



University for the Common Good

PSYCHOLOGY CONFERENCE

Book of Abstracts



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Keynote



Does what you drink reveal who you are? Alcohol and identity in the age of social media **Professor Carol Emslie**

This talk will explore how men and women use alcohol to express their gender identities. The meaning of drinking also varies across the lifecycle: for young people, drinking may allow them to try out different identities both online and offline, while in midlife, drinking may provide a space for 'me time' and reconnection with authentic selves. The presentation will also highlight how the alcohol industry uses these strong connections with identity to market their products (see Twitter campaign #dontpinkmydrink for examples).

Prof Carol Emslie leads the Substance Use research group at GCU. Follow the team on Twitter via @SubMisuseGcu

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Lucy Crawford | A relationship between personality type, attitude towards dreams and style of decision making. (Cognitive Psychology)

Session C2 - Time: 14:20

This study investigated the relationship between personality type (PT), attitude towards dreams (ATD) and style of decision making (SDM). A positive correlation between extraversion and ATD and a positive correlation between openness and ATD was hypothesised. Furthermore, it was predicted that there will be a positive correlation between intuitive decision making and extraversion and a positive correlation between intuitive decision making and ATD. Correlational design was utilised and analysed using a Spearman's rho correlations test. 105 adults participated in this study (36 Males, 67 Females and 2 prefer not to say); participants were recruited via a virtual snowball sampling method. Data was collected in the form of an online questionnaire involving three previously published questionnaires including the General decision-making style scale (Scott and Bruce 1995), TIPI created by Gosling et al. (2003), and Attitudes towards dreams Schredl, Burau, Kunkel, and Lanzl (2019). Individuals under the age of 18 and people who are not fluent in English were excluded from the study. The results from this research indicate a significant positive correlation between extraversion and ATD. Furthermore, a significant positive correlation was found between openness and ATD as well as, a significant positive correlation between intuitive decision making and extraversion. Furthermore, a significant positive correlation was discovered between intuitive decision making and ATD. The findings allow for a greater understanding of the relationship between ATD, PT and STD. Future replications may benefit from researching negative correlations between the factors within the co-variables for a broader comprehension of the subject.

Kieran Macdonald | Emotional recognition accuracy in partially obscured faces: differences between the empathising and systemising processing. (Cognitive Psychology)

Session C2 - Time: 14:30

The Coronavirus-2019 (COVID-19) spurred the wearing of face masks in attempt to reduce the spread of the virus. Face masks cover information rich areas which may diminish individuals ability to accurately recognise emotions. The Empathising-Systemising (E-S) Theory is an inclusive ideology which explains the essential differences of the mind between the sexes across the two structures. The current study aims to identify the effect the extent of face shown (mask obscured) will have on the accuracy of emotional recognition using the E-S Theory. The study will employ a 2x2 within-participants design with online participation. The Empathising Quotient-10 and Systemising Quotient-Revised-10 are applied to assess where on the scale participants lie. The emotion recognition accuracy task will manipulate 48 Radboud Faces Database models, with COVID-19 face masks photoshopped onto half of the individuals balanced by gender and emotion. The study will aim to engage with 100 participants, through opportunity sampling, with data analysis conducted through SPSSv22 repeated-measures ANOVA. The results anticipated is the accuracy of emotion recognition will be greater in the full face condition (H1), as well as accuracy being greater in the Empathising Structure (H2), and there will be a greater difference in emotional recognition accuracy between empathisers and systemisers in the top-half of the face condition in comparison to the full-face condition (H3). These results will give a practical indication of how the wearing of face masks effects social interaction, and if the E-S theory provides a potential way to explain the individual differences in emotion recognition.

Hannah Stewart | An investigation into masked facial identification accuracy in both fully visible and partially visible faces and the differences in face angles. (Cognitive Psychology)

[Session C2](#) - Time: 14:40

This study aims to identify to what extent the effects of wearing a face mask will have on the accuracy of facial recognition with the addition of two different facial profiles. This study is a within-groups design. The studies first hypothesis states that the accuracy of recognition is better when full face is visible in comparison to partial visibility. The second hypothesis states that the accuracy of recognition is better when the face is viewed at an angle in comparison with a straight on view. The third hypothesis states that there will be a larger difference in accuracy between partial visibility of the facial profile in comparison to the accuracy of the fully visible face of the facial profile. Approximately 30 participants will be recruited for this online study through opportunity sampling. They are required to be over the age of eighteen and from Scotland to be eligible for this study. A 2x2 ANOVA analysis will be carried out. It is anticipated that the results will support all three hypotheses, as predicted by similar research findings. The final data set will be discussed in relation to if the three hypotheses were supported. This data will also be used for further research into increasing the accuracy of facial recognition in relation to crime.

William Thomson | The effect of context complexity and the type of emotional expression on the face identification accuracy. (Cognitive Psychology)

[Session C2](#) - Time: 14:50

The aim of the current research is to examine the effect that different emotional expressions and context complexity may have on face identification accuracy. Prior research found a possible working memory bias in favour of happy faces over sad and angry faces, leading to more accurate identification for those happy faces. This study is conducted in Microsoft Teams and runs through a PowerPoint presentation. There are 24 sections as well as 4 trial sections, each made up of a display slide containing either 1 or 3 faces expressing a certain emotion, followed by a neutral target face to which participants are asked whether this person was in the previous slide. The experiment is balanced by complexity of display and positive and negative identifications. Participants will verbally answer for the researcher to record on the answer sheet. Data will be analysed using SPSS 26. The study hypotheses are as follows; Face identification accuracy will be greater in the simple context compared with the complex context, identification accuracy will be greater in the happy condition compared with the angry and sad conditions, there will be an interaction between the context complexity and the type of emotional expression in terms of the accuracy of face identification. If the hypotheses are supported, this could imply a working memory bias for faces expressing happiness with regards to face identification, meaning that those who are in a negative emotional state may be overlooked in favour of positive emotion displaying individuals due to working memory biases.

Kilian Versluis | Attentional Capture: Implications of Interfering Text and Image Distractors on Memory (Cognitive Psychology)

[Session C2](#) - Time: 15:00

Digital environments progressively involve computer-initiated notifications with motion onset, prompting a shift in user attention through high levels of saliency. Attention is a scarce resource, crucial for memory formation and consolidation. Competing stimuli may consequently suppress this formation. Research has traditionally used singleton search task (e.g., letter, shape) response times as

the dependant variable for measuring the impact of distracting interferences, showing a reduction in processing speed (Forster & Lavie, 2008). The current study examined the attentional capture of peripheral distractors - with unrelated content to the target - presented in pictorial and text format, while participants performed a memory task focusing on words centrally displayed on the screen. A multiple-choice recognition-based question sheet was completed for target recognition. The study sought to contribute ecological validity additive to previous research within this area, examining the interfering distractors' effect on semantic recognition memory, while resembling the activity of standard web browsing. A within-subjects design [n = 50+] was recruited through opportunity sampling. IBM SPSS was used for conducting two-way analysis of variance (ANOVA). The results [expected] showed images and words were more accurately remembered with distractors absent and images were more accurately remembered than words, indicating an attentional capture of distractors and pictorial superiority effect. While the study offers ecological validity, several limitations and their implications for future research are discussed.

Robbie Alan Brown | An Investigation into Personality Traits and Levels of Stress of UK Students During Covid-19 Lockdown (Counselling and Wellbeing)

[Session A3](#) - Time: 9:15

The Covid-19 Lockdown restrictions have resulted in a plethora of problems across the UK, one of the most significant problems exacerbated by these restrictions is increased Stress. Reports indicate certain groups have increased levels and susceptibility to stress, one of these high-risk groups being students. This research aims to find relationships between traits within The Five Factor Model and Perceived stress during the Covid-19 Lockdown restrictions. Using a questionnaire comprised of Goldberg's International Personality Item Pool of The Neuroticism, Extraversion, Openness – Personality Inventory – Revised (NEO-PI-R) and Cohen's 10 item Perceived Stress Scale (PSS) to collect data from full time students currently studying within the UK. Power analysis indicates to receive a power of 0.8 within the data analysis 54 participants will be required, to further improve applicability of the data pool general stats must be similar to the demographic breakdown of the UK student population such as age and gender. Through Linear Regression the hypotheses are 1. Higher levels of neuroticism will predict higher levels of stress, 2. Higher levels of extraversion will predict higher levels of stress during lockdown, 3. Lower levels of agreeableness will predict lower levels of stress, 4. There will be an impact from the other Personality Factors on stress. If these hypotheses are proven this research can be used to help identify students that may be at higher risk of stress which can contribute to other mental difficulties and develop treatments based on behaviours associated with the big five traits.

Dawn Bunce | An Investigation of First Time University Students' Experience During The Transition Period and The Influence of Mindfulness on Stress. (Counselling and Wellbeing)

[Session A3](#) - Time: 9:25

This research aims to study first time university students' experience during the transitional period. Increased stress and anxiety are prevalent during this period, this research intends to investigate whether the effects of mindfulness practice will alleviate stress and anxiety levels allowing for greater flourishing academically and personally. Convenience sampling will recruit a maximum of 10 voluntary participants from Glasgow Caledonian University aged 18 > to participate within this qualitative research. Open questioned interviews conducted online, recording audio only will allow a combination of both a descriptive phenomenological and thematic design. Transcription of the

interviews will form colour coded thematic analysis It is projected that mindfulness practice will allow students to be aware of their thoughts and emotions within the moment prohibiting stress levels to increase vastly. Limitations will find self-reporting may lead to inaccurate results due to participant bias, also researcher bias must be controlled allowing greater validity. Practical applications will allow for mindfulness to be instructed within freshers' week and potentially progressing to incorporation to the first 8-week timetables of trimester A for all students. Educating the value of practicing mindfulness may reduce dropout rates and increase positive mental health.

Amy Ferns | Attitudes Towards Online Therapy in the UK: The Role of Gender and Extraversion. (Counselling and Wellbeing)

Session A3 - Time: 9:35

Previous research has found that attitudes towards online therapy aren't as positive and face-to-face therapy is still preferred. Due to the COVID-19 pandemic, many health care providers replaced face-to-face therapy with online therapy. At the same time, the demand for mental health care was expected to rise. Due to this, it is vital to understand the attitudes towards online therapy and the factors that may affect these attitudes. This study aims to examine whether gender and extraversion influence attitudes towards online therapy. The following hypotheses were proposed: females will have a more positive attitude towards online therapy than males and extroverts will have a more positive attitude towards online therapy than introverts. The study is a quantitative survey between-groups design. Participants were recruited through opportunity and snowball sampling via social media advertisements, it is estimated that there will be around 100 participants. Demographics, personality type, and attitudes towards online therapy were gathered via an online survey hosted on Microsoft Forms. The research is still ongoing and therefore, findings have not been analysed and examined. Once the research is completed a 2-way repeated ANOVA will be used to analyse the results. The findings will provide an insight into the factors affecting attitudes towards online therapy, and strategies could be developed based on these to encourage those of that characteristic to try online therapy. However, this study will not explain why these factors affect attitudes towards online therapy and therefore further research could be done to examine this.

Natalie Melia | Exploring resilience and well-being factors in professionals who work with at risk teenagers: a qualitative study. (Counselling and Wellbeing)

Session A3 - Time: 9:45

Objectives/purpose: The study aimed to gather an in-depth understanding of the experience of resilience and well-being factors in professionals who work with at risk teenagers.

Background: Those who work in support roles with at risk teenagers play a crucial role in helping to prevent suicidal behaviours. However, research has found that working with at risk teenagers can also have an impact on the professional (Berman et al., 2016). Working with at risk teenagers can have a negative effect on the professional's self-esteem, mental health and work morale (Smyth, 2013). The ability to be resilient is significantly important in support workers as it allows for them to maintain an effective, adaptable, and sustainable approach towards working with at risk youth (Robertson et al., 2016).

Method: This study used a qualitative semi-structured interview design. This took place online via Microsoft Teams and involved the participation of 5 people who work in support roles.

Results: The recorded interviews were analysed and collated into themes. Demonstrating the best possible methods to enhance the wellbeing and resilience of people who work with at risk teenagers.

Discussion: It is important to investigate the positive self-care and resilience factors that help individuals who work in these roles for them to provide the best possible care while also taking care of their own mental and physical health. However, a larger study would be beneficial to reliability of the results and to the generalisability of a wider population.

Joanne Murdoch | Geographic and Social Influences on Masculine Behaviour (Counselling and Wellbeing)

Session A3 - Time: 9:55

Toxic Masculinity is a concept which can be used to define unhealthy and often 'socially traditional characteristics' that come when being attributed to men. Men can often be labelled as unemotional, narcissistic and power hungry. These are outdated stereotypes; however, they still create unrealistic expectations for what it takes to be a 'man' in today's society. Does this differ for each man depending on the influences around them? The hypothesis of this study is to see if Geographic and Social Environments have an influence on masculine behaviour. The target participants for this study are men 18 and over. Recruitment will take place over social media through adverts, where they will be able to use the link provided to complete the survey. This survey will need 80-100 participants to complete. By using the Masculine Behaviour Scale. This scale is an objective self-reported instrument which allows the researcher to measure 4 behavioural tendencies. These include restrictive emotionality, inhibited affection, success dedication and exaggerated self-reliance. Previous research done has proven the Masculine Behaviour Scale to have reliable subscales and shows its validity. Once results have been collected, they will be analysed through SPSS. The expected out come of the hypothesis is that geographic and social environments do have a significant influence in the way they can affect a man's masculine behaviour.

Louise Blackwood | The Age of Instagram Advertising: An Investigation into Celebrity vs. Influencer Endorsements (Cyberpsychology)

Session B2 - Time: 10:20

The social networking platform, Instagram, is often used by brands for advertising, and both influencers and celebrities are used to advertise products. This quantitative study aimed to investigate whether celebrity or influencer endorsements have a more positive impact on consumers purchase intention, and also investigated the effects of trustworthiness, expertise and perceived similarity on consumers purchasing habits. The study consisted of a within groups design, the independent variable was endorser type, and had two levels (celebrity vs influencer) and the dependant variable was purchase intention. Using an online survey, 50 instagram users aged 18-25 were shown an influencer endorsement and a celebrity endorsement, and rated how likely they were to purchase each product, their perceived similarity with each endorser, and the endorsers perceived levels of trustworthiness and expertise. It is hypothesised that (1) influencer endorsements will be scored higher for purchase intention than celebrity endorsements, (2) influencer endorsements will be scored higher for purchase intention than celebrity endorsements, and (3) influencer endorsements will lead to a higher perceived trustworthiness and expertise than celebrity endorsements. If these hypotheses are supported, the results will have important implications for brands, allowing them to use influencer endorsers which are seen as more similar to consumers, more expert, and more trustworthy, thus making consumers more likely to purchase that product.

Rebecca Burns | The impact of social media on the successful transition of university entrants in the age of COVID (Cyberpsychology)

Session B2 - Time: 10:30

28,240 individuals in 2020 entered university within Scotland. Most of these students have an avid presence on social media and will be immensely knowledgeable about the aids for communication in which social media facilitates, specifically whilst at university. Self-esteem is known to be an individual's self-value and worth, whilst loneliness is the feeling of social isolation. Due to COVID-19, the emphasis on online learning and social media groups for communication is more important than it has ever been. This study aims to investigate the impacts of social media groups within university on the successful transition for university entrants from school or college, in regard to self-esteem and loneliness experienced, especially in light of COVID-19. The study proposes to gain 100 participants through snowball sampling, whose data will be analysed using a correlational design with a Spearman's correlational test being utilised if the data is non-parametric or a Pearson's correlational test if the data is parametric. A multiple regression will then be performed to analyse whether an individual's perception of their social media engagement relates to their loneliness and self-esteem levels experienced. Results are expected to show that as an individual's engagement with social media groups increases, their loneliness levels experienced will also increase and their self-esteem will decrease. This would conclude that social media and the groups formed within these platforms does have a negative impact upon transitioning university students and can be further adding to the negative well-being of students entering university amidst the COVID-19 pandemic.

