“Momentum”
Sessions and Abstracts for the 9th Annual Student Research Symposium
Wednesday, March 13, 2019

NOTE: Please be aware that sessions are held concurrently throughout the day in four different venues. Sessions 1, 2, 3, and 4 are held from 11:30 am to 12:45 pm. Session 5 is held from 1:30 pm to 2:30 pm. Sessions 6 is held from 2:30 to 3:30. Sessions 7, 8, and 9 are held from 3:45 pm to 4:45 pm.

11:30 - 12:45 • Session #1 ......................................................... Grant Center Main Stage
Session Moderator: Prof. Jennifer Costillo

Title: “Racism in the United States: Narrative, Culture, and Outcomes”
Presenter(s): Hannah Goddard, Senior Psychology Major
Matea Langston, Senior Psychology Major
Florence Anderberg, Senior Psychology Major
Alyssa Gordon, Senior Psychology Major
Alexis Thompson, Junior Psychology Major

Faculty Mentor: Dr. Jennifer Costillo, Assist. Professor of Psychology

Abstract: For this presentation, five students (Hannah Goddard, Matea Langston, Alexis Thompson, Alyssa Gordon, and Florence Anderberg) will present a literature review on the topic of racism in the United States. This literature review will cover research done on a variety of interrelated topics, including white perspectives on racism, institutions and racism (including the Church), racial identity narratives and development, addressing and transforming cultural bias, and biopsychosocial effects of racism. This research will be presented for the purpose of increasing awareness in the Simpson community, providing education for productive dialogue on these topics, and will also serve as a foundation for further research in the Research Experience class taught by Dr. Costillo. This literature review will be presented using a power point presentation, and each student will speak about one of the topics previously listed.

Title: “Sex, Guilt, and the Church”
Presenter(s): Matea Langston, Senior Psychology Major

Faculty Mentor: Dr. Jennifer Costillo, Assist. Professor of Psychology

Abstract: The topic of sex is one of controversy and continues to gain momentum as a subject of study in a culture that is saturated in sex. This study seeks to understand Protestant Christian's beliefs and relationship to sexual guilt, as well as the potential psychological and social implications of these beliefs within the church and the culture at large. Literature on cognitive dissonance, free association, and the Bible Belt, has pointed to the large divide among Christians and Non-Christians in beliefs and feelings about sex; evidence from this study confirms this belief. The results of the study indicate that Christians have a higher level of sexual guilt than Non-Christians. Based on evidence within the literature and present study, the researcher concludes that it is imperative for the church to discuss its stand on the issue of culture and sex and how the church must approach the epidemic of young people walking away from Christianity because of it.
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11:30 - 12:45 • Session #2 Discussion Panel ......................... LaBaume-Rudat #204
Session Moderator: Prof. Misty Smith

Title: “Debriefing Nurses After Family-Witnessed Resuscitation”
Presenter(s): Tina Hart, Senior Nursing Major
Brittney Britt, Senior Nursing Major
Laura Finn, Senior Nursing Major
Faculty Mentor: Prof. Misty Smith, Assist. Professor of Nursing
Abstract: When a family witnesses the resuscitation of a loved one, there is evidence to support that the family benefits from being present during the event. However, for the nurse involved in that resuscitation, there are different perspectives regarding the benefits and risks. Debriefing can be used to assist in the personal and professional practice of the nurses that are involved in these events in the Intensive Care Unit or Emergency Department. This research proposal has been developed to gain further insight as how family presence impacts the nurse providing resuscitation efforts. The target population will be nurses that are in their first to tenth year of intensive care nursing experience, and have been an active participant in a cardiac resuscitation. A phenomenological design is being proposed to gather qualitative data of 15 nurses. Questionnaire responses will be reviewed until data saturation is reached for understanding. Results of the study may corroborate the benefits of debriefing to meet personal needs of validation and reassurance, and professional improvement in practice.

