



# **OPS 40<sup>th</sup> Annual Meeting April 22<sup>nd</sup>, 2022**

## **Conference Program**

Virtual conference  
hosted by the UCO Psi Chi chapter

Note: Program must be downloaded to access links.

# MESSAGE FROM OPS COORDINATORS

Welcome to the 2022 OPS Annual Meeting! Bearing in mind the health of our attendees, we elected to host the conference virtually this year. This year's conference consists of a keynote presentation, paper sessions, and a poster session. In the following pages you will find the schedule as well as presentation titles, authors, and brief descriptions of the research being presented this year.

This program contains links to a series of virtual rooms where you will be able to watch these presentations live. For easy access, **links to all rooms/events are provided on the following page** and on the main conference webpage.

- **Keynote:** There is a virtual room you can join to hear Dr. Antoinette M. Landor give her keynote presentation live.
- **Papers:** There are two virtual rooms open simultaneously to host the paper presentations. A condensed list of presentations for each room is provided on page 5.
- **Posters:** There is a single virtual room for the poster session, with individual “breakout” rooms for each poster to speak with the researchers. You can view all the posters by [clicking here](#).

Thank you for attending and please enjoy!

- OPS Coordinating Team

# CONFERENCE SCHEDULE

In order to get the most out of this virtual conference, please be sure that you have updated to the latest version of Zoom by following the instructions at [this link](#).

**10 - 11 am**

Keynote Presentation by Dr. Antionette M. Landor

**11:30 - 1:30 pm**

Paper sessions

**2 - 3 pm**

Poster session

[View the posters](#)

# KEYNOTE PRESENTATION

10 - 11 AM



## **#TeamLightSkin vs. #TeamDarkSkin: How Colorism Impacts Families, Romantic Relationships, and Health**

**Antoinette M. Landor, Ph.D.**

Popular culture is especially rife with hashtags around skin tone and colorism such as #TeamLightSkin vs. #TeamDarkSkin. But even in jest, this language shapes how we view ourselves and others, and often has detrimental consequences for individuals, families, and communities in the U.S. and around the world. What do these hashtags mean beyond social media taglines? Why care about colorism? How does colorism affect all of us? Dr. Landor will answer these critical questions and highlight her research on the historical and contemporary impact of skin tone and colorism on how parents interact with their children, how individuals choose romantic and sexual partners, and individuals' well-being. She will also highlight her theoretical work on Skin Tone Trauma. Lastly, she will discuss what we all can do to fight against colorism and promote healing.

Learn more about Dr. Landor by reading her [bio](#) or visiting her [website](#).



# PRESENTATIONS AT A GLANCE

## Which paper session would you like to attend?

There are two sessions hosted simultaneously. Here is a condensed list of the presentations that will occur in each room. See more detailed information and presentation descriptions on the following pages.

### Room 1

1. Burned Out Counselors ...  
*Mixon, et al.*
2. What Do I Look Like? ...  
*Curry*
3. If You Can't Beat Them, ...  
*Patton*
4. Conformity Mediated by ...  
*Riddle*
5. Aroma and Expectancy on ...  
*Gray*
6. Effects of Color & Expectancy ...  
*Adkins*
7. Rates of Forgiveness  
*Dexel*

### Room 2

1. Other Specified Paraphilic ...  
*Diaz*
2. Psychosocial Factors of ...  
*Mosele, et al.*
3. Most Effective Programs ...  
*Oyarzo*
4. The Cap Pushing Response in...  
*Wincheski, et al.*

# **PAPER SESSION (Room 1)**

## **11:30-1:30 PM**

### **Burned Out Counselors: Assessing Themes of Counseling Trainees**

Mixon, Lindsey ([lmixon43@student.se.edu](mailto:lmixon43@student.se.edu)), Madewell, A. and Wolfe, D.  
*Southeastern Oklahoma State University*

To assess the motivations and attitudes of student counselors, online survey data were collected from 105 counseling students. These data were characterized into three profiles of counseling students: those passionate about counseling (63%), hesitant about counseling (25%), or apathetic about counseling (12%).

