2023 RED RIVER PSYCHOLOGY CONFERENCE

CONCORDIA COLLEGE

SCHEDULE OF EVENTS

8:30 - 9:30

REGISTRATION

Knutson Campus Center
Atrium (Main Level)

9:30 - 11:00

POSTER SESSION

Knutson Campus Center
Jones A/B (Upper Level)

10:30 - 11:30

PAPER SESSION

Knutson Campus Center
Jones C/D (Upper Level)

11:30 - 11:45

BREAK

11:45 - 12:15

LUNCH FOR REGISTERED ATTENDEES

Knutson Campus Center
Centrum (Main Level)

12:15 - 1:15

KEYNOTE ADDRESS

Knutson Campus Center
Centrum (Main Level)

Dr. Stephen Quintana
*Understanding and Experiencing
Diversity through Dialogue*

1:30

END OF CONFERENCE

KEYNOTE ADDRESS

UNDERSTANDING AND EXPERIENCING DIVERSITY THROUGH DIALOGUE

12:15 - 1:15
Knutson Campus Center
Centrum (Main Level)

Professor Quintana will share insights gained from 12 years of conducting Diversity Dialogues with over 10,000 university students, faculty, staff, as well as church, community, and business groups. Dissatisfied with traditional approaches to diversity training, Prof. Quintana developed and validated a dialogue method that promotes authentic engagement across difference. Learn about the scientific foundation and practical strategies for implementing Diversity Dialogues.

STEPHEN QUINTANA, PH.D.

Professor

Department of
Counseling Psychology

University of Wisconsin-Madison

POSTER SESSION

9:30 - 11:00
Knutson Campus Center
Jones A/B (Upper Level)

01 ### DYNAMIC BENEFITS OF FINDING THE SILVER LINING: COUPLED CHANGES IN SECONDARY CONTROL AND WELL-BEING DURING COVID-19

Matthew Pierce, Jeremy Hamm, Katherine Duggan, & Odalis G. Garcia, Department of Psychology, North Dakota State University.

Our study examined whether within-person changes in secondary control beliefs were associated with corresponding within-person shifts in mental health and well-being during the COVID-19 pandemic. We analyzed 1-year data from the NDSU National COVID Study which contains 4 waves of data from a nationally representative sample of U.S. adults aged 18-80 (n = 293). Multilevel models assessed the extent to which within-person shifts in secondary control predicted corresponding changes in perceived stress, depressive symptoms, positive and negative affect, life satisfaction, personal growth, and meaning and purpose. All models controlled for age, sex, education, income, and between-person differences in secondary control. Within-person changes in secondary control predicted corresponding shifts in mental health and well-being outcomes (bs = |.10-.25|, p = .005) except life satisfaction (b = .10, p = .061).

02 ### THE 'SWEET'-SPOT IN THE COVID-19 PANDEMIC: A BOOTSTRAPPING APPROACH TO TESTING THE MODERATION OF TRANSACTIONAL LEADERSHIP AND PSYCHOLOGICAL WELL-BEING ON EMPLOYEES' TURNOVER INTENTIONS IN GHANA

Beckham Arthur, Tricia Adomako, & Sean Brotherson, Department of Human Development and Family Science, North Dakota State University.

This study is aimed at determining the influence of transactional leadership style and psychological well-being on employees' turnover intention and to assess the moderation effect of psychological well-being in the transactional leadership-turnover intention nexus. Towards these objectives, data was collected from 269 corporate employees in Ghana during the peak of the COVID-19 pandemic. The convenience sampling technique was employed and the wild bootstrap approach was used to analyze the data using regression. While controlling for other variables, the results showed that transactional leadership style and psychological well-being significantly predicted employees' turnover intentions. Again, psychological well-being moderated the effect between transactional leadership style and turnover intention. These findings were discussed in light of existing literature and theories together with their potential limitations. Our study is the first to test the moderation effect of psychological well-being in the transactional leadership and turnover intention nexus using data gathered in a sub-Saharan country (Ghana) during the peak of the pandemic.