Title: “The Circadian Rhythm Within the Intensive Care Unit”
Presenter(s): Yelena Kolosovski, Senior Nursing Major
Faculty Mentor: Prof. Misty Smith, Assist. Professor of Nursing
Abstract: AIM The purpose of this study is to determine if reduced lighting and noise in the intensive care unit (ICU) can help preserve normal circadian rhythm for patients and reduce the incidence of ICU related delirium.

Title: “Is Home Birth Safe?”
Presenter(s): Genevieve Nice, Senior Nursing Major
Daniella Zapata, Senior Nursing Major
Aleia Villanueva, Senior Nursing Major
Faculty Mentor: Prof. Misty Smith, Assist. Professor of Nursing
Abstract: The purpose of this study is to evaluate the outcomes of planned home births for low-risk mothers screened by Certified Nurse-Midwives.
Title: “The Cycle of Political Polarization in America”

Presenter(s): Shane Geer, Senior Political Science Major

Faculty Mentor: Dr. Cherry McCabe, Assoc. Professor of Political Science

Abstract: The subject addressed is one plastered across the political stage today. Political polarization is something that has been declared as counter to democracy and a detriment to our nation. This is far from the truth. Political polarization is something that is cyclical in nature and has occurred since the beginning of the nation; this can be seen especially in the respective time periods - Age of Jackson, McCarthyism, and Contemporary America.

Title: “Dropping the Atomic Bomb: Containing Soviet Union's Communist Expansion”

Presenter(s): Shane Kotz, Senior History Major

Faculty Mentor: Dr. John Ayabe, Assoc. Professor of History

Abstract: This paper will examine the diplomatic relationships between the United States, Japan, and the Soviet Union during those critical months of the spring and summer of 1945. After the bombs were dropped Truman was questioned on the reason why the United States decided to drop the bomb, and was accused of making the decision for a non-military reasons. Truman denied those accusations claiming that it was primarily a military decision. As the conventional argument goes, the Japanese government was unwilling to surrender because it followed their national policy of self-defense and self-existence. Also, the Japanese were hoping to have the Soviets come to their aid during the war. Therefore, the bombs were used to end the war quickly with fewer casualties for Americans. While there were multiple reasons why the bomb was dropped, this paper will focus on all three countries during the spring and summer of 1945 and how their diplomatic relationships facilitated the decision to drop the bomb.

Title: “The Influence of Popular Nationalism on the Course of German Unification”

Presenter(s): Drake MacLaren, Senior History Major

Faculty Mentor: Dr. John Ayabe, Assoc. Professor of History

Abstract: Historians who characterize Germany's unification as a purely governmental push do a massive discredit to the German people and miss out on a lot of the important aspects that made German unification possible in the first place. When William I was crowned German Emperor in the Hall of Mirrors of Versailles, he was crowned not only on the shoulders of the great victories won in the Unification Wars and the brilliant politicking of Bismarck, but also the rallies of the German people in 1848 and the visionary works of intellectuals like Arndt. Without them and their view of the greater picture, Germany may have remained a fragmented land.
Title: “Ecotourism as Missions”
Presenter(s): Jordan Allen, Cross-Cultural Studies Major
Faculty Mentor: Dr. Stephen Bailey, Professor of Intercultural Studies
Abstract: Although creation and humanity’s responsibility toward it are often overlooked in Christian discussion, nature has a significant part to play in the biblical narrative and is integral to human flourishing. In fact, creation is a part of God’s mission to redeem the world. The current ecological cost of modern lifestyles has disconnected people from creation and the Creator, as well as negatively impacted the world’s poor. One aspect of modern life is tourism, which has a high environmental impact and cultural influence on communities around the world. In response, ecotourism ventures have multiplied, bringing a renewed focus on environmental care, cultural respect, and community development. Ecotourism also offers to guests an experience of liminality, in which day to day structures are removed creating for personal and community transformation. Within this space, participants can ask questions of philosophy, worldview, religion, and identity in ways which strongly impact their spirituality. In other words, having an experience in creation can lead to an encounter with the Creator and result in individuals developing a relationship with Christ. In this paper I will argue that because creation is within the scope of the mission of God, a place of spiritual liminality, and a common space for interreligious dialogue, ecotourism carries the potential to be a form of cross-cultural mission.

