

July 18, 2019

1:00 pm To 6:00 pm

Conference Centre, 3rd
Floor Bramber House

[Registration](#)

July 18, 2019

2:00 pm To 2:20 pm

Terrace Room Bramber
House

[Welcome Address](#)

July 18, 2019

2:20 pm To 3:15 pm

Terrace Room Bramber
House

[Keynote Address: Mario Mikulincer](#)

Presentation : Fostering the “Broaden and Build” Cycle of Attachment Security in Therapeutic, Educational, Medical, and Organizational Settings

Presenter : Mario Mikulincer

July 18, 2019

3:20 pm To 3:30 pm

[Comfort Break](#)

[Bramber House](#)

July 18, 2019

3:30 pm To 5:00 pm

[Gallery Room 1 Bramber House](#)

Symposium 1

Presentation : Tests of Efficacy and Exploration of Differences Among Diverse Couple Relationship Education Participants

Presenter : Francesca Adler Baeder

The current study advances CRE literature using a diverse sample of 921 couples in a randomized control study of two CRE programs on the first follow-up wave of data six months post-baseline. Results indicate treatment effects in nearly every intermediary outcome at immediate post-program, and sustained or enhanced treatment effects in several areas at 6 months, particularly in self-care, caring behaviors towards partner, and development of support systems. Several differences for subsamples' experiences for each program are found related to the magnitude of change in couple functioning, mindfulness, and self-care. Implications for applied relationship science will be presented.

Presentation : Change in Couple and Coparenting Functioning Following Relationship Education: A Comparison of Married and Unmarried Couples in the Child Welfare System

Presenter : Jacquelyn Mallette

Couple relationship education (CRE) may improve overall couple and coparenting functioning, mindfulness, and specific aspects of relational health. However, examinations of CRE impacts on couples involved in the child welfare system are lacking. Similarly, understanding of how the magnitude of changes vary depending on marital status, participant characteristics (e.g., length of time parenting, employment status, and level of risk), and program characteristics (e.g., program dosage and format) is less clear. The current study examines the association between these potential moderators of change and core healthy relationship functioning following participation in ELEVATE. Implications for moving applied relationship science will be presented.

Presentation : Variations in the Benefits of Couple Relationship Education for Foster Caregivers

Presenter : Evin Richardson

Due to the many challenges related to fostering, almost half of foster caregivers discontinue fostering within the first year, citing issues such as strain on their biological family. Couple relationship education (CRE) may provide foster caregivers with the support needed to maintain a healthy relationship and manage these challenges. Using a sample of diverse foster caregiver couples, this study examined changes in mindfulness, couple functioning, and stress following participation in CRE. Variations in change were detected based on specific individual and family characteristics. Implications for professionals, families, and applied relationship science will be presented.

Presentation : Diverse Experiences in Individual and Relational Health Following Couple Relationship Education

Presenter : Ted Futris

Couple relationship education (CRE) programs have been found to improve individual and couple functioning for the “average” participant. Emerging research has begun to explore the benefits of CRE across diverse populations, yet limited attention remains to the influence of specific CRE curricula and to variations in experiences in programs that likely exists among participants. This symposium will share research on two recently developed, empirically-informed CRE programs and help move the field of CRE evaluation away from a “one size fits all” assumption and towards models of best practices that acknowledge distinct program content/design and diverse populations.

Presentation : Integrating Couple Functioning and Mindfulness in Couple Relationship Education

Presenter : Ted Futris

Despite the substantial number of Couple Relationship Education (CRE) curricula that exist, several are expensive and not easily accessible. More so, there are only a few CRE curricula that are considered evidence-based and most were developed for specific subpopulations rather than a general population. We will share two recently developed CRE curricula – ELEVATE and Couples Connecting Mindfully (CCM) – that are empirically-grounded, cost-effective, and evidence-based. Both curricula are also unique from other CRE curricula in that they help couples develop mindfulness-based stress reduction strategies to facilitate healthy individual and couple functioning. The background, development and piloting of these curricula will be described.

July 18, 2019

3:30 pm To 5:00 pm

Terrace Room Bramber
House

Symposium 2

Presentation : The socio-legal and support context for Emotional Readiness

Presenter : Penny Mansfield

In recent years, there have been attempts to encourage divorcing and separating couples to use out-of-court pathways to agree arrangements without involving British courts. Separating parents' 'emotional readiness' to do so has been identified as a key factor in the success of such pathways to family justice. This talk outlines the socio-legal context of parental separation and associated support in England. The value of being able to measure emotional readiness in separating parents to target appropriate support will also be discussed, along with the implications of forthcoming changes to divorce law.

Presentation : The Emotional Readiness Assessment: scale development and psychometric properties

Presenter : Fuschia Sirois

The ability to make effective co-parenting agreements, and to reduce conflict following divorce depends on a person's emotional readiness. However, there exists no established method of measuring emotional readiness as a psychological construct. Here, we describe the development and psychometric properties of the Emotional Readiness Assessment. In Study 1 (n=573) we identify the factor structure of the ERA, and examine face validity. In Study 2, we benchmark high, mid, and low cut-offs of the ERA against co-parenting self-reports. Overall, findings demonstrate that emotional readiness is negatively associated with psychological distress, stress, and attachment insecurity, and positively related to co-parenting.

Presentation : Nomological network of Emotional Readiness following break-up

Presenter : Shannon Hirst

Following separation, continued contact with an ex-partner (e.g. when there are children) can result in relationship-relevant negative affect being maintained. The ability to 'resolve' ones' emotional reaction to a break-up may therefore differ between couples that do and do not have children. Here, we explore the nomological network of the construct in non-parent separation. Non-parent participants who had experienced a relationship break-up (n=199) took part in an online study. Analysis examined the nomological network of emotional readiness. Emotional readiness is positively associated with positive personality constructs as well as positive, mindful, and acceptance-based coping strategies following a relationship break-up.

Presentation : Feasibility and utility of measuring Emotional Readiness in real-world conflict resolution settings

Presenter : Catherine Houlston

Research has shown that the ERA can be used to measure emotional readiness in separated parents in the context of a research study. Here, we examine the feasibility of using the ERA in practice, in real-world settings. We describe two studies in which we i) examine the settings in which the ERA could be used for assessing clients' emotional readiness; and ii) examine how well the ERA performs in real-world setting, compared to professional judgement. An appropriate context was identified to test the ERA, and concordance between professional judgement and ERA cut-offs was good, indicating that the measure is valid.

Presentation : Behavioural outcomes of Emotional Readiness and future research agenda

Presenter : Abigail Millings

The feasibility and validity of using the ERA to measure emotional readiness in separating has been presented in the preceding studies. Here, we address whether emotional readiness is predictive of meaningful behavioural outcomes. In Study 1, ERA scores of separated parents are compared against their ability to write an effective parenting plan. In Study 2, ERA scores of separated parents are compared against court outcome variables. Both studies are currently underway. Discussion will focus on real world implications of the ERA as a predictive tool, as well as the key lessons from the whole symposium, and a future research agenda.

Presentation : Moving on to work together: Separating parents' 'Emotional Readiness' to co-parent

Presenter : Abigail Millings

This symposium introduces the new construct of Emotional Readiness in parental separation. Emotional reactions to separation can impair the ability to deal with the pragmatics of the situation, including co-parenting. Furthermore, engaging in legally binding negotiations before being emotionally ready to do so can have negative outcomes for all concerned. These talks describe: i) the social-legal context of emotional readiness; ii) the development of the Emotional Readiness Assessment; iii) its nomological network; iv) the feasibility of using the ERA in applied settings; and iv) behavioural outcomes associated with emotional readiness. Real-world implications and the future research agenda are discussed throughout.

July 18, 2019

5:00 pm To 6:00 pm

Terrace Room Bramber
House

Poster Session 1 and Opening Reception

Presentation : Generational Differences in Perceptions of Emoji Use in Text Messages

Presenter : Maureen Coyle

Presentation : Facebook Addiction, Romantic Relationship Passion and School Work Engagement: A Dualistic Model of the Passion Perspective

Presenter : Ugwu Kelechi

Presentation : Significance of Life Values in a Relationship: A Detailed Analysis of the Teenage Population

Presenter : Preeti Nakhat

Presentation : How positive and negative relationships in the research lab impact undergraduate biology student persistence

Presenter : Sara Brownell

It is unclear what causes biology students to persist in undergraduate research and what factors cause them to leave prematurely. To address this question, we sampled from 26 public research-intensive universities in the United States and surveyed 768 biology students who had participated in an undergraduate research experience during the academic year. Students reported that a positive lab environment and positive relationships with their research mentor were key factors that caused them to stay in their research experience. Conversely, students reported that insufficient guidance and a negative relationship with their mentor caused them to leave their undergraduate research experiences.

Presentation : The Effects of Emoji Use on Interpersonal Evaluations and Reflected Appraisal

Presenter : Cheryl Carmichael

We assessed how emoji use affects individuals' perceptions of others and perceptions of how others view the self (reflected appraisal). Over iMessage, participants disclosed to a confederate whose responses either included or excluded emojis. Participants had more positive ratings of the confederate when both or neither used emojis than when one used emojis. A similar pattern emerged for reflected appraisal, but participants tended to have higher reflected appraisal ratings when they used emojis themselves than when they did not. Thus, the effects of emoji use depend on whether one is the discloser or responder in a text conversation.

Presentation : Political event's affect on relationships and relational communication: The case of

the 2016 U.S. Presidential Election

Presenter : Pamela Lannutti

The research presents the results of two studies examining the effects of the 2016 U.S. presidential election on personal relationships and relational communication. Study 1 (N = 753 Americans), conducted weeks after the election, found that participants perceived the election as affecting their family relationships in mostly negative ways and as having less of an impact on their friendships and romantic relationships. Study 2, conducted two years after the election, identifies communication patterns among family members who disagree about the election/Trump administration. Implications for understanding the effect of political events on personal relationships and relational communication are discussed.

Presentation : There's No I in Team: The Influence of Narcissism on Team Processes and Organisational Outcomes

Presenter : Reece Bush-Evans

This online study examines how different aspects/traits of narcissism predict engagement in a range of team-related behaviours, and the impact of this on organisational processes and outcomes. Individuals high on traits associated with the 'dark side' of narcissism (i.e., maladaptive narcissists, narcissistic rivalry, vulnerable narcissism) engage in more negative behaviours which predicts poorer team outcomes (e.g., impaired teamwork behaviours, increased team conflict, reduced team cohesion, poorer group performance) than individuals high on traits associated with the 'bright side' of narcissism (i.e., adaptive narcissists, narcissistic admiration). Our findings offer a unique addition to the growing literature on narcissism in the workplace.