03 | RELATIONSHIP OF THE MEMORY BLOCKING EFFECT TO ORTHOGRAPHIC INFORMATION, CONTEXT CHANGE, AND CREATIVITY

Abiola Adebayo & Christine Malone, Department of Psychology, Minnesota State University Moorhead.

This study explored the memory blocking effect (MBE), contextual change, and a connection with creativity. The memory blocking effect occurs when orthographically (spelling) related study words (e.g., KANGAROO) impair word fragment completion performance (K_NG_O_S) for a similar target (e.g., KINGDOMS) (Smith & Tindell,1997; Leynes et al., 2008). The current study explored a possible interaction between study word (e.g., competing KANGAROO and positive KINGDOMS) and match/mismatch of contexts between study and fragment presentations. Higher rates of word fragment completion are expected for positive primed fragments compared to unprimed fragments (i.e., repetition priming). Lower rates of word fragment completion are expected for competing primed fragments compared to unprimed fragments (i.e., MBE). However, context is predicted to interact with prime.

04 | THE ROLE OF GROUPING VIA SPATIAL REGULARITIES IN ITEM-ITEM BINDING IN VISUAL WORKING MEMORY

Anh Pham, Nelson Weniger, & Dwight J. Peterson, Department of Psychology & Neuroscience Program, Concordia College.

Visual working memory (VWM) stores visual representations relevant to everyday tasks but is severely capacity limited. Fortunately, research has shown that organizational principles can improve VWM performance (Li et al., 2018). Relevant to the current work, spatial regularity between complex real-world objects can improve VWM performance when remembering object pairs (Kaiser et al., 2015). Having replicated the findings of Kaiser et al. (2015), the current study examined whether spatial regularity facilitates item-item binding between objects stored in VWM. Participants performed a change detection task with two memory test conditions (single-item, item-item binding) for object pairs which were organized in a spatially regular or spatially irregular fashion. Grouping-related benefits appear to differ depending on whether a single object or an object pair is probed.

05 | CAN COLOR REDUNDANCY CUES IN A VISUAL WORKING MEMORY ARRAY BE IGNORED?

Nelson Weniger, Anh Pham, & Dwight J. Peterson, Department of Psychology & Neuroscience Program, Concordia College.

Visual working memory (VWM) is a capacity limited cognitive process that can be aided by perceptual organization. Recent findings suggest that color redundancy cues can be ignored in a top-down fashion (Prieto et al., 2022). However, this recent study lacked a crucial comparison between set sizes making it difficult to identify the origin of the VWM benefit. The current study attempted to replicate and extend these findings using a factorial design including set size (4, 6) and color redundancy (present, absent). If participants are able to ignore the grouped stimuli, then performance in the 6-item-grouped condition should be the same as performance in the 4-item-ungrouped condition. Overall, the current results suggest that grouped items can be ignored, but at a cost to VWM performance.

06 THE COMBINED EFFECTS OF COLOR PERCEPTION AND TEMPORAL FREQUENCY ON TIME DILATION

Ali Pexsa, Brooke Baumann, & Chad Duncan, Department of Psychology, Minnesota State University Moorhead.

Previous studies have shown that faster moving objects are perceived to last longer but it is not yet completely understood how this illusion occurs. With the top-down processing model, early visual neural correlates have shown to play a role, but which ones specifically and how do they work together? To further explore past findings, this study investigates the relationship between time dilation and color perception in regard to temporal frequency. In this study, participants were asked to watch a set of multiple brief stimuli and to estimate the amount of time each stimulus spent on the screen. There were ten different stimuli presented to participants 5 times each, varying in temporal frequency and chromaticity; slow chromatic changing, medium chromatic changing, fast chromatic changing, achromatic changing, static chromatic, and static achromatic, blue-only changing, red-only changing fast and red-only changing slow. The average perceived times of each stimuli were collected and compared. It was hypothesized that faster chromatic changes would cause longer measures of perceived time (fast=longest, Med=middle, slow=shortest) and that stationary control conditions would cause longer measures of perceived time compared to the dynamic conditions. Preliminary data indicate a main effect of condition in which estimated times varied as a function of frequency of the chromatic stimuli. These results suggest that frequency of chromatic changes in the visual environment may serve as a low-level neural mechanism for time dilation.