Title: “A Global Perspective of the Clothing Industry”
Presenter(s): Chloe Lynch, Senior Political Science Major
Faculty Mentor: Dr. Cherry McCabe, Assoc. Professor of Political Science
Abstract: This paper is an overview of the global clothing industry and human rights across the world. It addresses the emergence of the clothing industry and how countries responded to the sudden growth of importation and exportation of clothing materials and products. It specifically explains the production of clothing, factory conditions, and the labor of women and children in the industry in order to explore how the growth of the clothing industry has impacted human lives. It looks at the difference between Western and Asian countries and their understanding of human rights, and how countries have come together to create agreements to protect human lives in many different countries. Lastly, it looks at different response options that consumers can pursue to make an impact the human rights in the clothing industry in their everyday lives.

Title: “The Hidden Motive of the Kirchner Administration”
Presenter(s): Mariah Moss, Junior Political Science Major
Faculty Mentor: Dr. Cherry McCabe, Assoc. Professor of Political Science
Abstract: In 2007, Kristina Fernandez de Kirchner became the first female to be elected as president in Argentina. At face value, it may seem like Argentina embraced females in positions of great political power. However, Kirchner was elected as president not because of her gender, but because of her ties to the president before her - who was her husband- and their plan to solidify Kirchnerism in the history books. The two came up with a strategy to have a Kircher in office for sixteen years, although it did not quite play out in that way. While NZstor Kirchner carried out a rather successful presidency, Kristina Fernandez de Kirchner was not as successful especially after his death. Taking into account Argentinean culture, history, and values, this paper dives into the true political motivation behind Kristina Fernandez de Kirchner being elected as the first president of Argentina.
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[Updated 3-6-2019]

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2:30 - 3:30 • Session #6 Poster Session ................................................. Grant Center

Poster Title: “Can texting heal? The Efficacy of Internet and Text-Based Therapy in the Treatment of Anxiety and Depression”

Presenter(s): Katelyn Bailey, Graduate Student MACP

Faculty Mentor: Dr. Reginald Watson, Assist. Professor and Clinical Training Director

Abstract: The use of technology in treating clients, such as EMDR, biofeedback, brain imaging, CBT and meditation apps, etc., has increased rapidly and has added positively to the clients' experience in therapy and has contributed greatly to their healing. Today there is every option imaginable from email, to video-conferencing, to text message based therapy. These delivery options have increased the therapist's reach by providing greater access to mental health services for those in remote or underserved areas, reduced the cost of mental health services overall, and provided help for clients who do not consider their level of impairment "bad enough" to seek help. Studies are now showing that online or phone based therapy services are more appealing to young adults and teenagers due to their anonymity, convenience, lower cost, and immediate access to help. In addition, preliminary research is indicating that internet based therapy is just as effective as in-person therapy when treating anxiety and depression. But just how effective is it and are the effects of this kind of therapy lasting? I would like to review the literature on the efficacy of internet based treatment (primarily skype and text based platforms) for anxiety and depression as compared to traditional in-person treatment. The momentum of technology has moved most of our lives online, and it is here that people are now seeking solutions to their problems and help for their suffering, but can real healing happen here?

