

PERK

2022



40th Annual Meeting of the
Association for Psychological and Educational Research in Kansas

Baker University Wetlands

Lawrence, KS

DISCOVERY CENTER | 1365 N. 1250 ROAD, LAWRENCE, KS 66046

November 5th



PERK's mission is to promote, improve and disseminate psychological and education research, to encourage collaboration between faculty and students, and to enhance collegiality among college faculty and students in Kansas and other Midwestern states.



PARTICIPATING INSTITUTIONS

Baker University
Benedictine College
Bethany College
Emporia State University
Fort Hays State University
Kansas City Kansas Community College
Park University
University of Kansas

We're so happy that you're here!



CONFERENCE OVERVIEW

PERK 2022 Presentation Schedule			
Room			
Time	Display Room <i>Clinical-Counseling</i>	Classroom 1 <i>Social/Forensic</i>	Classroom 2 <i>Developmental, Experimental, etc.</i>
8:30 - 8:45	<i>Rethinking Standardized Testing</i> Tyler Chaffee Baker University	<i>The Impact of Social Media...</i> Leo Harzman Fort Hays State University	
8:55 - 9:10	<i>Growth Through Gaming</i> Jeff Rabideaux Park University	<i>Need for Achievement...</i> Renee Bodoh Benedictine College	<i>Taking a Break...</i> Emma Schneider Baker University
Break (9:10 - 9:25)			
9:25 - 9:40	<i>Trends in the Misophonia ...</i> CJ Gibson Fort Hays State University	<i>An Equity Focused Alternative...</i> Talisa Stone Baker University	<i>Correct vs Accurate...</i> Nathaniel Lane & Andrew Johnson Park University
9:50 - 10:05	<i>Online Friendships...</i> Shianne Figge Emporia State University	<i>The Detrimental Impacts...</i> Katerina Brockmann Baker University	<i>The impact of childhood...</i> Sydney Hicks Fort Hays State University
Break (10:05 - 10:20)			
10:20 - 10:35	<i>Second Wave Positive Psych...</i> John Wade Emporia State University	<i>Addressing Maternal Health...</i> Ashanti Minnenhall Baker University	<i>The Potential for LSD and DMT...</i> Lillian Richards Baker University
10:45 - 11:00	<i>Called to Helping</i> Owen Wohler Baker University	<i>My Mind's Eye is Blind...</i> Julia Pind & Sarah Mathis Park University	<i>Psychedelic Assisted...</i> Quinn Nichols Baker University
Break (11:00 - 11:30)	<i>Elevenies in the Atrium</i> Light refreshments served		
	<i>Argentine Psychoanalytic Culture</i>		
11:30 - 12:15		<i>Dr. Veronica Garibotto</i>	
		University of Kansas	
Break (12:15 - 12:25)			
	<i>So Many Superheroes and So Much to Learn...</i>		
12:25 - 1:15		<i>Dr. Andrew Johnson</i>	
		Park University	
1:15	Lunch & Awards Ceremony		

ORAL & POSTER PRESENTATIONS SESSION 1

BAKER UNIVERSITY WETLANDS

8:30 – 9:10

8:30 – 8:45 (Oral & Poster Presentations)

Display Room *Rethinking Standardized Testing*

Tyler Chaffee, *Baker University*
Clinical/Counseling; Social/Forensic

Standardized testing has been common in schooling for over 100 years now. Starting in the 1920s with the SAT, to today. I argue that this form of testing is dated, and irrelevant in today's society. The negative effects it has on not only the students but teachers as well are a genuine detriment to everyone involved. I propose a mandated stop to the SAT and ACT effective immediately, nationwide.

