

CONFERENCE PROGRAM



19th Annual Psychology Honours Conference

Traveling together: diverse pasts, shared present, diverging futures

28 – 29 September 2023



DAY ONE	General introduction and housekeeping Welcome to Country by Uncle John Graham Welcome Address : TBC Keynote speaker: Stacey Hansen, Director and Principal Psychologist, Your Psych Centre	
9:00 – 10:30am	Parallel sessions	
SESSION TIME	Gold Coast Internal staff and students join can join online here	Coffs Harbour and Online Internal staff and students join can join online here
10:30 – 11:50am Chaired by: Mr. Craig Wilson (Gold Coast) Dr. Royce Willis (Coffs Harbour)	<p>Sarah Wilkinson Exploring long COVID experiences within online forums: a qualitative critical approach.</p> <p>Mimirose Lorroway Exploring social representations of therapist self-care and well-being: a reflexive thematic analysis of peak body media.</p> <p>Maryann Adams Experiences of cannabis use in people with Parkinsons Disease.</p> <p>Katrina Barnes Investigating psychological determinants of online health education course uptake among Australian healthcare professionals.</p> <p>Emma Purcell Australian-based allied health and independent disability support workers: exploring subjective well-being in those seeking well-being.</p> <p>Tyler Lloyd Burnt out: an exploration of the job demands and resources affecting GP burnout and wellbeing post-COVID-19.</p>	<p>Tina Prassos How does nature-based physical activity enhance psychological well-being? A phenomenological investigation.</p> <p>Charlotte Wilkins Exploring the impact of natural disasters and climate change beliefs on eco anxiety.</p> <p>Emma Dillon Bridging inner and outer worlds: mindful trips and green shifts, the relationship between psychedelics, nature relatedness and pro-environmental behaviour.</p> <p>Blake Worsfold Examining the relationship between loneliness, rumination, and over-general autobiographical memory on psychological distress in a non-clinical sample.</p> <p>Nourah Lababidi The pleasures of communication.</p> <p>Anniken Moore Are we pre-disposed to be satisfied or dissatisfied with our job?</p>
11.50 – 12.40pm Lunch		

<p>12:40 – 2:00pm</p> <p>Chaired by</p> <p>Dr. Alison Watts (Gold Coast)</p> <p>A/Prof Gail Moloney (Online)</p>	<p>Bonnie Gardener Parent educational satisfaction as a mediator for stress and parenting styles in children with ADHD.</p> <p>Stevee Thomson Does the strength of an inner monologue affect empathy?</p> <p>Reece Myers Conscientiousness in gamers vs non-gamers.</p> <p>Jasmina Kulic Effects of emotion and self-talk on novel noun acquisition.</p> <p>Holly Stoneman The influence of anxiety and sleep on burnout in esports players.</p> <p>Jane Higgins The influence of insomnia and sleep on burnout in esports players.</p>	<p>Jazmin Newell Wellbeing practices of young Australians and their views about the “Dear Mind” mental wellbeing campaign.</p> <p>Mohamed Nabhan The role of sport in wellbeing of first-generation Australians.</p> <p>Meha Patel Lived experience of wellbeing from nature in first generation immigrants.</p> <p>Laine Tracey Impact of Buddhist philosophy on wellbeing.</p> <p>Rana Amiscar The impact of exercise on stress and anxiety of Australian university students.</p> <p>Stacey Callan Does culture and job level position predict intention to quit and burnout?</p>
Short break		
<p>2:10 – 3:30pm</p> <p>Chaired by:</p> <p>Ms Helen Clark (Gold Coast)</p> <p>Dr. Desiree Kozlowski (Coffs Harbour)</p>	<p>Rhea Winkler The lived experience of psychological well-being in adventure sport athletes.</p> <p>Courtney Humphreys Exploring the sources of stress in NRL and NRLW elite rugby league players.</p> <p>Sally Walters Women, waves & wellbeing: researching the impact of surfing on the wellbeing of women in Australia.</p> <p>Kirra Andrews Does exercise motivation and behaviour differ between people who exercise alone, in a group, or both?</p> <p>Ashley Davis The effect of cooling the forehead on perception of thermal sensation and performance in runners.</p> <p>Sahar Moktarpour if I don't lift, no one will love me! assessing perceptions of self-esteem and body satisfaction among women in Australian gyms.</p>	<p>Bianca Harfield The psychophysiological impacts of smartphone notifications.</p> <p>Ben Dixon <u>Un</u>ravelling the ties: exploring the complex interplay between dissociation and depression in a clinical population.</p> <p>Peter Sykes Understanding dissociative symptoms and experiences in treatment-seeking adults with autistic traits: an exploratory study.</p> <p>Brittany Aitken The relationship between markers of meditation expertise and quality and depth of meditation.</p> <p>Joshua Hurley The effectiveness of an emoji mood and experience scale with older adults in independent living.</p>
3:30-4:00pm Afternoon tea		