### **What Do I Look Like? A Doctor?: A Study of the Relationship between Facial Hair and Perceived Trustworthiness and Expertise in “High” and “Low” Status Careers**

Curry, Kaitlyn ([kaitlyn.curry@eagles.oc.edu](mailto:kaitlyn.curry@eagles.oc.edu))  
*Oklahoma Christian University*

The present study sought to find a link between facial hair, trustworthiness and expertise in different careers. Results found facial hair did not have an effect on trustworthiness and expertise. Also found was that “low” status careers scored higher in expertise and trustworthiness when compared with the “high” status careers.

### **If You Can’t Beat Them, Join Them: A Study on Cell-Phone Inclusion in the Classroom**

Patton, Ashley ([ashley.patton@eagles.oc.edu](mailto:ashley.patton@eagles.oc.edu))  
*Oklahoma Christian University*

This study looks at how relevant the discussion of technology in the classroom is and how controversial it is with the possible benefits or the disadvantages. This study looks at how different levels of cell-phone inclusion can have an affect on test performance using paper study guides, Quizlet, or Kahoot.

# **PAPER SESSION (Room 1)**

## **11:30-1:30 PM**

### **Conformity Mediated by Perceived Level of Control**

Riddle, Jeffery Logan ([Jeffery.l.riddle@eagles.oc.edu](mailto:Jeffery.l.riddle@eagles.oc.edu))

*Oklahoma Christian University*

This study serves to assess how conformity is affected by multiple variables. It was hypothesized that performance of the synchronous behavior and being placed in the higher perceived control treatment condition would increase conformity. This data analyzed using a logistic regression which found that perceived control was the only significant predictor of conformity.

### **Aroma and Expectancy on Feelings of Stress and Anxiety**

Gray, Sienna ([siennagray18@gmail.com](mailto:siennagray18@gmail.com))

*Oklahoma Christian University*

Effects of aroma on feelings of stress and anxiety were examined with the use of lavender essential oil and freshly brewed coffee. College age adults were exposed to the aromas while being shown stress and anxiety invoking news clips.

### **Effects of Color and Expectancy On Learning Retention**

Adkins, Daniel ([daniel.adkins@eagles.oc.edu](mailto:daniel.adkins@eagles.oc.edu))

*Oklahoma Christian University*

This study examines the effects of color and expectancy on learning and retention in a classroom setting. This study features a between subjects' design within classrooms of Oklahoma Christian University, this study is conducted in a two-by-two format to compare the main and interaction effects of the color and expectancy variables.

### **Rates of Forgiveness**

Dexel, Calvin ([calvin.dexel@eagles.oc.edu](mailto:calvin.dexel@eagles.oc.edu))

*Oklahoma Christian University*

A study done to determine the likelihood of forgiveness when age and background information of the transgressor vary among the hypothetical transgression presented to participants. Forgiveness measure using the Bolton Forgiveness Scale.

# PAPER SESSION (Room 2)

11:30-1:30 PM

## **Other Specified Paraphilic Disorders: Necrophilia**

Diaz, Gisel ([gdiازل@uco.edu](mailto:gdiازل@uco.edu))

*University of Central Oklahoma*

Paraphilias can often be found in individuals who display high frequencies of sexually deviant acts, criminal behavior, and inappropriate practices. The prevalence of these behaviors and patterns in individuals is a widely misunderstood concept; with very sparse information concerning literature on necrophilia and legalities to withholding details in criminal cases.

## **Psychosocial Factors of Adherence to the Metabolic Reset Diet**

Mosele, Jordan ([jmosele@uco.edu](mailto:jmosele@uco.edu)), and Jeyaraj-Powell, T.

*University of Central Oklahoma*

The current research project examines the psychosocial factors that predict adherence to the Metabolic Reset Diet (MRD). The MRD is a 30-day high protein diet. We hypothesize that those who last longer on the MRD will have a higher health self-efficacy, healthier mindset, and stronger sense of community.

## **Most Effective Programs and Policies to Reduce Poverty among OECD Countries**

Oyarzo, Felipe ([felipe.a.oyarzo-l@ou.edu](mailto:felipe.a.oyarzo-l@ou.edu))

*University of Oklahoma*

This quantitative meta-analysis aims to identify the most effective programs for reducing poverty rates among member countries of the OECD. Preliminary results show that poverty reduction programs and policies are more effective when they seek to strengthen family systems, making a direct positive impact on mental health.

