain. IMPACT: These results shed light on the complicated and understudied nature of adult sibling comparisons.*

**Section:** Social and Personality Psychology

**Session ID:** 113820 - Printed Poster

### *Retrieval-Induced Forgetting in ADHD: The Role of Cognitive Interference*

**Main Presenting Author:** Zhang, Liyoumei

**Additional Author:** Briere, Jennifer L

**Abstract:** *Retrieval-induced forgetting (RIF) occurs when retrieval of some information impairs recall of related, unretrieved competitor information. RIF is typically attributed to cognitive inhibition (INH) which argues that the activation of competitors is inhibited below baseline levels during retrieval (i.e., forgetting). RIF has been found in participants (Ps) with attention-deficit/hyperactivity disorder (ADHD), a group that struggles with inhibition. Cognitive interference (INT) can also explain RIF by suggesting that different types of interference simply block access to competitors (i.e., forgetting) rather than suppressing activation. Eliminating INT may thereby eliminate RIF. Whether Ps with ADHD demonstrate RIF from INH or INT has not been empirically examined thus this study evaluated the question using both a cued-recall task and a lexical decision making task (LDMT) Ps who had ADHD symptoms and those who did not. With cued-recall, both groups exhibited significant RIF ( $p <$*

**Section:** Brain and Cognitive Science

**Session ID:** 113396 - Printed Poster

### *The Blind Mind's Eye: Prevalence and Cognitive, Emotional, and Spatial Correlates of Aphantasia*

**Main Presenting Author:** Legge, Eric LG

**Additional Authors:** Kryska, Claire ; Madan, Christopher R

**Abstract:** *Aphantasia, defined as the inability to form voluntary visual mental imagery, is increasingly studied for its implications in autobiographical memory and emotional processing. Reported prevalence rates vary widely, from 0.7% to 15.3%, due to differing criteria and recruitment approaches. Given the importance of visual imagery in cognitive functions, this study aims to identify the prevalence and associated cognitive, affective, and spatial correlates of aphantasia in a Canadian undergraduate cohort. We surveyed over 2000 undergraduate students, identifying an aphantasia prevalence of 2% and a hyperphantasia (exceptionally strong mental imagery) prevalence of 8%. Notably, individuals with aphantasia exhibited a preference for spatial over object imagery (Object-Spatial Imagery Questionnaire, OSIQ), difficulties in emotion recognition (Glasgow Alexithymia Scale, GAFS-8), weak autobiographical memory (Survey of Autobiographical Memory, SAM-26), traits of autism (Autism Quotient, AQ-10), and impaired performance in mental rotation tasks (sMRT, hMRT). These findings highlight the high prevalence of aphantasia and underscore the need for further research to understand its clinical and therapeutic implications, such as whether guided imagery interventions could be adapted for individuals with this condition.*

**Section:** Brain and Cognitive Science

**Session ID:** 113667 - Printed Poster

## The impact of attentional and executive difficulties on daily life - A cross-sectional study using a mixed-method approach among university students

**Main Presenting Author:** Gagnon, Josée E

**Additional Authors:** Corriveau, Hélène ; Plourde, Vickie

**Abstract:** *BACKGROUND* A significant proportion of university students face attention challenges or attention deficit hyperactivity disorder, which can impact their daily life functioning. Yet, few studies have explored which aspects of their daily lives were most affected. This study aimed to explore university students daily functioning and attention-related difficulties. *METHODS* This study uses an exploratory sequential mixed-method design. Data was gathered for a larger-scale study offering ultra-brief cognitive-behavioral therapy on time management, prioritization, and organization. From 02/2024 to 04/2024, ten university students aged 19 to 24 participated in semi-structured interviews and completed the WEISS Functional Impairment Rating Scale (WFIRS-S). Quantitative and qualitative data were analyzed separately, and then integrated through a joint display. *RESULTS* Results from the WFIRS-S highlighted two domains, self-concept and life skills, with scores in the impaired functioning range. Qualitative data partially supports WFIRS-S results, with participants reporting difficulties with time management, procrastination, maintaining attention, prioritization, and impulsivity. *CONCLUSION* Procrastination and difficulties in daily functioning are impacting student well-being. *ACTION/IMPACT* Further research on self-concept could be done to evaluate how difficulties in other domains affect it.

**Section:** General Psychology

**Session ID:** 112327 - Printed Poster

## The Potential Impact of Reflecting on Decisions on Well-Being

**Main Presenting Author:** Bonnell, Haley

**Abstract:** Many Canadians struggle to achieve a happy and fulfilling life. While some interventions to improve wellbeing exist, many are focused on hedonic wellbeing (e.g., feeling happy) instead of eudaimonic wellbeing (e.g., personal growth). Focusing on one's decisions can potentially affect well-being. However, prior research has mostly studied regretful decisions that negatively affect well-being. The present research aims to examine the impact of reflecting on good decisions, as compared to other decision types, on hedonic and eudaimonic well-being. A sample of 310 Canadian undergraduates will be randomly assigned to one of three recall conditions (good, bad, or ordinary decision made). They will complete hedonic well-being measures of positive and negative affect, specific affective states, and life satisfaction, and eudaimonic measures, including self-expansion, as well as progress towards their ideal and ought selves. They will also complete manipulation checks and questions surrounding the characteristics of the decision reported (e.g., how long ago). Data collection is ongoing. The present research will shed light on whether good decisions show unique hedonic and eudaimonic well-being effects compared to ordinary and bad (i.e., regretful) decisions. Decision-making and well-being interventions will be discussed.

**Section:** Social and Personality Psychology

**Session ID:** 112571 - Printed Poster

## *The Production Effect is Larger for Low (as compared to High) Frequency Words: A Computational, Empirical, and Meta-analytic Investigation*

**Main Presenting Author:** Whitridge, Jедidiah W

**Additional Authors:** LaSaga, Madison S; Ensor, Tyler; Ozubko, D Jason; Fawcett, Jonathan M

**Abstract:** *BACKGROUND* It is well-known that producing a word at study improves its retention (*\_production effect\_*) and that uncommon words tend to be better recognized at test than common words (*\_word frequency effect\_*). Although the mechanisms underlying either effect have yet to be clearly identified, they share overlapping theoretical perspectives including an emphasis on distinctiveness and/or attentional allocation. Given the theoretical overlap between these literatures, it stands to reason that the effects would be expected to interact. However, the few extant studies investigating this hypothesis have argued against such an interaction. *METHODS* We used a combination of computational, empirical and meta-analytic methods - inclusive of both published and novel data - to address the relationship between production and word frequency. *RESULTS* Across our methodological approaches, results overwhelmingly supported the notion that the production effect is larger for low frequency words relative to high frequency words. *CONCLUSIONS* Our findings lend support to popular theoretical perspectives within both production and word frequency literature. Importantly, our study challenges previous findings suggesting that production and word frequency do not interact. *IMPACT* Broadly, this study furthers our understanding of the mechanisms by which we remember distinctive information.

