



21st Annual Psychology Honours Conference

Humanity in Research: Connecting Hearts, Minds, and Futures

Connecting our passion with our future. We question the present, reimagine what is possible, while holding humanity at the centre of it all.



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Southern Cross
Postgraduate Association



CONFERENCE PROGRAM

Emcee	Associate Professor Sally Sargeant
Opening address	Associate Professor Jacqui Yoxall
Welcome to Country	First Nations Elder to be confirmed
Keynote Speaker	Dr David Roland

Note: to access general sessions for introductions, keynote speakers and program slots marked "return to central", please select the link for **parallel session 1** on the relevant day

DAY 1: THURSDAY 25th SEPTEMBER

Welcomes and Keynote address 09:00-10.30

Session Zoom links	Parallel session 1	Parallel session 2	Parallel session 3
Location	GC105	GC106	Online
Chair	Dr Jena Buchan	Dr Kachina Allen	A/Prof Megan Landers
11:00-12:00	Crystal Belot	Jazzlyn Richardson	Hannah Coffee
	Tyrone Binns	Kirsten Risch	Eva Brenner
	Monika Milner	Samantha Weir	Tamara Hiam
	Lisa Joseph		Chrstine Horley

Lunch 12:00-12:45

Return to central before afternoon sessions 12:45-13:00

Location	GC105	GC106	Online
Chair	Dr Jena Buchan	A/Prof Jacqui Yoxall	Dr Carrie Thompson-Casey
13:00-14:00	Oscar Targett	Mika Colbert	Fatema Ghonem
	Rebecca Twinn	Kirby Cue	Victoria Edwards
	Jaina Verma	Thomas Wotherspoon	Kellie Hayes
	Emily Clark	Alexandra Mityushina	
Location	GC105	GC106	Online
Chair	Dr Kachina Allen	Dr Jena Buchan	Dr Belinda Barton
14:00-15:00	Scarlet Goddard	Georgia Coleman	Cynthia Hyde
	Nina Marben	Rich Muir	Annaliese Jamieson
	Vanessa Jenner	Ellie Butcher	Natalie Joy
	Cassandra Cheeseman	Bridget Doherty	Grace Mitchell

Break for afternoon tea 15:00-15:30

Location	GC105	GC106	Online
Chair	Ms Zahra Whyte	Dr Mary-Anne Kate	Dr Scott Goddard
15.30-16.30	Isha Law-Stocker	Rishiraj Rathore	Joplin Wachtel
	Benjamin Manning	David Gilbert	Hoang Vu
	Taneisha Nagy	Renae Kennedy	Judie Wang
	Ella Pitman	Riccardo Zuccolini	Kobe Sangster

16:30 – 17:00 Return to central for day 1 close

DAY 2: FRIDAY 25th SEPTEMBER

Welcome and introductions 09:00-09.30

Session Zoom links	Parallel session 1	Parallel session 2	Parallel session 3
Location	GC105	Online	Online
Chair	A/Prof Desirée Kozlowski	Dr Louise Horstmanshof	Mr Craig Wilson
09:30-10:30	Madison Bambach	Hakan Ak	Emily Wellauer
	Ella Beere	Emily Alexander	Kate Wright
	Estella Bethune	Isabella Balcomb	Sharon Wrigley
	Hannah Bevan	Amanda Bos	

Break 10:30-11:00

Location	GC105	Online	Online
Chair	Dr Mary-Anne Kate	A/Prof Gail Moloney	Dr Carrie Thompson-Casey
11:00-12:00	India Brown	Katherine Bowman	Cristiane De Oliveira
	Roshan Caldwell	Melissa Veronesi	Joshua Delgado
	Tenarra Campey	Aishah Palethorpe	Olivia Dowling
	Amy Chamberlain	Chloe Bartle	Clare Drake
Chair	A/Prof Jon Mond	Prof Christian Swann	Dr Louise Horstmanshof
12:00-13:00	Calvin Coetzee	Kathryn Edgeworth	Kamala Mansfield
	Rhian Collett	Marnie Harwin	Shoshana Marsh
	Meg Corin	Suyeon Faber	Pia McGeown
	Bianca de Abreau	Maddison Gellie	Kaitlin Miceli