Nicola Dickson | Assessing Educators Attitudes Towards and Acceptance of Virtual Reality as a Pedagogy Tool. (Cyberpsychology)

Session B2 - Time: 10:40

Education has seen an increase in the way modern technology can be utilised to enhance the learning process. With innovative technology being released every year, an interest in the use of virtual reality (VR) as an educational tool has emerged. Research regarding the attitudes towards the use of VR in education has focused mainly on that of students, and there is little research investigating the attitude of educators in this area. Using a theory-based approach based on the constructs from the technological acceptance model- Perceived ease of use (PEOU), perceived use (PU), intention (ITU) and attitude to use (ATU) - the present study aims to investigate the attitude and acceptance of educators towards the use of VR in education. An estimated target population of 100+ participants will be anticipated for this study. Data will be collected using an online Microsoft Forms survey. A correlational between groups design will be used, and then further post hoc analysis will be carried out. It is hypothesised that an overall positive attitude will be found, and that PEOU, PU and ATU will strongly predict educators' intentions to use VR in the classroom. Age and teaching subject are also hypothesised to influence ITU and ATU. The implication of the anticipated results will aid in the push to successfully integrate VR across the curriculum. The results may also highlight any key concerns educators have regarding the use of VR in education.

Rebecca McEwan | Age related stigma towards online dating (Cyberpsychology)

Session B2 - Time: 10:50

Social media has become a vital part of social and emotional development (Pempek et al., 2009). Online dating has become an increasingly popular strategy for forming a romantic relationship due to easy accessibility (Jung, Bapna, Ramaprasad & Umyarov, 2019). However, stigma around online dating

still exists. The aim of this study is to measure the existing stigma towards online dating between different age groups. The hypothesis of this study is that there will still be stigma towards online dating with the minority. Additionally, stigmatisation will be age related, with older generations having a larger negative stigma than younger participants. A between groups online survey has been partially replicated from Smith and Duggan (2013). Over 200 participants over 18 and under 65 will be collected by convenience and snowball sampling as the survey will be shared across various online platforms. It will last approximately 10 minutes and participants will have the right to withdraw until February 2021. An ANOVA will be used to analyse the data, with age being the independent variable and attitudes being the dependent. Further analysis of scale items (e.g. age) will be gathered from a Post Hoc analysis. Although this study will provide data around the attitudes towards online dating in Scotland, it does not provide the participants to expand their answers. By not acquiring qualitative data, there will be a lack of in depth explanation for their answers. Future research could use mixed methods by surveying and interviewing participants to provide an in depth understanding of attitudes.

Hannah Rae | Does Gender Influence Attitudes Towards Sexism and the Perceived Severity of Misogyny on Social Media? (Cyberpsychology)

Session B2 - Time: 11:00

Research has shown that females are disproportionately targeted for online harassment when compared to males. Although there is research which focuses on the prevalence of online harassment, there is a distinct lack of research on attitudes towards misogyny on social media. The aim of this research is to investigate if there is a difference between males and females in their levels of internalised misogyny and their perceived seriousness of misogyny on social media. This research will have an anticipated 100 participants. The study design utilised in this project is a cross-sectional survey design and between-groups study. The location of this study is online. Data will be collected by an online survey. A pilot study will take place in which a small number of participants will rate how misogynistic they believe 6 vignette scenarios are. Participants will also rank the vignettes in order of most to least misogynistic. This is to test if the scenarios are perceived to be misogynistic, rather than the researcher assuming that the scenarios are misogynistic. The three highest rated scenarios will be included in the main survey. Participants levels of internalised misogyny will be measured via Internalised Misogyny Scale (IMS). Participants will then be asked to read 3 vignettes and rate the seriousness of each scenario. Results will be analysed with a one-way MANOVA. This study has two hypotheses: 1. Females will have lower internalised misogyny levels than males. 2. Females will rate scenarios featuring misogyny on social media higher for severity than males.

Meg Allan | Psychosocial and Behavioural Impact of COVID-19 in Autism Spectrum Disorder using an Online Parent Survey (Development & Education)

Session C5 - Time: 14:40

The ongoing coronavirus (COVID-19) pandemic has affected many people worldwide and could be resulting in increased levels of psychological distress. Young people with Autism Spectrum Disorder (ASD) are among a vulnerable population at greater risk of being impacted negatively. This is due to difficulties dealing with unpredictable environments and social change. Therefore, the main aim for this study is to investigate the impact of COVID-19 on ASD children in Scotland using an online parent survey. Unfavourable psychosocial and behavioural outcomes are hypothesised due to ASD individuals' difficulty managing unpredicted events. A second aim is to investigate whether pre-pandemic sociodemographic or clinical characteristics would predict a negative impact on wellbeing.

Psychological problems prior to the COVID-19 outbreak are hypothesised to predict poorer outcomes. Parents and guardians of school-aged ASD individuals living in Scotland will be asked to complete an online survey consisting of 37 questions. The questions firstly investigate socio-demographic and clinical characteristics of the child and secondly the psychosocial and behavioural impact of COVID-19 on the child. When analysing data, descriptive statistics will provide baseline information regarding the participants ASD children. Subsequently, multiple logistic regressions will be conducted in order to establish if ASD children's socio-demographic or clinical characteristics predict more frequent and intense behaviour problems after the COVID-19 outbreak. The results will provide an insight into how COVID-19 has impacted ASD children in Scotland. Policymakers and support organisations should be aware of the impact in order to implement changes and reforms which best support the autistic community.

Ashley Cairns | Investigation into the Experience of Teaching a Child with Autistic Spectrum Disorder (ASD) in Mainstream Primary Education (Development & Education)

Session C5 - Time: 14:20

In recent years, there has been a drive for inclusive education of children with special educational needs (SEN). Inclusive education involves adapting mainstream schools to meet the needs of SEN children and allow them equal opportunity to learn alongside their peers. A drive for inclusion has accelerated the number of children with Autism Spectrum Disorder (ASD) in mainstream primary education. The full impact and implications of this integration is yet to be extensively researched. The present study aims to explore the experiences of primary school teachers in delivering education to children with ASD in mainstream schools and investigate the challenges that this may present. Semi-structured interviews will be conducted online with five teachers from mainstream primary schools within a Scottish education authority. Transcripts will be produced and analysed using thematic analysis which will identify key themes across the data that describe the experience of teachers working at the forefront of inclusive education. The findings may be useful to education policy makers and senior leadership within schools to identify potential areas that teachers require support in to maximise the benefits of inclusion. Furthermore, the findings may also highlight successful ways of working with children with ASD in a mainstream environment which may be beneficial for other teachers. However, a limitation of the study is that participants are recruited from the same geographical area so the results may not be generalisable. Future research could compare this topic across different regions in Scotland or explore the views of SEN teachers on this topic.

Courtney Causer | COVID-19 - A Comparative Study of the Psychological Effects of Lockdown in Scotland on Parents of Children with Additional Support Needs and Parents of Neurotypical Children. (Development & Education)

Session C5 - Time: 14:50

Past research from previous health pandemics have suggested that lockdown restrictions result in the psychological factors of, isolation and low self-efficacy. Moreover, although families quarantined with children with ASN were found to be most affected, research suggests that parents' educational attainment, income and family set-up may also play a significant role in determining parents' isolation and academic self-efficacy. Subsequently, the following research study aimed to discover whether parents of children with ASN were more psychologically affected by the COVID-19 lockdown than parents of neurotypical children, through examining the psychological factors of isolation and academic self-efficacy, whilst also investigating how far parents' educational attainment, income and

family set-up will predict these psychological factors. Research was carried out through using an online survey, presented through Microsoft Forms, which employed a mixed methods research design. Participants were recruited through opportunity sampling, which is anticipated to generate a sample size of sixty participants. A quasi-experimental between groups design was used to test both H1 and the additional aim and a between groups regression analysis was used to test both H2 and H3. The following study is anticipated to generate the following results: (H1) parents of children with ASN will report higher levels of isolation than parents of neurotypical children; (H2) having a child with ASN will predict the parents' psychological factor of isolation, more so than parents' educational attainment, income and family set-up; (H3) parents' educational attainment, income and family set-up will predict the psychological factor of academic self-efficacy more so than Childrens' brain type.

Erin McCrone | An investigation into the correlation between childhood and adulthood eating habits; and the link to social class (Development & Education)

Session C5 - Time: 14:30

Food preferences developed in childhood have been indicated to be prevalent in adulthood. This can be seen in an applied setting through children who grew up without a varied diet being “selective eaters” as an adult as they were not exposed to different foods as a child. Socio-economic status (SES) also plays a role in both childhood and adulthood eating habits. This study aims to investigate whether childhood eating habits progress into adulthood and whether there is a relationship between eating habits and SES.

85 participants took part in the retrospective recollection study and were all recruited online using opportunity and snowballing sampling on social media. Participants followed a link to an online questionnaire which collected demographic and eating habits data. This data was analysed online using SPSS and a Pearson's r statistical test was used as the study is a correlational study.

Results are expected to indicate that eating habits developed in childhood are positively related to eating habits in adulthood. Results are also expected to convey a relationship between low SES and a higher number of foods disliked. These results are expected to be applicable to parenting forums as it highlights the importance of introducing a variety of different types of foods in childhood. It is also expected to be beneficial to governing bodies as it demonstrates the importance of ensuring those in low SES have the resources to establish healthy eating habits.

Rachael McDaid | A thematic analysis of parents' and teachers' experiences of the role of Thomas the Tank in children's development with Autism Spectrum Disorder. (Development & Education)

Session C5 - Time: 15:00

Children with Autism Spectrum Disorder (ASD) exhibit deficient sociocommunicative abilities, often resulting in isolation and displaying preferential choice and attachment with fictional characters over peers. Identified in previous qualitative research, Thomas the Tank Engine is a prominent attachment figure for children with ASD; providing comfort, companionship and developmental learning opportunities for previously isolated children. The objective of this research was to explore the concepts and themes of the role of Thomas the Tank in children's development with ASD, developed from parents' and teachers' experiences. Using purposive sampling, parents and teachers (N = 10) participated in semi-structured interviews via Microsoft Teams. Theoretical thematic analysis (Braun & Clarke, 2006) was used to identify overarching themes from parents and teachers, with data

extracted at a semantic level. Expected outcomes include key concepts from Thomas the Tank and his developmental role in children with ASD with respect to attachment, communication, educational learning opportunities and as an entry point into the child's social world. Possible implications of expected outcomes include influencing further qualitative and quantitative research into the developmental role of Thomas the Tank in children with ASD, with greater applicability to other fictional characters and their associated benefits. Consistent findings supporting the role of Thomas the Tank in the development of children with ASD could procure a continuous approach to learning, both in school and at home, creating a unified communication gateway for parents and teachers alike.

Kirsty Fraser | Parental perceptions about talking to their own children concerning another child's illness. (Developmental & Professional Wellbeing)

Session B5 - Time: 10:20

A stigma is defined as a negative view, attributed to a person or group of individuals who are deemed as different from, or inferior to societal norms. Corrigan (2000; 2001), Jones (1984), and their colleagues developed six dimensions that determine the development of a stigma. Research has shown that mental health stigmas are prevalent in children and young people as early as aged three or four. Previous studies have shown that stigma's held by children are directly associated by the attitudes held by their parents. This study aimed to investigate if there are differences in how parents perceive talking about illness to children when comparing physical and psychological illness. Furthermore, the study looked to investigate whether the six dimensions of stigma development are related to how parents perceive talking about other children's psychological illnesses to their own children. Inclusion criteria required participants to be parents of school aged children (both primary and secondary). 209 participants were randomly exposed to one of three vignettes depicting either a child with asthma, depression or ADHD and answered questions using a 9-point and 5-point Likert scale, to measure parents' perceptions on talking about mental illness to their children. From previous research, we predict that there will be a difference in parents' perceptions between talking about psychological and physical illness. Furthermore, we predict that the six dimensions of stigma will be associated with how parents perceive talking about other children's illnesses to their own children.

Sinead Hendren | 'Attitudes towards Instagram Influencer culture and the effect on self-reported emotional well-being and self-esteem in relation to body-image in frequent users of the platform' (Developmental & Professional Wellbeing)

Session B5 - Time: 10:40

Social media platform Instagram has become widely known for its influencer culture. The role of an influencer can be defined as someone who uses their platform to alter the purchasing and/or decisions of their usually large demographic (Cambridge Dictionary, 2020). Previous research has shown this content can cause issues with self-esteem and well-being in relation to body image in frequent viewers (Chae, 2018). Both male and female participants of various ages over 18 will be collected via social media to heighten the likelihood of Instagram influencer exposure. Research will be carried out via an online survey using Microsoft forms which will be shared via social media to raise the likelihood of being in reach of Instagram account holders. A between groups design will be used to determine two sets of scores, one group being frequent users of the social media platform Instagram and the other group being non-frequent users. IV being Instagram influence exposure and DV being reported levels of well-being and self-esteem regarding body image. Results are predicted to align with the hypothesis therefore expected to show Instagram use will have a negative influence on body

satisfaction, Instagram use will have negative effect on the samples self-esteem and well-being in relation to body-image in females and Females will be more negatively affected than males by the presence Instagram influence than males.

Claire Kerr | Changes in attitudes and stigmatisation towards professional help seeking for mental health during the COVID-19 pandemic in the UK: A retrospective study. (Developmental & Professional Wellbeing)

Session B5 - Time: 10:50

Research suggests that negative views towards seeking help for mental health may prevent engagement in available support. Findings indicate a deterioration in mental health in the UK during the COVID-19 pandemic, therefore, investigating how the pandemic is impacting other mental health behaviours may be beneficial. This study aims to explore possible differences in attitudes and stigmatisation towards professional help seeking for mental health during the pandemic, and gain insight into if predictors considering age, gender, and ethnicity, have an impact on these changes. A retrospective cross-sectional design will be used, participants asked to recall views from March 2020 and current views from January 2021 regarding their attitudes, self-stigma and public stigma towards professional help seeking. UK participants aged 18 or over will be obtained by opportunity sampling, through advertising on social media. An online questionnaire will be utilised to collect quantitative and qualitative data. The Mental Help Seeking Attitudes Scale will be used to measure attitudes, along with the Self-Stigma of Seeking Help Scale and Perceptions of Stigmatisation by Others for Seeking Help Scale to measure stigmatisation. Participants will be asked to explain why these changes may have occurred. For data analysis, paired samples t-tests will be conducted to compare the scales results between the retrospective and current sections, with multiple regressions to analyse the best predictors towards changes over time. The qualitative data will be coded to coincide with thematic analysis. It is hypothesised that there will be a change in attitudes and stigmatisation towards professional help seeking for mental health, and predictors will have an impact on these changes. These results will further contribute towards investigation regarding the impact the COVID-19 pandemic may be having on mental health behaviour in the UK.