**Section:** Brain and Cognitive Science

**Session ID:** 113870 - Printed Poster

## *The Relationship Between Academic Achievement, Tests of Executive Functioning, and Teaching Ratings of Executive Functioning Among Children with Prenatal Alcohol Exposure*

**Main Presenting Author:** Budhoo, Caelan D.E.

**Additional Authors:** Cheung, Kristene ; Doyle, Susan; Clayton, Kylee; Hanlon-Dearman, Ana; Unger, Jo Ann; Romaniuk, Alyssa

**Abstract:** Past research has found discrepancies between performance tests and teacher ratings of executive functioning (EF) skills among children with prenatal alcohol exposure (PAE) and Fetal Alcohol Spectrum Disorder (FASD) when using the Behavior Rating Inventory of Executive Function (BRIEF). This relationship has not been examined using the BRIEF2, and these discrepancies may reflect a child's challenges with academics rather than difficulties applying EF skills. The objective of this study was to examine the relationship between BRIEF2 teacher ratings, EF test scores, and academic achievement test scores among children with PAE. Charts of 74 children with PAE were included in this study (7–18 years of age; 61% male; 51% with a diagnosis of FASD). Three of twenty correlations between EF test scores and BRIEF2 ratings were significantly correlated. In contrast, several significant correlations emerged between academic achievement scores and (a) BRIEF2 ratings and (b) EF test scores. Overall, academic skills were more strongly related to both measures of EF than the different measures of EF were related to each other. The results suggest that clinicians should consider potential academic difficulties experienced by children with PAE and FASD when

*interpreting the results of BRIEF2 teacher ratings, especially when they demonstrate strong EF skills in the assessment setting.*

**Section:** Educational and School Psychology

**Session ID:** 111405 - Printed Poster

### **Trauma Across Generations: Effects of Parental Stress on Offspring Brain, Blood, and Behaviour**

**Main Presenting Author:** Grace, Mackenzie C

**Additional Authors:** Wiseman, Megan ; Coleman, Heather; Doody, Bella; Reid, Lily; Ryan, Katelyn; Dawson, Laura; Blundell, Jacqueline

*Abstract: The inheritance of stress is well-documented in descendants of trauma survivors. Laboratory rodent studies using cross-fostering suggest this is due to epigenetics rather than offspring environment. However, it is unclear if the parental stressor or the resulting parental anxiety produces this phenotype. Furthermore, the biological mechanism underlying intergenerational stress is unknown, though FKBP5 has been proposed as a promising biomarker. To assess this, we exposed male and female mice to either a rat (predator) or an empty chamber for 5 minutes. Following this, we observed their anxiety-like behaviour (ALB) and ranked them based on this. They were subsequently bred with a mate of the same ‘anxiety rank’ within their condition (stressed or control). Offspring were tested for ALB and depressive-like behaviours in adolescence. After reaching adulthood, all mice underwent a 2-minute rat exposure, repeated the ALB tests, and brains and blood were collected. Preliminary linear models suggest the interactions between parental stress, parental anxiety, and offspring sex impact offspring behaviour. Currently, ventral hippocampal FKBP5 levels and serum corticosterone levels are being analyzed. Ultimately, research into the mechanisms of intergenerational stress is paramount in understanding neurobiological conditions and how to prevent them within and across generations.*

**Section:** Brain and Cognitive Science

**Session ID:** 113398 - Printed Poster

### **Typing words embedded in compounds, pseudo-compounds, and nonwords.**

**Main Presenting Author:** Mustaklem, Rachel L

**Additional Authors:** Playford, Rachele ; Taikh, Alexander

*Abstract: According to interactive theories of typing, linguistic information influences accessing the to-be-typed word, planning, and executing the keystrokes. Consistent with interactive theories, Taikh et al. (2023) found that when typing compound words (highlight), the linguistic properties of the constituents (high and light), rather than those of the entire compound, influenced keystroke latencies. We further examine how typing an embedded word depends on the complex stimulus in which it is embedded. In Experiments 1 and 2, we show that typing an embedded word (arm) is faster when it is embedded in a compound (armpit) than a pseudo-compound (armour) than a nonword (armerv). In Experiments 3 and 4, we show that semantically priming the embedded pseudo-constituent (e.g., hand → armour) does not speed up typing of the embedded word. Our findings suggest that linguistic information influences keystroke latencies, and are thus consistent with interactive theories of typing. The embedded word (arm) is typed more quickly when it is easier to extract and access. However,*

*semantic information priming the embedded pseudo-constituent may be suppressed because it is inconsistent with the whole pseudo-compound word.*

**Section:** Brain and Cognitive Science

**Session ID:** 112853 - Printed Poster

***Understanding heterogeneity of mental health disorders following trauma:  
Differences in the nature and severity of mentalization disruptions across adult  
psychological disorders***

**Main Presenting Author:** Bordeleau, Florence

**Additional Authors:** Larouche, Karl ; Garon-Bissonnette, Julia; Drouin-Maziade, Christine; Gamache, Dominick; Lemieux, Roxanne; St-Laurent, Diane; Berthelot, Nicolas