## **The Cap Pushing Response in Overshadowing**

Wincheski, Riley J. ([riley.wincheski@okstate.edu](mailto:riley.wincheski@okstate.edu)) and Abramson, C. I.

*Oklahoma State University*

The cap pushing response (CPR) is a free-flying technique used to study learning and recall in honey bees (*Apis mellifera*). Using this technique, bees fly to a target where they push a cap to reveal a hidden food source. In this experiment, the overshadowing principle is explored using three stimuli.



# POSTER SESSION

## 2- 3 PM

### **1. Attitudes of Schoolteachers Toward Technology**

Pinion, Veronica ([vnpinion@gmail.com](mailto:vnpinion@gmail.com)), and Pinion, Vincent

*University of Central Oklahoma*

In this mixed methods research study, the researchers conducted 37 interviews with high school teachers from two different suburban-rural schools with the goal of understanding teachers' attitudes of classroom technology and how it may affect pre-service teachers. Survey analysis determined a general consensus of attitude toward different technologies.

### **2. Effects of Long-Term Marijuana Use on Short-Term Memory**

Snelling, Mason ([mason.snelling@okstate.edu](mailto:mason.snelling@okstate.edu)), Rodgers, A., Wincheski, R., Stauch, K., and Abramson, C.

*Oklahoma State University*

The purpose of this study is to examine the effect of long-term marijuana use on short-term memory retention. A mathematical model is used to produce a learning curve to compare users and non-users' marijuana. The pilot data for this experiment provides evidence of the negative affects long term marijuana effects on memory.

### **3. Managing Depression, Anxiety, and Stress in College Students Using a Portable Device**

Bonizzi Baptistella, Juliana ([jbaptistella@uco.edu](mailto:jbaptistella@uco.edu)), Urbach, S., and Cursi-Campos, H.

*University of Central Oklahoma*

This study explored the effects of a biofeedback device on college students' depression, anxiety, and stress symptoms. Two students volunteered to use the portable device during Weeks 1 and 3, but not during Weeks 2 and 4. Results show a decrease in depression, anxiety, and stress scales for both participants.

### **4. Prevalence and correlates of COVID-19 vaccination status and vaccine hesitancy in Oklahoma**

Ware, Kali<sup>1,2</sup> ([kaliware13@gmail.com](mailto:kaliware13@gmail.com)), Alexander, Adam C<sup>1,3</sup>, Ehlke, Sarah J.<sup>1</sup>, Catino, J. D.<sup>1,2</sup>, Jewell-Fleming, S.<sup>2</sup>, Cohn, A. M.<sup>1,4</sup>

<sup>1</sup> TSET Health Promotion Research Center, Stephenson Cancer Center, <sup>2</sup> Rose State College, <sup>3</sup> University of Oklahoma Health Sciences Center <sup>4</sup>Department of Pediatrics, OUHSC

In Oklahoma, 56.4% of the state's population, has been fully vaccinated against COVID-19, which is far below the 70% goal set by the state and federal governments. This study aims to identify sub-groups and their characteristics regarding vaccination status and vaccine hesitancy to improve trust in local and federal governments.

# POSTER SESSION

2- 3 PM

## 5. Prevalence and correlates of second-hand cannabis smoke exposure in adults in Oklahoma

Catino, Joshua ([Jcatbusiness34@gmail.com](mailto:Jcatbusiness34@gmail.com))<sup>1,2</sup>, Ware, K.<sup>1,2</sup>, Ehlke, S.<sup>2</sup>, Alexander, A.<sup>2,3</sup>, Smith, M.<sup>2</sup>, Jewell-Fleming, S.<sup>1</sup>, Kendzor, D.<sup>2,3</sup>, and Cohn, A.<sup>4</sup>

<sup>1</sup> Rose State College, <sup>2</sup> TSET Health Promotion Research Center, University of Oklahoma Health Sciences Center, <sup>3</sup> Dept. of Family and Preventive Medicine, OUHSC, <sup>4</sup> Dept. of Pediatrics, OUHSC

Little is known about the demographic and health correlates of second-hand cannabis smoke (SHCS) exposure in Oklahoma. This study examined the prevalence and demographic correlates of SHCS exposure in adults in Oklahoma and the association of SHCS exposure with respiratory symptoms as a function of past 30-day cannabis use.