Rachael McLaren | A qualitative study investigating the influence childhood mental health disorders have on young adults' experiences of bullying throughout high school. (Developmental & Professional Wellbeing)

Session B5 - Time: 10:30

Research suggests that stigma associated with mental health issues can influence adolescents' beliefs about individuals who have been diagnosed with mental health issues. The aim of this study is to investigate whether diagnosed mental health problems are related to high school students' experiences of bullying. A qualitative research design using structured interview questions was employed. Participants between the ages of 18-25 (N=8) were recruited through social media and GCU Psychology VLE. Those recruited in this study required to have a previous diagnosis of a mental health issue, however, were required not to have a current live diagnosis. Questions asked during the interview were guided by the Social Identity Theory and aims of this study. Interview transcripts were analysed by using thematic analysis to identify the fundamental themes. The predications of the fundamental themes for this study that will be highlighted through thematic analysis are: (1) Individuals who experienced bullying were targeted by perpetrators who socialised in groups; (2) The victim's diagnosis was known by the perpetrator, and (3) Victims knew the reasoning behind the perpetrator's actions. The implication of this research suggests that there is a significant influence

between childhood mental health issues and bullying experiences in high school. This suggests that children and young adults interpret mental health issues negatively due to stigma, therefore can be argued to lead to bullying.

Cerise Morrison | An Online Questionnaire Exploring Healthcare Workers Attitudes and Perceived Susceptibility towards Tobacco Smoking Behaviours. (Developmental & Professional Wellbeing)

Session B5 - Time: 11:00

The Scottish Government aims to achieve a smoke-free generation by 2034 and so have increased legislative restrictions including: a smoking ban in workplaces, enclosed public spaces, and on the grounds of all NHS healthcare settings. Despite this, tobacco smoking prevalence amongst healthcare workers remains high and attitudes towards smoking may present a barrier to promoting smoke-free policies and smoking cessation. This study aims to explore healthcare workers attitudes and perceived susceptibility towards tobacco smoking behaviours whilst making comparisons across different healthcare domains and different smoking statuses. A prospective cross-sectional design will be used. The population target is 100-200 over 18-year-old healthcare workers within Scotland recruited using opportunity sampling through an online social media advert. Shore et al's. (2000) Smoking Attitudes Scale will measure attitudes and Dalton et al's. (1999) Positive and Negative Outcome Expectations Scale will measure perceived susceptibility through an online questionnaire. A series of multiple regression analyses will analyse smoking status and healthcare domain variables with attitudes and perceived susceptibility. It is expected that current smokers will have fewer negative attitudes and higher perceived susceptibility than non-smokers. These findings may contribute to further staff training around tobacco smoking attitudes and behaviours. A limitation of this study includes the lack of validated scales available on perceived risk of tobacco smoking that are applicable to smokers and non-smokers.

Paige Fleming | Investigating the relationship between Avatar Identification, Emotional Attachment and Interpersonal Attraction towards video game characters: The difference between casual gamers and hardcore gamers. (Digital Psychology and Gaming)

Session A2 - Time: 9:15

Video game characters move closer towards realism both graphically and psychologically everyday. Interpersonal attraction towards video game characters can effectively improve player engagement. Compelling research suggests that similarity and interpersonal attraction are closely interconnected. However, previous research surrounding interpersonal attraction and video games has failed to incorporate such evidence. To address this gap, the current study explored factors associated with interpersonal attraction towards video game characters, with regards to avatar identification and emotional attachment. Several other variables were also placed into consideration including individual player gaming patterns (casual/hardcore) and avatar selection (pre-designed/customised). It was predicted that those who have chosen pre-designed avatars will score higher for interpersonal attraction; those who have chosen custom avatars will score higher for avatar identification; hardcore gamers will score higher across all scales in comparison to casual gamers; and there will be a positive correlation between avatar identification, emotional attachment and interpersonal attraction. 80 participants were recruited through social media and provided with instructions to complete an online survey. Data was analysed using SPSS. The results from this study could benefit future game development: identifying factors that predetermine positive relationships between observer and

avatar. Future research should further examine observer characteristics and how these contribute towards interpersonal attraction during gameplay.

Karla Hall | The relationships between narcissism, self-esteem, life satisfaction and social media usage: a comparison between Facebook and Instagram. (Digital Psychology and Gaming)

Session A2 - Time: 9:25

The internet has greatly changed human experiences for the last two decades. Facebook and Instagram are the most popular social media platforms, especially with the younger generation. Narcissism and self-esteem have been associated social media usage positively and negatively. Life satisfaction is a factor that has been negatively associated with social media use. Some research suggests that these factors are related to one another, however, studies are varied. The aim of this study is to investigate if individual differences differ between individuals who use Facebook and/or Instagram. This study is an experimental between subject's design via an online survey, with approximately 80 participants. A two-way AVOVA will be used for analysis. The results are hypothesised that individuals who score high on narcissism and low on self-esteem and life satisfaction, will use Instagram more than Facebook. Additionally, there will be a difference in social media usage between genders: male and female. These findings suggest that people with such individual differences encourages more narcissistic behaviour and even less self-esteem and life satisfaction in people who do not normally show such tendencies. Surveys have limitations such as dishonest and inaccurate answers, suggesting invalid results. Doing studies on social media provides a temporary glimpse of behaviour patterns as both the technologies and user roots evolve.

Cameron Stirling | A study to investigate the problem with loot boxes, links with gambling and motivations for purchase. (Digital Psychology and Gaming)

Session A2 - Time: 9:35

Loot boxes are items within video games that are paid for with real money but contain randomized contents. Games with loot boxes are majority played by 18-30 year olds. Similarities between loot boxes and gambling have started concerns that there are links between loot box use and gambling habits. Previous research suggests that loot boxes and gambling share 'important structural and psychological similarities to gambling' along with previous studies concluding that the more a user spends on loot boxes, the more they will spend on gambling. The study will collect data on: ages of participants, loot box and gambling habits along with answers on self-esteem and will be analysed using a one-way ANOVA. Possible limitations include distress caused by personal questions but this will be mitigated by telling the participant that the study is voluntary along with reminding them that they are able to withdraw at any time. Future research of this study would include a higher participant level to be able to gage if there is a problem with the link between loot boxes and gambling habits.

Leon Waugh | Investigating the Impact of Roleplaying Games on Self-Esteem and Social Intelligence (Digital Psychology and Gaming)

Session A2 - Time: 9:45

The present study aims to expand upon existing literature to determine how self-esteem (SE) and social intelligence (SI) may differ across participants according to gender and whether they play roleplaying games (RPGs). It is hypothesised that average SE will be higher in participants who identify

as men compared to participants who identify as women; that average SE will be higher in participants who play RPGs compared to participants who do not; that average SI will be higher in participants who identify as women compared to participants who identify as men; and that average SI will be higher in participants who play RPGs compared to those who do not. This study will use a 2x2 factorial design. The expected sample for this study will consist of 80 participants gathered through convenience sampling, whose data will be collected through an online questionnaire collating Rosenberg's SE Scale (1989), Silvera et al.'s Tromsø SI Scale (2001), participant's gender, and further questions specific to motivations in playing RPGs. Data will be processed in SPSS through which descriptive statistics will be produced and a two-way ANOVA will be carried out to measure the statistical significance of any findings. It is expected that the present study's results will support the hypotheses, although it is not known whether there will be a significant interaction between the IVs of gender and RPG playing. The findings of the present report may further psychological literature regarding SE and SI which currently lacks consensus regarding the effects of gender and RPG playing.

Eilidh Wilson | Psychological functioning, gaming frequency and game type. (Digital Psychology and Gaming)

Session A2 - Time: 9:55

Current literature suggests that there is a negative correlation between psychological functioning and video gaming frequency, however, there is no distinctions to suggest that offline games are equally as compelling as online games. Six pre-existing surveys have been combined to form one whole survey to measure shyness, loneliness, preference for solitude, life satisfaction, self-esteem, gaming frequency and game type. Demographic questions have also been included to allow distinctions to be made regarding both variables. Four hypotheses have been formed; there will be a significant relationship between poor psychological functioning and excessive amounts of time spent video gaming, there will be a difference between poor psychological functioning and the amount of time spent playing offline games compared to online games, there will be a positive correlation between males and increased gaming frequency and there will be a positive correlation between 18-24-year-olds and increased gaming frequency. The collected survey data should allow us to observe whether these hypotheses have been accepted or rejected. Although this research aims to add to the existing literature by providing enlightenment surrounding offline games, it could add to existing controversies about the use of video games by determining a relationship between unhealthy gaming habits and poor psychological functioning without distinguishing whether this is a cause or consequence of video gaming habits. Therefore, future research should attempt to determine whether these results are a cause or consequence to disperse controversies surrounding video games and allow efficient action to be taken to assist those with problematic habits.

Chloe Bagg | The Fallibility and Malleability of Memory: An Investigation into the Awareness of Leading Questions on Suggestibility (Forensic Psychology)

Session A4 - Time: 9:25

For many years, interrogation has played an integral role in the criminal justice system and the prosecution of perpetrators. However, in recent years, there is evidence to suggest that some individuals are being prosecuted for crimes that they did not commit. One of the leading causes for these wrongful convictions is leading questions during interrogation. Leading questions can affect memory recall of events and in some cases, result in false confessions from the interrogee. These false confessions can subsequently skew the jury decision making process increasing the risk of wrongful conviction. Many studies have investigated the suggestible nature of leading questions

however, a gap in research exists in the investigation of the awareness of leading questions on suggestibility, making it the aim of this study. This study hypothesises that individuals, which are aware of the nature of leading questions, will have a lower suggestibility score than the control group. Potentially, one-hundred and fifty participants will be recruited using opportunity sampling with a between groups design. Data will be collected in the form of an online questionnaire consisting of questions, both leading and non-leading, in relation to a video of theft. One of these questionnaires will contain a preface on suggestibility and the other will not, allowing the subsequent collection of the participants suggestibility score. The independent variable in this study is the knowledge of leading questions and suggestibility or not. The dependant variable is suggestibility. Results will be analysed using SPSS concluding whether the awareness of leading questions decreases suggestibility.

Kiara Bradbury | Professionals' and laypersons' perceptions of the credibility of child witnesses in sexual abuse cases (Forensic Psychology)

Session A4 - Time: 9:35

Child witnesses in sexual abuse cases face a culture of disbelief from both professionals and laypersons. There is a lack of consensus in measuring credibility and a lack of investigation into this area in the Scottish Justice System. The current study aims to use the first validated multi-dimensional and multi-item scale (the Child Sexual Assault Victim Credibility Scale) with a Scottish sample. It is hypothesised that the 15 year-old witness will be perceived as the least credible and that both professionals and laypersons will exhibit scepticism about the credibility of each child witness. Participants read a fabricated interview transcript of one child witness and completed the Child Sexual Assault Victim Credibility Scale via an online survey. All participants live in Scotland (n=110). The analysis will consist of a 3 (child age: 5 years, 10 years, 15 years) x 2 (professional vs. laypersons) between-groups factorial ANOVA. It is expected that the results will follow the trend of the hypotheses. This area of research is of particular importance; where a child victim is not deemed credible, a guilty defendant may be found not guilty. This poses a danger not only to the child victim's own safety but also that of other's in society. Therefore, research in this area will hopefully lead to individuals being educated on the biases child witnesses face, hopefully resulting in a shift from the current culture of disbelief.

Gary Caw | Attitudes different sexes have on domestic abuse, based on the attributions of the perpetrator and victim. (Forensic Psychology)

Session B4 - Time: 11:00

Domestic abuse research in the past has primarily focused on a male perpetrator/ female victim cases, under looking female perpetrator/ male victim cases. Previous research completed on female perpetrator/ male victims has shown individuals find it harder to identify domestic abuse when the victim is male. Furthermore, studies have shown individuals view male victim domestic abuse as less severe when compared to female victim domestic abuse. The study will recruit 100 participants through an online survey to read one of the two vignettes and answer the three questions that follow. The two different vignettes will swap victim and perpetrator sexes. It is hypothesised that the male victim vignette will have fewer participants agreeing that aspects of the scenario are domestic abuse, compared with the female victim vignette. Furthermore, female and male respondents will have the same collective view. The results of the study will be collated and analysed in SPSS using a one-way ANOVA. Findings of this research will add to previous literature and highlight any current attitudes towards domestic abuse. Additionally, this research will hopefully open up the conversation on domestic abuse in all aspects, and reduce the stigma surrounding male victims of domestic abuse.

Jordan Drummond | Investigation into the accuracy of eyewitness statements and memory recall (Forensic Psychology)

Session B4 - Time: 10:40

Objectives/purpose: The aim of this study is to gain a better understanding on how accurate eyewitness statements and memory recall is.

Background: Psychological research over the last 40 years has shown that eyewitness memory is not as accurate as it was once believed to be. Jurors rely partly on the evidence given by eyewitnesses when finding someone guilty or not guilty, however, post-conviction DNA exonerations have found misidentification eyewitness testimonies are the biggest factor in wrongful convictions. Furthermore, factors such as subjective confidence, gender and age all impact the accuracy of eyewitness testimony.

Method: This study will take place online via Microsoft forms. 30 participants will be required to read a vignette about a crime before taking part in a distractor task. After completing the distractor task, they will be asked a number of questions on what they had previously read. The point in the distractor task is to see how accurate their memory recall is and consequently how reliable their eyewitness testimony is.

Results: The results for the study are hypothesized to show that more confident eyewitnesses give more accurate statements. In addition, it is expected that woman will be better at memory recall than men. Finally, older adult eyewitnesses are anticipated to give less accurate answers.

Discussion: The investigation into eyewitness accuracy and memory recall is important to identify how reliable they are in a court of law. However, future studies would benefit by replicating the study on a larger scale to increase validity of the result as well as making the findings generalisable to a wider population.

Victoria Anne Martin | Exploring the roles of gender and age in relation to attitudes towards sexual assault in a Scottish population (Forensic Psychology)

Session B4 - Time: 10:20

This study will focus on the importance of the roles in which gender and age may influence individual's attitudes on sexual assault and discuss the differences that may appear across these roles. This area has been highly researched in different countries across the world, however limited research has been obtained from a Scottish perspective. In this study a ten-question online survey will be used as the method to gather attitudes from participants. For this study, all individuals must be over 18 years old and have English as a first language to ensure that questions are fully understood. The expected results of this study will be that woman more so than men will have more positive attitudes towards the specific questions in relation to sexual assault. Furthermore, individuals that are younger will have more differing attitudes in comparison to those that are older. These results will be analysed to determine whether these findings are correct and support the hypothesis. Depending on whether these results support or refute the hypothesis this will be further supported by literature in this area and compared to determine whether these findings support previous research in this area, limitations for the study and areas for future study developments will also be provided at the end of this study.

Caitlin Matheson | Attitudinal Factors Impacting Rape Myth Acceptance: The Role of Sexism, Interpersonal Violence and Hostility Towards Women. (Forensic Psychology)

[Session B4](#) - Time: 10:30

Rape myths have long been identified as playing a key role in perpetuating false beliefs and negative stereotypes about sexual violence. These myths can be damaging for society as they minimise the act carried out by the perpetrator and in turn lead to victim blaming attitudes. Research has indicated that rape myths exist in relation to attitudinal factors such as acceptance of interpersonal violence, hostility towards women and sexism. The aim of the study is to determine whether these attitudinal factors will predict rape myth acceptance (RMA). A within-subjects design was employed. It is anticipated that 90 participants over the age of 18 will complete the study. Participants will be recruited using convenience and snowball sampling. Data will be collected using an online survey comprising of the Acceptance of Interpersonal Violence Scale, Ambivalent Sexism Inventory, Updated Rape Myth Acceptance Scale and the Short Form Hostility Towards Women Scale. Data collection is ongoing. However, it is expected that results will show that those with high acceptance of interpersonal violence, hostility towards women and sexism, will be more likely to endorse rape myths. The intended method of analysis is correlational. If results are as expected then the study will conclude that those with high acceptance of interpersonal violence, hostility towards women and sexism, will have high RMA. These findings will aid our understanding of attitudinal predictors of RMA, which will allow these harmful beliefs to be challenged.