**Abstract:** *BACKGROUND Trauma is a nonspecific risk factor for psychopathology and the psychological developmental factors that may orient progression toward one disorder or another are largely unknown. We hypothesized that the severity and nature of alterations in mentalization following trauma would contribute to shaping the risk trajectory toward different disorders. As a first test of this hypothesis, we compared mentalizing abilities (general and trauma-focused) across four groups of trauma-exposed pregnant women: without disorder, with possible anxiety/depressive disorder (ADD), with possible personality disorder (PD), and with possible posttraumatic stress disorder (PTSD). METHODS A sample of 373 participants completed self-report measures of childhood trauma (CTQ-28), mental health (K10; SIFS; PCL-5), general mentalization (RFQ), and disruptions in the mentalization of trauma (FMTQ). RESULTS ANCOVAs controlling for trauma severity, education, and age revealed no general mentalization deficits and only a few limited disruptions in mentalizing trauma in ADD participants, whereas severe mentalization impairments were observed in PD and PTSD participants. Some types of failure to mentalize trauma were specific to PD. CONCLUSION Future longitudinal studies are required to clarify the contribution of alterations in mentalization processes to the heterogeneity of outcomes after trauma.*

**Section:** Developmental Psychology

**Session ID:** 113051 - Printed Poster

***Understanding Pupillary Mechanisms of the Production Effect***

**Main Presenting Author:** Hu, Siyue

**Additional Authors:** Thoms, Cayley ; Willoughby, Hannah; Fawcett, Jonanthan; Whitridge, Jed

**Abstract:** *BACKGROUND/RATIONALE: The production effect (PE) refers to the memory advantage for words read aloud compared to silently. While distinctiveness is often cited as a key factor, the role of attention is less understood. This study examines how attention influences the PE, using pupil dilation as an indicator of mental effort. METHODS: Participants were asked to read words aloud or silently in a typical PE task but withhold responses until a "Go" signal was presented; however, on certain (catch) trials the signal was never presented, to evaluate the impact of production preparation on memory. Pupil diameter was measured throughout, and recognition memory was tested following study. RESULTS: Behavioral data confirmed the PE, showing better memory for aloud words, even in catch trials where no production occurred. Pupil dilation was greater during aloud trials, indicating*

greater mental effort. In catch trials, dilation increased when participants expected to speak, suggesting that anticipation also enhanced attention and memory. CONCLUSIONS: Results show that attention plays an important role in the PE, with anticipated speech leading to increased mental effort and better memory. Attention, rather than distinctiveness alone, improves memory. ACTION/IMPACT: These findings emphasize the role of attention in the PE.

**Section:** Brain and Cognitive Science

**Session ID:** 111981 - Printed Poster

### *Unraveling the Role of Metacognitive Processes in Generalized Anxiety Disorder: A Moderated Mediation Model*

**Main Presenting Author:** Styba-Nelson, Kevin A. E.

**Additional Author:** Penney, Alexander M.

*Abstract: Recent research has suggested that worry related metacognitions may play a moderating role in the relationships that anxiety-related dysfunctional beliefs have with chronic worry and generalized anxiety disorder (GAD). The present studies sought to investigate this possible moderating relationship in an undergraduate sample and a community sample. The first study included an undergraduate sample of 573, and investigated if negative metacognitive beliefs (i.e., that worry is dangerous or uncontrollable; NBW) or positive metacognitive beliefs (i.e., that worry is useful or beneficial; PBW) moderated the relationship that anxiety sensitivity has to chronic worry and the symptoms of GAD. The second study included a community sample of 627, and expanded upon the first study by investigating how neuroticism may contribute to chronic worry and GAD symptoms through anxiety sensitivity and intolerance of uncertainty. It was also investigated if NBW and PBW moderated these mediated pathways from neuroticism to GAD. Results from both studies generally concluded that NBW and PBW did not have a moderating role on these relationships. Despite this, NBW still appears to have a significant relationship with GAD. Future research may wish to investigate the direct or mediational effects of metacognitive beliefs on GAD, rather than investigating them as moderators.*

**Section:** Clinical Psychology

**Session ID:** 112489 - Printed Poster

### *Unveiling Novel Anxiety Sensitivity Clusters: replicating and expanding on the AS cluster model*

**Main Presenting Author:** Quadri, Faisal

**Additional Author:** Kennedy, MD., Catherine J

*Abstract: Anxiety Sensitivity (AS)—the fear of anxiety-related sensations—is a multidimensional risk factor for psychiatric disorders, especially anxiety and related disorders. AS has lower-order factors of physical, cognitive, and social AS which are correlated with different disorders. A recent study found that people with high AS cluster into distinct groups based on their sub-factor scores: Physical, Cognitive, Social, but also a Multidimensional factor where all sub-factor scores are elevated. Using k-means clustering, we replicated this finding in a larger sample ( $n = 784$ ) of adults presenting to an outpatient clinic in Ontario. Results suggested the 4 original clusters, but also two additional clusters:*

*blended Physical-Cognitive and Social-Cognitive. All clusters were associated with distinct clinical profiles: e.g., rates of agoraphobia were significantly higher in the Physical-Cognitive, but not the Physical group; Generalized Anxiety Disorder, PTSD, and Major Depression were disproportionately higher in the Multidimensional group. It appears that the anxiety disorders are related to specific combinations of the AS factors—shedding light on specific risk factors and alerting providers to potential comorbidities. Identifying cluster membership in patients may serve to personalize treatment. Further research is needed on treatment outcomes across different clusters.*

**Section:** Clinical Psychology

**Session ID:** 112413 - Printed Poster

### *Vestibular dysfunction post-TBI: Impact on neuropsychological function*

**Main Presenting Author:** Sepehry, Amir A

**Co-Presenting Author:** Schultz, Izabela Z

**Abstract:** *BACKGROUND: Evidence shows strong links between neurobiological mechanisms of mTBI and neuropsychological functions. However, the prognosis, recovery rate, and duration of mTBI remain uncertain, especially in the long term. Some experts argue that patients not improving may have "subjective" or "intentional" symptoms, yet many genuinely struggle with somatosensory issues months post-injury. Vestibular dysfunctions (e.g., ataxia, vertigo, dizziness) are often cryptogenic in chronic TBI cases, complicating recovery and neuropsychological assessment results. These issues contribute to somatic distress and overall psychological health. In clinical practice, neuropsychologists may note vestibular symptoms but rarely address their full effect on cognitive function and testing, which is crucial for accurate prognosis and rehabilitation planning. Distinguishing the cognitive effects of mTBI from vestibular dysfunction alone is essential in clinical and forensic contexts. METHOD: A literature review (neuropsychological, neuropsychiatric) was conducted on vestibular dysfunction in mTBI/Concussion. RESULTS/CONCLUSION: We discuss hypothesized causes, prevalence, and incidence of vestibular dysfunction in TBI, and present evidence-informed assessment strategies and treatments. Expanding knowledge on mTBI, vestibular disturbance, cognitive impairment, and mental health is vital in practice.*