Classroom 1 *The Impact of Social Media and FoMO on Mental Health*

Leo Harzman, *Fort Hays State University*
Social/Forensic

With concerns over social media use, especially among young people, growing within recent years, research has looked into its ties to depression, anxiety, and other mental illnesses. Through this research, a phenomenon known as the Fear of Missing Out (FoMO) has emerged. FoMO is characterized by an individual's apprehension of not participating in potentially rewarding activities. FoMO can exist outside of social media, but this research focuses specifically on how it may be related to social media. This project examines the relationship between social media and FoMO, specifically assessing the influence of depression and anxiety on FoMO.

8:55 – 9:10 (Oral Presentations)

Display Room *Growth Through Gaming*

Jeff Rabideaux, *Park University*
Clinical/Counseling

Individuals struggling with mental illness may benefit from engaging in games (Noda, Shiotsuki, & Nakao, 2019). This has been especially useful for those with major depressive disorder and anxiety. Games provide a safe environment to practice skills learned from other skill groups such as DBT, CBT, or substance abuse support. The purpose of this presentation is to provide an overview of: how games (board games, card games, or table-top role playing games) can be implemented at low cost or no cost and give patients the strategies to strengthen skills in an atmosphere of manufactured adversity.

Classroom 1 *Need for Achievement as It Relates to Birth Order*

Renee Bodoh, *Benedictine College*
Social/Forensic

Achievement motivation often plays a key role in determining an individual's performance in significant life matters, such as careers and education. Among the many factors which may determine an individual's achievement motivation, one possible influence may be birth order. The goal of this literature review was to examine the relationship between need for achievement and birth order, particularly in respect to personal achievement goals and academic performance. The strengths and weaknesses of the analyzed studies will be discussed, and future paths of research will be suggested.

Classroom 2 *Taking a Break: The Psychosocial Benefits of a Gap Year Between Educational Transitions*

Emma Schneider, *Baker University*
Developmental

A gap year between high school and college has been shown to increase social development as well as the ability to make clear and mature decisions about post-K-12 employment. Additionally, a gap year improves mental health and prepares a young person for social success when employed. This same benefit can be seen for those taking a gap year between undergraduate degrees and graduate school or post-grad employment. This policy proposal will offer evidence from the psychological literature on the robust value of a gap year experience.

BREAK

9:10 – 9:25

Grab some refreshments...meet some new friends...discuss the research!

ORAL PRESENTATIONS SESSION 2

BAKER UNIVERSITY WETLANDS
9:25 – 10:05

9:25 – 9:40

Display Room *Trends in the Misophonia Podcast*

CJ Gibson, *Fort Hays State University*

Misophonia, a disorder that involves a negative response to specific stimuli, often repetitive sounds or movements, is not in the DSM-5-TR. The Misophonia Podcast is one platform where people who identify as having misophonia can share their experiences; through these public interviews, over a hundred guests have revealed details about their experiences, including their triggers/activators, the coping mechanisms they depend on, and the emotions that they experience. With the data from these testimonies, we found a significant positive correlation between amount of social support a person has and the use of adaptive coping mechanisms.

Classroom 1 *An Equity Focused Alternative to Exclusionary Discipline*

Talisa Stone, *Baker University*
Social/Forensic

Zero-tolerance policies that enforce exclusionary discipline in schools are positively associated with detrimental outcomes, especially for minority groups and students of color. Apparent racial inequalities have been found in association with exclusionary discipline rates, and students of color are suspended at disproportionately higher rates compared to white students. Further, exclusionary discipline is positively associated with a decrease in academic achievement and school climate ratings and is not effective in changing behavior. This policy paper will address the racial disparities and discipline rates associated with zero-tolerance policies and will offer an equity-focused alternative disciplinary approach.

Classroom 2 *Correct vs Accurate From a Superhero Perspective*

Nathaniel Lane & Andrew Johnson, *Park University*
Other/Methodology

We are presenting a comparison of two measurements from a study regarding knowledge of superheroes. We showed participants LEGO images of 15 DC and Marvel superheroes. For each we asked participants to identify the superhero name and secret identity. We calculated an accuracy measure and correctness measure for names and secret identities. At the surface, accuracy may appear as synonymous with correctness, however, our results show a difference for these measurements especially for less-popular superheroes. We will be presenting the differences of accuracy versus correctness as a function of popularity and will present the trade-offs for both of these measurements.