<p>4:00 – 5:20pm</p> <p>Chaired by:</p> <p>Mr. Craig Wilson (Gold Coast)</p> <p>Dr. Suzanne McDonald (Online)</p>	<p>Jasmin Farrell The mediating effect of resilience on the relationship between social support and university student engagement in Australia.</p> <p>Indianna Laing Exploring the experience of international students in the SCU Model: factors associated with satisfaction and confidence with learning.</p> <p>Paris Campbell Impact of art therapy, on emotional stability and wellbeing among university students.</p> <p>Corey Esposito Music evoked nostalgia in middle-aged adults.</p> <p>Gregory Pope The relationship between prior psychedelic use on creativity, problem solving, and insight.</p> <p>Emily Hartree Faulty eyewitness memory: exploring the effect of perceptual load and weapon presence on memory accuracy.</p>	<p>Dasha Arthur “To be honest, I’d rather be doing anything else”: the inner conflict of procrastination.</p> <p>Sari Al Jubouri Gender stereotypes about infertile couples: comparisons of responses to vignettes.</p> <p>Emily Alexander Children of divorce and the impact on adult romantic relationships: testing the sensitive periods hypothesis.</p> <p>Mia Peden Measuring pleasure: the Pleasure in Life Scale (PiLS).</p> <p>Elizabeth Hughes Barriers to uptake of the Child Dental Benefits Schedule.</p> <p>Paris Owen A regional community perspective: descriptive norms, community identity and organ donation registration.</p>
<p>Close</p>		

DAY TWO 9:00 -10:15am	Housekeeping Welcome to Country by Uncle Barry Hoskins Keynote 2: Professor John Hurley, Director of HDR Training, Faculty of Health	
Parallel sessions		
SESSION TIME	Gold Coast Internal staff and students join can join online here	Coffs Harbour and Online Internal staff and students join can join online here
10:20 – 11:30am Chaired by: Dr. Alison Watts (Gold Coast) TBC (Online)	Stephanie Hill Exploring the complex relationship between anxiety and dissociation in a clinical population. Sierra Bernard Savouring mediates the relationship between pleasurable experiences and well-being. Annabelle Simon Introducing a new single-item measure of proactive savouring. James Luke Unpacking the relationships between actual phone usage, procrastination, and impulsivity. Alicia Davis Perceived organisational support on the incidence of burnout in Australian paramedics.	Brianna Hanify "I saw it on TikTok." How we perceive social media's influence on our health literacy. Caitlin Smith Perceptions of choice satisfaction and overload in relation to wellbeing. Stephanie Beavers The benefits of community gardening for wellbeing. Nimon Gollagher The health benefits of downtime: a cross-national study of sleep and recreation time. Jed Boufeneche Strategies psychologists use to mitigate stressful work characteristics and behavioural challenges.
11:30-12 noon : Morning tea		
12:00 – 1:10pm Chaired by: Dr. Julia Marsden (Gold Coast) Mr. Declan Forrester (Coffs Harbour)	Jack Martin Personality correlates of weight-loss maintenance versus weight-loss regain in physical active gym members. Naydene Beaver Gender differences in emotional intelligence and empathy: does gender or gender-role offer a stronger predictor. Nicole Sutton Emotional intelligence: a key to preserving our front-line heroes' psychological wellbeing. Mahika Dave The effects of open goals on creativity and self-efficacy. Punita Moun The effects of open, specific, and self-set goals on memory performance.	Philippa O'Hara Understanding workplace loneliness, workplace social support and resilience in Australian first responder workplaces. Kiralee Muir Perfectionism and teacher burnout: The efficacy of social support as a moderator. Tarin Burns Youth organised sport, resilience, and adult life satisfaction. Eesha Patel Do consumers prioritise the perceived health advantages of whole and unprocessed organic foods in their food purchasing practices? Albion Behrens The influence of insight experiences on consumer attitudes.

1.10pm – 2.00 pm

Lunch

<p>2:00 – 3:10pm</p> <p>Chaired by</p> <p>Dr. Jena Buchan (Gold Coast)</p> <p>TBC (online)</p>	<p>Zachary King Moderating effect of personality traits on the stress-burnout relationship in Australian firefighters.</p> <p>Theresa Mitchell Hungry stomachs: revealing the psychological toll of food insecurity for psychologists.</p> <p>Peter Karathanasis Exploring psychologists' perspectives about using single-case experimental designs in clinical practice to evaluate interventions for anxiety disorder.</p> <p>Daniela da Silva Fernandes Pregnancy after loss: the relationship between anxiety and well-being.</p>	<p>Kaitlyn Byrne Impact of corrective services rehabilitation intervention on prisoner rehabilitation.</p> <p>Kate Martin The relationship between emotional intelligence and life satisfaction and the mediating role of resilience in regional and rural communities.</p> <p>Brooklin Nadin Burnout in psychologists and the subsequent impact on engagement with their clients and their work.</p> <p>Tiana Sparacino The role of confirmation bias in relationships and if social media has increased these biases.</p> <p>Rebecca Burgess Does shift work affect sleep, stress and burnout?</p>
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Short break

<p>3:20 – 4:30pm</p> <p>Chaired by</p> <p>Dr. Suzanne McDonald (Gold Coast)</p> <p>Mr. Declan Forrester (online)</p>	<p>Jamily Alves Estrela Examining the relationship between napping and wellbeing in athletes.</p> <p>Zahra Whyte Save the earth, save your mind: eco-anxiety and the mental well-being benefits of pro-environmental behaviours.</p> <p>Jasmine Mente- Cammarano Solution messaging increases pro-environmental motivation in Australian employees.</p> <p>Janet Tay Strides Apart: Exploring gender differences in marathon time goals and performance satisfaction.</p> <p>Kaitlyn Bradshaw Mitigating the effects of imposter syndrome.</p>	<p>Nathan Webster Understanding the goals set by runners at the 2022 Gold Coast Marathon events.</p> <p>Toby Gill Exploring the pursuit of open goals in a 6-week walking program: a mixed-methods multiple case study.</p> <p>Henriett Sorosi Go with your gut? The relationship between emotional intelligence and decision-making styles.</p> <p>Josephine Hazzard Take a deep breath: an investigation into the immediate effects of Pranayama on emotional affect and state mindfulness.</p>
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4:30 – 5:00pm

Wrap up

Votes of thanks and close