**Section:** Clinical Neuropsychology

**Session ID:** 111679 - Printed Poster

### *Wait Before You Say Anything: Executive Function and Social Problem Solving in Young Adults*

**Main Presenting Author:** Perry, Sabrina

**Additional Author:** Im-Bolter, Nancie

**Abstract:** *Social problem solving (SPS), the ability to resolve everyday problems, can significantly affect the quality of social relationships. Social relationships are critical during young adulthood, a developmental period associated with increased independence and more complex interpersonal interactions. Young adulthood is also an important time for the development of executive function, or higher order cognitive processes responsible for control of thoughts and behaviour. Although past studies show a link between SPS and executive function, much of this research has been conducted with children or neurodiverse populations. Thus, the current study examined associations between SPS and the three components of executive function (inhibition of prepotent responses, updating of*

*working memory, and shifting of mental sets) in typically developing young adults. The sample included 184 individuals aged 18-29, who completed measures assessing SPS and executive function. Analyses showed that SPS was predicted by inhibition but not updating or shifting. Interpersonal conflicts often evoke strong emotions, which can increase behaviours that are not conducive to resolving the problem. Our results suggest that the ability to inhibit automatic behaviours or responses plays a role in efficiently resolving social problems and maintaining positive relationships with peers.*

**Section:** Developmental Psychology

**Session ID:** 113784 - Printed Poster

*When poor effort and motivation are accounted for, do depressive symptoms predict individual performance on neuropsychological tests of cognitive ability?*

**Main Presenting Author:** Gallagher, Anna G

**Additional Author:** Harrison , Allyson G.

*Abstract: Depression is linked to cognitive deficits, often reflected in poor neuropsychological test performance. However, most studies on depression and cognition omit Performance Validity Tests (PVTs), which determine if low scores result from genuine deficits or reduced effort. This study examined whether depressive symptom severity relates to cognitive performance differently based on PVT results. The sample included 190 adults with depressive disorders who completed neuropsychological tests (intellectual ability, executive functioning, memory) and a self-report depression measure. Results showed PVT performance did not moderate the relationship between depressive symptoms and cognitive scores. However, individuals failing the PVT scored significantly lower in overall intellectual ability, verbal comprehension, perceptual reasoning, working memory, problem-solving, and delayed memory, even after controlling for depression severity. PVT performance did not predict scores in immediate memory, processing speed, cognitive switching, or cognitive flexibility. These findings highlight the need for PVTs in assessing depression, as low effort may skew test results and underestimate true cognitive abilities, with important implications for practice guidelines in clinical assessment.*

**Section:** Clinical Psychology

**Session ID:** 111926 - Printed Poster

## Virtual Poster

*Associations between maternal depression, environmental stressors, polygenic risk, and infant neurodevelopment: An EEG study*

**Main Presenting Author:** Wakif, Zahra

**Additional Authors:** Desrocher, Mary ; Silveira, Patricia; Nelson, Charles; Levitt, Pat; Pierce, Lara

*Abstract: Previous work has explored how features of early adversity such as poverty and caregiver depression affects infant neurodevelopment as measured through electroencephalography (EEG). Relatively few studies explore the implications of polygenic risk for depression (PRS) for overall healthy functioning PRS is stable across development and may interact with environmental risk to*

*predict developmental outcomes. The present study uses 116 samples collected through Boston Children's Hospital and Children's Hospital Los Angeles to test whether maternal depression and environmental risk interact with PRS to predict neurodevelopment (frontal alpha asymmetry (FAA)) in two-month-old infants. Linear regression analyses will test associations between PRS, environmental variables (i.e. maternal depression and socioeconomic variables) and 2-month FAA. A moderation analysis will test whether PRS moderates associations between environmental risk and neurodevelopment. We anticipate that environmental risk will predict increased FAA, PRS will predict increased FAA, and PRS will moderate the association between environmental risk and FAA. This project bridges gaps in the literature by exploring interactions between genetic and environmental risk very early in infancy, holding implications for very early detection of infants at risk for depression later in life.*

**Section:** Developmental Psychology

**Session ID:** 113608 - Virtual Poster

### *Comparing the Impact of Single-Incident and Complex Trauma on Attention and Working Memory: The Role of Coping Strategies as Mediators*

**Main Presenting Author:** Babaei, Nazanin

**Additional Author:** Smart, Colette

**Abstract:** *BACKGROUND: Exposure to traumatic stressors is common, with over 65% of adults experiencing life-threatening events. Trauma can lead to PTSD, either from a single event (single incident) or prolonged exposure (complex trauma). Both types of trauma affect cognitive functions like attention and working memory, though their differential impacts are unclear. Coping strategies, such as avoidant coping, may mediate these effects, highlighting the need to explore these pathways.*

**METHODS:** *93 participants were recruited via the ReachBC platform and completed self-report measures assessing trauma history, coping strategies, somatic symptoms, and mood. Cognitive performance was assessed with N-Back, Go-NoGo, and Navon tasks to measure attention bias and working memory. Data will be analyzed to compare cognitive outcomes between trauma types and examine coping as a mediator.*

**RESULTS:** *Preliminary analysis revealed a mean age of 40.8, with 50% reporting complex trauma. Data analysis will focus on cognitive performance differences between trauma types and coping as a mediator.*

**CONCLUSIONS:** *Understanding how trauma types and coping strategies influence cognition could guide more effective, tailored interventions for trauma survivors.*

**IMPACT:** *Findings may inform therapeutic strategies to address cognitive challenges in trauma survivors, emphasizing the role of coping mechanisms in recovery.*