## 6. Reactions to Random Acts of Kindness

Rundine Milena ([milena-rundine@raider.rose.edu](mailto:milena-rundine@raider.rose.edu)), Jewell-Fleming, S.

Rose State College

In our experiment, we tested people's reactions to random acts of kindness. Hypotheses: people are more likely to associate acts of kindness to holidays, and females will react more positively to the act. Experiments: we distributed candies to random people during Halloween and regular days, and we complimented strangers.

## 7. Religiosity and Affect Predict Life Satisfaction

Riddle, Jeffery L. ([Jeffery.l.riddle@eagles.oc.edu](mailto:Jeffery.l.riddle@eagles.oc.edu)), Diester, C., Cole, A., Cash, A., Scott, T., Osburn, A., Walker, A., and Miller, J. P.

Oklahoma Christian University

The current study examined how religiosity, religious doubts, and the need for cognition interact with life satisfaction and emotion. Participants included 83 college students at a private Christian university. Multiple regression analysis determined that satisfaction with life is significantly predicted by intrinsic religiosity, quest religiosity, negative affectivity, and positive affectivity.

## 8. Religiosity Correlates to Value and Enjoyment of Virtual Religious Services

Walker, Aurora ([aurora.skye.walker@eagles.oc.edu](mailto:aurora.skye.walker@eagles.oc.edu)), Scott, T., Osburn, A., Cash, A., Riddle, J., and Miller, J.

Oklahoma Christian University

This study assessed relationships between attendance, value, and enjoyment of virtual religious services (VRS), and religiosity in college students at a religiously affiliated university. Majority of participants preferred face-to-face services over VRS. Intrinsic religiosity correlated with VRS value and enjoyment. Weekly religious behaviors and prayer correlated with VRS value.

# POSTER SESSION

## 2- 3 PM

### **9. The Prevalence of Stress in College Students since COVID-19**

Hudson, Hannah ([hannahkhudson@yahoo.com](mailto:hannahkhudson@yahoo.com)) and Hobbie, K.

*Southeastern Oklahoma State University*

Research suggests resilience reduces stress and negative mental health in individuals. This study examined how COVID-19 affected 53 college students by measuring stress and protective factors such as resilience. Our online study found students with higher resilience showed less stress, and younger students exhibited less stress than older students.

### **10. Working Towards an Understanding of How to Support Families with Interpersonal Violence in Intensive Safety Services (ISS)**

Barnett, Bridget ([bridget-barnett@ouhsc.edu](mailto:bridget-barnett@ouhsc.edu))<sup>1</sup>, Jones, M.<sup>2</sup>, Schneider, A.<sup>2</sup>, Ritchie, E.<sup>2</sup>, Barnett, B.<sup>2</sup>, Johnson, S.<sup>2</sup>, Hecht, D.<sup>1</sup>, Maher, E.<sup>1</sup>, Bard, D.<sup>1</sup>, and Beasley, L.<sup>2</sup>

<sup>1</sup> *University of Oklahoma Health Sciences Center*, <sup>2</sup> *Oklahoma State University*

The current study examines barriers families with interpersonal violence (IPV) face while in the Intensive Safety Services (ISS) program. Child Protective Services, Family Centered Services, and ISS workers report both challenges and positive experiences while supporting families facing IPV. The importance of supporting families impacted by IPV is discussed.

### **11. Working Towards Understanding How to Support Families with Mental Health Symptoms in Intensive Safety Services (ISS)**

Hazleton, Jordyn ([jordyn-hazleton@okstate.edu](mailto:jordyn-hazleton@okstate.edu))<sup>1</sup>, Barnes, T.<sup>1</sup>, McKenzie, K., Patel, R.<sup>1</sup>, Barnett, B.<sup>1</sup>, Johnson, S.<sup>1</sup>, Maher, E.<sup>2</sup>, Hecht, D.<sup>2</sup>, Bard, D.<sup>2</sup>, and Beasley, L.<sup>1,2</sup>

<sup>1</sup> *Oklahoma State University*, <sup>2</sup> *University of Oklahoma Health Sciences Center*

For the current study, Child Protective Services, Family Centered Services, and Intensive Safety Services workers discussed their experiences working with families with mental health symptoms. Workers reported family-based challenges, logistical difficulties, limited availability of services, and varying quality of services. Many workers also reported positive experiences supporting families experiencing mental health symptoms.

