2020 New Jersey Psychological Association 11 Posters Guide

1. **Adverse COVID-19 Events Survey: A Trauma-Informed Investigation into the Disparate Impacts of COVID-19 on Diverse Psychology Graduate Student Populations**

Authors Dominique Reminick; Kean University, and Kristina Kroot; CUNY School of Professional Studies

Research indicates that experiencing a pandemic should be understood through a trauma-informed lens, as the cumulative and chronic stressors can be considered traumatic for some, and lead to long-term psychological distress (Boyraz & Legros, 2020). As the COVID-19 pandemic is more severe in scope than other viral epidemics, with increased restrictions limiting behaviors and a wider reach of the illness, these traumatic effects may be even more pronounced. In light of these factors, it has been suggested that a focus on COVID-19 specific trauma research is essential to support the mental health of our society. (Horesh & Brown, 2020). With this in mind, we propose the following research project to assess how cumulative and chronic adverse events experienced during the COVID-19 pandemic have affected graduate student well-being and distress (e.g. depression, anxiety, and stress levels.) Particular attention will be placed on the experience of minority populations (e.g. racial and ethnic minorities, those with disabilities and those of low socioeconomic status), as they may be most negatively impacted by this global pandemic.

This study uses the theoretical framework suggested in the original Adverse Childhood Experiences (ACEs) study (CDC, 2020), which posited a dose-response relationship between adverse events experienced and later distress and negative outcomes. We hypothesize that the number of adverse events experienced during the pandemic will be positively correlated with both their current and future levels of psychological distress. We propose these effects are moderated by race, disability, and socioeconomic status, with individuals in those populations having experienced both increased adverse events and increased distress. As the original ACEs study was longitudinal, we hope to gather information about graduate student experiences both during and after the pandemic (with 6 months between data collection points). Lastly, the original ACEs study did not include assessments of protective factors, such as positive coping skills and resiliency, so those variables will be analyzed in the present study as well. We posit that resiliency and number of positive coping skills will be negatively correlated with psychological distress, both the current and long-term variety.

2. An Innovative Measure of Psychological Intimate Partner Violence in a National Sample of Adolescents

Authors Hannah Schorpp**,** Raghad Hassabelnaby, and Michele Cascardi; William Paterson University

Psychological intimate partner violence (ψIPV) in adolescent relationships ranges from 62-90% (Taylor & Mumford, 2016). The high rate suggests the definition of ψIPV may be overly broad and include developmentally typical behaviors. The present study tested a new measure of ψIPV to increase precision, the Relationship Behavior Survey (RBS, Cascardi, 2020). The Conflict in Adolescent Dating Relationships Inventory (CADRI, Wolfe et al., 2001) was used to test convergent validity. The RBS measures three types of ψIPV: denigration, domination, and intrusive acts, as well as participants' appraisals of these acts. A goal is to differentiate developmentally typical behavior from intent to harm, control, or express anger. In a national sample of 1,100 adolescents aged 13-17 years, confirmatory factor analysis supported the three-factor model of ψIPV, and females reported engaging in

higher rates of denigration, domination, and intrusive acts than males (52-56% vs. 42-47%, z's 2.63-2.99, p<.003). Males were more likely to appraise denigration as joking (50% males; 36% females; z = 3.23, p<.001), whereas females were more likely to appraise it as anger (37% males, 53% females; z = 3.68, p<.001). There were no gender differences in appraisal for domination, most commonly reported as joking (53% males; 44% females), or intrusive behavior, most commonly reported to show care (46% males; 43% females). There were no age differences. Eighty percent of adolescents endorsed acts of ψIPV on the CADRI and 40% of these did not endorse items on the RBS. Most (90%) of those reporting physical IPV on the CADRI also endorsed items on the RBS. When overlap on the CADRI and RBS occurred, adolescents appraised denigration and domination as both joking and non-joking, and they appraised intrusive acts as care or mistrust. The RBS may measure ψIPV more precisely in adolescent relationships, and thus improve intervention to reduce IPV.