**Section:** Clinical Neuropsychology

**Session ID:** 113182 - Virtual Poster

### *The Highly Sensitive Person: Exploring Cognitive, Behavioural, Personality, and Gender Differences*

**Main Presenting Author:** Wang, Sophia Haotong H.

**Additional Author:** Briere, Jennifer L.

**Abstract:** *Approximately 20% of the population score highly on the highly sensitive person (HSP) scale which reflects a measure of sensory processing sensitivity (SPS). SPS is considered to be adaptive and captures unique variance beyond typical personality traits (e.g., the Big 5). The HSP DOES model (depth of processing, optimal level of arousal/overstimulation, emotional reactivity/empathy, sensitive to subtle stimuli) was used to theoretically guide selection of measures to explore potential gender, cognitive (true and false memory, spatial ability, body awareness), behavioural (visual search accuracy, visual search stress), and personality (Big-5, hypermasculinity, grit, empathy) differences among Ps ( $n=216$ , 50 males) with high or low levels of SPS. Those with high HSP scores reported more extroversion ( $p=.029$ ), neuroticism ( $p=$*

**Section:** Social and Personality Psychology

**Session ID:** 112873 - Virtual Poster

### *The Role of Trait Anxiety on Gait and Balance Regulation in Varied Sensory Environments*

**Main Presenting Author:** Austin, Sydney

**Additional Authors:** Homagain, Abhishesh ; Ehgoetz Martens, Kaylena; Scheerer, Nichole

**Abstract:** *Sensory information plays a fundamental role in the brain's ability to learn and regulate movements. This study aims to investigate how sensory processing differences related to trait (stable) anxiety alter gait and balance regulation. Using Virtual Reality (VR) technology, we explored how varying levels of sensory information influenced motor control for individuals with high and low levels of trait anxiety. Wearing a VR headset, participants stand and walk on a 16-ft sensored walkway while their movements are recorded. Our VR environment simulated both sparse and crowded naturalistic environments, which were paired with silence and crowd noise to create low and high visual, auditory, and auditory and visual sensory conditions. In this ongoing study, it is expected that greater visual and auditory stimulation present in the crowded environment will leave fewer cognitive resources available for people to monitor and regulate their balance and gait, resulting in poorer motor control. These impairments are expected to be increasingly marked for those with high trait anxiety, who have greater sensory sensitivity to begin with. The results of this study will allow us to better understand if sensory sensitivities render individuals with high trait anxiety less able to perform motor tasks which may interfere with functional engagement in social and occupational settings.*

**Section:** Clinical Neuropsychology

**Session ID:** 112469 - Virtual Poster

## Section Featured Speaker Address

### *Embodiment, predictive processing, and implications for psychopathology*

**Main Presenting Author:** Matheson , Heath

**Abstract:** *To explain behaviour, embodied approaches to psychology and neuroscience encourage us to abandon a strict distinction between the mind and body. Instead, we seek to understand the dynamic ways in which the human mind is created from brain, body, and environmental interactions. In doing so, explanations of behaviour become neurophilic but not neurocentric, emphasizing mechanistic models that situate the brain in context. I will elaborate on these ideas and discuss a model of brain function known as predictive processing. I will describe recent research in my lab that tests*

*predictions of this model in people who show traits associated with psychopathologies. Finally, I will highlight the implications of embodiment for understanding psychopathology and for explaining behaviour more broadly.*

**Section:** Brain and Cognitive Science

**Session ID:** 113232 - Section Featured Speaker Address

## Snapshot

*Autonomic dysregulation in major depressive disorder during increasing cognitive load*

**Main Presenting Author:** Stewart, Chloe A

**Additional Authors:** Wood-Ross, Chelsea A; Bowie, Christopher; Woolridge, Stephanie

*Abstract: Autonomic dysregulation has been observed in major depressive disorder (MDD), often via cardiac variables such as interbeat interval (IBI), the time between successive heartbeats. Literature suggests a correlation between autonomic dysregulation and cognitive dysfunction, a common MDD symptom. We hypothesized that individuals with MDD would perform worse than controls on the cognitive task, would display autonomic dysregulation with increasing task difficulty, and that autonomic dysregulation would be associated with poorer cognitive performance. 64 individuals with MDD and 26 controls completed an N-back task under low, moderate, and high cognitive load while continuous electrocardiogram recordings were taken. An ANOVA found that individuals with MDD performed worse than controls on the N-back,  $p=.010$ . A linear mixed-effects model found an interaction of difficulty and diagnosis on IBI,  $p=.004$ . Post hoc tests found a significant effect of task difficulty on IBI for the controls,  $p$*

**Section:** Clinical Psychology

**Session ID:** 113207 - Snapshot

*Does worry limit awe? Examining potential associations between GAD symptoms and dispositional awe*

**Main Presenting Author:** Schaffer, Joelle E

**Additional Authors:** Want, Stephen ; Koerner, Naomi

*Abstract: BACKGROUND. Awe is a self-transcendent experience of wonder which enhances existential wellbeing. However, certain experiences may limit individuals' tendency to experience awe. This study represents the first known research to examine whether symptoms of generalized anxiety disorder (GAD), including worry, intolerance of uncertainty, experiential avoidance, and low trait mindfulness, may be negatively associated with the tendency to experience awe. METHOD. A survey was administered to undergraduate students ( $\geq 17$  years old,  $N = 295$ ), measuring demographics, GAD symptoms and related experiences, and dispositional awe. Bivariate correlations were conducted between all variables (Bonferroni correction: critical  $p < .01$ ). RESULTS. GAD symptoms were significantly negatively associated with certain aspects of dispositional awe (e.g., tendency to feel present in the moment), but positively associated with other dimensions (e.g., engagement in existential thinking). Higher experiential avoidance and lower trait mindfulness were associated with*

*lower levels of dispositional awe. CONCLUSIONS. GAD symptoms and associated experiences are negatively associated with some dimensions of dispositional awe, but positively associated with others. ACTION. Future research using qualitative methods to clarify the subjective experiences of awe and GAD symptoms, and their associations, is warranted.*