Calum Mcilroy | The Effects of Witness Age and Perceived Confidence on Jury Decision Making (Forensic Psychology)

[Session A4](#) - Time: 9:55

Understanding jury decision making is paramount for facilitating a fair and effective judicial system in the UK. Witness characteristics, such as age and perceived confidence, have been identified as influencing juror decision making, leading to the exploration of these factors in the current study. These factors can influence guilty verdicts of jurors, the confidence in those verdicts, and believability of the statement given by a witness. In addition, witness statement completeness, plausibility, coherence, and honesty, as evaluated by jurors, are also affected. These factors are measured using a modified version of the Juror Decision Scale (Wilmott et al., 2018). The current study consists of 4 experimental conditions, with two levels of each independent variable, those being witness age and perceived confidence. 15 participants are expected for each condition, with 60 total participants in a between groups experimental design. A two-way ANOVA will be used to conduct analysis. It is expected that high perceived witness confidence will result in increased guilty verdicts, higher confidence in those verdicts, and higher ratings in each of the other variables. These are also expected to be higher in the older witness condition. If these expectations are met, they will carry implications for jury decision making research and the wider judicial system in the UK due to the impact which the discussed factors can have in criminal proceedings.

Amy McLeary | Does watching violent TV and film increase tolerance towards violence? (Forensic Psychology)

[Session A4](#) - Time: 9:45

Study aims: The aim of this study is to identify whether or not violence in TV and film affects peoples tolerance and attitudes towards violence.

Design: This study used a between-group design. Once all data has been analysed participants will be categorized into one of three groups, according to the amount of violent TV and films they have watched ('Avid Watcher', 'Occasional Watcher', 'Infrequent Watcher'). The dependent variable is tolerance to violence.

Method: 120 participants (82 females, 38 males) were recruited through opportunity sampling. The exclusion criteria included that participants must live within the United Kingdom and were at least 18 years of age. An advert about the study was posted out to various social media platforms, containing a link to the study website (Microsoft Forms). Upon opening the study link, participants were presented with an information sheet, which clearly alerted readers to the focus of the study, followed by a consent form. All participants were required to give full written consent before being able to gain access to the questionnaire. Demographic questions, obtaining information on age and gender was collected. Participants were then presented with a list of films and TV shows and asked to indicate whether they have or have not seen each of the listed items. Following this, participants were asked to complete the Attitudes Toward Violence questionnaire, which has been adapted from Velicer, et al (1998). This scale aims to measure tolerance to violence. On completion, participants were presented with a debrief sheet.

Results: Once all data has been analysed, an ANOVA will be conducted to compare the tolerance of violence across each of the three groups. It is hypothesized that adults in the UK who watch violent TV or film will have a greater tolerance to real life violence and will differ in attitudes to those who are less frequent watchers of media violence.

Kayleigh Russell | Public Opinion and Capital Punishment: Should the Death Penalty be Reintroduced in the United Kingdom? (Forensic Psychology)

Session B4 - Time: 10:50

Capital punishment has been a controversial topic for many decades, sparking extreme opinions for both support and opposition against the death penalty. Public opinion surrounding this topic is important as they serve a central purpose in the administration of justice and is critical to the Criminal Justice System. A cross-sectional design will be used to collect data to allow the researcher to access a large sample. It will be conducted online using Microsoft Forms. The link to the survey will be posted on social media such as Facebook, Twitter and Instagram. Questions created by the researcher will involve asking participants if they believe that introducing death penalty as a form of punishment in the UK would be beneficial in deterring criminals, and what type of crime they believe is morally right to use the death penalty as punishment, among other related questions. Participants must be aged 18 years and over and must be a citizen of the UK. The anticipated sample size is a minimum recruitment of 60 participants. This quantitative study proposes that the older generation will be more likely to support the death penalty, being more inclined to be in favour of reintroducing the death penalty in the UK compared to the younger generation. It predicts that males will be more likely to support the death penalty compared to females and that white respondents will be more in favour compared to other ethnicities. Finally, it hypothesised that respondents who have religious beliefs will be less likely to support the death penalty.

Mark Tollan | Understandings of cyberbullying interventions among young adults (Forensic Psychology)

Session A4 - Time: 9:15

Previous research has shown that cyberbullying has a significant impact on mental health and can lead to individuals developing illnesses such as depression. Previous research has focused on how cyberbullying affects adolescents, so those from the age of roughly 11-18 years old, but there has not been a lot of research on those young adults who are aged from 18-25 years old as cyberbullying can happen at any age. The purpose of this research is to investigate how cyberbullying might affect young adults, and additionally to find if young adults are aware of interventions that may be available if they are or become a victim of cyberbullying because technology is forever expanding and with that, interventions need to be constantly updated to reflect new technology. Therefore, the expectations of this research is that cyberbullying interventions may not be fully known to young adults, and cyberbullying can have a profound effect on mental health of young adults. Qualitative interviews will be carried out on participants (n = unknown just now) to ascertain if young adults are fully aware of what interventions may be used or are available if they are or have been the victim of cyberbullying. Data will be collected, and a thematic analysis will be utilised. These results could help to understand how cyberbullying may affect those who are older (young adults) and to provide insight into the awareness of cyberbullying interventions and how they might be used.

Fiona Bullard-Reed | Client Preferences in counselling: comparing the views of undergraduate and post-graduate students of psychology. (Health & Wellbeing)

Session C4 - Time: 14:20

A multitude of research suggests client assumptions and preferences impact the client's ability to participate and engage with the counsellor and hinders the progression of counselling. Client preference can result from the result of counselling (expected outcomes) or participation from the client and engagement with the counsellor. Client preference may derive from the comfort of specific counselling methods or may value one method more, over another. However, previous research is weighted to client preferences and not that of the counsellor. The purpose of this research is to compare the views of undergraduate and post-graduate students and their counselling preferences. Convenience sampling is being utilised with the aim of recruiting 100 students between level 1 BSc Applied Psychology and 1st level Doctoral Counselling Psychology to participate in an online questionnaire regarding preferences related to counselling. It is expected the higher educational level, stronger preferences will be expressed. It is expected there will be educational and gender differences relating to counselling preference illustrated by Mann-Whitney statistical analysis. Previous research indicates a biased projection of counselling methods from counsellor to client influencing the method used. Findings from this research may aid trainee counsellors to become more objective, removing personal bias and adapting suitable counselling methods to the client potentially achieving greater success in helping and supporting clients' mental health.

Kate Edoni | Facebook and Instagram Use and its Relationship to Self esteem, Life Satisfaction and Depression among University Students (Health & Wellbeing)

Session C4 - Time: 14:30

Social Networking Sites (SNS) such as Facebook and Instagram, attract millions of users worldwide. Although these sites offer advantages, research shows they have significant drawbacks. Much research has been conducted on the relationship between Facebook and users' wellbeing; however, studies have provided contradicting findings. Instagram, on the other hand, has minimal research conducted regarding this topic. This study aimed to explore the effects of Facebook and Instagram usage on participants depression, life satisfaction and self-esteem. The study also investigated the self-esteem, depression and life satisfaction of passive and active Facebook users. Two hundred participants were recruited through opportunity sampling and completed an online survey created on Microsoft forms, measuring their Facebook and Instagram usage, passive and active Facebook use, life satisfaction, self-esteem and depression levels. A correlation matrix, along with T-tests and an ANOVA test found high users of Instagram and Facebook had lower life satisfaction, lower self-esteem and higher depression scores than low and medium users. Participants who used Facebook passively more than actively, demonstrated lower life satisfaction, lower self-esteem and higher depression levels than active users. These findings indicate that passive Facebook use undermines affective wellbeing and provides a holistic picture of the consequences of high Facebook and Instagram use on wellbeing. These results highlight the specific behaviours that cause a decrease in wellbeing, meaning users can limit how much time they spend engaging in these passive behaviours. Future research should explore the specific behaviours that individuals engage with on Instagram and their effect on wellbeing.

Tracey Jannetts | Investigating the Relationship Between Levels of Physical Activity and Self-Reported Psychological Well-being. (Health & Wellbeing)

Session C4 - Time: 14:40

Physical activity research in the past has tended to focus on physiological benefits rather than psychological benefits. However, contemporary literature suggests that physical activity participation can treat and/or minimise mental health issues, low energy, and fatigue. Studies have also shown that different levels of physical have different outcomes therefore, this study aims to measure the effects of low, moderate, and vigorous levels of physical activity on psychological wellbeing. The study will use an online semi-structured closed survey using three questionnaires including the International Physical Activity Questionnaire (IPAQ), Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS), and Centre for Epidemiological Studies Depression Scale (CES-D-10). Approximately one hundred participants studying at a Scottish university will be recruited for the study. The results of the study will be collated and analysed in SPSS by means of correlation and an independent one-way ANOVA testing. It is hypothesised that a low level of physical activity will be correlated with low psychological wellbeing, a moderate level of physical activity will be correlated with average psychological wellbeing and a vigorous level of physical activity will be correlated with high psychological wellbeing. Findings of this research study will add to previous studies regarding levels of physical activity and psychological to hopefully identify that high levels of physical activity contribute to positive psychological wellbeing.

Sheryl Marshall | Are students happy with university counselling services? (Health & Wellbeing)

Session C4 - Time: 15:05

Objective: To examine student's experiences and attitudes to student counselling services across universities.

Method: 18+ year old students across the UK will be invited to take part in online surveys. Data will be quantitative and run through ANOVA via SPSS.

Results: It is hypothesised that students will be satisfied with counselling services in universities. It is also hypothesised that students will be more likely to use the service for issues such as anxiety and will not immediately seek more counselling once their sessions at the university is over.

Conclusions: Students that have used counselling services are happy with their experiences. Once they have completed counselling, they will not feel the need to seek further counselling and will have an overall better university experience because of it.

Nicky Timmerman | The relationship between counselling students' multicultural competence and colour blindness racial attitudes (Health & Wellbeing)

Session C4 - Time: 14:50

The current study aims to research counselling students' knowledge, skills and awareness of multicultural counselling and the relationship between multicultural counselling competence (MCC) and colour-blind racial attitudes. Despite guidelines and laws in place addressing equality, diversity and inclusion, discrimination towards clients is still evident in counselling nowadays and poses a significant problem. Approximately 100 participants will be recruited through opportunity sampling to take part in an online survey. The questionnaire will consist of the California Brief Multicultural Competence Scale (CBMCS; Gamst et al., 2004) and the Colorblind Racial Attitudes Scale (CoBRAS; Neville et al., 2000) and the results will be analysed using a multiple regression. The study expects to find a significant relationship between MCC and colour-blind racial attitudes that is, if MCC scores are high, colour-blind racial attitudes are expected to be low and vice versa. The results of this study might highlight the importance of including a colour-blind racial attitudes component to MCC training in order to increase counsellor MCC. Future research may also want to consider other factors influencing MCC that can be addressed in training programs.

Talia-Marie Amygdalias | A study of attitudes towards antidepressants, face-to-face cognitive behavioural therapy and online cognitive behavioural therapy as treatment for Postnatal depression (Health Psychology)

Session D3 - Time: 15:30

This Empirical project looks at attitudes towards treatments for Postnatal Depression (PND) amongst Scottish females. In Scotland between 5800 and 8700 females suffer from PND each year. PND is a form of mental illness that occurs in the immediate year after giving birth. Research has shown that attitudes towards treatments for any illness can directly impact the outcome of treatment. For instance, if a patient goes into treatment with a positive attitude they are instantly more likely to participate, continue and value that treatment. Therefore, the likelihood of successful treatment is increased. It is important to gather information on females attitudes towards PND treatment types as

it can allow us to adapt available treatments to what women feel would be most beneficial for PND. If the treatment found most favourable becomes the most widely available it may encourage participation and success rates for treating PND. This research hypothesizes that:

H1: Antidepressants will be the least favourable treatment for PND overall

H2: There will be treatment preference differences between those who have and have not received such treatment

H3: Participants aged over 30 will find online cognitive behavioural therapy less favourable than those aged under 30

H4: There will be a differences in treatment preferences between those who have and those who have not given birth

Approximately 100 participants were gathered through snowball technique. A questionnaire was formed allowing participants to rate each treatment individually. A 2-way-ANOVA is proposed to analyse the results.

Carrie Esson | Scottish Women's Experiences living with Endometriosis: A Qualitative Thematic Analysis (Health Psychology)

Session D3 - Time: 15:40

Background: Endometriosis is a chronic inflammatory disease affecting approximately 8-10% of females of reproductive age. The aetiology remains unknown and there is no cure. Symptoms include chronic pelvic pain, dysmenorrhea, dyschezia, dysuria, dyspareunia, fatigue and infertility. Despite the prevalence of endometriosis, the psychosocial impact of the disease is under-researched, and there are only a small number of qualitative studies available.

Aim: The aim of the study was to investigate Scottish women's experiences living with endometriosis.

Methods: Semi-structured interviews were undertaken with 10 Scottish participants with a laparoscopic diagnosis of endometriosis. Interviews will be manually transcribed verbatim and a thematic analysis of the data will be conducted using the Braun & Clarke (2006) approach.

Results: It is expected that the findings will show that endometriosis impacts negatively on different aspects of women's lives: physically, psychologically, sexually, socially, and on their work life. This impact may also be different depending on age of diagnosis and severity of pain symptoms. Expected themes include: delay in diagnosis, recurrence of disease, ineffective treatment, negative experiences with health care providers, and a lack of information.

Conclusion: The findings will hopefully contribute to the existing knowledge of endometriosis and provide a valuable insight in to the understanding of endometriosis from the perspective of women who live with it. This will hopefully highlight important areas of improvement that future research, health policies, and interventions could address to reduce the negative impact of endometriosis on women's lives.

Lauren Gray | The Impact of Experiential Factors on Birth Satisfaction Between Primigravida & Multigravida Women (Health Psychology)

Session D3 - Time: 15:50

Available literature demonstrates that there are various factors which may affect birth satisfaction, including perception of care, perception of control and labour and birth experiences (Hollins Martin & Martin, 2015). Parity is an aspect which too may impact on birth satisfaction, however literature examining the effect is sparse. This study aims to examine investigate the differences in birth satisfaction between primigravida and multigravida women, looking specifically at expectations of birth and type of birth. A cross-sectional study design was utilised. Data was collected from 402 female participants who had given birth at least once at full term, defined as between 37 and 42 weeks pregnant. 214 primigravida women and 188 multigravida women were gathered through snowball sampling and completed an online survey encompassing the Birth Satisfaction Scale-Revised (Hollins-Martin & Martin, 2014). It is expected that findings will show greater birth satisfaction in multigravida women as well as lower expectations of birth and fewer interventions during labour and birth.