07 THE EFFECT OF LANGUAGE SATIATION ON VISUAL PERCEPTION AND ORGANIZATION

Josh Bauer, Josie Filloon, & Chad Duncan, Department of Psychology, Minnesota State University Moorhead.

The theory of linguistic relativity suggests that language may alter or dictate the way our brains organize information (Wharf 1953). In addition, research in perception has indicated that color discrimination and categorization choices can vary depending on the structure of an individual's primary language (Winawer et al. 2007). Semantic Satiation is a cognitive technique in which the act of repeating a word may cause that word to lose meaning for a matter of seconds to minutes (Cao et al. 2019; Lindquist et al. 2006). This study aims to investigate both the theory of linguistic relativity and Semantic Satiation in a novel way by using a multiple presentation format that may limit internal dialogue. Participants were administered the Farnsworth Munsell 100 Hue Color Test (Farnsworth 1943) and a color discrimination task. Color matches were made across (i.e. blue/green) and within- (i.e. dark blue/light blue) color categories while reaction times and accuracy were recorded, and online versus in-person data collection was also compared. It was hypothesized that across-category matches would be faster than within-category matches prior to satiation, with the effect diminishing after satiation. Preliminary results indicate that the hypothesis is supported.

08 MUSIC AND MOOD REGULATION: THE EFFECT OF UPBEAT MUSIC ON MOODS

Abiola Adebayo, Department of Psychology, Minnesota State University Moorhead.

Research suggests that emotional regulation plays a vital role in mental and physical health and that music is often used for mood regulation. This study examined the adaptive and maladaptive use of music for mood regulation. Two groups of participants was used; half of the participants were randomly assigned to melancholy music, and the other half were randomly assigned to upbeat music. A questionnaire containing The Positive and Negative Affect Scale (PANAS) was used to measure current mood states before and after listening to the assigned music. It was predicted that listening to happy, upbeat music will increase positive affect, while people that listen to melancholy music will show an increase in negative affect.

09 WHAT WOULD YOU DO IF…? A SITUATIONAL JUDGMENT APPROACH TO LIFE COMPETENCE

Grace A. Lawrence, Muhammad Asad, Roberta L. Irvin, & Michael D. Robinson, Department of Psychology, North Dakota State University.

Is it possible to create a test of life competence? The present research (N = 184) did so by asking participants how they would respond to everyday situations and then by linking these responses to norms collected from professional life coaches (n = 30). The average participant displayed some correlation with life coaching norms (M = .21), but life competence scores varied considerably (range -.16 to .53). Laboratory outcome measures indicated that higher levels of life competence were associated with greater well-being as well as less antisocial behavior. Higher levels of life competence were also linked to greater well-being and less impulsive behavior in a daily diary protocol. The test that was created can identify individuals who will struggle versus succeed in their lives.

10 RISK-TAKING IN ASSOCIATION WITH PERSONALITY AND SITUATIONAL FACTORS

Lauren H. Treitline, Todd A. Pringle, Roberta L. Irvin, & Michael D. Robinson, Department of Psychology, North Dakota State University.

Risk-taking is often conceptualized as impulsive behavior, but risk-taking is absolutely necessary in everyday life. The present research project (N = 141) developed 40 real-world scenarios in which characters were contemplating a behavior (e.g., quitting a job) that could improve their lives. The research focused on factors of the scenarios (e.g., how much could be gained in the situation versus how much could be lost) governing decision-making, as well as personality factors. It appears that participants are more sensitive to negative outcomes that could follow from a behavior than to negative outcomes that could follow from the absence of that behavior, though approach-related personality factors shifted this balance. The research provides insight into the factors that govern risk-reward decisions.