**Section:** Clinical Psychology

**Session ID:** 111579 - Snapshot

### *Examining the Effects of 40 Hz Binaural Beat Stimulation in Adults with ADHD*

**Main Presenting Author:** Morris, Vanessa

**Additional Author:** Worth, Madison

**Abstract:** *BACKGROUND: ADHD is characterized by poor sustained attention and concentration. Research suggests that auditory stimulation therapy, specifically 40 Hz binaural beats, may be a promising way to enhance cognitive attention. RATIONALE: Minimal research has been conducted on the relationship between binaural beats and ADHD, but emerging evidence suggests that 40 Hz beats may serve as a non-invasive, accessible, and non-pharmacological therapy to mitigate attentional difficulties. METHODS: Participants completed the ADHD self-report scale (ASRS) and were divided into two groups: the ADHD group or the non-ADHD group based on their ASRS scores. Participants also completed a cognitive task to measure attention under three audio conditions: 40 Hz binaural beats, white noise, and music. RESULTS: We found that all individuals had a faster reaction time while listening to binaural beats, compared to white noise or music. Results also found that reaction times were faster for the participants with ADHD compared to those without. No significant differences in accuracy were observed. IMPACT: This study supports the use of 40 Hz binaural beats for improved attention-task performance in adults with ADHD. CONCLUSION: We encourage researchers to continue studying the utility of binaural beats as a form of auditory stimulation therapy.*

**Section:** Brain and Cognitive Science

**Session ID:** 111464 - Snapshot

### *Exploring Question Framing, Image Size, and Interactivity in the Medusa Effect*

**Main Presenting Author:** Yick, Justine

**Additional Authors:** Kristianto, Velika ; Kingstone, Alan; Jenkins, Rob

**Abstract:** *Individuals can infer mental states, such as emotions and intentions, not only from other humans, but also from depictions of them. However, given that images are only abstractions of the real world, it is unsurprising that we attribute fewer mental states to depictions of people than to their real-world counterparts. This decrease in perceived mind also continues as a depicted subject's level of abstraction increases (e.g., a depiction \_within\_ a depiction). This phenomenon is known as the Medusa effect. Two experiments explored whether the Medusa effect can still be seen across different question frames (Experiment 1), as well as when one changes the size and interactivity of each depicted subject (Experiment 2). In each experiment, participants rated a series of images that each depicted two people who varied in levels of abstraction (e.g., images depicting one person standing next to a picture of another person). Ratings were made on both dimensions of mind and perceived reality. Preliminary data analysis suggests that in both experiments, participants tended to attribute*

*fewer mental states to depictions that had a higher level of abstraction, replicating the Medusa effect. These findings carry implications for the field of mind perception, as well as areas where we often view pictures while making decisions about others – such as fundraising efforts and court proceedings.*

**Section:** Brain and Cognitive Science

**Session ID:** 113888 - Snapshot

### *Reduced Susceptibility to the Dunning-Kruger Effect in Autistic Employees*

**Main Presenting Author:** Hartman, Lorne Michael

**Additional Authors:** Glassman, Harley ; Hartman, Braxton L.

*Abstract: A growing body of empirical evidence suggests that autistic individuals are less susceptible to social influence and cognitive biases than nonautistic individuals. However, there have not been any studies on the Dunning-Kruger effect (DKE) in autism. The DKE is a cognitive bias in which people with limited competence in a particular domain overestimate their abilities. The purpose of this study is to compare autistic ( $N = 53$ ) and nonautistic ( $N = 47$ ) employees self-assessments of their performance with their objective performance on a popular performance-based measure of analytic thinking disposition, the CRT (cognitive reflection test). After completing the task, no feedback or clues were provided as to how well they performed. Participants were then asked to estimate how many of the questions they answered correctly and to assess their performance in relation to other participants by estimating the percentage of peers they outperformed. Results indicate better calibration in term of actual versus estimated CRT performance among autistic participants, i.e., the difference between actual performance and estimated performance is significantly lower for autistic than nonautistic participants, especially amongst poorer performers. This suggests reduced susceptibility to the DKE in autistic adults. Theoretical and practical implications of these findings are discussed.*

**Section:** Industrial and Organizational Psychology

**Session ID:** 111523 - Snapshot

### *Sex-Specific Interactions Between Hearing Loss and Memory Performance in Older Adults with Mild Cognitive Impairment: Updated Findings From the COMPASS-ND Study.*

**Main Presenting Author:** Grant, Nicole

**Additional Author:** Phillips, Natalie

*Abstract: BACKGROUND: Age-related hearing loss (HL) is associated with poorer cognition and increased risk of developing dementia. However, few studies have explored if sex affects these associations. We investigated the relationship between two hearing measures and performance on cognitive screening and neuropsychological tests in males and females. METHODS: Participants were 261 older adults with mild cognitive impairment (MCI) from the COMPASS-ND study, including normal hearing males ( $n=94$ , age=71), HL males ( $n=68$ , age=75), normal hearing females ( $n=63$ , age=70), and HL females ( $n=36$ , age=75). They were categorized as normal hearing (a pure-tone threshold*

**Section:** Clinical Neuropsychology

**Session ID:** 111778 - Snapshot

*Subjective and objective cognition in depression: Why does the discrepancy exist?*

**Main Presenting Author:** Wood-Ross, Chelsea

**Additional Authors:** Shram, Noa ; Simourd, Lindsay; Stewart, Chloe; Hau, Isabelle; Bowie, Christopher R

**Abstract:** *Background: Cognitive impairments are a hallmark feature of major depressive disorder (MDD). Individuals with MDD tend to overestimate their cognitive deficits; predictors of this phenomenon are not well understood. Methods: Seventy-eight participants in a major depressive episode participated. They completed self-report questionnaires, a symptom and diagnostic interview, and objective tests and subjective reports of a range of traditional cognitive tests and an experimental cognitive test, the n-back, at varying levels cognitive load: low, medium, and high. Results: Depressive symptom severity significantly predicted the discrepancy between objective and subjective performance on the lowest cognitive load level on the n-back, however, dysfunctional attitudes and objective cognitive ability did not. Additionally, objective cognitive ability significantly predicted daily functioning, and this was not mediated by depression symptom severity nor subjective cognitive ability. Conclusions: Even on the easiest level of a cognitive task, participants with MDD tend to underestimate their performance, and this is predicted by depression severity. Impact: Interventions may consider targeting perceptions of ability and explore how underestimating ability may interfere with engaging in tasks using cognitive skills and in daily life that are perceived as above one's ability level in MDD.*

**Section:** Clinical Psychology

**Session ID:** 113628 - Snapshot

*The effect of the psychiatric co-morbidities of migraine on medical university students: A cross-sectional study*