Poster Title: “The Effects of Small-Group Participation on Men's Perceived Social Support, Attachment to Others, and Attachment to God-figures”

Presenter(s): Taylor Baldwin, Senior Psychology Major (ASPIRE)

Faculty Mentor: Dr. Jennifer Costillo, Assist. Professor of Psychology

Abstract: Semi-structured encounter-groups are often used to address male relational isolation from others and God, attachment insecurity, and compulsive or unwanted behaviors. However, there is a lack of systematic information confirming the veracity of this approach. The aim of this study is to explore the effects of participation in a group of this kind regarding behavioral and relational change. Data will be collected from attendees of a men's support group of this exact nature. Researchers will administer a questionnaire covering demographics, group membership, and unwanted behaviors in conjunction with the Revised Adult Attachment Scale - Close Relationships Version (RAAS), the Attachment to God Inventory (AGI), and the Multidimensional Scale of Perceived Social Support (MSPSS). Using Pearson's Chi-Squared Test of Independence and Cramér's V, data will be analyzed for associations between length of time as a member and other variables. If length of group membership is significantly associated with greater levels of perceived social support, attachment to others, and attachment to God, as well as a decrease in unwanted behaviors, additional research will be recommended in order to further evaluate the group's psychological impact on attendees. De-identified results will be shared with the group's leadership in order to inform their facilitation strategies.
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Poster Title: “Utilizing Somatic Experiencing for the Treatment of Trauma”
Presenter(s): Amy Chambers, Graduate Student MACP
Faculty Mentor: Dr. Reginald Watson, Assist. Professor and Clinical Training Director
Abstract: The theme of this year's research symposium is momentum. Momentum is the process of moving forward, growth, or change. Somatic experiencing as a therapeutic method is based on the concept that individuals may be assisted in releasing traumatic memories that are stagnant and stuck within the physical body by helping them identify and move with these physical holdings to promote change. Somatic Experiencing was developed by Dr. Peter Levine. It is a therapeutic modality that combines multiple fields of study including psychology, neuroscience, stress physiology and indigenous healing practices. It is a gentle therapeutic method used to guide clients in releasing traumatic shock by completing physical responses that were stopped or suppressed during the time of the event. Somatic Experiencing also aims to help develop resilience and increase tolerance for difficult bodily sensations.

If accepted for the research symposium, this project will explore the efficacy of utilizing Somatic Experiencing to move held physical responses resulting from traumatic life experiences to promote growth and change. Specifically, a poster will be created identifying the research findings that have been conducted to date in this field of psychology with respect to the potential for momentum that Somatic Experiencing presents. This is a timely topic for today as current understanding of how individuals experience and hold traumatic life experiences is rapidly evolving and growing.

Poster Title: “Barriers to Mental Health Services in the Latino Population”
Presenter(s): Molly Finn, Graduate Student MACP
Faculty Mentor: Dr. Reginald Watson, Assist. Professor and Clinical Training Director
Abstract: Latinos represent one of the fastest growing ethnic groups in the United States (Kapke et. al., 2016). As minorities, they face many stressors that put them at risk for developing mental health issues. These stressors include discrimination, acculturation, language barriers, lack of access to resources, and poverty among others (Berdahl & Stone, 2009; Merianos et. al., 2017). However, Latinos underutilize mental health services (Merianos et. al., 2017; Fripp & Carlson, 2017). My symposium presentation will attempt to explore the barriers to mental health services for the Latino population and examine some of the proposed solutions. As the United States changes and progresses, it is important for mental health services to progress as well to meet the diverse needs represented within the United States. Momentum in the mental health field must include all populations in order for it to be representational of the United States. For the symposium, I will present a paper with PowerPoint.

Poster Title: “Childhood Trauma and the Impact on Social and Emotional Development”
Presenter(s): Jessica Gleason, Graduate Student MACP
Faculty Mentor: Dr. Reginald Watson, Assist. Professor and Clinical Training Director
Abstract: Childhood trauma is a sadly common experience for children across the world. According to current research, approximately half of all children are exposed to at least one traumatic event in their lifetime (Perez et. al., 2018). Traumatic events or Adverse Childhood Experiences (ACEs) include general abuse or neglect, physical abuse, sexual abuse, domestic violence, and parental substance abuse (Bellis et. al., 2017; Perez et. al., 2018). The research around the effects of trauma has shown that ACEs have the ability to impact a child well into
adulthood (Bellis et. al., 2017; Fuller-Thomson et. al., 2016; Perez et. al., 2018). Children exposed to ACEs are at risk for lower mental well-being (LMWB), long-term mental health issues, suicidality, and adopting heath-harming behaviors (HHB's) such as high calorie-low nutrition diets, drug and alcohol consumption, and smoking as adolescents or adults (Bellis et. al., 2017; Fuller-Thomson et. al., 2016). Furthermore, studies show that ACEs have the ability to change a child's brain chemistry, altering development and impulse control, as well as impacting coping skills, stress management, and social and emotional development (Bellis et.al., 2017).