11 PERCEIVED LOCATION OF THE SELF: THE HEAD AND HEART STUDY

Lauren J. Hornbacher, Muhammad Asad, & Michael D. Robinson, Department of Psychology, North Dakota State University.

When people are asked where the self is in the body, they tend to point to their head and/or heart regions. These particular bodily regions are also rich sources of metaphor, with the head being coldly intellectual and the heart being warmly emotional. The present experiments (N = 170) sought to examine how perceived self-locations interact with sources of social meaning. When primed with relationship-oriented activities, the perceived location of the self shifted downward. In addition, activities were judged to be more intellectual (versus emotional) when pointing at the head (versus the heart). These findings provide support for conceptual metaphor theory and illustrate manners in which perceptions of the body interact with the semantic knowledge system.

12 HOW DO YOU FEEL ABOUT IT? A COMPARISON OF PERSPECTIVES ON PERSONALITY-AFFECT RELATIONS

Allison J. Ziesmer, Nicholas B. Beers, Roberta L. Irvin, & Michael D. Robinson, Department of Psychology, North Dakota State University.

Extraverted individuals are thought to experience positive emotions more often and neurotic individuals are thought to experience negative emotions more often. In the current experiment (N = 183), the personality traits of extraversion and neuroticism were assessed. Participants were then asked to distinguish the intensity of their positive and negative reactions to mild or moderately extreme affective images. A "chronicity" perspective might suggest that extraverts would be good at distinguishing classes of positive reactions and neurotic individuals would be good at distinguishing classes of negative reactions. The data supported the opposite "contrast" perspective whereby extraverts are less capable of distinguishing intensities for positive experiences, with similar results for neuroticism. Dispositional affect reduces one's sensitivity to affective stimuli of a corresponding type.

13 THE EFFECT OF TIKTOK ON THE ATTENTION SPAN OF COLLEGE-AGED INDIVIDUALS

Joshua Bauer, Department of Psychology, Minnesota State University Moorhead.

Numerous studies have been conducted on the effects of social media on the human mind. These effects include increased stress, increased psychological distress, decreased attentional control, and social media addiction (He & Li, 2022; Mahalingham et al., 2022; Scherr & Wang, 2021). A recent study (Marengo et al., 2021) found that the smartphone application TikTok has more addictive qualities compared to other social media applications such as Facebook, Twitter, and YouTube. This study focuses on the effect that TikTok has on the attention levels of college-aged individuals. Participants completed an attention to documentary test along with a questionnaire based on their weekly TikTok usage. The predicted outcome of this experiment was that participants of the high-usage TikTok group will have lower attention to documentary scores and higher TikTok usage during the attention test compared to those in the low-usage TikTok group.

14 USING EMOTIONAL FRAMING TO PROMOTE PRO-ENVIRONMENTAL BEHAVIORS ACROSS THE LIFESPAN

Kelly Pudwill, Hailey Puppe, & Philip Lemaster, Department of Psychology, Concordia College.

In this study, we sought to examine how people, particularly older individuals, could be motivated to engage in more pro-environmental behaviors by framing climate-change information in a way that elicits positive or negative emotions. Participants were recruited through Mechanical Turk and asked to complete a survey that randomly assigned them to a positive or negative frame. Participants first answered basic demographic questions, then were asked to read information from the EPA about the impacts of climate change in their local area. After reading that material, participants randomly assigned to the positive frame were instructed that "by taking action, you could reduce these negative effects of climate change." Participants randomly assigned to the negative frame were instructed that "by not taking action, you could worsen these negative effects of climate change." Previous research has found these frames to elicit a sense of hope and fear, respectively. After reading this information, participants then answered questions about how likely they were to participate in pro-environmental behaviors, how likely they would be to endorse pro-environmental public policy, and how great of a risk they saw climate change to be. We compared the means of these variables by frame, age (under age 40 vs. over age 55), and age by frame. We found that for people over age 55, the negative frame produced more willingness to engage in pro-environmental behaviors compared to the positive frame. For people under age 40, there was no significant effect of frame on willingness to engage in pro-environmental behaviors. These results suggest that, to catalyze older populations toward action, climate-change information could be framed in a way that elicits a negative emotional reaction.