**Main Presenting Author:** Jaber Amin , Mohammed Hammad

**Co-Presenting Author:** Widaa Taha, Amro Elsheikh

**Additional Author:** Widaa Taha, Ruaa Elsheikh

**Abstract:** \* *RATIONALE: Migraine, a common neurological disorder, often co-occurs with psychiatric conditions, impacting quality of life. This study examined the influence of these comorbidities on migraine among medical students. \* METHODS: A cross-sectional study at Khartoum University included 356 medical students selected via multi-stage stratified random sampling (by batch and gender). Data were collected using self-administered questionnaires, including the PHQ-4 for psychological distress assessment. Headache frequency, caffeine use, and smoking habits were also recorded. \* RESULTS: The sample comprised 63.8% females and 36.2% males, aged 17-26 (mostly 20-23). Migraine prevalence was 27.25%. Caffeine consumption was reported by 73.6%, and 6.5% smoked. Regarding psychological distress: 36% mild (PHQ-4 3-5), 28.9% severe (9-12), 24.7% moderate (6-8), and 10.3% none (0-2). Migraine intensity without medication significantly correlated with psychological status ( $p < 0.05$ ). \**

**CONCLUSIONS:** Psychiatric comorbidities variably affect migraine in medical students. The strong link between migraine intensity (without medication) and psychological state emphasizes the complex relationship between these factors. \***ACTION/IMPACT:** The study highlights the need for further research and targeted interventions to address the interplay of migraine and psychological distress in medical students.

**Section:** Brain and Cognitive Science

**Session ID:** 113063 - Snapshot

## Symposium

### *Exploring Experiences of Multilingualism in Adulthood: Research from the Montreal Bilingualism Initiative*

**Moderator(s):** Benkirane, Sarah

**Abstract:** According to the 2021 Canadian Census data, more than 9.5 million people live in multilingual households in Canada, and this number is expected to continue to increase in the coming years. In order to support our current understanding of this complex phenomenon and its societal, psychological, and cognitive ramifications across the lifespan, The Montréal Bilingualism Initiative (MoBI; <https://www.mcgill.ca/mobi/>) is composed of an interdisciplinary team of investigators addressing the factors that support multilingual proficiency. In this symposium, we will present recent research exploring experiences of multilingualism in adulthood. Annie Gilbert shows that, in adults, second language lexical insertion processing is affected by both the language being spoken and participants' first language. Sarah Benkirane uses semi-structured qualitative interviews to explore the experiences of multilingual adults using their second language in non-academic contexts. Natalie Philips & Kristina Coulter address the contribution of multilingualism to cognitive reserve in older adults with or at risk for Alzheimer's disease. With this select overview of MoBI research, highlighting our diverse methodologies, we offer a unique perspective on the experiences of multilingual individuals in Canada.

**Section:** Brain and Cognitive Science

**Session ID:** 111677 - Symposium

*"This isn't your first language, eh?" A Qualitative Exploration of Second-Language Use in Montreal*

**Main Presenting Author:** Benkirane, Sarah

**Additional Author:** Doucerain, Marina

**Abstract:** Linguistic diversity has continued to increase in Canada over the past two decades. More than ever, Canadians report speaking a language other than French or English in their home while also reporting using English or French at work or school. However, little is known about the subjective experiences of second language speakers outside of academic contexts. Consequently, this qualitative study uses semi-structured interviews to explore the interpersonal experiences of 47 participants when using their second language in Montreal, Quebec. The data was analyzed using the six-step process defined by Braun and Clarke (2006) for inductive reflexive thematic analysis. Four themes were identified: support, social inclusion, othering, and linguistic microaggressions. Support was defined as a feeling that their interlocutors encouraged and supported their second language use. Social inclusion was defined as feeling like using a second language gave them access to novel social

opportunities. Conversely, othering was defined as feeling excluded from social opportunities. Finally, linguistic microaggressions were described as being called out for their linguistic differences (e.g., accent, proficiency, grammar). These results have important implications for understanding and documenting the impact of interpersonal experiences on second language use for multilingual adults in Canada.

**Section:** Brain and Cognitive Science

**Session ID:** 113529 - Paper within a symposium

*Impact of individual differences in language experience on lexical insertion processing among bilinguals as indexed by Event-Related Potentials*

**Main Presenting Author:** Gilbert, Annie

**Additional Authors:** Friedland-Yust, Louis ; Sorin, Cassandra; Baum, Shari

Abstract: Bilinguals vary widely in their ability to process utterances containing code-switches. The present study uses event-related potentials (ERP) to investigate how they process lexical insertions, a specific type of code-switch in which a word from a different language is inserted into an utterance. To date, 51 English-French bilinguals have listened to 116 pairs of utterances (58 per language) containing either an utterance-consistent target word (same language) or a lexical insertion (second language – L2) produced by a native speaker of both languages. Preliminary analyses suggest that L2 lexical insertion processing is affected by both the language being spoken and participants' first language (L1). Namely, the analysis of French trials suggests that L2 lexical insertions trigger an N400-like negativity compared to utterance-consistent target words across all participants, the amplitude of which varies as a function of listeners' own code-switching habits and French proficiency. On the other hand, only native French listeners presented N400-like negativities to L2 lexical insertions during English trials (no N400-like component in native English listeners). Results will be discussed in terms of language-specific (Eng./Fr.) versus acquisition order (L1/L2) effects, emphasizing the role of individual differences in language experience on bilingual speech processing.

**Section:** Brain and Cognitive Science

**Session ID:** 113497 - Paper within a symposium

*The contribution of multilingualism to cognitive reserve in older adults with or at-risk for Alzheimer's disease: evidence from resting-state functional connectivity*

**Main Presenting Author:** Phillips, Natalie

**Additional Authors:** Clouter, Kristina ; Dash, Tanya ; Best, Tristin ; Grant, Nicole ; Ansaldo, Ana Ines

Abstract: *Background: Speaking more than one language is hypothesized to contribute to greater reserve, conferring a protective effect in aging. However, previous research has focused on structural but not functional brain measures to examine multilingualism and reserve in older adults with, or at-risk for, Alzheimer's disease (AD). Methods: Participants were cognitively unimpaired older adults (n=72), older adults with subjective cognitive decline (n=140), mild cognitive impairment (n=196), and AD (n=46), from the COMPASS-ND and CIMA-Q cohorts. Within diagnosis groups, multilinguals and monolinguals were matched on age, sex, education, and cognitive function. Using the CONN toolbox, seed-based functional connectivity analyses of resting-state fMRI data were*

conducted using left and right hippocampal seeds. Results: While monolinguals showed greater connectivity with subcortical brain areas (e.g., thalamus), multilinguals showed greater connectivity with temporal and occipital brain areas. Conclusions: Our findings suggest more wide-spread functional relationships between brain regions involved in memory and cognition for multilinguals compared to monolinguals, which may suggest greater reserve and neural flexibility in aging and AD. Impact: Our study provides a greater understanding of the mechanism underlying multilingualism as a cognitive reserve factor in aging and Alzheimer's.