Presentation : Narcissism and Empathy in Healthcare Professionals

Presenter : Claire Hart

Scant research has explored narcissism levels in healthcare populations. Narcissists lack empathy but can be empathic. Empathy is important for fostering relationships between healthcare professionals and patients. In this online study, we explored whether healthcare professionals who score higher in narcissism express lower empathy toward hypothetical patients and whether we can increase empathy towards patients by framing empathy as being beneficial for the self, as opposed to beneficial for others (vs. control). Amongst healthcare professionals, higher narcissism predicted lower empathy toward patients. Framing empathy as having self-related benefits did not increase empathy. Implications for theory and future research are discussed.

Presentation : The Impact That Disclosure or Non-disclosure of Sexual Orientation Has on The Outcome of a Negotiated Agreement

Presenter : Ranse Howell

Individuals who bring their gay identity to the workplace will often have to engage in negotiations with straight and gay counterparts and the results might differ. These differences could be as a result of unconscious responses to the overt or covert signal that have been sent by the gay contracting partner, which may have an impact on the type and sort of agreements that individuals can achieve. This research project will endeavour to answer the research question of whether there is a connection between the disclosure or nondisclosure of an individual's sexual orientation and outcome of a commercially negotiated agreement with a straight contracting partner.

Presentation : Heterosexist Microaggressions in Public Spaces: An Observational Study

Presenter : Sarah Moroz

The topic of microaggressions has been of recent interest in LGBTQ research. Numerous studies have investigated perceptions of microaggressions and their impact, but to date, no studies have captured an objective measure of heterosexist microaggressions. The current study equipped same-sex and different-sex couples with hidden spy cameras as they walked through a public university campus space. Video and audio data was coded by independent raters who were blind to the couples' gender makeup. Preliminary data analyses indicate no significant differences in public reactions to same-sex couples compared to different-sex couples. Implications and limitations of this work will be discussed.

Presentation : WeTube: One-sided social media relationships and the needs they fulfil

Presenter : Shaaba Lotun

Social relationships positively contribute to mental health and wellbeing, and also fulfil different emotional needs, for example, we utilise different connections to amplify happiness, or vent frustration. Little research explores parasocial relationships formed on social media, and whether similar need fulfilment appears. This study collected data from LGBT+ viewers on their strong ties (close friends/family), weak ties (acquaintances), and the YouTube creators they choose to connect with. It compares the need-fulfilment reported from these online one-sided relationships with other relationship types, to see if online parasocial relationships provide unique benefits, and have any effect on participants' mental health.

Presentation : Attachment Identity as a Predictor of Relationship Satisfaction, Relationship Commitment, and Sexual Satisfaction among Heterosexual and Sexual-Minority Women

Presenter : Amy Wright

Research examining relationship satisfaction and attachment dimensions among heterosexual women is well-established. However, few studies examine such variables among sexual-minority women (SMW). This study sought to examine attachment dimensions as predictors of relationship satisfaction, relationship commitment, and sexual satisfaction as well as to assess for differences between two groups: (1) heterosexual women and (2) SMW. A survey was distributed to 166 women. Results revealed no significant mean differences of key study variables between groups. Attachment anxiety successfully predicted relationship satisfaction, sexual satisfaction, and relationship commitment between groups. Attachment avoidance, on the other hand, successfully predicted only sexual satisfaction between groups.

Presentation : Hold my Hand: Associations between Minority Stress, Relationship Quality, and PDA for Same-Sex Couples

Presenter : Lauren Hocker

The experience of minority stress, such as discrimination due to one's sexual orientation, may be associated with a decreased propensity to engage in PDA; however, relationship quality may buffer this negative association. Data from 95 same-sex couples were used to examine the negative association between minority stress and PDA behaviors, and possible moderating effects of relational commitment. Our moderation hypothesis was supported; minority stress was negatively associated with PDA behaviors for those who reported low commitment ($b = -0.06$, $p = .005$), but not high commitment ($b = 0.01$, $p = .538$). Implications and future directions will be discussed.

Presentation : Internet-based Boundary Crossings with Therapy Clients: Factors that Affect Therapists' Attitudes and Behaviors

Presenter : Katherine Wu

This study investigates factors that affect therapists' ethical attitudes about or engagement in four Internet-based boundary crossings with clients: Online therapist self-disclosure, patient-targeted Googling, and two nonsexual multiple relationships (i.e., social media connection with clients, and providing psychoeducation via social media). We examine three therapist factors (gender, theoretical orientation, clinical experience) and one client factor (gender) derived from previous studies; however, we have updated their operational definitions. We also include a novel predictor--whether or not participants are "digital natives" (individuals who grew up with Internet-based technologies; Prensky, 2001).

Presentation : Why do Extrinsically-Motivated Youth Experience Greater Distress?

Presenter : Daniel Lannin

Extrinsic values focus on attaining external rewards that are contingent on the reactions of others. The present study predicted a mediation pathway, which was supported by results in a sample of at-risk youth. Specifically, there was a statistically significant indirect effect from extrinsic values to mental distress—via social media usage and social media rumination. Youth who prioritize extrinsic values report greater social media usage and rumination about social media, the latter of which is linked to greater mental distress. It is possible that extrinsic values draw youth to social media, but may ultimately elicit worse mental health.

July 18, 2019

5:00 pm To 6:00 pm

Terrace Room Bramber
House

Opening Reception

July 19, 2019

9:00 am To 9:30 am

Delegate Space Bramber
House

Tea, Coffee, and Pastries

July 19, 2019

9:00 am To 6:00 pm

Conference Centre, 3rd
Floor Bramber House

Registration

July 19, 2019

9:30 am To 11:00 am

Terrace Room Bramber
House

Managing Workplace Email Workshop

Presentation : Managing Work-Email

Presenter : Emma Russell

Although work-email is now a relatively old technology, in 2018, more than 281 billion work email were sent each day, and in a 2017 US study 86% of professionals named email as their favourite communication tool. Work-email continues to proliferate working life, and the actions that we use to deal with it have implications for our well-being, productivity and goal achievement. In this workshop, Emma will present some of her research into work-email activity, and will also ask delegates to reflect on their own use of work-email, in an interactive workshop. Delegates will be considering how email is used under different categories, and how this impacts stress, work performance and relationships with others. Using a socio-material approach, we will be considering the cultural, technological and personal influences on work-email activity. By the end of the workshop we hope to have used an evidence-based approach to (i) pose future research questions of interest, and (ii) have produced our own guide to inform our 'better use of work-email'.

July 19, 2019

9:30 am To 11:00 am

Gallery Room 2 Bramber
House

Individual Talks 1

Presentation : Only You: Monogamy Maintenance Strategies and the Appeal of Attractive Others

Presenter : Lucia O'Sullivan

Monogamy (sexual and emotional exclusivity) is often challenged when an individual faces an attractive other. Potentially protective strategies to reinforce monogamy are relatively unknown. We assessed monogamy maintenance (MM) behaviors for individuals in committed relationships when faced with attractive others. Adults completed anonymous online surveys assessing monogamy expectations and strategies, relationship quality measures, and infidelity. Three types were common: Proactive Avoidance, Relationship Enhancement, and Threat Management. Reciprocated extradyadic attraction predicted MM use, but MM use did not predict infidelity outcomes at two months. This research explores the agentic role of a 'tempted' partner in protecting their primary relationships.

Presentation : Strategies for mitigating sexual desire discrepancy in relationships: A mixed-methods approach

Presenter : Laura Vowels

The purpose of the present mixed-methods study was to identify strategies individuals in long-term relationships use during times of desire discrepancy and whether their use influence sexual and relationship satisfaction. A thematic content analysis was used to analyze data from 229 individuals and produced 18 strategies, divided into five groups. The results showed that partnered strategies (communication, engaging in activity with a partner, having sex anyway) were associated with higher levels of sexual and relationship satisfaction compared to individual strategies (disengagement, engaging in activity alone). Finding strategies helpful was also associated with higher levels of sexual and relationship satisfaction.

Presentation : The Role of Emotions During Couple Conflicts in Belgium and Japan

Presenter : Michael Boiger

In two studies, we explored cultural variation in emotions during couple conflict. In Study 1, 127 couples from Belgium and Japan engaged in conflict interactions in the lab. In line with our predictions, we found that a more positively skewed affect ratio and the experience of anger are common and functional in Belgian couples. In contrast, a more balanced affect ratio and empathy characterized Japanese conflict interactions. In Study 2, 40 Belgian and Japanese discussed their cultural perceptions of couple conflict in focus groups. Analyses revealed cultural differences in how emotions during conflict are expected to be managed.

Presentation : 2 + 1 = 2: An exploratory study on continuing relationships after infidelity

Presenter : João Moreira

Although infidelity is widely studied, studies of couples that decide to continue their relationship after an infidelity is discovered are scarce. Through 14 semi-structured interviews, we sought to explore the role of variables like attributions, social support and relationship satisfaction in the process of deciding to remain in the relationship. Results identify as major factors in the continuity of the relationship: (a) the use of relationship factors as explanations of infidelity (b) working through relationship problems predating the infidelity and (c) social network support for the relationship. These results provide important indications for clinical practice with couples in this situation.

Presentation : Regulatory focus in sexuality can help understand condom use intentions

Presenter : David Rodrigues

We extended Regulatory Focus Theory to sexual behavior. In Study 1 we developed the Regulatory Focus in Sexuality (RFS) scale. In Study 2 we showed that individuals with a predominant focus on prevention (vs. promotion) reported greater intention to use condoms, because they more aware of potential threats to health.

Presentation : The Brief Partner Behavioral Control Scale (B-PBCS): Development and Validation

Presenter : Didem Aydo?an

Despite the large growth on close relationships literature, partner behavioral control has been rarely the primary focus of research. The present study aims to develop and validate a 9-item Brief Partner Behavioral Control Scale (B-PBCS). The psychometric properties of the B-PBCS were examined in a sample of emerging adults who are currently being in a premarital romantic relationship. Results demonstrated that the B-PBCS has a two-factor solution, acceptable measurement invariance, reliability, and predictive validity. In conclusion, the B-PBCS offers a valid and brief measure for assessing partner behavioral control.

July 19, 2019

9:30 am To 11:00 am

[Gallery Room 1 Bramber House](#)

Symposium 3

Presentation : The impact of a school-based kindness intervention on adolescent well-being: The role of eudaimonia

Presenter : Robin Banerjee

The present study was designed to test the effect of a four-week kindness-based intervention on diverse aspects of well-being in adolescents. Results from an experimental analysis with over 600 secondary school pupils showed that those assigned to the kindness intervention, in comparison to a control condition (involving more self-focused socialising), reported higher levels of eudaimonic experience, such as self-transcendence and social connection. These in turn predicted increased subjective well-being and flourishing. The results suggest that kindness predicts increased positive affect to the extent that they elicit experiences of eudaimonia.