15 CONTRIBUTIONS IN GROUPS

Abiola Adebayo & Jared Ladbury, Department of Psychology, Minnesota State University Moorhead.

The purpose of our study is to understand how expectations regarding other people's behavior relates to one's own behavior, as well as to understand how correct or incorrect expectations can change outcomes for an entire group. We had three conditions in which participants played a standard public goods game against one of three preprogrammed strategies. These strategies had high variance contributions, low variance contributions in a cooperative way, or low variance contributions in a competitive way. In some cases, these strategies remain fixed and in other cases these strategies will adapt to the participant's own strategy. We predicted that the high variance strategies would result in the lowest level of contributing, with the low variance conditions having equal levels of contributing.

16 HIDDEN INFLUENCES: AN EVALUATION OF HOW RACIAL BIAS AND PRETRIAL PUBLICITY INFLUENCE JUROR PERCEPTIONS

Maxwell Carter & Rochelle Bergstrom, Department of Psychology, Minnesota State University Moorhead.

Previous research suggests that negative pretrial media publicity (PTP) and defendant race increase guilt judgements (Hoetger et al., 2022; Mitchel et al., 2005). The current study's aim was to evaluate guilt and fairness judgements for neutral or negative PTP for Black and White suspects. Specifically, we predicted that the Black suspect who was portrayed negatively by the media would be rated as more guilty and less fairly portrayed than his neutrally portrayed and White counterparts. Results showed no effect for PTP or race on guilt; however, results indicate that overall, the Black suspect's PTP was judged as less fair than that of the White suspect. Results are discussed in light of current cultural events.

17 DEPRESSION REDUCES NEURAL FOOD REWARD RESPONDING AMONG INDIVIDUALS WITH BINGE-EATING DISORDER

Julia Bartholomay, Sierra Preabt, Sage Bendickson, Mitchell Arends, Theresah Amponsah, Jeff Johnson, Robert D. Dvorak, Stephen A. Wonderlich, Lauren M. Schaefer, Glen Forester, Sanford Center for Biobehavioral Research, Department of Psychology, North Dakota State University; Department of Psychology, University of Central Florida; Department of Psychiatry & Behavioral Science, University of North Dakota School of Medical and Health Sciences.

Depression may dampen reward responding to food in binge-eating disorder (BED), which involves repeated and uncontrolled episodes of overeating. To examine this hypothesis, 40 individuals with BED completed a behavioral reward task for money and food while having their brain activity recorded via electroencephalography (EEG). EEG indices of food reward responding (i.e., the Reward Positivity, RewP) were relatively weaker among individuals reporting greater depressive symptoms (assessed by the Beck Depression Inventory), while neural responding to monetary reward was relatively amplified. Reduced food reward responding among depressed participants may reflect the suppression of appetite that frequently occurs as a symptom of depressed mood. Future research should clarify the mechanism by which depression enhances reward responding to money.

18 THE EFFECT OF MINDFULNESS ON THE P3 EVENT-RELATED POTENTIAL

Abiola Adebayo, Joshua Bauer, Joseph Grecco II, Brad Lamberson, Grace Halverson, & Chad Duncan, Department of Psychology, Minnesota State University Moorhead.