Lunch 13:00-13:45

Return to central before afternoon sessions 13:45-14:00

Location	GC105	Online	Online
Chair	Dr Courtney McGowan	Dr Kachina Allen	Dr Scott Goddard
14:00-15:00	Samantha Gower	Kaye Phillips-glynn	Jane Hosking
	Tara Hollindale	Stephanie Rowles	Amy Houssenloge
	Hayley Hunter	Ruby Sharan	Kylie Hunt
	Chelsea Huynh	Hayden Simpson	Paul Hurley
Chair	Dr David Reilly	Dr Suzanne McDonald	Declan Forrester
15:00-16:00	Jack Dengate	Angelique Slattery	Patricia Murphy
	Stephanie Cameron	Jeremiah Soetan	Alexandra Nassar
	Benjamin Dolan	Marie Szumowski	Olivia Noffke
	Luan Faranda	Shalini Watson	

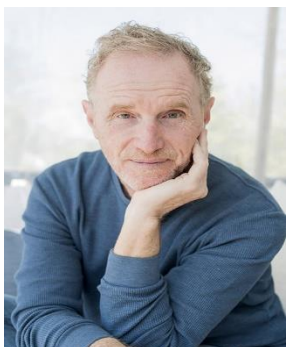
Break 16:00-16:30 and formal closing remarks 16:30-17:00

Program speakers



Opening address: Associate Professor Jacqui Yoxall

Dr Yoxall has held full registration as a psychologist since 1997 and has practiced in public health, private business and industry and in private practice. Dr Yoxall has been a member of the Australian Psychological Society for 23 years. Dr Yoxall obtained her PhD in 2012. She has held a part time academic role in teaching, research and management since 2012.



Keynote Speaker: Dr David Roland

David Roland is a psychologist, forest bathing guide, and writer, drawing on both his lived experience and professional training. He graduated from the University of Sydney with a BSc (Hons) and earned his PhD in clinical psychology from the University of Wollongong, focusing on performance anxiety in musicians.

For more than twenty years, David worked as a clinical and forensic psychologist, treating and assessing clients ranging from children to adults, for the Children's Court Clinic and the Criminal Court. He holds an adjunct lecturer position at Southern Cross University and is a founding member of Compassionate Mind Australia. Additionally, he served as an advisor to the Young Stroke Project with the National Stroke Foundation.

David is the lead facilitator for the nature-based compassion-focused intervention for the Healing Climate-Related Trauma clinical trial through Southern Cross University. As a certified forest bathing guide with Forest Therapy Hub, he facilitates connections with nature for well-being, drawing on research linking nature to mental health benefits. He also serves as the consultant psychologist for Renal Services NNSWLHD.

Student presentation titles

Ak	Hakan	Dynamic Norms and Gain Framed Messaging: Promoting Organ Donation Registration Intentions Among Australian Nursing Students
Alexander	Emily	The Influence of Interparental Conflict Resolution Experiences in Childhood on Psychological Wellbeing in Adulthood: Assessing the Mediating Role of Emotion Regulation
Balcomb	Isabella	Attachment and Digital Exposure: How Parental Attachment Moderates the Relationship Between Screen Time and Emotion Regulation in Young Children (3 to 5 years old)
Bambach	Madison	"They can't understand": What Online Discussion Forums Reveal About Endometriosis Within Personal Relationships
Bartle	Chloe	Young Australian Parents: Exploring Associations Between Birth Trauma, Intimate Partner Violence and Perinatal Mental Health