Presentation : Cognitive, motivational, and social-contextual factors in kindness: A mixed-methods investigation

Presenter : Alessia Goglio

The key factors that promote or inhibit people's intentions to perform kind acts are still not clear. Therefore, based on the theory of planned behaviour, an initial online survey of over 200 participants investigated personal attitudes, perceived social norms, and perceived behavioural control as potential predictors of intentions to be kind. The data revealed both main and interaction effects of these variables. Focus groups carried out with students and staff revealed that social connections and organisational practices are potentially influential facilitators of kind acts in a university context.

Presentation : Kindness in diverse relational contexts: Insights from social work, healthcare, and education

Presenter : Robin Banerjee

This symposium addresses kindness in professional and public contexts involving diverse relationships. The first paper considers kindness within the relationships formed between social workers and vulnerable children. The second considers the experience of doctors in training with learning difficulties, examining aspects of self-compassion as well as interpersonal relationships. The third evaluates an experimental intervention to promote adolescent well-being through acts of kindness in a school setting. The fourth examines personal attitudes and perceived social norms as predictors of intentions to be kind, with attention to experiences at university. The symposium ends with an interactive discussion of kindness in public life.

Presentation : Managing difficult conversations in social work with children: the importance of kind and trusted relationships

Presenter : Michelle Lefevre

This paper discusses findings from a recent study of the complex and challenging conversations in child protection settings which social workers have with vulnerable children about their views and experiences. Everyday encounters in real-life practice have been video-recorded and then subjected to Conversation Analysis (a form of discourse analysis). The research has revealed how important it has been for the worker to build a trusted relationship with the children through an attitude of care, kindness, sensitivity and respect, and mutual warmth, familiarity, humour and playfulness. These findings will have salience for any professional working with vulnerable or at-risk children.

Presentation : Doctors with learning difficulties: otherness, compassion and team belonging

Presenter : Duncan Shrewsbury

Approximately 4% of medical students in the UK declare a diagnosis of dyslexia upon starting their training. Dyslexia is the most common specific learning difficulty, characterised by difficulty in acquiring fluency and automaticity in literacy and organisational skills. An interpretative phenomenological analysis study examined experiences of 10 doctors in training. The results suggested a relationship between their experience of difficulty and difference as otherness. Their relationship with self was characterised by negativity, contributing to a distancing from team members. Self-compassion theory may offer an approach to address factors that influence professional identity formation, interpersonal team relationships and support, and resilience.

July 19, 2019

11:30 am To 12:30 pm

[Terrace Room Bramber House](#)

[Keynote Address: Birgit Schyns](#)

Presentation : Good and bad relationships in the workplace

Presenter : Birgit Schyns

In this presentation, I will focus on Leader-Member Exchange (LMX) relationships. We know from previous research and theory that good quality relationship between a leader and his/her followers are related to positive outcomes in the workplace (e.g., Martin et al., 2016). Particularly, LMX researchers recommend focusing on LMX excellence: a good relationship quality that both leader and follower agree on and that is shared across a team (Schyns & Day, 2010). Recently, research has become more focused on antecedents of LMX to be able to support leaders and followers as well as organisations in building these positive relationships. In this presentation, I will focus on several specific antecedents of positive (and negative) LMX relationships, mainly focusing on personality but also on team characteristics. For example, span of control (size of the group) has been linked to lower LMX quality relationships but leader personality can possibly mitigate those effects (Schyns et al., 2012). One important characteristic in this context is attachment style (e.g., Kafetsios et al, 2014; Maslyn et al., 2017), which can directly influence LMX relationships but also influence the extent to which a leader can manage many good quality LMX relationships. Finally, I will discuss the possible effects of leader narcissism on LMX relationship (e.g., research into narcissism and relationships, Kuefner et al., 2013).

July 19, 2019

12:30 pm To 1:30 pm

Terrace Room Bramber
House

Poster Session 2 and Lunch

Presentation : Do We Gain from Our Partner's Pain? Schadenfreude in Relationships

Presenter : Taranah Gazder

Presentation : Relational Resilience Resources in Long-Distance Relationships

Presenter : Ya?ar Özbay

Presentation : Exploring the longitudinal relationship between adult attachment orientations and mindfulness and the efficacy of security priming and a mindfulness induction

Presenter : Jodie Stevenson

Research has highlighted significant relationships and overlaps between adult attachment and mindfulness. However, the degree of stability of the relationship, and direction of this association remains unclear. The present research consists of two studies, which explored the longitudinal relationship between these constructs and assessed the bi-directionality of this association by comparing the effects of attachment security priming and mindfulness induction methods. The results suggest that the relationship between these constructs may not be bi-directional. Dimensions of adult attachment significantly predicted facets of mindfulness and security priming significantly influenced both state attachment and mindfulness. Future directions and limitations will be discussed.

Presentation : The Dyadic Health Influence Model: How relationships affect health behavior

Presenter : Rachael Jones

In the Dyadic Health Influence Model (DHIM), we integrate relationships science and health psychology research into a broader framework. The DHIM outlines three paths by which relationship partners affect each other's health BEHAVIOR, seeking to include but expand upon work about social support and health OUTCOMES. The three paths include social modeling, influence strategies, and relational behaviors. We further consider that partners' actions are affected not only by their individual health beliefs, but also by their beliefs about the other's health and about their relationship and partner. The DHIM highlights possible points of intervention for changing health behavior dyadically.

Presentation : A Matter of the Heart: Romantic Couple Functioning and Cardiovascular Activity in Young Adults' Everyday Lives

Presenter : Hannah Schacter

Although it is well-established that close relationships contribute to long-term health, considerably less is known about the day-to-day processes that account for such associations. To better understand how interpersonal experiences "get under the skin," the current study investigates links between young adult romantic couple functioning and physiological reactivity in everyday life. Self-report and physiological data were collected from 63 heterosexual couples across 24 hours as they went about their daily lives. Results from actor-partner interdependence models highlight links between daytime romantic feelings

(e.g., closeness to partner) and overnight physiological reactivity, although findings vary by gender.

Presentation : The Need to Belong, Loneliness, Unforgiveness, and Injustice Among Ex-Communicants

Presenter : Susan Boon

In this study, we explored a possible route through which excommunication—an institutionalized form of ostracism used as a sanction in some religious communities—might lead to loneliness, anxiety, and depressive symptomatology. Excommunicated members (N = 95) of a small religious sect completed a survey about their experiences. As proposed, our results suggest that excommunicants experience poorer psychological wellbeing the more they perceive their excommunication and treatment by the church and its members (i.e., expulsion and shunning) to be unfair and that this effect is mediated by emotional unforgiveness or the experience of lingering affect and rumination about their treatment.

Presentation : Subjectivity and Gender: Experiences of Mining Couples in Chile

Presenter : JIMENA SILVA SEGOVIA

In this study seeks to understand, from a gender perspective, the experiences of mining couples in Chile, especially the negotiation between their intimate lives and the absences of their partners as a result of the shift work . We analyze discourses of 65 chilean Among the findings are the power relations in the couple, based on power hierarchical distinction the gender model. We observed how the work system leaves deep gaps in the couple's daily interaction and causes emotional tensions in intimate life. These lead gradually to conflicts such as: difficulties in the equitable resolution of desire, dissatisfaction and happiness by feelings of loneliness and control exercised in the relationship of a couple.

Presentation : An Exploratory Study to Examine 'Ghosting' as a Relationship Dissolution Strategy in Interactions through Dating Apps

Presenter : Elisabeth Timmermans

Conversations on dating apps can start and end with similar ease. If a user suddenly disengages all contact without explanation, this is referred to as 'ghosting.' To explore the frequency and nature of ghosting in dating apps, we asked 283 respondents (63% females) to complete closed- and open-ended questions about their experiences. Nine out of ten respondents had used a dating app and, out of those, 85% had been ghosted at least once and 62% had ghosted others on dating apps. Respondents reported both positive and negative emotions, depending on context and being the 'victim' versus 'perpetrator' of ghosting.

Presentation : Beliefs about Finding a Partner Through Online Dating, One's Social Network, and in Everyday Activities

Presenter : Susan Sprecher

People's beliefs about finding a partner in three different settings were examined. A large sample of single adults completed a survey that included items measuring their attitudes about finding a compatible partner in the three different settings: online dating, through one's social network, and through everyday activities. Participants believed they would be less likely to find a compatible partner through online dating than through friends and in everyday activities. Age and shyness were associated with the view that it would be more difficult to find a partner, particularly in the traditional settings of everyday activities and through one's social network.

Presentation : Attachment security priming with children and young people

Presenter : Emily Gold

This study explores whether activating a mental representation of a secure attachment figure (attachment security priming) can help to improve anxious and depressed mood in children and young people, an unexplored area thus far. An experimental design was carried out with two prime groups (attachment security and neutral) who were asked to complete a mental imagery and written task. It was hypothesised that participants in the attachment security prime group would report lower depressed and anxious mood and increased felt security compared to the control group. The findings and implications for children, young people and practitioners will be discussed.

Presentation : Emotion Regulation and Social Anxiety in Romantic Relationships

Presenter : Kaitlyn Schodt

Intimate relationship functioning and mental well-being are inherently linked; thus, for those with mental illness, such as social anxiety (SA), intimate relationship functioning may be impaired. Research on the intimate relationships of those with SA has often focused on emotion regulation, as emotions play a crucial role in the development and maintenance of interpersonal relationships and are a clear area of deficit among those with SA. The current study examines 1) the emotion regulation processes of individuals with SA; 2) emotion regulation processes and affective interdependence within romantic relationships; and, 3) how emotion regulation processes and affective interdependence influence relationship health and intimacy among those with varying levels of SA.

Presentation : Precarity and Relationship Quality in the UK: Long-term economic uncertainty, employment shocks, and perceptions of future financial outlook

Presenter : Brienna Perelli-Harris

Many couples have difficulties making ends meet, which affects the quality of the relationship with the cohabiting or married partner. However, the quality of partner relationship is not only influenced by the current financial situation but may also be a product of the past and expected future economic situation. We aim to answer the question: To what extent do long-term, current and future economic hardship affect the quality of the partner relationship? We develop hypotheses based on the family stress model and test these using the Understanding Society panel survey (2009-2017), covering about 30,000 people in 15,000 relationships.

Presentation : The influence of attachment insecurity on the benefits of nostalgia

Presenter : Amelia Dennis

Nostalgia provides benefits for individuals such as boosting attachment security, self-identity, social connectedness and meaning in life. Previous research has found attachment avoidance limits the social benefits of nostalgia but has not examined effects for attachment anxiety nor tested mechanisms. This study examines the moderating effect of attachment orientations on the benefits of recalling nostalgic (vs. control) memories, via the possible mediators of emotional regulation and models of self and others.