Mindfulness is defined as control over one's attention and being present at the moment and without judgment (Norris et al 2018). Numerous studies have shown the benefits of mindfulness in everyday life (Yakobi et al 2021; Chiesa et al., 2011; Deng et al 2019). Currently, the physiological mechanisms of mindfulness have not been identified. A recent study (Atchley, 2016) used an auditory oddball paradigm to demonstrate the difference in the P3 event-related potential (ERP) component as a factor that can be used to measure mindfulness meditation competence. This study aims to establish a visual measure of mindfulness using P3 ERP. Participants were grouped into two separate categories: naive meditators and experienced meditators. It was hypothesized that the P3 amplitudes would differ between stimulus-response and breath-counting conditions, as well as between experienced and novice meditators, with experienced meditators having more attentional control along with higher P3 responses.

19 A COMPARISON OF PSYCHOPHYSIOLOGICAL STRESS RESPONSES TO A VIRTUAL TRIER SOCIAL STRESS TEST IN PREGNANT AND NON-PREGNANT WOMEN

Gabriella Montero, Itzel Martinez, Oliver Nelson, Garrett Byron, & Clayton Hilmert, Department of Psychology, North Dakota State University.

Research suggests pregnant women may be protected from the psychophysiological impacts of stress. This may be due, in part, to buffered responses to acute stressors during pregnancy. The present study compared the psychophysiological responses of 90 pregnant and 34 non-pregnant females to an acute stressor. Participants performed a standardized set of challenges while viewing a 200-person 3D 360° audience recording on an Oculus headset. Results suggested that, compared to non-pregnant participants, pregnant women in the 28th week of gestation had greater cortisol responses and similar cardiovascular responses. This suggests that the protective effects of pregnancy on stress may not be occurring due to changes in acute stress responses at the 28th week of pregnancy.

20 CHILDHOOD ADVERSITY, BULLYING AND THE MCMI-IV

Grace Bartunek, Jacob Borgen, Jenna Wolff, & Heather Terrell, Department of Psychology, University of North Dakota.

The Millon Clinical Multiaxial Inventory, 4th edition (MCMI-IV; Millon et al., 2015) is a reliable and valid personality assessment based on Theodore Millon's biosocial learning theory of personality. Millon's theory evolved to include 15 personality constructs theorized to have originated from childhood adversity and experiences. Millon theorized that the avoidant and schizotypal personality constructs are likely impacted by abuse and bullying in childhood. As part of a broader study, 196 adults completed a series of online surveys, including the MCMI-IV and survey on childhood adversity. Results suggest adults who reported a history of abuse and bullying scored significantly higher on avoidant and schizotypal personality scales, supporting Millon's hypotheses. Future directions include examining Millon's hypotheses regarding the relationship between abuse, neglect, and bullying in childhood and MCMI-IV scores.

21 EFFICACY OF PARENT EDUCATION PROGRAMS IN NORTH DAKOTA (2023)

Sean Brotherson, Niloofar Hakhamy, & Kim Bushaw, Department of Human Development and Family Science, North Dakota State University.

The purpose of this study was to explore the effectiveness of Parent Education programs with participants in North Dakota during 2021-22. Parent Education programs are designed to facilitate positive parent-child relationships and boost the well-being of family members and children. This study presents the findings of the Protective Factors and Parent Education Participant Survey conducted by NDSU Extension in North Dakota during 2021-22. Overall, there were 498 participants who responded to the survey. The study analysis used a paired t-test approach. The findings indicate that the parent education classes offered In North Dakota in 2021-22 had a largely positive and significant effect in helping participants become closer to their families, more involved with their children, and more skilled in their child raising efforts.

22 "SHARENTING" AND CHILD PRIVACY: A CONTENT ANALYSIS OF PARENT BLOGGERS' INSTAGRAM POSTS

Abiola Adebayo, Department of Psychology, Minnesota State University Moorhead.