Beere	Ella	One Size Does not Fit All: Reviewing Goal Setting Strategies across Athlete Populations
Belot	Crystal	A Hermeneutic Phenomenological Study on: The Lived Experience and Psychological Wellbeing of Hybrid High-Performance Athletes
Bethune	Estella	Can a Single Pleasure Workshop Increase Subjective Well-Being? Four-Week Outcomes in a General Australian Sample
Bevan	Hannah	Looking for Love, Finding Burnout: Predictors of Dating App Burnout
Binns	Tyrone	Suffering and in Need of Support: The Wellbeing of Australian Defence Force Veteran Partners' and Spouses"
Bos	Amanda	Splashing Toward Well-Being: Motivation and Social Connection in Older Adult Aqua Fitness
Bowman	Katherine	The Role of Attachment Style and Emotion Dysregulation in Shaping Parenting Satisfaction in the Parent/Child ADHD Dyad
Brenner	Eva	Absorbed in the Mirror: Dissociative Experiences in Body Dysmorphic Disorder
Brown	India	Exploring the Lived Experience of Nature-Relatedness as a Source of Healing Grief and Loss
Butcher	Elspeth	Do Affective States Influence Working Memory and Confidence? Evidence from a Complex Span Task.
Caldwell	Roshan	In the Lyme-light: Comparing Narratives of Tick-borne Diseases Within Senate Inquiry Public Submissions
Cameron	Stephanie	Conflict, Guilt and a Little Bit of Resentment: Exploring Youth Sports Parents' Lived Experience of Competitive Youth Sport.
Campey	Tenarra	Unmasking the self: Investigating Dissociative Symptoms and Their Relationship to Camouflaging in People with High Autistic Traits.
Chamberlain	Amy	The Role of Perceived Birth Support on Subjective Birth Trauma and the Risk of Postnatal Depression: The Birth Support Project
Cheeseman	Cassandra	More Than Green: Nature's Core Attributes for Sustained Mental Wellbeing
Clark	Emily	The Adventure Advantage: Adventure Behaviour-Seeking as a Predictor of Mental Well-Being Beyond Physical Activity, with Nature Relatedness as a Partial Mediator
Coetzee	Calvin	The Effect of Guided Visualization on Swimming Performance Enhancement: A Cross-Examination Study
Coffee	Hannah	Child Behaviour and Parental Stress: The Moderating Effect of Parenting Style

Colbert	Mika	The Effects of Trauma on Gender differences in Autism
Coleman	Georgia	Nurtured by Nature: A Phenomenological Exploration of How Climate Change Shapes Individuals' Experience of Nature and its Role in Mental Wellbeing
Collett	Rhian	From Knitting to Napping: The Science of Senior Smiles
Corin	Meg	Numbers and Narratives: The Real World of Adult Maths
Cue	Kirby	Appraisals of Open Goals by Exercise Practitioners
de Abreu	Bianca	Exploring Unmet Health Concerns and Subjective Wellbeing Among Older Adults Living Independently on the Redlands Coast
Delgado	Josh	Passionate But Not Aggressive: Exploring the Mediating Roles of Collective Narcissism and Dysfunctional Fandom in Highly Identified Sports Fans
Dengate	Jack	Immersed in Pseudo Fear: A Phenomenological Investigation of Mental Well-being through Nature-based Lead Climbing
Dias	Cristiane	Development of Reflective Functioning in Psychology Students
Doherty	Bridget	Nature Connectedness and its Influence on Stress, Well-Being and Mental Restoration: An Interpretative Phenomenological Analysis of University Students' Experience in Nature
Dolan	Benjamin	The Mental Preparation Strategies Pre-Match of Semi-Professional to Professional Tennis Players
Dowling	Olivia	Scrolling through stereotypes: A content analysis of ADHD TikToks
Drake	Clare	Autism as Represented by Autistic People on Instagram
Edgeworth	Kathryn	Exploring the Relationship Between Pleasure and Depression: A Validation Study
Edwards	Victoria	Negotiating Socially Prescribed Perfectionism: Experiences of Australian Female Psychology Students
Faber	Suyeon	The Effects of Gender Identity and Gender Role Traits on Empathy and Psychological Well-being
Gellie	Maddison	Exploring the Behavioural Spillovers of Open Goals in Physical Activity Promotion
Ghonim	Fatema-AlZahraa Saad Elalfy	Exploring Well-being Among Egyptian Women Living in Australia.
Gilbert	David	Understanding the Lived Experiences of Wellbeing from Nature Based Physical Activities for Australian Veterans