Presentation : Why are you copying? The effects of interpersonal closeness on nonverbal mimicry during face-to-face interactions

Presenter : Abbie Marono

The positive social consequences of mimicry have been vastly accepted, and it is often considered a 'social glue' in interpersonal interactions. However, there appears to be a gap in the literature concerning the direct relationship between interpersonal closeness and non-verbal mimicry, and how it varies across different types of relationships. The present study aims to address this by exploring how nonverbal mimicry varies between strangers, acquaintances, and romantic partners. The study will also use the "Inclusion of the other in the Self" to explore how our perception of closeness with our interaction partner affects how we unconsciously mimic their behaviour.

July 19, 2019

1:45 pm To 5:00 pm

Bolney Wine Estate

Winery Tour and Tasting

July 20, 2019

9:00 am To 6:00 pm

Conference Centre, 3rd
Floor Bramber House

Registration

July 20, 2019

9:00 am To 9:30 am

Delegate Space Bramber
House

Tea, Coffee, and Pastries

July 20, 2019

9:30 am To 11:00 am

Gallery Room 2 Bramber
House

Individual Talks 3

Presentation : The Dynamics of Interpersonal Emotion Regulation: Determinants of Support Provision

Presenter : Lisanne Pauw

A common way of regulating one's emotions is through sharing one's emotional experiences with others. In the current study, we examined the determinants of support provision by having 100 dyads engage in social sharing. Sharers discussed an upsetting situation, while listeners responded naturally. Afterwards, both individually watched the video-recorded interaction in fragments of 20 seconds, rating either their experienced emotional intensity and socio-affective and cognitive support needs (sharer), or their perception of the sharer's emotional intensity, and their own support provision (listener) for each fragment. Both sharers' support needs, as well as listeners' accurate emotion perception predicted adequate support provision.

Presentation : Testing a Self-and-Social Bonds Model of Health for Individuals Recovering from Alcohol and Substance Use Concerns

Presenter : Alexandra Fisher

The current research examined the role that self-esteem and social bonds play during recovery from alcohol and substance use concerns. We tested the self-and-social-bonds model of health (Stinson et al., 2008) in a sample of community adults attending a local addiction-recovery support program. Consistent with the model, self-esteem predicted both psychological and physical health, and this association was partly explained by feelings of belonging in the recovery program. Program-specific belonging also predicted reductions in alcohol and substance use. These findings underscore the generalizability and utility of this model for understanding health and well-being in applied settings such as recovery programs.

Presentation : A conceptual framework of the working alliance in a human-supported psychological computerised intervention

Presenter : Asmae Doukani

The client-therapist alliance (therapeutic, working etc.) has been found to be a consistent predictor for positive outcomes in psychological therapies. However, very few studies have theoretically explored this concept in psychological digital interventions. The study aims to develop a conceptual framework of the working alliance in a blended human supported, computerised cognitive behavioural therapy (b-CBT) Intervention. 21 participants who received b-CBT for depression on the E-Compared trial, were invited to participate in qualitative interviews about their experience of the working alliance. A thematic analysis was used to analyse the data. The findings will be revealed and discussed.

Presentation : Michelangelo Phenomenon: Partner Affirmation for Important Goals that Are Beneficial or Harmful for the Relationship

Presenter : Madoka Kumashiro

Important goal pursuits can positively or negatively impact romantic partners, and it is unclear how such goals influence the Michelangelo phenomenon, an interpersonal model of personal growth. The current research presents findings from a 10-day diary study, a 2-phase longitudinal study of job-seekers, and a study examining conversation about an important goal-pursuit to reveal that partners offer more support for beneficial rather than harmful goals, which also affects target goal motivation a day later, perceived progress 4-months later, and actual goal achievement 2 years later. Implications will be discussed.

Presentation : Hand-in-Hand in the Golden Years: Partner Instrumentality, Goal Alignment and the Influence of Romantic Relationships on Retirement Expectations and Experiences.

Presenter : Veronica Lamarche

This research aimed to examine the influence romantic relationships can have on retirement expectations and experiences. In Study 1, pre-retirees believed their transition to retirement would be easier, and were more likely to involve their partners in retirement planning, when they had partners who were more instrumental to their lives. This was mediated by the extent to which they perceived that their partner's post-retirement goals mirrored their own. In Study 2, looking at recent retirees, only post-retirement goal alignment predicted reported ease of retirement and well-being. Implications regarding the importance of goal alignment in relationships pre- and post-retirement are discussed.

Presentation : Can more relationship choice make more and less lonely? A cultural-psychological analysis of relational mobility, relational stability, and loneliness in four European countries

Presenter : Luzia Heu

This research distinguishes the novel cultural-psychological notion of relational stability (RS; cultural norms about maintaining established relationships) from relational mobility (RM; opportunities to individually establish new and choose relationships) to examine their relevance for experiences of loneliness. Despite juxtaposed implications for individual choice of relationships, both might protect from loneliness as higher RM might allow to select satisfying relationships whereas higher RS might offer more reliable and predictable relationships. Two cross-sectional survey studies in four European countries provided support for this line of thought. Furthermore, perceived relationship quality consistently explained negative associations of RM and RS with loneliness.

July 20, 2019

9:30 am To 11:00 am

Terrace Room Bramber
House

Individual Talks 2

Presentation : Studying Leadership in Triads

Presenter : Zahira Jaser

Leadership has so far been predominantly studied in dyads, as well as in groups or networks, but not in triads. This is surprising given that since the Soziologie of Simmel we know that going from dyads to triads has the greatest impact on group dynamics, than any other change in group size. A leadership triad is defined as three individuals connected by authority lines, where the main authority lines define two dyadic relationships, the one between the connecting leader and his/her leader, and the other between the connecting leader and his/her follower. This unit of observation enables us to study leadership interactions in the most parsimonious way, unveiling new phenomena.

Presentation : Exploring the Michelangelo Phenomenon in Mentoring Relationships

Presenter : Mubeena Nowrung

This research applies the Michelangelo phenomenon, an interpersonal model of personal growth, to mentoring relationships. Three experiments showed mentees expected to move closer to their career goals, experience greater positive affect and satisfaction with the relationship when mentors were affirming of goals related to their ideal self. These findings were replicated in Study 4 across actual mentoring relationships; mentees experienced greater movement towards their career goals, positive affect and satisfaction with the relationship when they perceived their mentor to be affirming. Movement towards career goals partially mediated the effect of mentor affirmation on positive affect and satisfaction with the relationship.

Presentation : Relationship Distress and Work Performance

Presenter : Esther Kluwer

This research investigates the association between relationship distress and work performance and absenteeism. Data of two samples of Dutch employees (N = 367 and N = 189) indicate that higher levels of relationship distress are associated with lower levels of task performance. Employees with relationship problems concerning trust (infidelity, doubts about the relationship, thoughts about divorce) also reported more sickness absence. In addition, we found evidence of greater spillover of relationship distress for those low in self-control. Awareness of the impact of relationship distress could help employers to respond better to the needs of distressed employees.

Presentation : Relationships at Work: The Organizational Benefits of a Secure Attachment in the Workplace

Presenter : Michelle Luke

In two studies, we used attachment theory (Bowlby, 1973) to test if a secure workplace relationship conduces to organizational benefits (i.e., positive organizational attitudes, behaviors), because these relationships are associated with positive relationship emotions. Employees rated their attachment closeness to, dependence with, and anxiety toward their supervisors (Study 1) or colleagues (Study 2), and completed measures of positive relationship emotions (i.e., felt security, feelings of energy, relationship satisfaction) with their supervisors (Study 1) or colleagues (Study 2), proactive behavior, organizational allure (i.e., organizational attitudes, organizational identity, organizational commitment), and organizational deviance. The findings across both studies supported our hypotheses.

Presentation : Compassion: the human dimension of productivity

Presenter : Meysam Poorkavoos

Compassion can often be thought of as 'pink and fluffy' and not of relevance to organisations. However, research on compassion suggest otherwise. In this session you will hear about Roffey Park's latest research on compassion in the workplace, learn about the business case for compassion and how it impacts various aspects of organisations. The session concludes with some practical tips on how to build a compassionate organisation.

July 20, 2019

9:30 am To 11:00 am

Gallery Room 1 Bramber
House

Symposium 4

Presentation : Being used as weapons: Children's experience of being alienated from a parent

Presenter : Mandy Matthewson

This presentation explores the experience of parental alienation from the perspective of adults who were alienated from a parent during childhood. Adults who had been alienated from a parent were interviewed about their experience. It was found that targeted adult children had been severely impacted by their experience of parental alienation. Specifically they reported experiencing anxiety and depression, low self-worth, guilt, attachment problems and difficulty with forming and maintaining healthy relationships. They also described the intergenerational transmission of alienation. This study demonstrates that children's exposure to parental alienation has life-long ramifications for their psychological well-being and functioning in adult relationships.

Presentation : I see a wall...then I cannot reach my son: Alienated mothers, coercive control, and post-divorce parent-child relationships

Presenter : Sietske Dijkstra

This qualitative exploration is based on an analysis of in-depth interviews with ten divorced mothers in the Netherlands who are denied visitation with more of their children. Thematic analysis focuses on relational dynamics, coercive controlling tactics by the father, and the impact when one parent exerts a malignant influence on their children. A consideration of tactics and consequences examines the factors that determine which parent gain dominance over the children and the wider social and professional network, and how children respond over time to these controlling tactics.

Presentation : Using power differentials between parents to understand the type of violence that parental alienating behaviors are

Presenter : Jennifer Harman

Little is known about power/aggression dynamics between parents in families affected by parental alienation. We examined the level of interdependence between parents where parental alienating behaviors have caused the alienation of a child and whether custodial status was related to asymmetries in dependence. Transcripts from interviews with 80 parents who have been the target of parental alienating behaviors were analyzed. Results indicate that parental alienation is more similar to intimate terrorism than situational couple violence, and having primary custody or allegiance of a child was related to asymmetrical dependence. Discussion centers on implications for theoretical advancement and intervention development.

Presentation : Family law and parental alienation in Portugal

Presenter : Sandra Feitor

Children, as a subject of rights, have the fundamental right of free development of their personalities as a whole. In difficult cases of the deprivation of family coexistence, children have been shown to be exposed to toxic stress, and develop symptoms of depression and anxiety in response to loyalty conflicts and symbiotic relation with one parent. This analysis of case law in Portugal finds that parental alienation behaviors are recognized as dangerous situations for children's welfare, and interfering with personality rights of the child to have continuity of deep psychological relations with both parents.

Presentation : Parental Alienation: Impacts, Strategies, and Interventions

Presenter : Jennifer Harman

Parental alienation refers to a child's refusal to have a relationship with a parent for untrue, exaggerated, or illogical reasons. The behaviors that cause parental alienation are considered a form of family violence, and their impact on members of the family system are devastating. This symposium highlights research on parental alienation by a panel of researchers from social work, clinical and social psychology, law, and women's studies. Across five presentations, the presenters will illustrate the complexity of this violence from multiple disciplinary and international perspectives, and will discuss the broader implications of their work for the mitigation of parental alienation.