Jennifer-Rona McColl | An Investigation into the Impact of Relocating from the Family Home to Continue Education on the Well-being, Perceived Social Support and Academic Achievement of Students in Scotland (Health Psychology)

Session D3 - Time: 16:00

This research is investigating the impact of living away from home on students in higher education with particular focus being given to well-being, academic achievement and perceived social support. 100 participants were recruited through opportunity sampling to complete an online survey created using Microsoft Forms. The sample consisted of both males and females who were or had been higher education students in Scotland in the past five years. The study adopted an independent group design with participants who lived at home being compared with those who moved home to accommodate their studies. The results of a Mann-Whitney U test suggested students who live away from home will have poorer well-being, perceive less support and therefore, have lower completion/attainment rates. Possible limitations of the study include the reliability of self-reporting methods, particularly concerning well-being where people may not recognize poor well-being in themselves or may deem their well-being less negatively than they would class others. Additionally, this study arguably lacks generalisability to alternative cultures or settings, whereby, attitudes towards the impact of social support on educational attainment may vary. This is an important area of study which could be beneficial in improving completion and progression rates by providing better-tailored support for students. In doing so, this study could also improve students overall well-being which will arguably better equip students for success after university. It would be useful for future research to consider adopting more qualitative methods to gain a more in-depth understanding of students experiences.

Ruth Mckirdy | A cross-sectional study investigating the relationship between diet quality and mental well-being in Scottish university students (Health Psychology)

Session D3 - Time: 16:10

Background: Habitual diet is found to play a significant role in the development of negative mood disorders which has been a specific focus of research over recent years. Emerging evidence has only

shown a link to the quality of diet and depression in adolescents and adults. There are few studies that examine this link in university students, particularly in Scotland. The aim of this study is to investigate the cross-sectional relationship between quality of diet and the levels of negative mental well-being and anxiety of Scottish university students. Thus, hypotheses predict; H1: there will be an inverse relationship between diet quality and scores of negative mental well-being and H2; there will be an inverse relationship between diet quality and scores of anxiety. Methods: Data was gathered from an online survey using Microsoft Forms from 100 participants. Habitual diet quality was measured using The Short Form Food Frequency Questionnaire (SFFFQ) estimating an overall dietary quality score (DQS). Levels of negative mental well-being and anxiety were measured using The Depression, Anxiety and Stress Scale – 21 items (DASS-21). Planned analysis is to use a correlational analysis on SPSSv.25. Results: Expected outcomes are to support both hypotheses where diet quality is linked to mental well-being.

Jordan Cox | Understanding the Role of Societal Norms and Stigma on the Mental Health and Wellbeing of Asexual and LGB+ Individuals (Intersectionality & Wellbeing)

[Session A5](#) - Time: 9:25

The asexual spectrum is part of the LGBTQ+ community. Asexuality is a lack of sexual attraction to others. Although research on asexual individuals is limited, evidence shows that asexual people experience worse mental health issues than LGB+ individuals. The issues facing LGBTQ+ people are also experienced uniquely by asexual people, including experiences of stigma (aphobia) and societal norms (allonormativity, heteronormativity). The first hypothesis is that asexual people's mental health will be worse overall in comparison to that of non-asexual LGB+ individuals. The second hypothesis is that bisexual people's mental health scores will be lower compared to homosexual people, but not asexual people. The third hypothesis is that experiences of stigma will lead to worse mental health in asexual people compared to LGB+ people. Finally, the fourth hypothesis is that experiences of normativity will influence mental health based on sexual orientation. Participants (n>100) were recruited using opportunity sampling, with the condition that they are at least 18 years old and a member of the LGBTQ+ community. The participants completed a survey hosted online, involving the Gay Stigma Scale, the Warwick-Edinburgh Mental Wellbeing Scale, and a societal norms scale. The results will be analysed using a factorial ANOVA and are expected to prove all four hypotheses, showing that stigma and normativity have a negative impact on mental health, and that asexual people experience worse mental health overall. This study will not only add to the limited existing research, but also highlight the importance of tailoring mental health services for asexual individuals.

Rebecca Harris | An Investigation of the Relationship between Public Perceptions of Criminal Behaviour and Mental Illness (Intersectionality & Wellbeing)

[Session A5](#) - Time: 9:35

Past research suggests that the public perceive those with mental illnesses more likely to commit a violent criminal offense. This study aims to investigate the relationship between mental illness and criminality to determine whether this is true regarding the opinion of the general public. This study hypothesises that the public will perceive those with mental illness significantly more likely to commit a violent crime based on past evidence which has been reviewed. The study was a within groups experimental survey. The independent variable being measured was mental illness, the levels of the independent variable was the different mental illnesses being described and the control vignette. The

dependant variable was the general public's perceptions of criminality. The study aimed to recruit between 30-65 participants, over the ages of 18 participated in the study. Opportunity sampling was used to obtain participants and those who took part were presented with an online survey advertised through social media. Participants were asked to read 5 vignettes depicting different mental illnesses and asked to answer questions related to future violent crime on a 4-point scale from very unlikely to very likely. All data will be entered into SPSS and analysis will be performed upon the data. The findings are predicted to be consistent with past research therefore predicting the general public will report the vignettes depicting mental illness more likely to commit violent crime.

Nilam Ijaz | Effects of Gender, Personality, School Type, School Year and Covid-19 on the Level of Academic Workload Stress Experienced by High School Pupils in Scotland. (Intersectionality & Wellbeing)

Session A5 - Time: 9:45

Academic workload in Scottish high schools has increased over the years adding extra pressure on pupils to learn more now than ever before. This escalates stress levels which impacts academic performance. Research reveals many factors influence the stress levels students experience. This includes gender differences, type of school attended (private or government), year stage, personality traits, and recently the Covid-19 pandemic. Based on this, five hypotheses (H) were generated: H1 – girls experience more stress than boys (one-tailed), H2 – private school pupils experience more stress than government school pupils (one-tailed), H3 – pupils who score higher in neuroticism experience stress more than pupils who score higher in conscientiousness (one-tailed), H4 – there is a difference in stress levels between year groups (two-tailed), H5 – Covid-19 has increased stress levels (one-tailed). These hypotheses will be tested using a series of univariate inferential tests to examine the relationship between independent and dependent variables. A final multiple linear regression will be conducted to assess the independent influence of the independent variables on the dependent variables. This is a quantitative study using a questionnaire, to be completed by parents/guardians/carers of high school pupils. Future research could administer the questionnaire directly to high school pupils to gain first-hand experiences.

Caitlin Mulholland | Investigating the associations between social support and positive mental well-being during the COVID-19 pandemic (Intersectionality & Wellbeing)

Session A5 - Time: 9:55

The Buffering Hypothesis perpetuates the idea that if sufficient levels of psychosocial support are available, the impact that a stressful or adverse life event has on an individual will be reduced. Much previous research in this area has indicated this is possible, if sufficient levels are available at critical times during the stressful event. The objective of this research was to investigate the unique experiences of lock-down periods during the COVID-19 pandemic, forcing individuals to have access to a limited amount of social support compared to usual circumstances when large amounts of face-to-face support is accessible for many. Therefore, individuals have to rely on those within their household, or, access social support via computer-mediated means. This lesser utilised form of communication for social support has become prime resource during this pandemic. Opportunity sampling recruited participants from the United Kingdom and Ireland (N = 150), representing the student, employed and unemployed populations to complete an online questionnaire to assess the impact these lockdowns have on their access to face-to-face and computer-mediated social support. Expected outcomes hope to see if positive mental well-being has managed to be maintained and to

investigate if the buffering hypothesis has been upheld. Possible implications will indicate how individuals have managed with accessing social support during this pandemic, gaining insight into the impact of the lock-down periods on positive mental well-being.

Savannah Thorley | Minority Stress and Substance Use: an investigation into personal engagement of the LGBTQ+ community (Intersectionality & Wellbeing)

Session A5 - Time: 9:15

Sexual minorities are often regarded as a cohort who have a greater risk of mental health disparities such as increased risk of stress and a higher risk in partaking in substance use. To investigate the topic of stress and substance use, a quantitative study with the utilisation of an online survey will investigate into the level of engagement in the LGBTQ+ community and the association of stress and substance use. Participants will be recruited through opportunity sampling and the encouragement of snowball sampling which will be in the form of an online advertisement on social media platforms. It is expected that 180 participants will participate in the study all over the age of 18 years old with no age limit. Stress will be determined by the LGBT minority stress measure in the form of a 5-point Likert scale. Substance use and community engagement will be measured from unique questions presented by the researcher using a 5-point Likert scale. A two-way ANOVA is the planned analyses to interpret the data. Results are predicted to indicate that stronger engagement and identification with the LGBTQ+ community will be associated with greater substance use and stronger engagement and identification with the LGBTQ+ community will be associated with lower levels of stress. Implications from the study can perhaps provide crucial data which can facilitate potential interventions designed for individuals within the LGBTQ+ community in relation to the possibility that stronger personal community engagement has a positive effect enhancing quality of life.

Maryam Ahmad | Investigating the factors influencing the intention to seek professional psychological help for mental health problems: A quantitative study (Mental Health & Wellbeing)

Session B3 - Time: 10:20

Over the recent years, there has been an increase in research into the mental health of British Muslims of South-Asian background. Literature consistently suggests that the British Muslims have high levels of mental health difficulties but are least likely to access psychological help for mental health difficulties in the UK. Brenner et al. (2018) found British Muslims to avoid seeking therapy and other formal psychological services in the UK. The purpose of this research was to investigate the factors influencing the intention to seek professional psychological help among British Muslims of South-Asian background, including the impact of British acculturation and mental health stigma. 120 participants (75 females and 45 males) participated in this study. Participants were recruited via convenience sampling from Glasgow Caledonian University through the Psychology Facebook group and student association research email advertisements. All participants completed an acculturation, stigma and inventory of attitudes towards seeking mental health services questionnaire online. It is expected that levels of acculturation will be positively correlated with help-seeking intention. Secondly, levels of acculturation will be negatively correlated with levels of stigma. Thirdly, high levels of stigma will be negatively correlated with help-seeking intention. Pearson's correlations will be carried out to test all three hypotheses. Additionally, the degree of influence that each of the independent variables has on the dependent variable will be explored via multiple regression analysis. Possible limitations including sampling bias and unreliable measures will be discussed along with the

clinical implications of study. Future research should use educational interventions to educate British Muslims of South-Asian background about effective therapy treatments for psychological problems. It is believed to improve their attitudes towards seeking professional psychological help.

Casey Bradley | Exploration of mass media and peer influences on body dissatisfaction among gay and straight men. (Mental Health & Wellbeing)

Session D4 - Time: 15:30

Body dissatisfaction can be considered to be a precursor of multiple health risks, including eating disorders. Research has suggested that pressures from mass media and peer norms can contribute towards the shaping of negative interpretations of an individual's physical appearance. However, research which investigates these sociocultural factors has predominately recruited heterosexual participant. Therefore, this study aims to investigate if these sociocultural influences have a greater impact on body dissatisfaction according to sexual orientation. An anticipated sample of 82 participants will be recruited via opportunity sampling. A between groups design will be applied; a gay male group and a straight male group. Both groups will complete an adaption of The Sociocultural Attitudes Toward Appearance Questionnaire-4 Revised which will be administered online. Findings will be analysed through an independent t-test to determine if participants in the gay male group experience a greater impact from sociocultural factors than those in the straight male group. It is expected that participants in the gay male group will report greater body image dissatisfaction than participants in the straight male group. It is also expected that participants in the gay male group will report a greater impact of mass media and peer norms on body dissatisfaction than those in the straight male group. It is expected that our findings will contribute to the current body of evidence on body dissatisfaction. However, it is also anticipated that these findings will address gaps in the literature where the inclusion of sexual orientation as a contributing factor towards body image concerns is scarce.

Kathleen Corrigan | Investigating factors that impact compliance in wearing face masks/coverings during the COVID-19 pandemic. (Mental Health & Wellbeing)

Session D4 - Time: 15:40

According to the world health organisation COVID-19 is a highly contagious and dangerous virus, with 20% of individuals who catch it requiring hospital treatment. Due to this being a relatively new virus there is a lack of previous research and literature within this field. This study will investigate which variables contribute towards the compliance of wearing a face mask/covering during the current COVID-19 pandemic. The variables used include; attitude, subjective norms, perceived behavioural control, intention, trust and unrealistic optimism. In order to participate participants must be 18 years or older and cannot take part if they have ever tested positive for COVID-19. It is expected that roughly around 100 participants will take part. An online questionnaire will be used, and data will be collected using an online survey package – Microsoft forms. Data analysis will be carried out using SPSS, a multiple regression statistical analysis is planned, however, through the course of my data analysis this may be subject to change. There is no formal hypothesis within this study, the purpose of this study is to explore the area more thoroughly in order to develop a theory for future research. I do, however, expect to find that at least one of the variables mentioned above will contribute towards the compliance of wearing a face mask/covering, during the COVID-19 pandemic. The findings of this study could be applied to developing interventions which promote government health recommended behaviours and may also help develop future theories and research.

Mandeep Kaur Deerhe | Attitudes and understanding of dementia amongst the Indian community compared to the white community (Mental Health & Wellbeing)

Session B3 - Time: 10:30

There has been a number of studies exploring the attitudes and understanding of dementia amongst the Indian communities compared to the white communities. It can be argued that elderly people from Indian communities have a difficulty in understanding dementia compared with the elderly people from the white communities. There are several perceptions towards the Indian communities finding it difficult to understand dementia this can be due to their language barrier, underlying health issues including diabetes and religion. However, in terms of the white communities they have a more accurate understanding of dementia as studies have shown that white ethnic minorities use services to get support with their dementia. This study aims to examine the differences in views about the causes, attitudes and understanding of dementia and if the groups know how to gain access to public support services for this. This is a questionnaire study and has been designed by the student for the project. The procedure of this study will be online questionnaires; the questions will be directed towards the understanding of dementia amongst both Indian and white communities. There will be 100 to 120 participants aged from 56-75 years old. The expected outcomes of the study will be that the participants from the Indian communities will find it difficult and not understand what dementia is and how to gain support for their care, compared to the white communities who will have a better and wider understanding of dementia and know where to gain the care they require.

Emma Doherty | A Cross Generation Comparison of the Effects of Social and Mass Media on Disordered Eating and Body Dissatisfaction. (Mental Health & Wellbeing)

Session B3 - Time: 10:40

Significant emphasis is placed on the importance of physical appearance. For many, a fundamental aspect of this is associated with the pressure to attain 'The Thin Ideal' portrayed heavily throughout media, particularly traditional mediums such as television, women's magazines, and more recently social media. The pressure to attain this ideal subsequently plays a role in constituting and intensifying body dissatisfaction.

This study aims to investigate whether traditional media or social media platforms contribute to greater body dissatisfaction and consequent disordered eating behaviours, comparing an older and younger population. It is predicted that individuals who engage highly with social media compared with traditional mediums will experience more negative outcomes. 181 participants responded to an online survey and were recruited via probability sampling. The sample contained 64 males, 116 female,s and 1 gender non-conforming individual. The mean age of participants in the older sample was 41 and 22 for the younger group of participants. The data were analysed using a two-way unrelated ANOVA with SPSS. The study was limited by the higher prevalence of younger participants. The study was distributed primarily online, resulting in greater difficulty in reaching the older target population due to a higher prevalence of younger individuals accessible on social media, resulting in the reduced response from the older population. The findings of the study may provide insight into the impact of social and mass media and in turn, encourage the development of interventions to mediate the negative effects caused by social and mass media.