**Section:** Brain and Cognitive Science

**Session ID:** 113539 - Paper within a symposium

*Unpacking the multifaceted relationship between subjective cognitive decline and brain changes: Findings from cognitive networks, olfactory function, and hormonal exposure in women*

**Moderator(s):** Phillips, Natalie

Abstract: Subjective cognitive decline (SCD) is an important early risk state for neurodegenerative diseases like Alzheimer's disease. However, SCD is still poorly defined and it is not yet clear which clinical factors are associated with underlying structural and functional brain changes. This symposium will consist of three talks that present novel findings on the extent to which demographic (sex) and sensory (olfaction) variables predict brain structure, functional connectivity, and/or cognitive changes in SCD. The talks will provide evidence for altered functional connectivity in women with SCD (Kwan), links between olfactory and memory deficits (Best), and relationships between hippocampal structure and cognitive abilities in multimodal networks (Grunden). By highlighting converging evidence of early neural and cognitive changes, this symposium will foster a deeper understanding of the clinical risk imparted by SCD. Following presentations, a moderated discussion lead by a clinical and research neuropsychologist (Phillips) will highlight the clinical implications of these findings and will aim to provide actionable insights for practicing psychologists contemplating detection and intervention strategies for at-risk populations in our clinics. Ultimately, the goal of this symposium will be to provide a current understanding of SCD as a critical risk state for future cognitive decline.

**Section:** Clinical Neuropsychology

**Session ID:** 111722 - Symposium

*Aging and Subjective Cognitive Decline in Women: Lessons from the Women's Healthy Ageing Project*

**Main Presenting Author:** Kwan, Heather

**Additional Authors:** Parker, Ashleigh ; Szoek, Cassandra; Gawryluk, Jodie

Abstract: Research has demonstrated that women are at greater risk of cognitive decline and neurodegenerative disorders compared to men. Those who experience subjective cognitive decline (SCD) are thought to be the earliest group at risk for the future development of Alzheimer's Dementia. We examined the structural and functional differences in women with and without SCD from the Women's Healthy Ageing Project. Results demonstrated no differences between grey matter volume or white matter structure between women with and without SCD. However, results did demonstrate increased resting-state functional connectivity in women with SCD, despite similar demographic variables. One variable that was not examined was the role of estrogen. We further examined the

*relationships between grey matter volume and lifetime estrogen exposure and hormone replacement therapy. There were no significant corrections between whole brain grey matter volume and lifetime estrogen exposure or significant differences between groups based on hormone therapy use. However, there was a trend towards a positive correlation between hormone replacement therapy use and grey matter volume. As the aging population continues to grow globally, it is essential to better understand the factors that influence cognitive aging; especially for women, who are particularly at risk for cognitive decline.*

**Section:** Clinical Neuropsychology

**Session ID:** 113789 - Paper within a symposium

*Associations Between Olfactory Performance and Episodic Memory Performance in Subjective Cognitive Decline: An Analysis of COMPASS-ND Cognitive and Imaging Data*

**Main Presenting Author:** Best, Tristin

**Additional Authors:** Grant, Nicole ; Coulter, Kristina; Phillips, Natalie

**Abstract:** *Olfactory dysfunction is a common early symptom of Alzheimer's disease (AD), often preceding cognitive decline due to the involvement of key olfactory brain regions in early AD. While olfactory deficits are observed in subjective cognitive decline (SCD), an at-risk stage of AD, few studies have examined the links between olfaction, cognition, and their neural correlates. Using data from the COMPASS-ND study, we used resting-state fMRI and neuropsychological data to examine group differences in the olfactory network (ON), olfaction, and memory performance in people with dementia (AD, n = 116), or at-risk for (SCD, n = 128; mild cognitive impairment (MCI), n = 315) for dementia, and controls (n = 84). We compared intra-network functional connectivity in the ON between groups and related these findings to olfactory and cognitive function. We observed no differences in olfactory or memory performances in participants with SCD relative to controls. However, poorer olfaction was related to poorer memory in SCD but not in controls. Participants with SCD also exhibited increased functional connectivity within the ON, though this did not mediate the observed relations between olfaction and cognition. These data contribute to the potential utility of measuring olfactory performance as a non-invasive and reliable biomarker in SCD and MCI for conversion to later stages of the AD continuum.*

**Section:** Clinical Neuropsychology

**Session ID:** 113793 - Paper within a symposium

*Disentangling Brain-Behavior Relationships in Subjective Cognitive Decline: Insights from Integrated Network Models*

**Main Presenting Author:** Grunden, Nicholas

**Additional Author:** Phillips, Natalie

**Abstract:** *Research has demonstrated structural brain alterations in individuals with subjective cognitive decline (SCD). However, the relationships between these brain changes and the cognitive changes reported in SCD remain poorly characterized. Our previous work has shown that network-based analyses are more sensitive to cognitive changes in SCD than traditional methods. Expanding this analytical approach, integrated network models were employed here to parse the conditional associations between hippocampal volume (HV) and cognitive measures in SCD (n=120), comparing*

*these associations to cognitively unimpaired individuals ( $n=89$ ) and individuals with mild cognitive impairment ( $n=316$ ). Results show diminished dependence of memory scores on HV in the SCD network compared to other group networks, indicating that variables other than HV may explain more variance in memory performance within the SCD group. To further investigate this finding, exploratory analyses will address how sex, APOE status, and psycho-emotional factors modulate brain-cognition associations in SCD networks. The current network study clarifies the degree to which reported cognitive decline is associated with brain changes in SCD. By pinpointing when reports of cognitive change are more likely to signal an underlying neuropathology, we can better determine a given individual's risk of further cognitive decline.*

**Section:** Clinical Neuropsychology

**Session ID:** 113803 - Paper within a symposium