July 20, 2019

11:00 am To 11:30 am

Delegate Space Bramber
House

Tea and Coffee Break

July 20, 2019

11:30 am To 1:00 pm

Gallery Room 1 Bramber
House

Data Blitz 1

Presentation : Worth a thousand interpersonal words: Emoji as affective signals for relationship-oriented digital communication

Presenter : Amanda Gesselman

To connect with potential online partners, modern relationship-seekers must master faster and shorter communication of self-disclosure and affect. Although computer-mediated communication lacks crucial sensory information, emojis may provide assistance. In three studies, we assessed emoji use frequency, associations with relationally-advantageous traits, and whether emoji use relates to 'courtship success'. Our findings show that emoji use is related to personality, emotional intelligence, and attachment style, and that emoji use with potential partners relates to maintaining connection beyond the first date, and with more romantic and sexual connections. Thus, emoji use may be associated with more successful intimate connection among online daters.

Presentation : A touch that feels blue: Depression and touch in romantic relationships

Presenter : Anik Debrot

Depression is frequent and has tremendous negative societal impact. Research indicates that touch in close relationships is associated with greater well-being, including less depression. However, no study has investigated how depression affect touch in adults. Anxiously attached compulsively seek for closeness, whereas avoidantly attached fear intimacy. We posit that depression is associated with more touch in anxiously attached, while being associated with less touch in avoidantly attached people. We will recruit 300 adults. A sub-sample will have their partner included in the study, allowing to test for dyadic associations. The results will inform potential application of touch in couple therapy.

Presentation : Stress and Marital Satisfaction in Indonesia Context: Moderating effect of Dyadic Coping

Presenter : Pingkan Rumondor

Modernization characterized by economic development, urbanization, and globalization are changing the structure of personal and family relationships in South East Asia, including Indonesia. These changes have been found to increase stress both at work and within family. This study examined the moderating effect of positive dyadic coping on the negative association between stress and marital satisfaction in Indonesian couples. Result of this project will be useful for (1) clinicians working with couples in Indonesia to help understand effect of positive dyadic coping, (2) relationship researchers interested in cross-cultural research on dyadic coping.

Presentation : Relationship satisfaction moderates the role of chronic illness in psychological well-being of older workers

Presenter : Joyce S. Pang

The current study investigates the moderating role of relationship satisfaction with family members on the effect of chronic illness and work status and psychological well-being of the elderly. Specifically, it was hypothesized that chronic illness mediates the relationship between work status and psychological well-being of Singaporeans aged 60 and older, such that older working adults experience higher psychological well-being as a result of a reduction in chronic illness. Additionally, we investigated the moderating role of relationship satisfaction in the link between work status and chronic illness, as well as in the link between work status and psychological well-being. Two hundred thirty-four older Singaporeans aged 60-96 years (N = 125 working and 109 non-working) completed a survey, whose results indicated that older workers experience greater psychological well-being compared to non-workers, and older workers' higher well-being was fully mediated by a lesser incidence of chronic illnesses. Satisfaction with family relationships moderated the links between work status and chronic illness, and between work status and psychological well-being. Our research emphasizes the importance for older workers of having a healthy lifestyle and positive family relationships, and of the buffering effect that family relationships can have for psychological health.

Presentation : The Emotionality Effect: The Role of Parental Emotion Expression in Adult-Child Mental Health

Presenter : Hayley Seely

The prevalence of mood disorders continues to rise; however, the role of stigma formation around mood disorders and how stigma is dictated by parental influence remains unclear. The current study examines emotionality stigma and emotional intelligence as mediators between parental emotion regulation and adult-child mental health outcomes. Specifically, we propose dysfunctional parental emotion regulation influences adult-children's perception of stigma around emotionality leading to impaired mental health, whereas well-regulated parental emotionality correlates with adult-child emotional intelligence, leading to better mental health. To test these hypotheses, we collected data from 915 individuals. Analyses show support for our hypotheses and highlight gender difference.

Presentation : To Work or Not to Work: Impact of Work/Home Stigma & Balance on First-Time Parents' Relationships

Presenter : Kristin Mickelson

A common question still asked of women (but not men) is whether they will continue to work after having children. Although empirical research has extensively examined the role of work-home conflict on relationship satisfaction, less studied is the perceived stigma surrounding a parent's decision to return to work or stay-at-home. In a sample of 104 couples transitioning to parenthood, mothers reported significantly more work stigma than fathers. Work stigma and maternal relationship satisfaction was mediated by less perceived success in family life, whereas stay-at-home stigma and maternal relationship satisfaction was mediated by negative interactions with spouse.

Presentation : The relationship between helicopter parenting and college students' autonomy in Taiwan

Presenter : Fu-mei Chen

The aim of this study was to examine the components of helicopter parenting and the relationship between helicopter parenting and college students' autonomy. Participants were 353 college students who ranged in age from 18 to 26. Results showed that there were two components of helicopter parenting: over-protective and over-intervened parenting. There was no significant associating between helicopter parenting and students' individuating autonomy. After controlling for students' gender, age and birth order, over-protective parenting was predictive of relating autonomy positively, and over-intervened parenting was predictive of relating autonomy negatively. The results provide more insight into the complexity of helicopter parenting.

Presentation : Ready for relationship commitment? Own vs. network perceptions of readiness and future commitment level

Presenter : Christopher Agnew

Singles who report higher commitment readiness are more interested in developing a relationship, more actively pursue initiation, are more likely to enter a relationship, and (should they begin a relationship) are more committed to that involvement. Past research has demonstrated that people's social networks possess diagnostic perceptions regarding relationships. With data from a 7-month study of initially single individuals, we examined how readiness is associated with relationship formation and commitment, considering own and peer-perceptions of readiness. Peer-perceived readiness was a unique predictor of later commitment, beyond self-reported readiness, suggesting that peers hold prognostic insight regarding readiness for commitment.

Presentation : LIVIA-FR: An online unguided self-help intervention for people struggling with interpersonal loss

Presenter : Liliane Efinger

Losing a close person is a stressful event associated with poor psychological and physical health outcomes. Some people show major difficulties in coping with this event that can lead to mental disorders as complicated grief. Online therapies appear as similarly effective to face-to-face therapies for a variety of disorders, including complicated grief. We proposed an unguided online intervention to people coming from the French part of Switzerland. We assessed its effectiveness through a pre-post evaluation protocol. Results on 20 people will be presented and discussed. We will conclude with some insights about ways to improve the effectiveness of unguided interventions.

Presentation : Materialism, Wife's relative earnings, and Marital Satisfaction among Korean Married Couples

Presenter : Kyoung Ok Seol

This study aimed to examine how the interactions between spouses' materialism and wives' relative earnings predict spouses' marital satisfaction. I investigated the possibility of a curvilinear relation between wife's relative earnings and marital satisfaction among 301 South Korean married couples. Wives' relative earnings was not associated spouses' marital satisfaction. Wives' materialism was negatively associated with spouses' marital satisfaction. I only found a three-way curvilinear interaction effect among wives' relative earnings square and spouses' materialism on wives' marital satisfaction. I found an inverted U-shaped wife's marital satisfaction for less materialistic wives who were married to highly materialistic husbands.

Presentation : Undoing the Psychological Harm of Partner Violence

Presenter : Ximena Arriaga

Can women who recently have left a violent relationship benefit from a writing intervention? A new intervention aims to weaken bonds with a violent partner and reverse declines in self-esteem and self-efficacy that typically occur from prolonged partner violence. The intervention has been developed to accelerate recover from a violent relationship, but conceivably could be applied to other toxic relationships in family, peer, or work settings.

Presentation : How do patients and nurses face pain during haemodialysis? Results of a qualitative study on dyads

Presenter : christel violac

For patients with end-stage renal disease, haemodialysis is a long-lasting and occasionally painful treatment. Nurses are a key professional in frequent contact with the patients. This qualitative study aimed to investigate patient-nurse interactions during a pain event occurring during a dialysis session. Five patients and their nurse were interviewed regarding one pain event. Results showed the specificities of pain in the context of this disease and the importance of a trusting relationship between patients and nurses, as well as its repercussions. These results suggest perspectives for interventions to help patients and nurses improve their communication in the management of pain.

Presentation : Facing dilemmas and dealing with them in marital relationships in later life, when a spouse has a mental health problem

Presenter : Mari Helin

The research question in this paper is to find out what the core issue is when facing dilemmas and dealing with them in marital relationships. In earlier times there were external standards in the relationships. but now gender roles are being polarised. Also, people's expectations of the marital relationships are being changed. (Beck & Beck-Gernsheim 1995, 48 – 50, 88 - 90).I used narrative approach (Riessman 2008). I interviewed nine Finnish informants, aged 60 to 80 years. I found out common dilemmas, experiences and ways to deal with and arguing solutions they were given to them.References• Beck, Ulrich & Beck-Gernsheim, Elisabeth (1995) The Normal Chaos of Love. Polity Press. • Riessman, Catherine K. (2008) Narrative Methods for the Human Sciences. London: Sage.

Presentation : Using the integrative model of behavioral prediction to explore factors that influence self-harm

Presenter : Rachel Reznik

Our current field of investigation uses an integrated model of behavioral prediction (see Yzer, 2012) to explore factors related to self-harming behaviors in adolescents. Narratives (n = 37) from an online website of patient experiences – healthtalkonline.org (HTO) – of parents whose children self-harmed were analyzed. Results underline the value of applying key components of the integrative model of behavioral prediction as a means to extend and deepen understanding of self-injurious behaviors in adolescents and young adults. Practical outcomes of this work – in terms of decreasing self-harming behaviors – oriented toward parents, providers, and adolescents, will be discussed.

Presentation : Belief in social mobility ameliorates the impact of relative deprivation on hostility

Presenter : Tobias Greitemeyer

Previous research showed that experiencing personal relative deprivation increases hostility. The present two studies examined the moderating effect of social mobility beliefs in an organizational context. Study 1 shows that relative position at work negatively predicts hostility towards the current employer, but only when the employment environment is perceived as immobile. Study 2 further finds that relative workplace position and organizational mobility interact in predicting dissatisfaction with one's position, which is strongly associated with workplace deviance. It thus appears that having a mobile organizational environment has valuable effects for job satisfaction levels and thereby decreases deviant behavior at work.

July 20, 2019

11:30 am To 1:00 pm

Terrace Room Bramber House

Symposium 5

Presentation : "We have a more good relationship": An Overview and Evaluation of a Relationship Education Program for Pregnant and Parenting Adolescents

Presenter : Michelle Toews

This presentation will provide an overview of a relationship education program for pregnant and parenting adolescents. We will discuss the core components, how the program has evolved, challenges faced, as well as promising practices. We will also share findings from our qualitative evaluation, which included a total of 47 primarily Latina adolescent mothers. Our findings suggest the program was effective in increasing participants' knowledge of healthy relationship characteristics, improving their communication skills, and reducing the amount of abusive tactics they used when resolving conflicts with their partners. These findings affirm the importance of providing skill-based relationship education to adolescent parents.