9:50 – 10:05

Display Room *Online friendships and adolescent development*

Shianne Figge, *Emporia State University*
Clinical/Counseling; Social/Forensic

Since the emergence of the first social networking site in 2004, social media has become widely popular among adolescents. However, adults have grown skeptical of this new form of technology communication as it can take away from an adolescent's ability to engage in face-to-face communication. In addition, there is worry that social media can negatively impact an adolescent's mental health through the different ways that social media can be used. Nevertheless, it is still important to recognize there are benefits to social media and to be aware of both stances of social media as it continues to grow in popularity.

Classroom 1 *The Detrimental Impacts of Solitary Confinement on the Mentally Sound and Sick: Why Solitary Confinement should be Abolished*

Katerina Brockmann, *Baker University*

Social/Forensic

My paper examines the negative impacts on inmates who are placed in solitary confinement. A history of solitary confinement is included and the pushback numerous authority and government figures have given against the use of solitary confinement are examined. Solitary confinement can lead to irreversible psychological damage. Most pressingly, inmates that are mentally ill can suffer most if put into solitary confinement as their mental and physical health is not monitored, thus leading these inmates to experience worsening symptoms. I propose three alternative methods to solitary confinement that will curtail psychological damage in inmates.

Classroom 2 *The impact of childhood environment and personality on financial decision making*

Sydney Hicks, *Fort Hays State University*

Experimental

The purpose of the proposed study is to utilize Life History Theory (LHT) as a basis for evaluating a link between personality traits and decision-making. LHT predicts individuals from an unpredictable environment to develop a faster life-strategy characterized by early maturation and risky decision-making style. This proposal aims to examine the impact of early childhood environment on development of personality traits of narcissism and Machiavellianism. Furthermore, the current study proposes to explore a mediation role of Dark Triad personality between fast life-strategy and riskier financial decision-making.

BREAK

10:05 – 10:20

ORAL PRESENTATIONS SESSION 3

BAKER UNIVERSITY WETLANDS

10:20 – 11:00

10:20 – 10:35

Display Room *Second Wave Positive Psychology: Context Is Key*

John Wade, *Emporia State University*
Clinical/Counseling

Positive psychology has made important contributions to the field of psychology, especially through the emphasis on studying and understanding the factors associated with well-being, happiness and resiliency. However, positive psychology has received criticism for at times overly emphasizing the positive. "Second wave positive psychology" has emerged to introduce more balance, and examines the benefits our "negative" emotions can play, and explores the role of context in determining the most effective emotional response and how to best increase our resiliency. This presentation will offer specific, empirically supported examples of how embracing our "dark side" can be beneficial and how psychological interventions can be helpful or harmful depending upon the client's circumstances.

Classroom 1 *Addressing Maternal Health and Gynecological Health Care in Incarcerated Women*

Ashanti Minnenhall, *Baker University*
Social/Forensic

Women and female-bodied inmates are offered limited feminine hygiene products each month when incarcerated. Additionally, the default post-partum policy is to remove the infant from the incarcerated mother's care. This is more likely if you are incarcerated for a violent crime, and appeals to this process are routinely dismissed. Further, incarcerated women received less-available and less-effective treatment for gynecological conditions like PCOS and endometriosis. This policy presentation will address these health and social justice disparities and will support policy to address and eliminate these disparities.

Classroom 2 *The Potential for LSD and DMT in Modern Psychedelic Research*

Lillian Richards, *Baker University*
Experimental

A resurgence in research into the therapeutic potential of psychedelic drugs has blossomed over the past two decades. Modern studies show an almost miraculous potential to improve the lives of those suffering from mental illness. While psilocybin and MDMA have received the most attention, there are more psychedelic drugs that could be just as beneficial – if not more – in psychiatric treatment. This policy presentation will address potential benefits to the psychological world that could come from further research into other, stronger types of psychedelics and advocates for an increase in government funding into this research.