This topic falls in line with the theme of momentum because trauma can build negative momentum in child's life that can lead them to develop detrimental habits, coping skills, and interpersonal relationship patterns. Addressing the effects of trauma and combating it with positive therapeutic support can stop that negative momentum and begin a new, positive momentum towards resilience, confidence, and healthy relationships.

**Poster Title:** “Autism Spectrum Disorder: Children Treatment Interventions”

**Presenter(s):** Kelli Lull, Graduate Student MACP

**Faculty Mentor:** Dr. Reginald Watson, Assist. Professor and Clinical Training Director

**Abstract:** With the rise of Autism Spectrum Disorder in today's youth, effective interventions for treatment are highly sought after. Advocates including parents, educators, researchers, and mental health professionals are often the driving force in discovering ways to improve functioning and decrease symptoms in the Autism Spectrum Disorder diagnosis. While the disorder presents differently in each case, the momentum for treatment behind each case continues to build. This purpose of this research is to inform and educate on interventions specific to Autism Spectrum Disorder and help advocates build a broader platform for child treatment.

**Poster Title:** “Repressed and Recovered Memories - Fact or Fiction”

**Presenter(s):** Colleen Newbury, Graduate Student MACP

**Faculty Mentor:** Dr. Reginald Watson, Assist. Professor and Clinical Training Director

**Abstract:** The legitimacy of repressed and recovered memories has been a long-standing debate in the field of psychology. Freud (1915) was the first to suggest that those who suffer traumatic events may repress those memories; however, he later determined that memories recovered through therapy were largely false. Since that time, researchers have endeavored to unlock the secrets of memory. Today, practicing therapists and researchers debate as to whether the memory of a traumatic event can be "forgotten," and if so, whether a survivor could accurately recover the memory later. I propose a poster presentation exploring the legitimacy of repressed and recovered memories. The study of repressed and recovered memories is particularly significant to marriage and family therapists, of various schools of thought, endeavoring to aid trauma survivors in processing stuck memories and moving beyond the pain of their trauma narrative. For example, two successful interventions employed by cognitive behavior therapists are eye movement desensitization and reprocessing (EMDR) and brain spotting - both interventions requiring an understanding of how memory is formed and stored. Psychoanalytic theory emphasizes internal conflict related to childhood events and repression of distressing memories that conflict with internal drives and the parent/child relationship. The psychoanalyst must know how to uncover these memories to reorganize and integrate past experiences allowing
for treatment progress. Ultimately, clients who suffer from PTSD and dissociative disorders re-experience their trauma through stuck memories; therefore, exploring how memory functions and seeking to understand how traumatic memories are filed and later recovered will improve treatment outcomes.
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3:45 - 4:45 • Session #7 Discussion Panel............................ Grant Center Main Stage
Session Moderator: Prof. Berkeley Shorthill, Assoc. Professor of Chemistry

Title: “Momentum in a Can, What’s the Real Cost?”
Presenter(s): Jackie Morway, Senior Nursing Major
Faculty Mentor: Dr. Rebecca Swartzman, Assist. Professor of Nursing
Abstract: This presentation will be an informative session about the ingredients in energy drinks and how these ingredients effect young and adolescent health. The presentation will discuss how these popular drinks are on the rise, but not all are regulated and could have serious medical effects on consumers, especially children. An overview will be given of the research available and what the results of this research are. Also any recommendations that could help to improve consumer safety.