Presentation : Context Matter: Variations in Youth Relationship Education Implementation and Outcomes

Presenter : Ted Futris

The current study explores how program and youth characteristics are associated with variations in adolescents' relationship efficacy following youth relationship education (YRE). Data were collected from a diverse sample of adolescents who completed the Relationship Smarts Plus program. Our

findings reinforce the positive influence that YRE can have on adolescents' relationship efficacy, and show variations in outcomes based on the audience served as well as the timing, setting and intensity of the program. Implications for applied relationship science will be shared.

Presentation : Impact of Love Notes on Interpersonal Violence Attitudes

Presenter : Anita Barbee

The current presentation is based on a larger teen pregnancy prevention study with high risk youth randomly assigned to either Love Notes, Reducing the Risk or the Power of We (POW. , Participants completed a survey at baseline, immediately after the intervention and 3, 6 and 12 months after the completion of the intervention including the Interpersonal Violence Attitudes-R (IVA-R) scale (Fincham, et al, 2008). The IVA-R has three sub-scales measuring endorsement of controlling behavior, abusive behavior and violent behavior. Differences across time and between groups was found for endorsement of controlling behaviors. Other results and implications will be discussed.

Presentation : Applying Relationship Science to Youth Relationship Education to Reduce High Risk Behavior

Presenter : Anita Barbee

Recent focus on the developmental importance of adolescent romantic relationships led to the formation and implementation of curricula that educate adolescents about healthy romantic relationships. The first paper shares results of a meta-analysis on YRE effectiveness. The next three papers give examples of the impact of various YREs on youth behavior among high risk youth including pregnant and parenting Latina youth, African American youth, foster youth and refugee youth from Africa on gains in knowledge about healthy relationship characteristics, relationship efficacy, improved communication skills, reduced endorsement of controlling behaviors, and reduced use of abusive tactics in resolving conflict.

Presentation : Promoting Healthy Relationship Behaviors and Reducing Risk: A Meta-Analysis of the Effectiveness of Youth Relationship Education Programs

Presenter : Julianne McGill

Recent focus on the developmental importance of adolescent romantic relationships led to the formation and implementation of curricula and programs that educate high school-aged youth about healthy romantic relationships. This meta-analytic study examines the efficacy of youth relationship education (YRE) on multiple outcomes: conflict management, faulty relationship beliefs, and healthy relationship attitudes. Hedge's g effect sizes from 16 studies were significant for two of the three outcomes and are comparable with effects of other prevention programs. Overall, YRE programs are effective in improving conflict management and faulty relationship beliefs.

July 20, 2019

Individual Talks 4

Presentation : What is the nature of a relationship with a professional helper that acts as a force for good in the lives of young people who face significant disadvantage?

11:30 am To 1:00 pm

[Gallery Room 2 Bramber House](#)

Presenter : Rebeca Sandu

Over the last three decades, the preferred response to social need has been to prevent or reduce the risks that threaten the health and development of individuals. However, for young people facing multiple and severe risks to their development this standard approach to deal with need runs into difficulty. My qualitative data, collected in the context of severe and multiple disadvantage across 16 U.K. and U.S. organisations, puts much greater emphasis on connection, on helping the young person to re-connect with the world. (Disadvantage may continue but the young person is better able to cope with its effects).

Presentation : Personal Growth Following Romantic Breakups Among Emerging Adults: The role of attachment and forgiveness

Presenter : Monica Guzman-Gonzalez

Although reactions to romantic breakups among emerging adults are generally associated with negative psychological consequences, recent literature points out that there might be also positive changes after a romantic dissolution, phenomenon known as personal growth (Tedeschi & Callhoun, 2004). The purpose of this research was to examine the mediating role of dispositional forgiveness of self and others in the associations between romantic attachment personal growth, following a romantic breakup in a sample of 727 Chilean emerging adults ($M = 21.91$, $SD = 2.68$). Results obtained showed that attachment dimensions were inversely associated with the tendency to forgive self and others. Only self forgiveness was related to higher levels of personal growth breakup. No direct effect was found between romantic attachment on personal growth. Instead, it was observed an indirect effect of attachment anxiety and attachment avoidance on personal growth, through self forgiveness, controlling for gender and time since the breakup.

Presentation : The Future is Now: A Review of New Methods for Online Data Collection for Relationship Research

Presenter : Daniel Hubler

The field of relationship research continuously needs more valid and reliable data that collectively improve theories and models. Using new methods of online data-collection, more quality data can be produced to meet those needs. This presentation is a review of online methods used by the authors to collect three data types: longitudinal (1 study; $N=328$), randomized (1 study; $N = 224$), and dyadic (2 studies; $N_{study1} = 160$ couples & $N_{study2} = 164$ couples). The purpose of this presentation is to provide relationship scholars access to tested methods needed to conduct these three forms of data collection.

Presentation : Bistrategic Behaviour within Adolescent Girls' Classroom-Based Friendship Groups

Presenter : Leanna Closson

This study examined the moderating role of aggression in links between prosocial behaviour and peer status within girls' friendship groups. Participants ($N=165$; grades 6-8) completed questionnaires in their classrooms, identifying their friendship group and assessing elements of the interpersonal relationships within their group. Results indicated prosocial behaviour was positively related to dominance at high relational aggression (RA), yet prosocial behaviour was negatively related to dominance at low RA. Further, prosocial behaviour was positively related to likeability at high (but not low) RA. Prosocial behaviour may allow girls to maintain positive relationships; simultaneously, RA can enable girls to achieve peer status.

July 20, 2019

1:00 pm To 2:00 pm

Terrace Room Bramber
House

Poster Session 3 and Lunch

Presentation : My Family, My Everything: The Role of Employee's Preoccupation with Family Relationships on Job Stress

Presenter : Bernard Frank

Presentation : ADHD child: bonding and pathologization in the context of maternal care

Presenter : Susana Oliveira

The Attention Deficit Hyperactivity Disorder (ADHD) has stood out among the identified diagnoses in children. The repercussion of its detrimental effects on the physical, economic and social, not only during childhood but also into adulthood, has generated a demand to understand how children who've been diagnosed are perceived and cared for, more specifically, by their caregivers. This study aimed to understand experiences of children diagnosed with ADHD. The research took place in two Children Psychosocial Attention Centers from Fortaleza/Brazil, in which three cases were identified as ADHD. From these cases, mothers were interviewed through photovoice. The method used to analyze the narratives, generated by the interviews, was the phenomenological hermeneutics of Paul Ricoeur. The narratives mothers showed more emphasis on disease and symptoms to be controlled than on their relationship with their children. In this context, the children were related with their disorder, and the necessary bond to promote healthy relationships, so important for children mental health development, has been hampered by the emphasis on ADHD control.

Presentation : Time heals all wounds? Pilot studies on Japanese university students' perspectives on relationship repair

Presenter : Masahiro Masuda

This presentation integrates two exploratory studies on relationship repair and discusses views of Japanese university students' perspectives on successful repair. Respondents were instructed to write an imaginary e-mail correspondence to a person to whom they had wished to clarify the fact of a relational trouble in the past. Analyses illustrated that those respondents who wrote imaginary e-mail to their old friends in their junior-high or earlier had optimistic views of relationship repair; this result is consistent with the result of another study based on turning point analysis.

Presentation : Parent-child relationships with and without child ADHD: Daily strains and dysfunction

Presenter : Jacqueline Esslinger

Child attention-deficit/hyperactivity disorder (ADHD) can undermine family interactions. The current study investigated daily experiences in mother-child dyads over seven days, using a momentary assessment approach. Results suggest that differences in family experiences between families with children with and without ADHD: parents of the ADHD group reported higher negative affect and less parental competence, and their children reported more conflict at home. Maternal feelings of competence predicts maternal display of negative or positive behavior towards the children. Capturing families' daily experience in their natural environment provides valuable insights into emotional experiences in the life of families with children with ADHD symptoms.

Presentation : The impact of combining therapeutic work on the romantic and coparenting relationships in a couple intervention for parents: Observing couple's interactions

Presenter : Cindy Eira Nunes

This study aimed to investigate the impact of combining therapeutic work on the romantic and coparenting relationships in a couple intervention for parents. Using post-sessions questionnaires, change paths of 20 couples were compared according to their intervention group (Integrative Brief Systemic Intervention or systemic intervention). This comparison was supported by pre-post analysis of couples' interactions when addressing topics of agreement and disagreement related to their romantic and coparenting relationships. Using results from pre-post analysis allowed to throw light on the possible interpretation of findings from post-session analysis. Together, these analyses helped understanding the impact of couple interventions for parents.

Presentation : Caregiving feedback and well-being of Taiwanese married women-- Effects of the collaboration across family boundary

Presenter : Yuan-Ling Chiao

In Taiwan, married women provide care for elderly parents and in-laws. During caregiving, being recognized by others, and deriving a sense of personal reward is important, and may be related to personal wellbeing. For this research, 512 questionnaires were distributed to married women, between 45-64 years old. Regression analyses indicate, the health of married women and the recognition they received from others in terms of caregiving, significantly predicts personal wellbeing (?=.46,p

July 20, 2019

2:00 pm To 3:30 pm

[Gallery Room 2 Bramber House](#)

Individual Talks 6

Presentation : Individual and dyadic associations among self-expansion, affect, and health

Presenter : Katie Spence

High-quality romantic relationships are beneficial for health. We tested whether self-expansion, like other markers of relationship quality, was indirectly associated with physical health via positive and negative affect (PA/NA). Study 1 (N=388 individuals) found that greater self-expansion was linked to lower physical illness, and this link was explained by both greater PA and lower NA. Study 2 (N=144 couples) found actor and partner self-expansion predicted greater actor PA (but not NA), which, in turn, was linked to lower actor physical illness. In both studies, results remained robust when accounting for age, gender, BMI, agreeableness, neuroticism, and perceived partner responsiveness.

Presentation : Attachment avoidance and restrained eating in healthy young adults

Presenter : Angela Rowe

It has been established that attachment anxiety plays a causal role in disinhibited eating in young adults but much less is known about the role of attachment avoidance in eating behaviour. Recent correlational data, however, suggest that attachment avoidance may play an important role in restricted eating via emotional cut-off. Across 3 experimental studies we examined the causal role of attachment avoidance in reducing incidental eating in a healthy population of young adults. Participants were primed with attachment avoidance, attachment anxiety, attachment security or a control prime and exposed to an incidental eating paradigm. Those participants primed with avoidance ate significantly less compared to participants in the other prime conditions. Our studies also examined potential mediators/moderators of these effects. We further explored the significance of our findings for the aberrant eating literature.