Goddard	Scarlet	Psychosocial Predictors of Public Attitudes Towards Artificial Intelligence: The Role of Subjective Norms, Ethnocentrism, and Existential Thinking
Gower	Samantha	Examining how a Pleasure Savouring Intervention Affects Depression
Harwin	Marnie	Work Engagement in the Face of Stress: Can Self- Compassion Make a Difference for Health Professional Educators?
Hayes	Kellie	The Prevalence of Ageing Concerns Across Significant Life Decisions and Activities for Older Adults Who Live Independently. A Comparative Study.
Hiam	Tamara	"Why We Click 'Buy Now': Emotions, impulses, and the Power of Positive Feelings"
Hollindale	Tara	Patient Views on Participating in Digital N-of-1 Trials for Chronic Pain Management
Horley	Christine	Nursing Students and Health Promotion Behaviour: What Impact Could Future Nurses Have on Organ Donation Registration Rates?
Hosking	Jane	“The garden is my happy place”: The Lived Experiences of Older Adults’ Engagement in Nature
Houssenloge	Amy	Age and the Importance of Subjective Norms in the Organ Donation Decision
Hunt	Kylie	Securing Access: Exploring the Links Between Age, Conscientiousness, and Memory Self-Efficacy in Password Habits
Hunter	Hayley	Parental Self-Efficacy, Parental Stress and Future Expectations of School-Aged Children with ADHD
Hurley	Paul	Do Dissociative Symptom Clusters Predict Domain-Specific Global Functioning Impairments?
Huynh	Chelsea	The Cost of Perfection: Exploring Maladaptive Perfectionism, Self-Compassion, Burnout, and Well-Being Among Australian Psychologists
Hyde	Cynthia	Brief, Bright and Beneficial? A Strengths-Based Savouring and Pleasure Intervention for Anxiety in an Australian Adult Population
Jamieson	Annaliese	Wellbeing and Unreported Health Concerns Amongst Residents Aged 65+ In The Beenleigh-Eagleby Region
Jenner	Vanessa	The Overlap of Hormonal Fluctuations and Smartphone Use on Attention and Impulsivity
Joseph	Lisa	Emotion in Motion: A Broaden-and-Build Exploration of Labyrinths as a Wellbeing Practice
Joy	Natalie	Exploring the role of Adult Attachment Styles in Perinatal Well-being.

Kennedy	Renae	Embracing Mental Wellbeing Through Nature: Understanding the Connection Between Emotional Regulation and Equine Assisted Psychotherapy in Remote Areas
Law-Stocker	Isha	Beyond the Break: The Relationship Between Recreational Surfing and Mental Well-Being for Adults in Australia
Manning	Benjamin	Effects of Motivational Videos on Preparatory Arousal and Elite Swimmers Athletic Performance
Mansfield	Kamala	The Way Forward: Online Positive Psychology Interventions and Resilience.
Marben	Nina	Investigating Self-Esteem as a Potential Mediator Between Attributional Styles and Quality of Life in Adults with ADHD
Marsh	Shoshana	The Impact of Perceived Stress on Autoimmune Disease Symptom Severity
McGeown	Pia	The Invisible Shield: Self Care in Adult Community Corrections
Miceli	Kaitlin	What Role Does Co-Worker Support Play in Well-Being and Burnout Among Disability Support Workers in Group Settings?
Milner	Monika	Planet over Parenthood: Developing a Scale to Measure Environmental Concerns and Reproductive Decisions with Associations to Eco-Emotions, Environmental Self-Identity, and Nature Relatedness
Mitchell	Grace	Values, Resilience and Wellbeing in Young Adolescent Women in Australia
Mityushina	Alexandra	Unreported Health Concerns and Subjective Wellbeing Of Independent Older Australians: The Role of Community And Gender
Muir	Rich	Exploring How Functional Breathing May Enhance the Wellbeing Benefits of Time in Nature: A Qualitative Study.
Murphy	Patricia	White Noise Improves the Executive Functioning Performance of Australian University Students With and Without Symptoms of ADHD
Nagy	Taneisha	Trust and Distrust: What Role Does the Medical System Play in Australian Organ Donor Registration?
Nassar	Alexandra	Comparing Effects of Inland Freshwater, Estuary and Coastal Blue Spaces on Restoration, Mental Health, and Stress in Australia
Noffke	Olivia	Burnout and Wellbeing in Western Australian Teachers by Remoteness
Palethorpe	Aishah	Young Adults Perceptions of Creative Expression and Its Influence on Motivation and Psychosocial Wellbeing