3. Depression, Anxiety, and the Utilization of Online Mental Health Services among Young Adults

Authors Emily Kline, Carrie Masia Warner, Farah Mahmud, Tanya Singh, Cody Weeks, and Jazmin Reyes-Portillo; Montclair State University

Background. While college students are at risk for depressive and anxiety disorders, they often encounter barriers to seeking mental health treatment, such as long waiting lists at college counseling centers (American Health College Association, 2019; Center for Collegiate Mental Health, 2020). Technology may help address the unmet mental health treatment needs of college students, such as the use of mental health apps (MHA) to treat emotional or mental health problems. Despite openness to utilizing MHAs, the use of MHAs among college students remains fairly low and it is unclear whether those experiencing psychological distress seek treatment through traditional services or MHAs (Kern et al., 2018; Lungu & Sun, 2016). We examined attitudes towards MHA use and treatment engagement among college students, depending on their levels of depressive, generalized anxiety, and social anxiety symptoms.

Methods. Participants were 876 college students, aged 18-30 (80.9% female; 44.9% white), who were enrolled in a psychology course. Students completed an online survey, which included measures on generalized anxiety and social anxiety symptoms, depressive symptoms, mental health treatment preferences, and recent utilization of mental health services.

Results. Among students, 56.6% (N = 494) had clinically significant generalized anxiety scores, 44.1% (N = 384) had clinically significant social anxiety symptom scores, and 38.8% (N = 338) had clinically significant scores for moderate or severe depressive symptom scores. While 33.2% (N = 291) reported using traditional services in the past 12 months, only 9.7% (N = 85) used a MHA or online program in the past 12 months. However, 66.6% (N = 583) of students indicated that they are open to using a MHA. Generalized anxiety (OR=1.05; 95% CI = 1.00-1.10) and depressive symptoms (OR = 1.06; 95% CI = 1.01-1.10), but not social anxiety symptoms (OR=1.00; 95% CI = .93-1.07), predicted students' utilization of an online program or MHA in the past year. Additionally, generalized anxiety (OR=1.06; 95% CI = 1.03-1.10) and depressive symptoms (OR=1.04; 95% CI = 1.01-1.08), but not social anxiety symptoms (OR=0.98; 95% CI = 0.93-1.02), predicted the use of traditional mental health services (i.e. psychologist, psychiatrist, medical doctor, crisis hotline) in the past year.

Conclusion. College counseling centers and MHAs may need to focus on improving treatment engagement of students with social anxiety, and online screenings and intervention may be one way to initially engage students in need of treatment.

4. Exploring the Relationship between Racial Microaggressions and Clinical Symptomatology in Ethnic Minority College Students

Authors Christopher Watkins, A. Keshani Perera, Bryan Alava, Fernanda Moura, and Aileen Torres, PhD; William Paterson University

Racial microaggressions can be defined as "brief and commonplace daily verbal, behavioral, and environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative racial slights and insults to the target person or group" (Sue et al., 2007, p. 273). These acts have also been defined as hostile, subtle verbal, nonverbal, or visual racial insults (Franklin & Boyd-Franklin, 2000; Solo´rzano, Ceja, & Yosso, 2000). Research has suggested microaggressions can be stressful and demoralizing, and more importantly, may cause psychological harm and contribute to the pathophysiology of disease as a result of unique chronic stressors (Carter, 2007; Moradi & Risco, 2006; Sellers & Shelton; Sue, Capodilupo, & Holder, 2008; Williams et al., 1997). The negative health sequelae includes anxiety, depression, hypertension and diabetes, among other negative effects and overall negative life satisfaction. While these correlations are well-established, the effects of exposure to differential microaggressions on subsequent psychopathology remains unclear. As such, we aim to explore correlations in patterns of racial discrimination and symptom profiles. This study utilized a demographic questionnaire, the Racial Microaggressions Scale (RMAS), and the Brief Symptom Inventory (BSI), among a diverse sample of approximately 300 individuals. The participants who completed this survey attended a public university in New Jersey, and most identified as belonging to racial/ethnic minorities. We hypothesized that exposure to specific patterns of racial discrimination and microaggressions, as measure by the RMAS will reveal distinct symptom profiles, as measured by the BSI. This poster will present correlations between the RMAS and BSI subscales and how they may differ across ethnic groups.