In recent years, there has been an increase in parents sharing more of their children's lives on the Internet, a trend known as "sharenting". Beyond posing potential security risks, many of these children do not or cannot consent to publicly sharing their lives. This study used content analysis methods to explore how primary caregivers share information about their children's lives in ways that may compromise their privacy or safety. Fifty public Instagram posts were randomly selected and coded for several aspects of a child's life that could be considered "sharenting" such as embarrassing or otherwise private behaviors. As expected, the results were consistent with public knowledge that parents violate a child's privacy, most posts coded contained at least one form of "sharenting."

23 MISSION OF MERCY: GIVING HOPE THROUGH A SMILE

Debarati Kole, Aastha Bhandari, & Nancy Hodur, Department of Human Development and Family Science & Center for Social Research, North Dakota State University.

Oral health is necessary for maintaining overall health and well-being. However, many people experience barriers to getting oral health care. During the ND Mission of Mercy event (Bismarck, 2021), 670 people received much-needed dental treatment free of charge. Many participants had long-delayed dental care needs and traveled long distances for treatment. About 35% reported it had been three or more years since their last dental visit, and 54% had their teeth cleaned two years ago. Lack of insurance and affordability were the main reasons for not getting dental care. When participants were asked about how they heard about the event, 52% indicated that they heard from friends and family. Overall, the report shows valuable information regarding oral health care needs in the region.

PAPER SESSION

10:30 - 11:30
Knutson Campus Center
Jones C/D (Upper Level)

01 INVESTIGATING FAITH AND MENTAL HEALTH IN COLLEGE STUDENTS DURING COVID-19

Aiyana Jollie-Trottier & Mona Ibrahim, Department of Psychology, Concordia College.

The COVID-19 pandemic has significantly worsened the mental health crisis that young people are experiencing, with suicide being the second leading cause of death among young adults. College counseling centers are overwhelmed, and the urgency for alternative treatment and prevention options is evident now more than ever. Positive religious coping has been found to reduce the impact of PTSD and depression while predicting higher levels of life satisfaction and psychological well-being. There is little research on religious coping related to college student's mental health, especially during the COVID-19 pandemic. In this study, we investigated this relationship using both quantitative survey data and qualitative focus group data. Findings will be presented and implications for mental health professionals and religious leaders working with youth will be discussed.

02 WORDS FROM THE WISE: HOW ARISTOTLE'S ETHICS INFLUENCE SOCIAL PERCEPTIONS AND HEALTH BEHAVIOR

Sage Bendickson & Michael D. Robinson, Department of Psychology, North Dakota State University.

Aristotle's ethical theory is central to the eudaimonic tradition in psychology, yet the field of positive psychology has obscured some of the merits that his original philosophical text provides. As such, this pilot study developed an intervention modeled directly from a subset of Aristotle's Nicomachean Ethics. Participants will be randomly assigned to this condition versus a control condition, and their behaviors and well-being will be monitored across a week-long period. It is anticipated that the intervention will have an immediate impact that may or may not persist after a week's time. Due to Aristotelian similarities to contemporary theories of health behavior intervention (e.g., the biopsychosocial method), this study may have fascinating implications about the efficacy of communication in health, life happiness, and philosophical education settings.

03 EFFECTS OF ONE SLEEP EXTENSION NIGHT ON NEXT-DAY COGNITIVE PERFORMANCE IN MODERATELY SHORT SLEEPERS

Shane Corbett, Leah Irish, & Jesujoba Olanrewaju, Department of Psychology, North Dakota State University.

Getting extra sleep may be an effective strategy to improve next-day cognitive performance, but there is limited evidence supporting this strategy. We evaluated the effect of one night of sleep extension on cognitive performance in moderately short sleepers (seven hours or fewer per night). Participants' (n=38) working memory and sustained attention were evaluated using cognitive tasks at baseline after a night of seven or fewer hours of sleep, then again after a night of sleep extension (nine hours in bed). Results indicated that working memory and sustained attention improved by a small margin that was not statistically significant. These findings do not support moderate sleep extension as a strategy for improving next-day cognitive performance, however, future work may address some methodological concerns.