Eilidh Fulton | An Investigation into the Perceived Academic Stress of Undergraduate Students During COVID-19 (Mental Health & Wellbeing)

Session D4 - Time: 16:10

COVID-19 led to a dramatic change in the way people were living their everyday lives with the introduction of working from home, social distancing, and for students the rapid change in their learning landscape. For the most part, university students were moved to a completely online learning environment, with only a handful of courses continuing to have limited access to campus learning. This change in the way university students were having to learn and engage with their course introduced a new layer to the academic stress students face. This study will aim to investigate the impact of COVID-19 on perceived academic stress of undergraduate students. Data will be collected using an adapted version of the academic stress scale developed by Bedewy and Gabriel in 2015 with the addition of several open questions to gather a more in-depth look at how their academic stress and learning has been impacted by the pandemic. The data from the scale will identify the academic stress levels of the participants whilst the answers from the open questions will be categorised into themes to acknowledge the individual experiences of the participants during the pandemic. The findings will inform the reader on the impact of COVID-19 on academic stress levels of students and provide recommendations for the type of support students would find helpful. Limitations of this study could include a small sample size and the lack of acknowledgement for other factors such as diagnosed depression or anxiety that could contribute towards higher levels of academic stress.

Jennifer Gillespie | The culture of zero tolerance in mental health settings: Attitudes of the general public. (Mental Health & Wellbeing)

Session B3 - Time: 10:50

Bjorkdahl et al. (2010) proposed that the UK favours a zero tolerance approach to care in mental health settings, with a focus on containing aggressive behaviour, upholding order and setting strict rules. Its introduction coincided with increasing instances of aggression and violence towards health professionals (Hahn et al., 2010; Kynoch et al., 2009). However, currently the system can leave many feeling marginalised and stigmatized where they have no voice, thus it is an issue worthy of study (Behr et al., 2005). Therefore, the main aim of the study was to determine whether the general public supports the use of the policy and if there are certain variables which impact the degree to which it is supported. The study design was correlational with an experimental comparison, using a questionnaire to gather opinions. Participants were adults over the age of 18, with those under the age of 18 excluded. The questionnaire was comprised of four sections: demographics, stereotypical thinking statements, vignettes to measure attitudes towards the policy and the right wing authoritarian scale (Altemeyer, 1981). The vignettes were presented in five pairs and only differed in that one "patient" will have schizophrenia and the other depression/anxiety. The punishment given according to the policy increased in severity with each pair. It is expected that those who report having experience of a mental health problem will be less likely to support the policy. Those who display more stereotypical and authoritarian views/thinking will be more likely to support the policy.

Claire Linning | The effect of Instagram use on self esteem, social comparison and attitudes towards make up cosmetic use. (Mental Health & Wellbeing)

Session D4 - Time: 15:50

With the increased popularity of the image-dominating social media platform Instagram over the last few years, especially in young women, there is concern regarding the potentially negative ramifications this can have on self-esteem, due to constant social comparison. There is a large quantity of research in this area, in regard to Facebook, however research on Instagram is lacking. Further research is therefore needed to investigate the effects of Instagram use on self-esteem in women. Research on self-esteem and make up pressures in women is also limited. As such, the purpose of this present study was to investigate the relationship between frequency of Instagram use and the self-esteem, social comparison tendencies and the pressures of make up use in young women within a Scottish context. This study used an online correlational survey design, to collect data from a snowball sample of 74 female participants between the ages of 18 and 34, who actively use Instagram. Once all the data has been collected, a linear regression data analysis will be conducted using an SPSS database. The findings of this study intend to shed light on the negative effect frequent Instagram use has on self esteem and make up pressures in young women. The findings of this study will contribute to existing literature, by filling current gaps, as well as add to an empirical foundation for the development of health interventions and education programmes aimed to educate young women on the possible consequences social media engagement.

Anna MacIver | Investigating the relationship between physical activity and mental wellbeing (Mental Health & Wellbeing)

Session D4 - Time: 16:20

Previous literature indicates the importance of physical activity and its impact on our mental wellbeing. This study aims to investigate the relationship between being physically active and having an active occupation on mental wellbeing. This will be tested on a working population. It is hypothesised that there will be a positive relationship between wellbeing and time participating in physical activity. It is also hypothesised that there will be a more positive wellbeing in those individuals whose employment requires a lot of physical activity compared to those who's employment does not require as much physical activity. It is anticipated that 50 participants will partake in a questionnaire; recruited via opportunity sampling and snowball sampling, through the use of social media. The questionnaire will collect demographic information as well as general wellbeing information and basic physical activity questions. Once data collection is complete, the raw data will be collated into SPSS for analysis. The results are expected to uphold the hypothesis in that there will be a positive relationship between wellbeing and time participating in physical activity. Furthermore, it is expected that there will be a more positive wellbeing in those individuals whose employment requires a lot of physical activity compared to those who's employment does not require as much physical activity. The results are expected to be applicable within the healthcare community when providing treatment based on mental wellbeing. Furthermore, the results may also provide an insight into how an active employment can impact wellbeing

Katie White | Study of the relationship between self-efficacy, academic stress, and academic performance. (Mental Health & Wellbeing)

Session D4 - Time: 16:00

Academic achievement is described as the performance outcomes that indicate an individual's accomplished academic goals. Both self-efficacy, one's own belief of their own ability and academic stress, the body's reaction to academic demands has been viewed as important influencers on academic performance. Little research in the UK has been conducted regarding this area. As a result, the focus of the current thesis was to gain an understanding of the relationship between self-efficacy and academic stress on academic performance and how far each variable impacts academic performance. It is predicted around 50 participants will complete an online survey consisting of an academic self-efficacy and academic stress questionnaire. Findings from the study will be analysed through three correlations and a regression. Results are expected to conclude a negative correlation between academic stress on both academic performance and self-efficacy. Results are also expected to determine a positive correlation between academic self-efficacy and academic performance. The results from this study will help to contribute towards the knowledge already known within this area and will be useful to help prepare for any unexpected future events. For example, if teaching continues to be required to be organised and delivered online. This research will also allow for a better understanding of students experience within university regarding their self-efficacy and academic stress levels.

Courtney Connal | How do you feel? Emotional recognition through emoji and face images (Socio-Cognitive Psychology)

Session D2 - Time: 16:10

Autism Spectrum Disorder (ASD), a developmental disorder associated with deficits in emotional recognition, is demonstrative of impairments on the Theory of Mind. Within ASD, a reduced capacity for empathy and greater systemising are mediators of socio-communicative barriers. This empirical project aims to look at differences in recognising emotions between neurotypical and high functioning autistic individuals. The impairments that exist within ASD when recognising emotions can be compared when recognising the six basic emotions: anger, fear, disgust, happiness, sadness and surprise. The outcome of such is comparably examined through online social contexts and a real-life face-to-face scenario, via emoji and face images. Prior literature suggests that the use of emoji aids emotional state recognition, however, such research yields inconsistency in applying this statement to individuals with Autism. Therefore, three hypotheses are proposed: participants with Autism will be less accurate at identifying the six basic emotions depicted by both face images and emoji compared to neurotypical participants, participants with Autism will be less accurate at identifying face emotions compared to neurotypical participants and participants with Autism will be less accurate at identifying emoji emotion compared to neurotypical Participants. To test the hypotheses, two phases were conducted, examining emoji and face image emotional comprehension between neurotypical and autistic individuals. In phase one, participants (ASD, n=? NT, n=?) were presented with 24 face images demonstrating the six basic emotions and asked to choose which emotion was being portrayed. In phase two, participants were shown the six-basic emotion through emoji in both apple and android formats and asked to choose which emotion was being portrayed.

Josefine Eck | Investigating behavioural aspects that affect the quality and duration of sleep among healthy participants: a quantitative study (Socio-Cognitive Psychology)

Session D2 - Time: 15:30

Substantial research has indicated that sleep disturbances are highly prevalent among the general healthy population. The quality of sleep, including depth and duration of sleep and feeling of restfulness after sleep, have been revealed to impact on people's quality of life. However, recent research has majorly focused on qualitative studies and individuals with underlying pathophysiological disorders. The current study investigated behavioural aspects that affect the quality and duration of sleep among healthy individuals, using a questionnaire. Convenience sampling was used to recruit 101 participants (Mean age = 31.50; SD = 13.45). For data analysis, IBM SPSS 24 will be used. Multiple regression and correlational analysis are planned to investigate cross-sectional differences and linear relationships. However, this may be subject to change depending on the course of the data analysis. It is predicted that behavioural aspects, including working environment and shift pattern, employment status and caffeine intake will significantly affect both the duration and quality of sleep. A statistically significant difference in quality and duration of sleep between younger and elderly participants is also predicted. Results are expected to have fundamental health implications, affecting both mental and physical well-being. Findings can be used to establish interventions on behavioural aspects that affect the quality and duration of sleep. Future directions in this field of research aim towards the further elucidation of further aspects that may affect the quality and duration of sleep. Keywords: sleep disturbances; healthy population; lifestyle choices; questionnaire

Lindsey Macfadyen | Attitudes towards learning a secondary language to work abroad and any barriers experienced (Socio-Cognitive Psychology)

Session D2 - Time: 15:40

After completing the two years of mandatory language learning in secondary school students can elect to continue learning a second language, however in recent times students as young as five years old have been taught another language with 89% of Scottish people believe learning a second language such as French at such a young age is important (Scotland's National Center for Languages, 2021). This study is investigating the attitudes towards learning a second language to work abroad and the barriers faced. Conducted over a 3-week data collection period, using a set of 12 questions in a questionnaire for 30 participants. The hypothesis for this study is that the perception of language acquisition is met with various barriers and those who experience more barriers such as the cost of learning and the ability to learn the language abroad will have a less-positive attitude towards learning a secondary language to work abroad. However, on the other hand those who have chosen to learn a second language to either work or study abroad may show a positive attitude as they have or have begun to reap the benefits from doing so. From this data further knowledge can be gained into the potential barriers and can suggest ways in which improvements can be made regarding accessibility, such as offering free night-time language learning classes in schools for adults and introducing the possibilities available to students during secondary school that comes along with continuing a language for work.

Monica MacGregor | An investigation into the effects of music upon cognitive task completion. (Socio-Cognitive Psychology)

Session D2 - Time: 15:50

Music has been identified to hold strong links with memory, the effects of music upon cognitive task accuracy is an area that requires further exploration. The purpose of this study is to look into the effects of music upon performance accuracy within close reading exercises. This study was a within groups design, participants were tested in all three conditions. Participants comprised of those able to read and hear to a standard level and over 18 years old. Three conditions were presented to participants; music only followed by related questions, close reading only followed by related questions and music/reading together followed by related questions. The hypothesised results are as follows; with the aid of music, performance accuracy would be higher for both questions on the close reading exercise and the ability to recall music information. Upward of 30 participants were required to complete the experiment online using a provided Microsoft Forms link. The data collected will be analysed to a degree using the Microsoft Forms analysis and transferred to excel. SPSS software will be used to carry out further necessary points of analysis. The results from this experiment should indicate a positive correlation between performance accuracy under music conditions in comparison to accuracy without the presence of music. This experiment also requires participants to answer questions on the music itself and how it makes them feel. Further analysis from this could identify a correlation between music which evoke positive emotion and performance accuracy being higher.

Jose Perez del Valle | The role of Scrupulosity, Multidimensional Experiential Avoidance and The Dark Tetrad on Problematic Pornography Use (Socio-Cognitive Psychology)

Session D2 - Time: 16:00

Problematic Pornography Use (PPU) has significantly increased over the last 20 years and it is associated with a wide range of factors that can have a negative effects. The proliferation of research in this area in the past years has shown that PPU is associated with avoidance and that this association is mediated by scrupulosity. The present study aims to expand these findings by exploring what specific dimensions of avoidance has stronger associations with PPU. Furthermore, the present study also studies the correlation between PPU and the Dark Tetrad, which includes four antisocial personality traits: Machiavellianism, psychopathy, narcissism, and sadism. We hypothesised PPU to be a positive correlate of (H1) scrupulosity and (H2) multidimensional experiential avoidance. It was also hypothesised that (H3) scrupulosity would have a mediation effect between Multidimensional Experiential Avoidance and PPU. Lastly, we hypothesised (H4) a positive correlation between PPU and the personality traits included in the Dart Tetrad. A total of 769 participants (M=581, F=186) completed the online questionnaire. Our findings went/did not go in the predicted direction... (to be finished after I have completed the analysis).

Iffat Ahmad | Investigating of Western Beauty Standards on Phenotypic Satisfaction and Self-Esteem Among Ethnic Minority Women in Great Britain (Socio-Cultural Psychology)

Session C1 - Time: 14:20

The hegemonic role of Western beauty standards in current society positions “White” phenotypic beauty ideals (e.g., light skin, small nose, light eyes, and straight, long hair) as conventional and desirable. This signifies that unless changed or “corrected”, the majority of the global population’s

natural appearance does not align with these ideals, and are depicted as undesirable or unattractive. Compared to their White counterparts, ethnic minority women receive less research attention when examining the impact of beauty standards on psycho-social well-being. This becomes more prevalent when considering the oppressive colonial roots in the evolution of Western beauty standards, and how Western beauty is globalised by mainstream media, beauty, and cosmetic outlets. By utilising objectification theory, the study aims to examine the influence of Western beauty standards on self-esteem and beauty perception among ethnic minority women in contemporary Great Britain (post-colonial period). Using an internet-mediated research approach, a cross-sectional survey design will be utilised. An online survey will be employed to assess beauty satisfaction and self-esteem in Asian, Black, and Arab female minority groups in Great Britain. Planned analysis will be comparison of scores using a 1-way ANOVA test. Expected outcomes hypothesise that the influence of Western beauty standards will affect perception of beauty regarding phenotype across different ethnic groups. It is also hypothesised that participants will have lower self-esteem as a result of higher dissatisfaction with their physical appearance.

Darcey Bird | A Comparison of the Attitudes Held Towards Mothers and Fathers with Physical or Psychiatric Disabilities (Socio-Cultural Psychology)

Session C1 - Time: 14:40

Individuals with disabilities remain one of the most disadvantaged groups within society. Of these, those who are parents are subject to particular scrutiny and discrimination. Such negative attitudes come from a range of places, including service providers, relatives, and members of the general public. Yet the adverse experiences of this varies, with disability type and gender both effecting how individuals are perceived and treated. This study aims to compare the attitudes held by the general public towards mothers and fathers with physical or psychiatric impairments. Two hypotheses are presented. Firstly, mothers and fathers with psychiatric impairments will be viewed differently compared to mothers and fathers with physical impairments. Secondly, both mothers with physical and psychiatric impairments will be viewed differently than fathers with the same disabilities. Using opportunity and snowball sampling, this study intends to gather data from around 120 participants (60 males and 60 females). Using an online format, participants will be randomly allocated to one of four conditions where they will read a vignette and complete the Multidimensional Attitudes Towards Persons with Disabilities Scale. The vignettes will be adapted according to each condition, with each describing one of the four possible types of parents. Following an ANOVA it is predicted that the results will support the experimental hypotheses with parents being viewed differently depending on which type of disability they have and whether they are mothers or fathers. These findings are critical to finding methods or interventions to alleviate the current stigma and discrimination of parents with disabilities.