Presentation : Why Behavioral Observation Is A Treat to Couple Research – And How The Sparse Data Problem Can Be Solved

Presenter : Peter Hilpert

Inferences about couple interactions are typically based on behavioral observation data. But codeable incidents are rare – and, as a consequence, codeable incidents are summed up across entire interactions. However, this removes the sequential nature of the interaction, undermining the field's ability to study this fundamental phenomenon. We demonstrate how sparse coded behavior is in a sample of 189 couples - and how engineering technology can be used to extract behavioral data in high temporal resolutions to overcome this problem. Results show that couples influence each other in 95% of all talk turns and even change the way they influence each other during the course of a single interaction.

Presentation : Utilizing information theoretic to cluster couples' dyadic stress

Presenter : Ashley Randall

Romantic dyads are evolving systems, each carrying a unique configuration of temporally based behaviors and affect. Stress on and within the system undoubtedly modifies the dyadic structure. Despite the prevalence of stress research in the field of psychology, to date, there has been little research tying stress to observable structural features in conversing dyads. Using time-series data from 42 heterosexual couples' momentary experiences of stress, this talk will present results that show if differing stress levels generate unique signatures. Utilizing Information Theoretic metrics, this talk will present results that derive clusters that reflect how stress might modify dyadic interaction.

July 20, 2019

2:00 pm To 3:30 pm

Terrace Room Bramber
House

Symposium 6

Presentation : Discussant - New Developments in Romantic Disillusionment Research

Presenter : Stanley Gaines

Dr. Stanley Gaines will discuss the three symposium presentations.

Presentation : Personality as a Moderator of Spouses' Negative Interpersonal Behaviors and Relationship Disillusionment

Presenter : Alan Reifman

A longitudinal study of predominantly Hispanic and White newlywed couples in the southwestern U.S. examined whether Big Five personality traits moderated the effects of spouses' negative interpersonal behavior (e.g., criticizing, showing disinterest) on perceivers' romantic disillusionment (measured roughly 2.5 years later). Main-effects of personality on later disillusionment were also tested. The trait of conscientiousness moderated this association in men. Main-effects from regression analyses showed other traits – agreeableness (in both sexes), emotional stability (in men), and openness (in women) – to predict lower future disillusionment.

Presentation : Testing Bidirectional Actor-Partner Effects Between Romantic Disillusionment and Depressive Symptoms

Presenter : Sylvia Niehuis

The present study examines whether romantic disillusionment predicts individuals' depressive symptoms or whether the reverse is true, in a newlywed sample in the U.S., surveyed twice roughly 2.5 years apart. Whereas previous studies used satisfaction, love, and conflict as relationship-quality measures, the present one examined romantic disillusionment with one's partner and/or relationship. Consistent with prior literature, women's Phase-1 disillusionment predicted their Phase-2 depressive symptoms, although this did not occur in men. No findings in the other direction emerged. Further three longitudinal partner-effects were obtained, as women's P1 disillusionment predicted men's P2 depression and P2 disillusionment, and men's P1 disillusionment predicted women's P2 depression. The findings extend existing literature by showing that both actor- and partner-effects of disillusionment temporally precede individual depression symptoms.

Presentation : Polish Adaptation of the Relationship Disillusionment Scale

Presenter : Katarzyna Adamczyk

This presentation reports initial efforts to translate the Relationship Disillusionment Scale (RDS; Niehuis & Bartell, 2006; Niehuis, Reifman, & Lee, 2015) from its original English into a Polish-language version and establishes the psychometric soundness of the latter. Translation and back-translation procedures are described. Initial statistical information from a sample of Polish young adults – alpha reliability of the Polish version, correlation between the English and Polish versions, and a confirmatory factor analysis of the Polish version – are also reported. Results of these steps suggest that development of the Polish RDS has thus far been successful.

Presentation : New Developments in Romantic Disillusionment Research

Presenter : Sylvia Niehuis

This symposium presents three studies of romantic disillusionment: one examining whether Big Five personality traits moderate the effects of spouses' negative interpersonal behavior (e.g., criticizing, showing disinterest) on perceivers' romantic disillusionment (measured roughly 2.5 years later); one exploring whether disillusionment predicts individuals' depressive symptoms or vice-versa, both from an actor and partner perspective; and one seeking to translate the Relationship Disillusionment Scale from its original English into a Polish-language version and establish the latter's sound psychometric properties. Introductory remarks by organizer Sylvia Niehuis and closing remarks by discussant Stanley Gaines will put the symposium's new empirical contributions in broader context.

July 20, 2019

2:00 pm To 3:30 pm

Individual Talks 5

Presentation : A Serial Mediation Model of Maintenance Behaviors on Marital Satisfaction: The Roles of Relational Equity and Appreciation

Presenter : nazl? akçabozan kayabol

Gallery Room 1 Bramber
House

Using equity theory perspective, we examined the influence of self-reported use of maintenance behaviors on marital satisfaction through the mediator roles of relational equity and felt appreciation in a sample of married individuals. For this purpose, a structural model was tested through the use of Structural Equation Modeling (N = 602). Results indicated that individuals who engaged in more openness and positivity but less sharing tasks, reported to perceive more appreciation, higher perceptions of equity, and higher marital satisfaction. Practitioners could benefit from the findings to raise individuals' awareness about how to keep their marriages in a satisfied state.

Presentation : Solidarity in Romantic Relationships

Presenter : Ayhan Adams

Concepts of solidarity have been ignored in research on dyadic romantic relationships. Our purpose is the development of a theoretical framework to understand solidarity as an overarching element of cooperation in couple relationships. We then propose a measurement of solidarity for quantitative analysis. With data of the German Family Panel, we offer an empirical test by employing dyadic autoregressive-cross-lagged analyses and establish the cause-and-effect relationship between solidarity and relationship satisfaction/perceived fairness of work division. The results of this analysis lend support to our assumption that couples cooperate on a basic rule of solidarity, having a unidirectional influence on relationship quality.

Presentation : Relationship Characteristics and Features of Interpersonal Episodes that Contribute to Relational Turbulence for Couples with Infertility: An Application of Relational Turbulence Theory

Presenter : Deborah Yoon

Couples struggling with infertility face a variety of personal and relational stressors. This study applied relational turbulence theory to identify relationship conditions that contribute to polarized communication behaviors between partners in this context, and how intense interpersonal episodes give rise to relational turbulence. Individuals who were struggling to conceive (N = 250) completed an online survey about the ways that infertility shaped their relationship. Results of a structural equation model indicate that relationship conditions during infertility contribute to polarized reactions to interpersonal events and avoidance of communication about conception and the relationship, which ultimately contribute to perceptions of relational turbulence.

Presentation : On the Practical Significance of Circumplexity: Interpersonal Traits as Predictors of Accommodation

Presenter : Stanley Gaines

In the present study (n = 103), when we measured nurturance and dominance as reflected in scores on eight lower-order traits (via the Interpersonal Adjective Scales-Revised [Wiggins, Trapnell, & Phillips, 1988]), we found the beta weight from nurturance to accommodation exceeded +.45 (although the beta weight from dominance to accommodation was nearly zero). Compared to previous research that essentially measured the positive ends of the nurturance and dominance axes (e.g., via the Bem Sex Role Inventory [Bem, 1974]; as utilized by Rusbult et al., 1991), we were able to boost practical significance for nurturance (but not dominance) in predicting accommodation.

July 20, 2019

4:00 pm To 5:00 pm

[Terrace Room Bramber House](#)

[Keynote Address: Daniel Perlman](#)

Presentation : Loneliness: From Ignored Research Topic to Government Ministry

Presenter : Daniel Perlman

July 20, 2019

5:00 pm To 5:45 pm

[Terrace Room Bramber House](#)

[Data Blitz 2](#)

Presentation : Family Sociodrama in Suicide Prevention: Considerations on a Protatonization Program and Reciprocity Promotion between the patient at risk of suicide and a caregiver member of the family

Presenter : Susana Kramer de M. Oliveira

Interpersonal Relations Laboratory has developed a program for families in suicide crisis, implementing changes in the relational dynamics, through meetings between the subject in suicide ideation/attempt and one of his relatives. The program seeks promote differentiated recognition of the subjects involved, and achieving greater reciprocity in this relationship, and was evaluated based on data recorded in video, and by analysis of the critical scenes. This is a qualitative research in progress in partnership with the University Fernando Pessoa. The program, as implemented, has developed a good differentiated recognition in the participants, with an incipient increase of reciprocity in this relation.

Presentation : Sex as a predictor of closeness: A longitudinal study with Iranian couples

Presenter : Maximiliane Uhlich

Regular sexual intercourse has many benefits, like higher sexual and relationship satisfaction. Emotional intimacy promotes both, indicating the importance of sex and intimacy for relationships. However, little is known about these associations in non-Western samples. We hypothesized that more sex predicts increases of intimacy across weeks, testing this with a sample of 180 Iranian couples providing weekly reports on their relationship for 6 weeks. Results suggest in weeks with higher frequency of sexual intercourse, couples reported higher intimacy. Additionally, earlier sex predicted intimacy in later weeks. The findings solidify Western results suggesting the tight interconnection between sexuality and relationship functioning.

Presentation : The Role of Adult Attachment in the Employee Voice Process

Presenter : Ela Unler

Employee "voice" may be influenced by Adult Attachment. An avoidant style may ignore problems, keep silent or low profile, with secure styles might be interested in the problem and try to find the ways to solve it, and attachment may also influence the type of voice behaviour (acquiescent, defensive and prosocial voice). Trust plays a role as higher levels of dyadic trust indicate certainty that others may behave in a pro-relationship manner in the future and they will be more inclined to engage in positive voice

behaviours. The model is being tested in UK, Ireland, Sweden and Turkey work organisations.

Presentation : The Effect of Coordinated Movement on Perceptions of Social Competence

Presenter : Judith Gentle

Research suggests that the properties of coordinated movement are important for evaluating the social competencies of others. This study investigated the perceptions of social competence that typically developing adults have of adults with and without Developmental Coordination Disorder (DCD/ Dyspraxia). Initial analysis shows that models with DCD were rated significantly lower on The Rating Scale of Social Competence compared to controls ($t(39) = -7.99, p$

Presentation : Chronic and Acute Stress Index (CASI): Validation of a new measure to investigate stress in romantic relationships

Presenter : Prof. Claudia Chiarolanza PhD

Romantic partners can experience stress that originates outside (external) or inside (internal) their relationship. Stress can both spillover (external to internal) and crossover to one's romantic partner. Despite these well-known associations, to date, a self-report measure designed to test the influence of daily stressor on couple satisfaction is missing from the literature. To address this gap in the literature, we test the psychometric properties and validity of the Chronic and Acute Stress Index (CASI), a 16-items measure designed to evaluate acute and chronic stressors that may impact individuals in a romantic relationship.