Display Room *Called to Helping*

Owen Wohler, *Baker University*
Clinical/Counseling

This presentation discusses the need for pastoral education to be reformed. Specifically, pastors are labeled as a group charged with a primary job of helping people. This expectation of pastoral care is both socially and internally desirable. Unfortunately, there is a major gap between wanting to help and knowing the skills to help. Masters of Divinity programs should teach modern therapy techniques adapted in a theological sense as an expansion on current chaplaincy courses.

Classroom 1 *My Mind's Eye is Blind- Living With Aphantasia*

Julia Pind & Sarah Mathis, *Park University*
Social/Forensic

We are showcasing Aphantasia – a condition that affects 1 to 3% of the population. Individuals with Aphantasia have difficulty creating mental representations of images or manipulating mental images. We will address the following related to Aphantasia: diagnosis, causes, prevalence, description, testing, implications of having it, and a first-person perspective.

Classroom 2 *Psychedelic Assisted Psychotherapy: Revealing, Facing, and Healing Trauma*

Quinn Nichols, *Baker University*
Clinical/Counseling; Biological/Neuroscience

Psychoactive plants could be the oldest pharmacological agents known to man. Psychedelic use was common in many native and indigenous cultures as these communities' used plants as medicine and for sacred rituals. Numerous phase 2 and 3 clinical trials using psychedelic-assisted psychotherapy are showing promising results in the treatment of psychiatric illnesses such as PTSD and Major Depressive Disorder. The problem is not to get these substances off the streets, rather, getting them back into research institutions, hospitals, laboratories, and other supervised settings. These substances are changing people's lives for the better and must be researched extensively and safely.

BREAK (*ELVENSIES!*)

11:00 – 11:30

Grab some refreshments...take a short walk around the boardwalk with your new friends...discuss the research!

BAKER WETLANDS DISPLAY ROOM

Argentine Psychoanalytic Culture



Baker Wetlands Discovery Center

Saturday, November 5

Check-in: 11:15am

Talk: 11:30am



Did you know that Argentina has the highest number of therapists per capita in the world?

Come learn about the history and popularity of psychoanalysis in Argentina from KU professor Dr. Verónica Garibotto.

BREAK

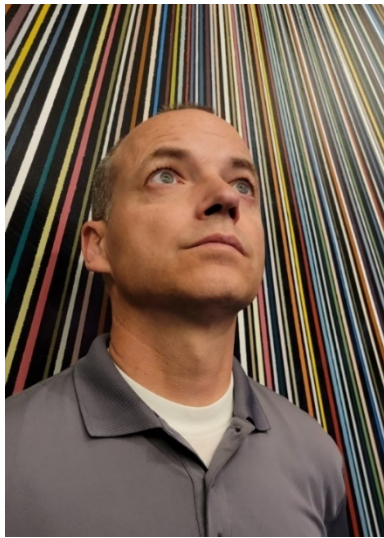
12:15 – 12:25

BAKER WETLANDS DISPLAY ROOM

Keynote Speaker

Andrew Johnson, Ph.D.

Professor of Psychology
Park University



*So Many Superheroes and So Much to Learn: Distorted Perceptions,
Forgotten Secret Identities, Color Associations, and Cross-cultural
Differences*

LUNCHEON & AWARDS CEREMONY

BAKER WETLANDS DISPLAY ROOM

1:15 – 2:15

We will conclude the conference with lunch and an awards ceremony where winners of the Empirical and Non-Empirical Paper Competitions will be revealed. This will be another fine opportunity to make connections and to discuss the fascinating research that was shared throughout the day.

FUTURE CONFERENCE INFORMATION

PERK 2023 TBD

PERK 2024 will be co-hosted by Kansas Wesleyan University and Bethany College



We're glad you came!