Goal: To observe correlations between RMAS subscales of different types of racial microaggressions with BSI subscales of diagnostic psychopathology. We will observe whether a certain type of racial discrimination is related to a specific symptom profile. For example, might one's experience of criminality related microaggressions be correlated with hostile psychopathology etc. We will also try to see if these patterns change according to country of origin. This data has already been collected, and is currently being analyzed.

5. Juvenile Interrogation Law for Psychologists: New Jersey Case Law and Psychological Implications

Authors Kimberly Echevarria and Erica R. Young; John Jay College of Criminal Justice, CUNY
Co-Sponsor Matthew B. Johnson, PhD

The right to counsel and privilege against self-incrimination were extended to juvenile suspects

in the US Supreme Court *In Re Gault* (1966) ruling. From 1966 - 2001, New Jersey high courts

issued nine decisions elaborating the state specific case law regarding juvenile interrogation (Johnson, 2002). Since 2002, seven additional decisions have been issued by the NJ high courts
(State ex rel. AS, 2010; State ex rel. AW., 2012; State ex rel. PMP, 2009; State ex rel. Q.N.,
2004; State in re AS, 2009; State in re AA, 2018; State in re JDH, 2002). This presentation will
review the seven rulings issued by the NJ high courts since 2002 with a focus on the implications for psychological consultation and research.

The rulings identify the various factors the courts rely on in determining the admissibility of incriminating statements from the custodial interrogation of minors. Psychologists (Kassin et al., 2010) have differentiated situational risks (i.e. prolonged interrogation, isolation, false incriminating evidence) and personal risks (i.e. mental illness, cognitive impairment, suggestibility, immaturity) that are relevant in assessing the reliability of confession evidence. The courts use the 'totality of circumstances' approach, meaning the existence of any one or two (or more) risk factors are not determinative of admissibility. Instead, the court weighs the various factors when coming to a decision. Thus, the juvenile suspect's vulnerabilities must be examined in the context of how the interrogation was conducted. The court's opinions reflect a need to protect the public from juvenile offending, while also providing sufficient due process protections for juvenile suspects.

Psychologists possess specific skills (clinical assessment, research informed knowledge on Miranda comprehension, the risk of false confessions, and adolescent development) that can be applied to consultation and testimony involving juvenile interrogation. Although there have been substantial contributions made by psychologists in the area of juvenile interrogation (Cleary & Warner, 2017), there is further work to be done. There is need for additional research focused on whether parental presence is effective protection for juveniles during interrogation and whether the assertion that younger juveniles can knowingly and voluntarily waive constitutional rights is supported by evidence.

6. Latinx Adaptation of the PHLMS

Author Marcela Farfan; Felician University

The concept of mindfulness emphasizes attention and awareness of the present moment experience, on purpose, and nonjudgmentally (Kabat-Zinn, 1994). Approximately 53 million Hispanics (17% of the U.S population) reside in the United States making it not only the largest ethnic minority group, but also one of the fastest growing according to the U.S Census Bureau (2013). This poster presentation will present the process of adapting the Philadelphia Mindfulness Scale (PHLMS) to be used with Latinx clients. The Philadelphia Mindfulness Scale is a 20-item questionnaire which measures two key components of mindfulness, present moment awareness and acceptance. This poster will present the research plan, statement of the problem, goals of the study, and explain the methodology that will be used to complete the study.

Based on previous research of the validation of the Philadelphia Mindfulness Scale, this poster will present the methodology that will be used not only to validate the translation of the Philadelphia Mindfulness scale into Spanish, but to fully adapt the scale to be used with the Latinx population. Participants from the study will be asked to complete the instruments via an online survey. Each participant will complete the same battery, which will include an informed consent, a demographic questionnaire, three different versions of the Philadelphia Mindfulness Scale (PHLMS), English version, Spanish version from Spain, and newly adapted Spanish version and a serial 7's task administered as a distractor. This research study is

part of the dissertation requirement of a PsyD program in Counseling psychology from Felician University in Lodi NJ and it is expected to be completed by May 2021.