### **12. Are You a Negative Nancy? Examining Unhealthy College Coping Strategies During Covid**

Jimboy, Lyndee ([ljimboy2@uco.edu](mailto:ljimboy2@uco.edu)), Hunter, S., Hunt, A., and Fannin, H.

*University of Central Oklahoma*

This study is looking at negative coping strategies that students use to deal with stress related to the pandemic. With a decline in mental health, it is expected that negative coping strategies such as substance abuse and suicidal ideation have increased.

# POSTER SESSION

2- 3 PM

## **13. Can We Connect? Investigating How Smartphones Influence College Students' Social Interaction**

Cowo, Avril ([acowo@uco.edu](mailto:acowo@uco.edu)), Dorrell, K., Diaz, G., Phillips, M., Pando, E., Estrada, M., and Jean, V.

*University of Central Oklahoma*

The aim of the study was to assess whether the presence of smartphones among college students affects their quality of social interaction. We measured students' perceived sense of connectedness, social anxiety, and loneliness between groups with and without smartphones present. This research gives insight into how smartphones may passively affect in-person experiences.

## **14. Hormonal Correlates of Women's Self-Perceived Social Status**

Hurst, Ashalee ([hurst13@nsuok.edu](mailto:hurst13@nsuok.edu)) and Cates, T.

*Northeastern State University*

We explored the relationship among women's self-perceived social status and their salivary testosterone, progesterone, and estradiol reactivity. The correlation analysis indicated that as women's self-perceived social status increased, their testosterone and progesterone reactivity significantly decreased. There was no significant relationship between women's self-perceived social status and estradiol reactivity.

## **15. Remembering the good ol' days: Nostalgia bolsters social connectedness for slow life strategists**

Gonzalez, Elbin ([egonzalez6@uco.edu](mailto:egonzalez6@uco.edu))<sup>1</sup>, Randell, J. A.<sup>1</sup>, and Seger, J.<sup>2</sup>

<sup>1</sup> *University of Central Oklahoma*, <sup>2</sup> *Cameron University*

Building on prior theory suggesting that fast life strategists employ more antagonistic social strategies than do slow life strategies, we examined and found that fast life strategists enjoyed the benefits that nostalgia have for social connectedness to a lesser extent than did slow life strategists.

## **16. Suppression vs. Representation: An Analysis of Gender Norm Conformity within Greek Life**

Jernigan, Kylee ([kjernigan1@gmail.com](mailto:kjernigan1@gmail.com)), Brown, A., Wood, V., Watson, K., and Adams, R.

*University of Central Oklahoma*

This study is assessing the potential gender norm conformity within Greek life at the University of Central Oklahoma. The suppression of an individual's ability to openly express their gender identity will be explored. Studies have been conducted on this topic but there is a dearth of research in Greek life organizations regarding gender norm conformity.

# POSTER SESSION

## 2- 3 PM

### **17. The Use of Apparatuses in Comparative Psychology to Study Learning**

Grossner, Laura ([lgrossn@ostatemail.okstate.edu](mailto:lgrossn@ostatemail.okstate.edu)), Garcia, Lauren, Wincheski, Riley, and Abramson, Charles

*Oklahoma State University*

This poster features four apparatuses used in our laboratory for research with invertebrates. The shuttle box, Y-Maze, Cap Pushing Response (CPR), and monitors are frequently used to study learning. Specifically, our research focuses on the capabilities of these invertebrates through the measurement of circadian rhythmicity, learning behaviors, activity, and mortality.

### **18. Up In Smoke: An Addicted College Students Decade Long Journey to Cessation**

McManus, Annalaura ([amcmanus2@uco.edu](mailto:amcmanus2@uco.edu))

*University of Central Oklahoma*

Study looked to reduce consumption of combustible tobacco products while participant co-used medicinal marijuana. Looking into research, much more study need be done in order to get conclusive data to help college students with addictions. Meditation is helpful but abstaining through self-control and want to quit is most successful.