Holly Crockett | Investigating Attitudes Towards Homelessness Among a Mixed Sample of Undergraduate Health Care Students. (Socio-Cultural Psychology)

Session B1 - Time: 10:20

Background: The stigmatisation of homeless individuals is a major societal issue that affects the health, wellbeing and life-recovery of those affected by homelessness. Research has suggested that many homeless people avoid seeking health care due to discrimination within health care settings. Despite this, investigations into healthcare professionals' attitudes towards the homeless population have produced mixed findings. This study aims to assess undergraduate health care student attitudes towards the homeless population, and to identify any contributing participant variables. We

hypothesised that the majority of students would demonstrate positive attitudes, that attitudes will differ across different Health and Life Science courses, and that participants variables will have an influence on attitudes.

Method: An anticipated sample of ninety health care students will be recruited via opportunity sampling. Participants will be asked to complete an online questionnaire featuring questions taken from the Health Professionals Attitudes towards the Homeless Inventory (HPATHI).

Results: It is expected that across all health courses student attitudes will be predominantly positive. Additionally, we anticipate that there will be significant differences in type of attitude between groups. Variations in student attitudes will likely be attributable to participant variables. A combination of non-parametric tests will be used to analyse the data in accordance with each hypothesis.

Conclusions: It is expected that our findings will contribute to literature regarding discrimination against homeless individuals. We hope that the results of this study will be applicable to the education of undergraduate health care students and the provision of care to homeless people.

Hayley Fraser | Cross generational attitudes towards feminism – The influence of Conservative values and how this shaped opinions. (Socio-Cultural Psychology)

Session B1 - Time: 10:50

When comparing older and younger adults, younger people statistically rate feminism more positively (Huddy et al, 2003). This piece of work will examine attitudes on feminism and the impact of conservative values on feminism, starting with the assumption that there will be a difference in opinion on feminism between the generational age gaps. Age based differences are hypothesised for a number of reasons; one being that some older women are mothers, mothers are usually influenced by traditional roles of parenthood and womanhood (Sheridan, 2008). The study aims to confirm that there are generational differences on how people view feminism, and I will discuss the impact of traditional values on feminism. It is hypothesised that younger people will view feminism in a more positive light. The study design will be a between groups study, which will be conducted, and data will be collected online in the form of a survey. The study will take participants approximately ten minutes to complete. The data collected will be related to the participants own opinions and experiences on feminism. Personal data will be collected, in the form of participants age, gender (although there will be an option present if participants do not identify with a gender). The criteria of this study are female, male or non-binary individuals from the age 18-70 who use social media, as this is where I will recruit my participants. Participants will be recruited through non-probability, snowball sampling.

David Gibb | Testing memory recall, individual's method vs experimenters "method of loci" mnemonic map (Socio-Cultural Psychology)

Session B1 - Time: 11:00

The experiment will be a repeated measures design with each participant sitting both conditions one after another. Condition 1 will task the participant with attempting to remember 18 words in order, the words will be concrete and abstract and will be staggered, the participant will be allowed 20 minutes maximum on condition 1 but can answer when ready before the 20 minutes are up, when ready to answer they will be asked a random question designed to distract them from the list they are to recall, then they will be asked to recall as many items in order from the list, they will be given 5 minutes to do this. After a short break the participant will be asked to attempt condition 2, condition

2 will involve the participant to read an outlandish story, again they will be given 20 minutes. The story will highlight in bold letters the words that the participant will be asked to recall, the participant will be asked to imagine they are in square room and in each corner there will be two items to recall, for example “as you approach the corner you are intrigued by a strange man with his back to you turning cogs (COGNITIVE) as you get closer he quickly turns with a wide devilish smile and in terror you realize he is a psycho (PSYCHOLOGY)”, the participant will be asked by using their imagination and senses to traverse the room in a clockwise direction and interacting with each of the stimuli, there will be two floors with 2 items in each corner making sixteens items to recall, and an extra 2 implemented in between floors via a lift that will take the participant from the ground floor to the first, making 18 items in total. The 18 words will be different from condition 1 but will use a similar staggered method of concrete then abstract. The participant will be asked a distraction question again before being asked to recall the words.

Chloe Grant | Identity Document Bias in Unfamiliar Face Matching (Socio-Cultural Psychology)

Session B1 - Time: 11:10

Unfamiliar face matching is a vital practice in real-world situations such as passport and border control, as well as forensic investigations. The detection of counterfeit or fraudulently obtained genuine (FOG) passports, as well as other identification documents, relies on unfamiliar face matching. However, previous research consistently shows that this practice is prone to a high number of errors in not only trained officials, but with non-trained individuals. Passports, valid for up to 10 years, often have dated photographs of individuals, and some time-related changes to appearance can make it difficult to accurately identify individuals. This study investigates the effect of embedding a photograph in a passport or identity card frame on unfamiliar face matching accuracy, using photographs of individuals taken at least three months apart. Participants, recruited through opportunity sampling, will be presented with 3 blocks of 20 trials: two plain photographs, one plain photograph and one photograph embedded within a passport-style frame, or one plain photograph and one photograph embedded within a general identity card frame. Participants will decide whether the presented photograph pairs show the same person or different people. An online survey software was used to present image pairs and record responses. The results are expected to be consistent with previous research, showing an increase in false-positive responses when a photograph is embedded in a passport frame. Such findings, along with previous research with trained officials, would suggest a concern for the rate of accepted counterfeit and FOG passports within applied settings, particularly passport and border control.

Claire Malone | A study to determine the feasibility of creating a mobile digital application providing understanding, management, and treatment of NSSI (Socio-Cultural Psychology)

Session B1 - Time: 10:30

In recent years, there has been a surge in interest surrounding Non-Suicidal Self-Injury (NSSI), with researchers becoming increasingly interested in specific management and treatment interventions. Presently, interventions are limited for NSSI, with many utilized from interventions for self-harm. However, the majority are only accessible through the NHS by referral and waiting lists are long. Many young adults still feel shame and stigma about disclosing NSSI which makes them reluctant to seek help. With digital health applications becoming increasingly popular, creating a digital health application for NSSI could bridge the gap for a more modern and specific health intervention among

young adults. The purpose of this study is to determine how feasible and appropriate it would be in designing a digital intervention providing understanding, management, and treatment of NSSI. Hypothesising, that there will be demographic differences (age, gender, ethnicity) in likelihood, perceived appropriateness, and willingness to refer when using the digital intervention. Potentially recruiting 300 participants using opportunity sampling, a between groups design will be used. Data will be collected by an online questionnaire containing questions relating to the subsection's likeliness, appropriateness, and referring on. The independent variables will be age, gender, and ethnicity, with the dependent variable being the responses to the subsections. Using SPSS, a Man Whitney U test, a Chi Square, or a one-way ANOVA may be used when analysing the data. In conclusion the results will indicate that designing a digital application for the understanding, management, and treatment of NSSI is both feasible and appropriate for young adults.

Sarah Forrester | Mental health and wellbeing within Govanhill's Roma population (Socio-Cultural Psychology)

Session C1 - Time: 14:30

Around the world, socioeconomic disadvantage is linked to poorer mental health and wellbeing, those who live in impoverished areas more likely to need mental health care but less likely to access support and recover following mental health treatment. Indeed, mental health is shaped by the social and economic environments in which people live, poverty both a causal factor and a consequence of mental illness. In the south side of Glasgow in Scotland, Govanhill is an area which lays claim to the country's most ethnically diverse population, alongside an extensive history of migration and socioeconomic disadvantage. This study explores mental health and wellbeing within a migrant Roma community in Govanhill – a relatively unexplored population – using data gathered from interviews with gatekeepers of Govanhill's Roma community. Participants were interviewed online using questions adapted from the Scottish Health Survey (SHeS) and the Community Attitudes Toward The Mentally Ill (CAMI) scale, participants' interviews audibly recorded and subsequently transcribed and coded for analysis using a reflexive thematic approach. Data collection for this study is ongoing at present, the sample size anticipated to be 6-15 participants in total. The results of this study are expected to underline common attitudes towards mental health and wellbeing that are held by the Roma community in Govanhill, providing further insight into a thus far under-researched and under-represented population.

Elena Voykova | Investigating the effect of personal belief in a just world versus general belief in a just world on well being in the context of a pandemic (Socio-Cultural Psychology)

Session C1 - Time: 14:50

A cross-sectional study (n=80) was conducted in order to investigate the relationship between personal belief in a just world versus general belief in a just world and various components of well being (anxiety, life satisfaction, optimism). Based on the just world theory, it was expected that there would be a positive relation between personal belief in a just world and life satisfaction and optimism, and a negative relation between personal belief in a just world and anxiety. No relation was expected to be found between general belief in a just world and well being. Due to the context the current study was conducted in, it was also possible to extend recent findings by measuring the impact of COVID on quality of life and provide insight into the relationship between general belief in a just world and the ability to cope with adversities. Based on previous findings, it was expected that there would be a negative relation between general well being and impact of COVID on quality of life. A limitation

of the current research was that confounding factors were not taken into consideration, therefore, in future studies, researchers could control for psychological factors which have been previously linked to well being. The current findings could be beneficial for facilitating the improvement of treatments and interventions aimed at improving abilities and techniques to enhance well-being and to positively cope with stress by increasing levels of personal and general belief in a just world.

Carrie White | “A qualitative Interview Study exploring subjective personal experiences of home and in-centre haemodialysis patients using a semi-structured original interview schedule.” (Socio-Cultural Psychology)

Session B1 - Time: 10:40

End Stage Renal Disease (ESRD) is a serious health condition associated with high levels of mortality and poorer health related quality of life. Individuals with ESRD require dialysis to survive with the most common dialysis options being home haemodialysis and in-centre haemodialysis. Life on dialysis is particularly challenging for the individual with many facing limitations in their physical, mental and social activities. This study is a qualitative interview study that aims to explore personal experiences of both home and in-centre haemodialysis patients using a semi-structured original interview schedule. Six home haemodialysis patients and six in-centre haemodialysis will be recruited by means of opportunity sampling technique whereby they will partake in a one hour zoom call with the researcher and answer nine interview questions regarding their personal experiences of either home or in-centre haemodialysis. Participants must be at least 18 years old and reside in Scotland. It is expected that those on home haemodialysis will report an overall better dialysis experience in comparison to those on in-centre haemodialysis.

Luis Zambrano | The moderating effects of age on moral distress among two different nursing programmes, does age modulate perceived source of uncivil behaviour among nursing students. (Socio-Cultural Psychology)

Session C1 - Time: 15:00

Background: Moral distress is the negative feeling arising when an ethically appropriate action to solve a moral problem has been identified; however, there are institutional or hierarchical barriers for its implementation. It has been suggested that undergraduate nursing students' clinical experience and professional education are suffused with ethical dilemmas and issues that can cause moral distress. However, age is sometimes seen as an antecedent of reported moral distress with younger student nurses experiencing less overall moral distress despite a lack of clinical training experience.

Objectives: The present study's main objective is to analyse moral distress and its relationship with age in undergraduate students from two nursing programmes at Glasgow Caledonian University.

Methods: A mixed-method study with a cross-sectional design. Data will be collected through the **Measure of Moral Distress – Healthcare Professionals (MMD-HP)**, with an anticipated sample of 50 nursing students completing the inventory and 10 participants for a semi-structured interview with open-ended questions to explore students' moral distress experiences.

Results: The MMD-HP scores will then be analysed in the statistical software SPSS version 22.0 through descriptive statistical analysis, association tests (t-test and analysis of variance), and inductive thematic analysis will be utilised to develop descriptive themes of participant's experiences of moral distress.

Conclusion: Moral distress jeopardises the sustainability of the nursing workforce. Therefore, this study's findings may warrant further research into the correlation between age and moral distress to adopt strategies to prepare, nursing students, to cope with morally distressing situations in educational and clinical environments.

Gillian Beck | A comparison study of mental toughness and team resilience in Cheerleading across athletes with varying competitive experiences. (Sport & Exercise Psychology)

Session D1 - Time: 15:30

Cheerleading is a sport which requires high levels of mental toughness and resilience in order for the athletes to push their bodies to the physical and mental demands of the sport. Previous research has suggested that pre-competition history is particularly influential in making an athlete more resilient or mentally tough. This study investigates levels of mental toughness and team resilience in Cheerleading across athletes with varying competitive experiences. An opportunity sample of 85 participants took part in an online questionnaire. Participants were asked for their previous cheerleading experience which was measured on three levels: beginner- recreational level, competitive- regional level and competitive- national level. This measures both an individual's level of cheerleading experience and their cheerleading ability. Participants were then asked to fill out two questionnaires: The Mental Toughness 48 Inventory (MT48) measuring mental toughness in cheerleading and The Characteristics of Resilience in Sports Teams (CREST) inventory which measures team resilience in cheerleading. A One-way ANOVA analysis will be carried out on SPSS software. The hypothesis is that participants who have more competitive experience will have higher levels of mental toughness and resilience. This will therefore support previous research showing elite athletes are more resilient and mentally tough than beginners. However, much of the previous research on cheerleading has been conducted in the USA, therefore this study will offer research focussed on cheerleading as a UK sport.

Lauren Dixon | A Critical Investigation into an Athlete's Psychological Response and Coping with Pain in Relation to Injury (Sport & Exercise Psychology)

Session D1 - Time: 15:40

Physical trauma, is when the body is damaged due to external force. Athlete's face many challenges throughout their sporting career, injury being one of the main major stressors. Injury is an unfortunate yet common consequence of athletic participation in sport. Unsurprisingly, along with injury comes pain. Pain is caused by a noxious stimulus and is a stressor which threatens homeostasis. This paper reviews literature on the psychological response to injury and how an athlete copes with pain due to sporting injury. This study aims to investigate an athlete's psychological response to injury and pain surrounding injury. Two hypotheses have been proposed for the following study; H1 – There will be a positive correlation between negative and psychological responses to injury and the level of injury pain. H2 – Females will have a more positive psychological response to injury compared to males. The current paper examines psychological responses and how athlete's cope with pain by using the Psychological Responses to Sport Injury Inventory (PRSII) and the Sports Inventory for Pain (SIP), via online surveys. In order to analyse results and findings a correlation and comparative t-test will be carried out. Potential limitations regarding this study include the use of online surveys. Online surveys can limit the sample size and respondent availability, which may cause problems during data analysis if the sample size is not big enough. Findings will be discussed and concluding

recommendations will be made for future research on psychological response to injury and coping with pain throughout this report.

Gemma Duffy | The correlation between changes in physical activity post-COVID-19 and academic motivation and perceived stress scores in an undergraduate student population in the UK. (Sport & Exercise Psychology)

Session D1 - Time: 15:50

Objectives/purpose: This study aims to find out if there is a correlation between reporting a perceived decrease in physical activity levels post-COVID-19 and scoring lower for academic motivation and higher for perceived stress in an undergraduate UK student population.

Background: Students have had to adapt to studying from home during COVID-19 and there are not many UK studies which have researched the possible impact of this.

Method: This study will use a quantitative correlational research design and will take place online, using a self-report survey. Anticipated sample size is a minimum of 100 participants.

Results: Data obtained from the online survey will be analysed using SPSS. The statistical test used to analyse changes in physical activity is the paired related t-test. A pearson's rho statistical test is used to analyse correlations between the variables. It is hypothesised that students will report a decrease in their physical activity levels post-COVID-19 and this will correlate with reporting lower scores of academic motivation and higher scores of perceived stress.

Discussion: The study is self-report which increases risk of social desirability bias, however participant's answers are anonymous, which minimises this risk. There is an issue that participants will struggle to recall physical activity levels pre-COVID-19, therefore reducing reliability of responses. Future research should explore experimental methods and interventions.