7. Mindfulness as a Moderator of the Association between Social Media Use and Psychological Distress in College Students

Authors Ritvik Dutta and Moshe Seplowitz; Kean University
Co-Sponsors Dr. Jennifer Block-Lerner, Dr. Donald Marks

Social media has become a highly prevalent form of communication and social interaction among young adults, with as many as 90% using social media in some form, most at least once a day (Pew Research Center, 2015). Research has identified positive relationships between social media use and levels of psychological distress, including anxiety (e.g., Woods & Scott, 2016), depression (e.g., Lin et al., 2016), and low self-esteem (e.g., Chen & Lee, 2013). However, the role of mindfulness and similar processes that address how one may relate to difficult emotional experiences is not well known in this relationship. In this exploratory study, we assessed the amount of 90 undergraduate students' social media use, psychological distress, and levels of mindfulness. It was predicted that mindfulness (i.e. nonjudgmental present-moment awareness; Kabat-Zinn, 1994) would function as a moderator in the association between social media use and psychological distress; specifically, we postulated that higher levels of mindfulness would result in lower levels of psychological distress regardless of the amount of social media use. Utilizing two simultaneous multiple regression analyses, it was found that mindfulness (divided into two subcomponents — acceptance and awareness; Cardaciotto et al., 2008) did not moderate the relationship between amount of social media use and psychological distress. The lack of significant main effects for amount of social media use and mindfulness on levels of psychological distress as well as the lack of a moderating effect of mindfulness may be explained by our assessment of the frequency rather than the function of social media use. The main limitations of this study are its cross-sectional and correlational nature as well as its reliance on self-report measures. Future research directions include examining the functions of social media use, rather than frequency of use, and their impact on psychological well-being.

8. The Multiple Self-States Drawing Technique: Creative Assessment and Treatment with Children and Adolescents

Author Susan Parente, PsyD

Projective drawings have long been utilized as a window into individual's psychological, intellectual and developmental processes as a means to understand various dimensions of the self. However, contemporary researchers and writers across multiple disciplines including cognitive neuroscience, relational psychoanalysis, traumatology and interpersonal neurobiology have advanced an expanded thinking and a foundational conceptual shift away from the traditional construct of a unitary self towards a theory of multiple states of self. As such, this expanded concept posits that self can be understood actually, to be array of relatively discrete states of psychophysiological being, encompassing affect, cognition, sensory, and motor processes, and experienced on a continuum of an integrated self through varying degrees of dissociation. Healthy personality development implies a smooth, flexible and often non-conscious experience of shifting multiple affect states - "the capacity to feel like one self while being many" (Bromberg, 2001a, p. 273). Psychologically overwhelming and traumatic experiences however, lay the groundwork for dissociated,

disowned or disavowed self-state processes - rendering individuals as not "fully known" to themselves.

With concepts such as self-awareness and self-expression having rather new meaning in light of this expanded viewpoint, we might now consider helping our patients to become cognizant of and attend to their multiple self-states, as a means of maximizing the psychological benefits of mental health treatment. The multiple self-states conceptualization lends new perspective to the complexity of what psychotherapy practitioners might strive to discern, while simultaneously suggesting new opportunity to promote well-being for our patients.

It follows that projective assessment tools might similarly endorse this contemporaneous paradigm shift. Greater clinical utility and relevance of projective drawing techniques might be gained by exploring and identifying patients' multiply (rather than singularly) experienced way of being in their world. The Multiple Self-States Drawing Technique (MSSDT) endeavors to accomplish just this. The MSSDT integrates this conceptualization as a clinical assessment tool, linked as well with a creative treatment method based upon the multiple self-states model. The experiential, arts-based therapeutic activity is applicable, and may be flexibly applied, to a broad range of ages and clinical populations, and can be advantageous for practitioners endorsing diverse therapeutic orientations and modalities, and those incorporating integrative approaches. This process guides young patients to draw figure representations and explore distinct aspects of their regulated versus clinically dysregulated self-states. Assisting children to articulate features of their "multiple selves" through participation in this engaging psychotherapeutic, artistic and creative process, may foster a positive relational encounter, generate beneficial self-expression and emotional release, and encourage enhanced self and other awareness through promotion of a mentalizing stance. The MSSDT can facilitate the clinician's understanding and clinical assessment from a phenomenological perspective, of important personality variables and experiential factors, and provide a framework for a subsequent, informed intervention path. Clinicians' chosen treatment strategies may be formulated and adapted, based upon expressed material throughout the process.