Phillips	Kaye	Open Minds: How Personality Traits Shape Openness to Psychedelic Assisted Therapy
Pitman	Ella	"At Least There's Reddit": How Women Communicate Their Adjustment to Late-Diagnosed ADHD
Rathore	Rishiraj Singh	Warning: This presentation could be AI-manipulated
Richardson	Jazzlyn	How Does Exposure to Fitspiration and Body Positivity Affect the Motivation to Exercise?
Rowles	Stephanie	The Effect of Value-Directed Learning on Memory Recall: Internal Versus External Value Cues.
Rusch	Kirsten	Parents' Perspectives on Adolescents' Wellbeing: A Critical Realist Study of Nature Exposure and Screen Time
Sangster	Kobe	Exploring The Role of Mathematics Self-Efficacy and Anxiety in Adult Mathematics Engagement
Sharan	Ruby	Self-Compassion in Health Professional Educators: The Role of Age and Gender
Simpson	Hayden	How Do Positive and Negative Emotionally Valenced Images Capture Attention Under Varied Perceptual Load?
Slattery	Angel	Beyond the Rituals: A Symptom-Dimension Analysis of the Relationship Between Obsessive-Compulsive Disorder and Dissociation
Soetan	Jeremiah	Understanding Parental Perspectives on N-Of-1 Trial Participation: The Role of Socioeconomic Factors in Shaping Barriers and Facilitators
Szumowski	Marie Sophie	Healthcare Professionals' Knowledge, Attitudes and Confidence Towards Neurodiversity: An Exploratory Study in The Australian Context.
Targett	Oscar	Perfectionism, Technostress, and Burnout: Understanding the Digital Pressures on University Students
Twinn	Rebecca	What Makes You Swipe Left or Right? Investigating The Role of Gender Differences in Mate Selection in Online Dating
Verma	Jaina	Do Team Sports Build Well-Being and Self-Compassion? Exploring the Role of Exercise Context
Veronesi	Melissa	Hammering Out Motivation: An Exploration of Men's Shed Memberships
Vu	Khoi	Association of Mental Health Continuum and Personal Social Capital in Australian Adults

Wachtel	Joplin	The Influence of Gender-Role Identification and Biological Sex on Self-Esteem and Assertiveness
Wang	Zhong Yao Judie	Outsourcing the Mind: Cognitive Offloading, Memory Distortion, and the Cost of Digital Convenience
Watson	Shalini	Nested Dolls and Restless Minds: Unpacking Trauma, Dissociation, and ADHD Symptom Presentation
Weir	Samantha	"Sanctified or Stigmatised?": Religious Influences on Mental Health Stigma and Help-Seeking Behaviour.
Wellauer	Emily	Gender differences in emotional intelligence and their connection to wellbeing
Wotherspoon	Thomas	Pathways to Well-Being: A Critical Realist Exploration of Walking The Labyrinth
Wright	Kate	Parents' Willingness to Participate in Single-Case Experimental Trials for the Multimodal Treatment of Attention Deficit Hyperactivity Disorder in Children
Wrigley	Sharon	Cognitive and Emotional Awareness in Policy Decision Making: Examining the Influence of Bias, Emotional Intelligence, and Need for Closure
Zuccolini	Riccardo	Exploring the Link Between Early Maladaptive Schemas and Dissociation: A Cross-Sectional Study in a Clinical Population.