Callum McCulloch | Evaluating the impact of social influence on semi-elite athletes motivation via an Interview. (Sport & Exercise Psychology)

Session D1 - Time: 16:00

Objectives: The objective of this study is to establish whether or not an athlete's peers are the most important social agent in terms of motivating them to perform.

Design: The study adopted a qualitative approach by means of an interview (semi-structured)

Background: According to Hrabal. (1989) performance based motivation stems from two specific needs, the need to be successful & the need to avoid failure. Smela et al. (2017) conducted a study which featured elite footballers, the study aimed to ascertain what motivates them in comparison to recreational footballers. However, it does not demonstrate the role of outside influences such as social agents whether it be coaches, friends or family in terms of motivating the athlete. The influence of these agents is known as a 'motivational climate'.

Methods: 8 semi-elite footballers were acquired by snowball sampling & interviewed individually for 30-60 minutes whilst being audio recorded. The interviewer asked the participant basic open questions which allowed the interviewee to fully answer the questions with context, upon completion of the interviews thematic analysis took place.

Results: The interviews were analysed to highlight common themes amongst the interviews which could be used to suggest the most influential source of motivation This analysis clearly demonstrated

that athletes felt the influence of their parents diminished as they grew older, & was replaced by their peers who became the best motivators.

Heather Meiklejohn | An Investigation into the role of physical activity in student mental health, well-being, and self-esteem during the COVID-19 pandemic. (Sport & Exercise Psychology)

Session D1 - Time: 16:10

The purpose of this research is to assess the existence of possible correlations between physical activity and aspects of mental health and wellbeing during the COVID-19 pandemic, in turn this should allow the distribution of beneficial advice to those who may deem it necessary. The implementation of COVID-19 restrictions has shown negative effects on the mental health of students in the UK. Previous research suggests those who are physically active may be more likely to maintain better mental health than those who are physically inactive or less active. Mental health is currently at the forefront of concerns amongst young people, consequently it is appropriate to investigate the possible benefits of physical activity may have on mental health struggles emerging as a result of the COVID-19 pandemic. Approximately 50 college/university students will be recruited to take part in an online survey where they will be asked questions on topics relating to self-esteem, depression, anxiety, and participation in physical activity. Participants must be aged between 18-25 and must be enrolled in a college or university in Scotland during the lockdown period. A correlational data analysis will take place. In line with previous findings, it is anticipated the results will demonstrate a positive correlation between participation in physical activity and good mental health. If the hypothesis is supported, comments will provide guidance on how educational institutions can advise students on how to cope with challenging issues faced during the COVID-19 lockdown pandemic as well as possible implementable measures.

Shona Clucas | An investigation on the impact Coronavirus has on loneliness and Alcohol consumption (Substance Use)

Session C3 - Time: 14:30

According to the world health organisation, Coronavirus is a dangerous and highly contagious virus which has left millions of people isolated all over the world. Due to this virus being relatively new there is a lack of previous literature and research in this field. This study will investigate whether Coronavirus has contributed to an increase of loneliness and alcohol consumption. In order for people to participate, participants must be 18 years of age and over and they cannot take part if they are in recovery from alcohol problems. In this study it is expected that roughly 100 participants will take part. An online questionnaire will be used and data will be collected using an online survey package – Esurvey. Data analysis will be conducted using SPSS. The statistical analysis planned is a two-tailed t-test for the two hypotheses which is subject to change through the course of the data analysis. Research into this particular area is important at this time as it can help give an insight into the problem's isolation can have on alcohol consumption. Social isolation is linked to higher risks for a variety of physical and mental conditions.

Melissa Dickinson | “More than a Junkie”: A investigation into the social normalisation, understanding and application of the cultural colloquialism ‘Junkie’ among the general public, and its impact on the emotional well-being of past and present opioid users, within the community (Substance Use)

[Session C3](#) - Time: 14:40

This study aimed to explore the understanding, application, and implications of the cultural colloquialism “junkie” among the general public. A between-groups design was implemented in the form of an online questionnaire. Vignettes, quantitative scales, demographic, and qualitative open questions were incorporated. Snowball sampling recruited 200 participants over the age of 18. It was hypothesized that participants with a history of drug use; Would exhibit higher agreeableness for empathic statements pertaining to problem-users; Are more likely to recognise drug use as an applied strategy to manage psychological pain; Demonstrate higher agreeableness that the label “junkie” decreases self-worth. Additionally, participants with no history of drug use; Would exhibit higher agreeableness for prejudicial statements pertaining to problem-users; Possess less empathy for problem-users. Further, participants from less affluent postcode areas would consider the word “junkie” inoffensive. Finally, an illustration of a problem-users life, prior to drug-addiction (vignette 2), would generate more participant empathy, compared to the illustration of a present problem-users life (vignette 1). Results will be entered into SPSS for analysis using mixed ANOVAs and T-tests, in addition to thematic content analysis to identify recurrent themes. As data collection is ongoing, results are unavailable. Findings will provide awareness into the use of derogatory and colloquial language, and its emotional impact upon past and present opioid users. Stereotypical profiles of problem-users among the public may be challenged. Findings may be applied to educational and health settings. Future research may incorporate an empathy scale to measure participant empathy against existing prejudices. Further, interviews may provide greater insight.

Natasha Forrest | A ‘post-rave era’ exploration of patterns and intentions of drug use at Electronic Dance Music (EDM) events in Glasgow. (Substance Use)

[Session C3](#) - Time: 14:50

The concerns over health and safety at ‘raves’ is what ultimately led to the decline of the rave scene as social control led to raves becoming ironically commercialised and moving indoors, starting the club drug scene when DJ’s began to partner with legitimate nightclubs (Anderson, 2009). As EDM was so heavily associated with intentional drug use in the 1990’s, I will be looking to find out how prevalent drugs are in Glasgow’s commercialised EDM events today.

To find out patterns and intentions of drug use including; prevalence, frequency, combinations of drug use at EDM events in Glasgow. Also, to find out what factors influence people to use recreational drugs at these events. With the decline of the rave scene in the last ten years, if EDM events considered & being marketed as the new club drugs scene.

A Quantitative questionnaire design was used, eighty-eight self-selecting participants completed an approximately three minute online survey. All participants were recruited online via snowballing and opportunity sampling. Data from the survey was analysed online using SPSS and Person’s r statistical tests were carried out.

Results are expected to indicate that club drugs will be significantly correlated with drug taking at EDM events, drug use will also be significantly correlated with EDM events, and the environmental factors created at these events will be correlated with drug taking. These results provide data about

drug use prevalence and patterns for future research, and also gauge what population is in need of prevention and harm services in Glasgow.

Kirsty Hampton | Understanding Public Stigma Toward Drug Addiction in Scotland (Substance Use)

Session C3 - Time: 14:20

Public stigma has been recognised as being a barrier towards recovering from addiction. There is a need for research in understanding public stigma in Scotland, due to the country's high addiction rates. The aim of the present study is to investigate public stigma in Scotland towards both alcohol and heroin addictions. The hypotheses were: that stigma will be higher towards those with a heroin addiction than individuals with an alcohol addiction, age and gender of participants would have an effect on stigmatising beliefs. This study employed a repeated measures design through the use of two vignettes and gathered participants through snowball sampling on different social media platforms. Participants were required to be over the age of eighteen, currently living with Scotland and not have a history of addiction. An online questionnaire collected demographic details and used the Attribution Questionnaire Short Form (Corrigan et al., 2003). The planned analysis for the data gathered through the AQ-9 is a t-test. I expect to find that stigma will be higher for the heroin vignette than that of the alcohol vignette. Gender comparison in regard to stigma results will be analysed through a t-test and age will be analysed through a one-way ANOVA. Furthermore, it is expected that gender and age will have an effect on stigma. Through understanding what and who holds stigmatising beliefs in Scotland interventions can be developed to dissolve these and in turn encourage individuals with addiction to seek help.

Ainsley McHugh | Perceptions of cocaine use: An investigation of adult's health awareness, peer involvement and impulsivity (Substance Use)

Session C3 - Time: 15:00

Cocaine use in Scotland among adults remain prevalent and the number of those who use cocaine continues to rise each year. There are an array of health issues which can be caused as a result of cocaine use. Research on adults use of cocaine indicates that individuals are more likely to use cocaine while surrounded by others with the addition of alcohol. The current study investigated adult's awareness of the health issues which can occur while using cocaine, with the addition of the role of peers and impulsivity. A questionnaire was distributed online for individuals to answer (n=100). Participants were recruited through Opportunity sampling to take part in the study. The study contained a series of questions which were designed to measure participants awareness of the health effects of cocaine use, influences on cocaine use from peers and how impulsive participants were. The expected outcomes of data gathered will reveal a significant effect on how minimal knowledge of health risks which are associated with cocaine use will be among those who use cocaine. Participants who use cocaine are expected to be more likely to use cocaine while socialising with others where alcohol is involved. Furthermore, the impulsivity scale will reveal that those who use cocaine exhibit more impulsive behaviours, particularly among male participants.

Nadia Benmoussa | Scottish University students attitudes towards remote learning during the Covid 19 Pandemic (Wellbeing and Education)

Session A1 - Time: 9:15

Covid 19 has significantly affected individuals life's worldwide in many different shapes and forms. In March 2020 most academic institutions took the decision to discard face to face teaching in exchange for remote learning. This study explored the impact and experience remote learning had on students during the Covid 19 pandemic. The topics examined were in relation to personal preference, impact remote learning had on performance, emotional demands online, interactions with teaching staff/peers and overall evaluation of remote learning. The Study used a cross sectional design online using Microsoft forms to create a survey. Data was analysed using principal components analysis, internal consistency was measured using Cronbach's alpha and a thematic analysis was used on open response questions. 50 participants were sampled using convince sampling all participants were students at a Glasgow University aged 18+. Findings indicated students favoured face to face teaching as remote learning was viewed as more stressful. Students didn't consider remote learning to be less effective as they still progressed on their course. Interactions with teaching staff/ peers significantly reduced however teaching staff were regularly available via emails and discussion boards, isolation levels also increased for students during remote learning. Findings provided further insight into students experience of remote learning and may be applied to educational practices as responses provide ideas on how future remote learning could be improved. Future research may aim to carry out qualitative research such as interviews to offer more in-depth explanations as to how students felt during remote learning.

Martin Currie | Dispositional mindfulness and anxiety during covid (Wellbeing and Education)

Session A1 - Time: 9:25

While mindfulness has existed for over a thousand years in one form or another through Buddhist teachings, this technique has only been introduced into the western world in the last 40 years. Since its introduction it has been found to have numerous positive effects, from coping with pain to reduction of stress and anxiety. But due to its recent introduction much of the area of mindfulness and mindfulness related constructs remains a mystery with one such area being the effects and measuring of dispositional mindfulness. Dispositional mindfulness refers to the ability to, in day-to-day situations, remove oneself from the emotions and thoughts surrounding currently experienced stimuli and observe the effects and implications of these thoughts and feelings. As such it is thought that, among other benefits, dispositional mindfulness may be responsible for a general reduction in anxiety in both everyday life and stress situations. Sensory processing sensitivity (SPS) refers to the general amount of sensory information processed by an individual, with a significant link between high SPS and anxiety levels. With research pointing to dispositional mindfulness mediating the relationship between SPS and anxiety the current study seeks to measure the effect of dispositional mindfulness on the general levels of anxiety felt by individuals during the covid-19 pandemic. The study will seek to recruit 100 or more participants with moderation analysis being used to interoperate results. The current hypothesis is that those with Low SPS will have high rates of dispositional mindfulness and low anxiety and vice versa.

Fergus McQueen | Examining the effects of meditation on personality traits openness and conscientiousness (Wellbeing and Education)

Session A1 - Time: 9:35

Background: The vast proportion of research to date focuses upon the relationship between meditation and personality sub-factors. These sub-factors are niche and represent only small sections of the overall personality traits. Traits Openness to experience and Conscientiousness will be examined as research suggests meditation impacts upon sub-factors pertaining to these personality traits.

Method: The method will be a mixed design with two conditions, the meditative, and control groups, each containing 20 participants. Each participant will complete four online questionnaires in total, once prior to beginning the experiment, and then weekly up until the end of week 3. Data collection tool is the Big 5 personality test edited down to traits Openness and Conscientiousness, adapted from John & Srivastava's 1999- Big Five Inventory. Results will be analysed using an independent samples t-test.

Results: We hypothesise that meditation will increase trait openness and decrease trait conscientiousness throughout the course of the study compared to those in the control group.

Discussion: The expected outcome would concur with the hypothesis and suggest meditation to play a role in the mediation of personality traits. A possible limitation to the proposed study is that it does not account for all personality traits, and therefore may leave some ambiguities. Possible future applications could examine meditative effects on all sub-factors relating to the wider personality traits, or even meditation to promote specific desirable sub-factors.

Aisha Tahir | Exploring the Influence of Personality on Therapy Type and Delivery Method Preferences (Wellbeing and Education)

Session A1 - Time: 9:45

Background: A myriad of therapists advocate personality assessment as a vital facet to consider prior to therapy. Comprehending personality can inhibit therapists to tailor treatment in accordance to the individual and permit positive outcomes. Likewise, client's preferences should be taken into account to permit therapeutic success. The current study predicts personality traits correlating with delivery method preferences: text-based, telephone and video conferencing; and therapy type preferences: CBT, person-centred and psychodynamic therapy.

Method: An online survey was administered to participants. Personality traits were measured with the 44-item Big Five Inventory by examining the five-factor personality model. Therapy type was examined with three vignettes, each describing a therapy type, which participants ranked, followed by an open-ended question. Online delivery method was also ranked, preceding an open-ended question.

Results: A two-way ANOVA will be conducted. It is forecasted that personality traits will be closely associated with therapy type and delivery method preferences. The findings will provide specific results pertaining to which personality traits correlate with therapy type and delivery method.

Possible Limitations: The personality data gathered is self-reported which signifies desirable responses which could be inaccurate; undermining the study projections.

Practical Implications: The study examines personality assessment's significance with client preferences, which can aid therapists by tailoring sessions. Moreover, it contributes to the field of online counselling and if personality is closely associated with this research area.

Future research suggestions: Further research could recruit participants who have engaged in therapy. Furthermore, specific personality traits could be the focus of studies.

Jim Wood | Exploring the impact of group membership on wellbeing during COVID-19 (Wellbeing and Education)

Session A1 - Time: 9:55

Personal wellbeing (PWB) is subjective but has been calculated numerically and published yearly as part of the office for national statistics (ONS) database for the United Kingdom. The time-lapse between survey and publication is around eighteen months. During the Covid-19 pandemic, preliminary studies have shown a decline in PWB. Resilience has been shown to play an essential role in its maintenance, whilst those who defined as having group membership displayed greater resilience. The study aims to explore the impact group membership has on PWB during Covid-19 restrictions. Those serving in the Royal Air Force (RAF) receive resilience training will be measured against those who have left the RAF(ExRAF), and those who have never joined the RAF(Civ). The expected results will show that those who have had training will score higher than those who used to receive training, who will score higher than those without any training. This will be measured quantitatively for all using a highly- recognised survey. Whilst a member from each group will also answer qualitative questions. A one-way ANOVA will be run on SPSS 26 to produce the quantitative results. Qualitative results will be expressed in the text, supporting positive PWB with resilience training. The discussion will follow with research suggesting resilience training improves PWB and its impact in helping those struggling mentally during this pandemic and moving forward.