Psychotherapy with child populations can be deeply challenging, stirring, and rewarding. The endeavor demands high levels of attunement, intuition, flexibility and creativity from the treating professional, all grounded within the context of developmental theory as well as one's own clinical orientations and preferred treatment modalities. For me, the multiple self-states model has brought about an important, enriching, and vitalizing perspective to my clinical work. I have found that utilizing the MSSDT in my psychotherapy practice has benefited child and teen clients by helping us to "bridge" their disparate self-states. The young person is given an opportunity for their 'me' and 'not-me' (Bromberg, 2011, p. 69) selves to be 'seen,' known, and mirrored in the context of an attuned psychotherapeutic relationship. It is hoped that the various case vignettes and studies have demonstrated how the process has assisted young clients to come to gently and compassionately bring conscious awareness to their often uncomfortable, painful, disowned states of being, and as well, to acknowledge, recall and become energized by their stronger and more resilient selves.

The Multiple Self-States Drawing Technique is offered to you as a means to achieve new insights and understandings about your child and adolescent therapy clients. My hope is that by presenting the MSSDT to them, your young patients can be inspired to appreciate that they are more than just their pained states, and will feel encouraged to work

collaboratively with you to realize hopeful eventualities and expanded states of well-being. With the clinician's manual, I have sought to clarify the potentials of the MSSDT as a sound, accessible, and adaptable clinical tool to utilize in support of the healing, stabilizing and integrating work that we do, whether one's practice setting is inpatient, clinic, school or private office. Amidst the diverse and eclectic ways in which we mental health practitioners strive to fulfill our therapeutic mission with children and adolescents in distress, I sincerely hope you and your young clients will enjoy, find particular meaning in, and derive great benefit from the MSSDT process and approach.

9. Saying Hi(gh) to Marijuana: Legalization and Its Effect on United States' Crime Rates

Authors Emily Tully, Georgia Winters, Bennett Heitt, and Natalie Zychlinski; Fairleigh Dickinson University

Throughout its history, the United States has had a seesaw relationship with marijuana. Marijuana was one of George Washington's 3 primary crops, and the Virginia Colony grew marijuana for transport back to England. As the United States began to see an increase in crime related to the trafficking of and sale of marijuana, however, this began to change. Over the years the United States of America has passed numerous federal laws governing illicit substances, including marijuana including 1937, 1969, 1970, 1990, 2014, 2018. The 1970 Controlled Substances Act (CSA) made marijuana a Schedule 1 drug. Removing marijuana as a Schedule 1 drug has been proposed since 1972 and failed. By 1996, however, the majority of states had legalized marijuana for medicinal use, and by 2012 states began legalizing marijuana for recreational use.

The result has been a renewed focus on the connection between marijuana and criminal activity. Authorities and government officials across the United States have continued to look at how marijuana legalization, criminalization, and medicinal use would impact society, specifically society's crime rates. With the many states that once criminalized marijuana and have now legalized its use, it provides a unique opportunity to look at impact on crime "before and after." The purpose of our research is to determine if marijuana legalization has an impact on such crime rates. Through our research, we aim to compare crime rates for aggravated assault, burglary, CDS possessions and distribution, murder, rape, and robbery. Our data collection will comprise all 50 states and will include rates both before and after each state's marijuana laws were passed.

10. The Underlying Skills Contributing to Social Functioning of Children with Behavioral, Emotional and Cognitive Concerns

Authors Leah Watson, Brooke Elliott, and Bruce Diamond; William Paterson University

Introduction. Prior research has found that underlying factors, such as processing speed and fluid reasoning, contribute to the social functioning of an individual. Social cognition, also referred to as social perception, can be defined as aspects of higher cognitive function that support interactions among peers by understanding and processing interpersonal cues, as well as the ability to identify and interpret the meaning of the behaviors of others (Maheady & Maitland, 1982; Scourfield et al., 1999). Those with social perceptual deficits tend to score lower on both fluid reasoning and executive functioning tasks, and children with slow processing speed tend to show difficulties with skills important to social functioning, such as comprehending novel information, employing quick thinking, and other complex cognitive abilities (Calhoun & Mayes, 2005; Cepeda et al., 2013; Schafer &

Semrud-Clikeman, 2008). The current study sought to determine if processing speed and fluid reasoning as measured by the Wechsler Intelligence Scale for Children, Fifth Edition (WISC-V), can predict levels of self-perceived social skills and stress as measured by the Behavior Assessment Scale for Children, Third Edition-Self-Report (BASC-3 SRP). The research examined two hypotheses: first, children who score lower on processing speed and fluid reasoning scales will exhibit higher self-perceived social stress levels; second, children referred for cognitive or behavioral/emotional issues will present with distinct personality and stress-affect-related profiles.