July 20, 2019

7:00 pm To 7:30 pm

Promenade Lounge - Jurys
[Inn](#)

[Drinks Reception](#)

July 20, 2019

7:30 pm To 11:59 pm

Noblesse Room - Jurys Inn

[Conference Dinner and Social](#)



July 21, 2019

9:00 am To 9:25 am

Delegate Space Bramber House

Tea, Coffee, and Pastries

July 21, 2019

9:00 am To 1:00 pm

Conference Centre, 3rd Floor Bramber House

Registration

July 21, 2019

9:25 am To 10:55 am

Gallery Room 1 Bramber House

Individual Talks 7

Presentation : Mindful love: The role of relationship mindfulness on relationship quality and willingness to sacrifice

Presenter : Siyu Chen

Maintaining relationships over time can be difficult work, but certain factors, such as mindfulness and willingness to sacrifice, make it easier. We investigated the links between general and relationship-specific mindfulness, positive and negative relationship quality perceptions, and willingness to sacrifice. Individuals who were more mindful within their romantic relationships (but not more mindful in general) reported greater positive relationship perceptions and lower negative relationship perceptions, which in turn were linked to greater willingness to make sacrifices for the sake of their relationship. These findings illuminate a potentially important distinction between general mindfulness and relationship-specific mindfulness in predicting relationship maintenance.

Presentation : What's Happening While You Sleep? Relationship Quality and Nocturnal Blood Pressure Dipping

Presenter : Wendy Birmingham

Spousal and own ambivalent marital behavior is associated with increased 24-hour blood pressure. Systolic (SBP) and diastolic (DBP) blood pressure display circadian rhythms in which blood pressure decreases during sleep relative to waking hours (i.e., nocturnal blood pressure dipping; ND). "Non-dipping" (i.e.,

July 21, 2019

9:30 am To 11:00 am

Terrace Room Bramber House

Symposium 7

Presentation : The Association between Couple-level Minority Stress and Mental Health among Same-sex Couples

Presenter : David Frost

Minority stress refers to social stressors that uniquely affect disadvantaged populations. Same-sex couples are exposed to unique forms of minority stress, which are thought to represent a risk to sexual minority individuals' health, above and beyond the risk associated with the stigma they experience as individuals. This presentation reports two dyadic studies demonstrating support for this theory of "Couple-Level Minority Stress." Implications will be discussed regarding the need to address the role of couple-level minority stress in counseling and clinical interventions for people in same-sex relationships.

Presentation : Self-Reported Discrimination Is Associated with Decreased Likelihood of Romantic Relationship Involvement among Sexual Minority Men

Presenter : David Doyle

The aim of the current research was to test whether self-reported discrimination is associated with decreased likelihood of romantic relationship involvement among sexual minority men. We conducted four studies to test this association. Across studies, evidence indicated that greater self-reported discrimination was indeed predictive of decreased likelihood of romantic relationship involvement. This association was robust to the inclusion of internalized homophobia (another important minority stressor), appeared in a longitudinal design, and replicated in various samples of sexual minority men in the United States and across the European Union. The implications of discrimination for sexual minority relationship formation will be discussed.

Presentation : The Perspectives of Children and Young People with a Transgender Parent

Presenter : Sophie Zadeh

This paper presents findings from a study of transgender parent families. Semi-structured interviews were conducted with thirty children and young adults aged between 5-18 years (mean = 11.96, SD = 3.36), all of whom had a transgender parent, and the majority of whom (n=28, 93%) had experienced their parent's transition. Data were analysed using theoretically-driven thematic analysis. Three main themes, highlighting different relational dynamics, were identified: dyadic (between parent and child); triadic (between parents and child); and holistic (between parent, child, and the wider social world). Findings will be discussed in relation to theories of family communication (Galvin, 2006), and family 'display' (Finch, 2007).

Presentation : Children with Trans Parents: Parent-Child Relationship Quality and Child Psychological Adjustment

Presenter : Susan Imrie

Of the adult trans population, it is estimated that between 25-49% of individuals are parents, yet little is known about parent-child relationships in families with trans parents. Using a multi-method, multi-informant approach, this paper presents findings from 35 trans parents and 25 children (8-18 years). The paper examines parent-child relationship quality and child psychological adjustment in trans parent families and explores factors associated with parent-child relationship quality. Findings indicate good parent-child relationship quality and good child adjustment, with relationship quality predicted by parenting stress, quality of parenting and parental gender-related rejection, but not the timing of the parent's transition.

Presentation : Emerging Perspectives on Sexual and Gender Minority Families and Relationships

Presenter : David Frost

The last decade has witnessed a tremendous amount change in the social climate surrounding the families and relationships of sexual and gender minority individuals. The contributions in this symposium will highlight emerging theoretical and methodological advancements in the study of sexual and gender minority couples and families using a diverse array of quantitative, qualitative, and mixed method designs in research from the UK, US, and broader European context. The resulting new empirical findings will demonstrate the complicated ways in which the changing social climate has shaped the relational experiences of sexual and gender minority individuals.

July 21, 2019

10:55 am To 11:15 am

Delegate Space Bramber House

Tea and Coffee Break

July 21, 2019

11:15 am To 12:45 pm

Gallery Room 1 Bramber House

Symposium 8

Presentation : Not no is not yes: Ambiguity, temporality, and agency as concepts influencing and confounding consent in college student hookup relationships

Presenter : Sarah Young

Affirmative consent, a conceptual reframing of what constitutes permissible and morally acceptable



sexual activity, is increasingly popular on college campuses across the United States. This focus group study (n=33) asks how college students understand and navigate consent in their sexual encounters, and how their practices square with their university's affirmative consent policy. Using inductive approaches to data analysis, we identified three interrelated themes: 1) ambiguity, 2) temporality, and 3) agency. Consistent with symbolic interactionist theories of human behavior (Goffman, 1959), this study will contribute to theory on sexual decision making and sexual relationships among emerging adults.

Presentation : We're Not All Looking for the Same Thing: Gender, Sexual Orientation, and Motivations to Hookup

Presenter : Sean Massey

This talk explores college students' motivation to engage in sexual hookups. Results suggest "horniness", "partner attractiveness", and "alcohol" are primary motives. However, motivations vary by gender and sexual orientation. Exclusively heterosexual women are more motivated by "alcohol" and "relationship potential", whereas exclusively heterosexual males are more motivated by "horniness". In addition, exclusively heterosexual males are more motivated by "alcohol" and "partner attractiveness" than are males who are not exclusively heterosexual. However, males who are not exclusively heterosexual are more motivated by horniness than males who are exclusively heterosexual. Hookup motivations also predicted pleasure, satisfaction, and regret about most recent hookup.

Presentation : Navigating Casual Interactions, Dating, and Hookups: Consent, Communication and Misperceptions

Presenter : Maggie Parker

The "dating world" is full of comedy, complexities, and challenges. This symposium focuses on miscommunication and misperceived signals in casual interactions, dating, and hookups among college students in the United States. Together, our four studies examine gender differences in motivations for hooking up, misperceived flirting cues with a specific lens on person-level and interaction factors, as well as beliefs and behavior regarding consent via cluster analytic and focus group approaches. Our hope is that these studies help policy makers and educators recognize and understand the profound disconnect between policy and educational messages and what really happens during casual sex.

Presentation : Just Say Yes? A Cluster Analytic Approach to Indicators of Sexual Consent

Presenter : Maggie Parker

Miscommunication in sexual scenarios can lead to a variety of negative outcomes (e.g., regret, dissatisfaction, misconduct). As such, it is important to study potential differences in individual's beliefs and behaviors about sexual consent. The current study examined 512 undergraduates in the United States, asking them to provide data on their most recent casual sexual interaction and how they obtained consent. Initial analyses revealed discrepancies amongst genders on what constituted behavioral indications of consent. A cluster analytic approach will be employed to determine if profiles of individuals beliefs and behaviors regarding consent exist.

Presentation : "I'm Just Being Nice": The Misperception of Friendliness as Flirtation

Presenter : Emily Bibby

The current study examines the misperception of friendliness from the opposite sex as sexual interest. Thirty dyads of undergraduates were recorded interacting in a blind date simulation. These recorded interactions were then used as stimuli for another heterogenous participant sample (n = 300), who

viewed and rated certain characteristics of the students (flirtation, seductiveness, etc.), completed a facial recognition task and various measures of constructs related to sexual misperceptions and misconduct. We expect to find that certain attitudes (e.g., hypermasculine belief systems, social desirability) and person-level factors (e.g., psychopathy, narcissism) have a main effect on misperceptions of sexual interest.

July 21, 2019

11:15 am To 12:45 pm

Gallery Room 1 Bramber
House

Individual Talks 8

Presentation : Promoting Emotional Intimacy: Reactions to an Online Psychoeducational Intervention Using Art and Story

Presenter : Dave Smullen

This study examines participants' reactions to an evidence-informed online psychoeducational intervention, the Art and Science of Human Connection, which uses graphic art and story to translate skills and information relevant to developing emotional intimacy. Results from a randomized control experiment indicate that participants who viewed the intervention reported significantly greater interest, perceived effectiveness, willingness to share the intervention with others, and interest in learning from similar media in the future, immediately after the experiment and at a two-week follow-up. Qualitative data indicates that a majority of intervention users found the art and story approach engaging, understandable, and emotionally resonant.

Presentation : The effect of exposure on attitudes towards bullying and autism in schools

Presenter : Anna Cook

This presentation describes a study exploring the attitudes of neurotypical children towards bullying and autism according to educational and personal exposure. Survey data were collected at the beginning and end of the school year from children (aged 11-12) in schools with high or low educational exposure to autism. Children with high educational exposure showed a greater increase in prosocial emotions towards bullying and children who increased their personal exposure showed a greater increase in positive attitudes towards their autistic peers. Results have implications for inclusion and interventions designed to increase understanding and acceptance of stigmatised groups, and autism in particular.

Presentation : Darling, I Don't Trust You: Psychological Dating Violence Perpetration from the Perspective of Anxious Attachment

Presenter : Ezgi Toplu Demirta?

We investigated the role of dyadic trust, perceived risk of partner infidelity, and jealousy as mediators linking anxious attachment and traditional and cyber psychological dating violence perpetration. Two hundred ninety currently dating people participated to the study. We hypothesized a serial multiple mediation model and tested it via Structural Equation Modeling. The results revealed a perfect fit indicating that anxiously attached partners upon experiencing dyadic distrust are more likely to anticipate partner infidelity and to become jealous, and thus, commit more psychologically abusive behaviors. We interpreted our findings in the light of the literature and made suggestions for further studies.

July 21, 2019

12:50 pm To 1:00 pm

Terrace Room Bramber
House

Closing Address