### **19. Why Not Me: A Look into How Positive Affirmations Affect Mood**

McManus, Annalaura ([amcmanus2@uco.edu](mailto:amcmanus2@uco.edu)), Brackeen, Julie, Hawkins, Zipporah, Johnson, Abby, and Porter, Kimberly

*University of Central Oklahoma*

This study is attempting to identify the impact of positive affirmations on mental health, self-talk, and well-being of college students. It is hypothesized that self-talk can affect self-concept and mood. This study involves two surveys and watching a guided daily affirmations video over a three week period.

# POSTER SESSION

## 2- 3 PM

### **20. LGBTQIA2S+ Identity and Parental Attachment**

Morehouse, Aliya ([amorehouse@uco.edu](mailto:amorehouse@uco.edu)), Hamill, M., and Downey, K. B.

*University of Central Oklahoma*

The proposed study investigates whether there is a relationship between LGBTQIA2S+ identity and parental attachment style. Both variables will be assessed using self-report and validated questionnaires, administered via a survey of college students. We hypothesize that those with insecure and avoidant attachments with their same-sex parent will also be LGBTQIA2S+.

### **21. Problematic Use of Technology and its Relationship to Cyberbullying and Core Evaluation of Self**

Curry, Kaitlyn ([kaitlyn.curry@eagles.oc.edu](mailto:kaitlyn.curry@eagles.oc.edu)), Detherage, R., Johnson, L. A., and Miller, J. P.

*Oklahoma Christian University*

Problematic technology use (PTU) relates to cyberbullying (CB) and cybervictimization (CV). Exploring these relationships, 66 participants ( $M_{\text{age}} = 19.79$  yrs & 69.7% female) completed surveys. Problematic social media use correlated with core-self-evaluation and CB, while 13.60% engaged in CB and 30.30% were exposed to CV.

# CONGRATULATIONS

## WINNERS OF THE 2022 OPS AWARDS

### **Outstanding Teacher: Dr. J. Adam Randell** (University of Central Oklahoma)

“Dr. Randell has been a great teacher who genuinely cares about his students in and outside of the classroom. Any question academic or personal, he has always been honest and genuine.”

“Dr. Randell is an incredible faculty member, both as a teacher and as a mentor. He is highly knowledgeable and well-rounded in Psychology as a whole... In the classroom, Dr. Randell has a way of leading students through the trenches of learning with clarity and kindness, while holding them accountable and pushing them to truly learn to their full capacity. Dr. Randell cares deeply about his students and continually works to help them succeed. I could not be more privileged to have been his student in the past and learn from him in the future.”

### **Outstanding Graduate Student: Elbin Gonzalez** (UCO)

“Elbin has proven to be a dedicated, and hard-working student and one of the more deserving students for this award... Elbin is a McNair scholar who has had three presentations at national conferences and two more regionally. He has also received two Research, Creative, and Scholarly Activities Grants from the UCO Office of High Impact Practices. Further, he accomplished this work while completing the counseling track in UCO Master's of Psychology program, which he will complete in May, and working towards earning his realtor's license. For these reasons, I believe Elbin stands out among his peers as being highly deserving of this award.”

### **Outstanding Undergraduate Student: Emily Hurt** (UCO)

“Emily is the epitome of an outstanding undergraduate student. She not only excels as a student, but she has served as a phenomenal teaching assistant... Emily put in many hours to help students by providing detailed feedback to students well beyond what was expected of her. She is an exceptionally bright, motivated, and hard-working student. She also manages to maintain a very positive attitude and friendly personality through stressful times. Emily is a kind, encouraging, wonderful person who is extremely deserving of this award.”

*Quotes are excerpts from the nominations received for each candidate. Winners were selected by the UCO Psi Chi Executive Board based on the nomination information provided, who were therefore not eligible to participate in this year's awards.*

# ACKNOWLEDGEMENTS



Thank you to our attendees, presenters, judges, OPS members, UCO Psi Chi, and Dr. Antoinette M. Landor.

We look forward to seeing you next year!