Method. Data were collected from a private neuropsychological practice that specializes in pediatric patients. The sample includes 37 children between the ages of eight and 16 (*M* = 11.47 years, *SD* = 2.24) who received neuropsychological evaluations. Scores from the WISC-V and BASC-3 SRP were deidentified and used for the current study.

Results. Despite past literature, results did not support the hypothesis that processing speed and fluid reasoning were predictive of self-perceived social stress; however, there were significant between-group differences among several self-report measures based on referral question. Specifically, children who were referred for evaluation primarily because of emotional and behavioral concerns scored higher on the following scales: social stress (*M* = 54.42, *SD* = 12.31), $F(1, 35) = 4.42$, $p = .04$, depression (*M* = 55.00, *SD* = 12.70), $F(1, 35) = 5.65$, $p = .02$, somatization (*M* = 60.86, *SD* = 18.16), $F(1, 35) = 6.54$, $p = .02$, and internalizing problems (*M* = 54.83, *SD* = 13.39), $F(1, 35) = 4.35$, $p = .04$, compared to children who were referred for cognitive concerns. Furthermore, children who were referred for cognitive concerns rated themselves higher on interpersonal relationships (*M* = 54.48, *SD* = 8.67), $F(1, 35) = 6.2$, $p = .01$ than children referred for behavioral and emotional reasons.

Discussion. Though results from this study did not support the ability of fluid reasoning skills and processing speed measured by the WISC-V to predict social stress as measured by the BASC-3 SRP, findings suggest differences in self-reported concerns in social-emotional functioning between children who have cognitive and behavioral/emotional concerns. Future research should examine the implications of these findings for early identification and treatment.

11. Relational Styles and Motivations for People Who Use Bumble
Authors Brad Ahern and Dr. Warren Reich; Felician University

Within the last few decades, online dating has been very popular amongst the United States population. However, there is an overwhelming stigma that dating apps are used for hookup purposes by a majority of users (Bryant & Sheldon, 2017). This has been supported by research that suggests that sexual pleasure is a main motivation for utilizing apps similar to Bumble and Tinder. Sumter & Vandenbosch et al., (2018) found that casual relationships defined as Casual Sex were the biggest motivation for younger adults, primarily men in the age demographic of 18 to 30 years of age. According to research, gender differences have been highlighted, indicating that this is seen more so in men than in women in terms of social media usage as well (Sumter, Vandenbosch, & Ligtenberg, 2017; Tolman, 2003).

Bias has also been associated with dating apps as being a desperate way to look for a romantic partner when in fact it has increasingly been acceptable amongst the population. In a recent survey, it was found that half of the population that uses dating apps have found their relationship online (Clement, 2019). It was reported that 49% of those users were looking for a relationship that is characterized as "exclusive." This was seen with an age demographic of 18-34 years of age. It also found that almost half of users reported a

positive experience, which nearly doubled the percentages of those who have reported negative experiences (Clement, 2019).

Many can suggest that the simplicity of the apps and the fad that has taken place, gives it a bad reputation or maybe just stories that they have heard from people they know who have used it. Others suggest that they have had success on dating apps in general. What we do know is that the development of dating apps/websites has progressed over the last few decades. There are a growing number of dating apps and the acceptance has increased amongst the population especially with increased number of users (Hobbs, Owen, & Gerber, 2016).

Since there has been a growing acceptance to dating apps, it would interesting to take a look at an older age demographic and a different dating app that to my knowledge has not been researched as much as others. It will have an interesting look at modern dating as well as the motivations amongst a newer generation of people looking to explore the dating world. In addition, it will give good insight for psychologists to have more knowledge in working with clients with issues regarding the modern dating world.