Title: “PTSD: A Disorder of Memory, and Its Cognitive 'Vaccine'”
Presenter(s): Lydia McGaffee, Senior Psychology Major
Faculty Mentor: Dr. Jennifer Costillo, Assist. Professor of Psychology
Abstract: Post-traumatic stress disorder (PTSD), is a debilitating mental illness which is rampant throughout populations across the earth. As it continues to be studied, evidence is being discovered that points to the reality that PTSD is actually a derivative of a dysfunctional memory. As such, by targeting the memory processes, this disorder could be diminished - and hopefully even prevented. New research has shown the potential for a cognitive 'vaccine' that could provide prevention of onset. By engaging in intense cognitive tasks immediately following a traumatic event, there is likelihood that this could significantly decreases the chances of developing PTSD at all.
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3:45 - 4:45 • Session #8 Discussion Panel.......................... LaBaume-Rudat #204
Session Moderator: Prof. Misty Smith, Assist. Professor of Nursing

Title: “Evidence Based Practice By 2020”
Presenter(s): Amy Plount, Junior Nursing Major
Faculty Mentor: Prof. Misty Smith, Assist. Professor of Nursing
Abstract: This paper will define the term evidence-based practice and how it applies to nursing. It will also address the question of whether the goal of evidence-based practice by 2020 is achievable. It will discuss the momentum that has been started to achieve this goal and whether the momentum will be great enough to reach the goal by 2020.

Title: “The Advancement of Food Allergies”
Presenter(s): Madison Stouder. Sophomore Undeclared-Nursing
Faculty Mentor: Prof. Megan Grover, Assist. Professor of Anatomy & Physiology
Abstract: Since the famous Hygiene Hypothesis of 1989, food allergies have become one of the most common struggles for the 21st century family. The momentum of the food allergy epidemic has one common target: children. Adolescence make up the majority of individuals who primarily experience the weight of wrestling with one or more food allergies. Being a cureless phenomena similar to an autoimmune disease, food allergies can only be temporarily treated for now. In this presentation, the history of food allergies will be recited, an attainable understanding of how allergies work will be taught and advice from allergists of the Redding area will be quoted with the hopes of better equipping our local community to face the challenges of food allergies.
3:45 - 4:45 • Session #9 Discussion Panel.................................. LaBaume-Rudat #201
Session Moderator: Prof. Timothy Orr

Title: “Of the End Times: Comparing Shi'i, Sunni and Christian Eschatology”
Presenter(s): Paul Bigelow, Junior History Major
Faculty Mentor: Dr. Timothy Orr, Assist. Professor of History
Abstract: Throughout my research into the Islamic World, I figured out that the two main sects of Islam have differing ideas of the end times. The main difference comes down to an "awaited, hidden messiah" on the Shi'i side. Supposedly, Shi'i Muslims believe an Imam, from the direct line of Muhammad, went into hiding twelve hundred years ago. When he decides to come back, he will rule the Islamic people, eventually wipe out all non-believers and establish a pure Islamic caliphate that will last forever. Sunni Muslims see this ideology as blasphemous, as Sunni eschatology is somewhat similar to Christian eschatology. After reading all about this, I made it my mission to compare and contrast the end time beliefs of Shi'i Islam, Sunni Islam and Christianity. I did some research, starting with writings from the Hadith, Qur'an and Bible. This research really opened my eyes a little more to the Muslim world. The two different sects of Islam are very different, but their opposing eschatological beliefs can be seen in Middle Eastern politics today.

Title: “The Red Psychopath: A Comparison of Satanic Beings in Abrahamic Faiths”
Presenter(s): Mallory Knight, Sophomore Social Science Major
Faculty Mentor: Dr. Timothy Orr, Assist. Professor of History
Abstract: Often depicted with goat legs and monstrous horns, Satan is a being that intrigues many of us due to their mysterious past. Satan is a being present in both the Islamic Quran and the Judeo-Christian Bible yet they are not the same Satan. This paper unfolds the red being in both religions.