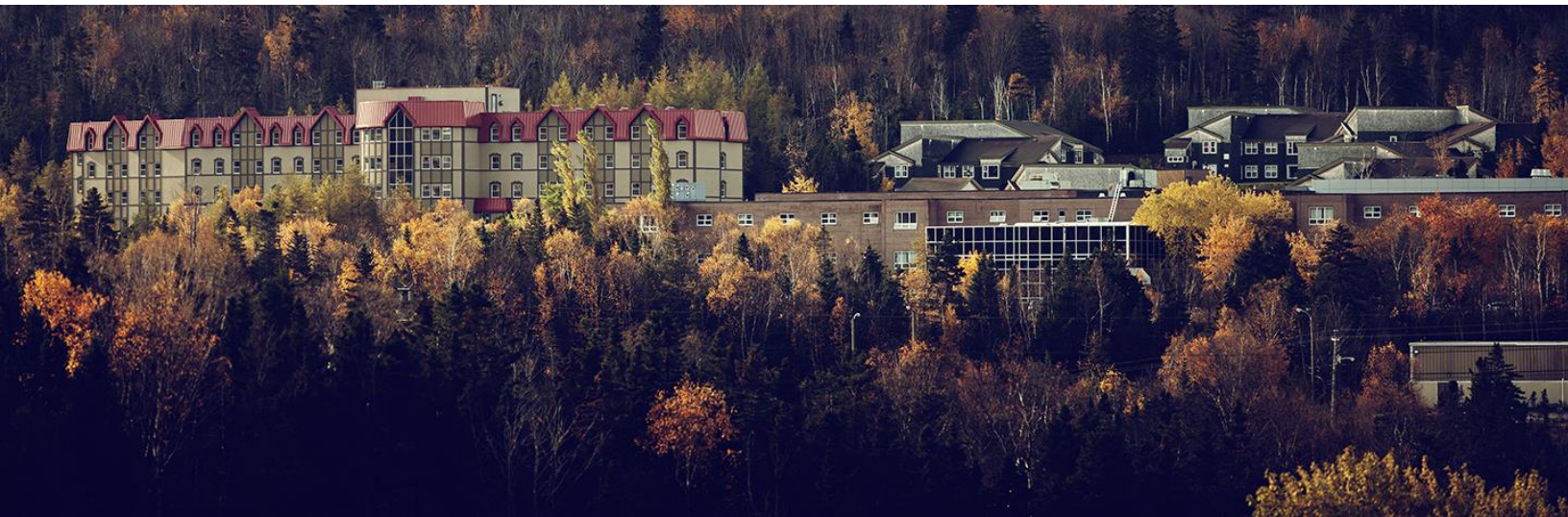


The Nick Novakowski Senior Project Conference

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Grenfell Campus, Memorial University
6 April, 2018

GRENFELL
CAMPUS



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Abstracts – Poster Presentations

Andrews, Lee-Ann *Psychology*

TREATMENT OF POSTTRAUMATIC STRESS DISORDER: SELECTIVE SEROTONIN REUPTAKE INHIBITORS COMPARED TO COGNITIVE BEHAVIORAL THERAPY

Posttraumatic Stress Disorder (PTSD) can result from trauma and the disorder can lead to life-altering symptoms such as avoidance, intrusive symptoms, negative beliefs about life, high reactivity, and dissociative symptoms (APA, 2013 p.309). An estimated 6-8% of the population will experience PTSD (Lonergan, Leclerc, Descamps, Pigeon & Brunet, 2016). Previous research has found that two treatments in particular are effective in decreasing PTSD symptoms: Selective Serotonin Reuptake Inhibitors (SSRIs) and Cognitive Behavioral Therapy (CBT) (Jun, Zoellner & Feeny, 2013). The use of SSRIs has been successful in decreasing flashbacks which are a common symptom among individuals with PTSD (Davidson, Blankstein, Fleet & Neale, 2014) and a form of CBT, prolonged exposure therapy, has increased remission rates among individuals with PTSD (Popeil, Sawadzki, Praglowska & Teichman, 2015). Using a combination of both SSRIs and CBT has demonstrated that remission from the disorder is more likely with this combination (Popiel et al., 2015). While promising results have been found using this combination treatment, more research is needed.

Beals, Kayla & Skinner, Tori *Environmental/General Science*

EPIPHYTIC CYANOLICHEN AND AIR POLLUTION: EFFECTS ON A REGIONAL SCALE

Beals, Kayla & Skinner, Tori *Environmental/General Science*

USING HERBARIUM COLLECTIONS AND DATABASES: INVESTIGATING THE IMPACTS OF AIR POLLUTION ON LICHENS

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ATLANTIC SALMON MANAGEMENT STRATEGIES IN NL

Brothers, Brianna *Psychology*

NEW DIRECTIONS IN UNDERSTANDING THE ETIOLOGY OF AUTISM SPECTRUM DISORDER

Budgell, Dillon *Environmental Studies*

CANADIAN WINE INDUSTRY AND CLIMATE CHANGE

Burton, Daniel *Psychology*

DISTRIBUTED LEADERSHIP DYNAMICS IN COMPETITIVE GAMING AND ESPORTS

The industry of esports is on the rise from its beginnings in local tournaments on university campuses created for enthusiasts to the current day televised broadcasts with multimillion-dollar prize pools and audiences in the millions (Cheung & Huang, 2011), and International Olympic Committee partnered events during the Pyeongchang 2018 Winter Olympics. The purpose of this critical review is to focus on leadership of both esports and competitive gaming from a psychological perspective. Leadership—how it develops, the functions it serves, and ways to improve as a leader in competitive gaming—is examined. Endemic terminology within the subject and industry is introduced. The *community of practice* model (Wilson, 2017) and *complex systems leadership* theory (Uhl-Bien, Marion, McKelvey, 2007; Hazy, Uhl-Bien, 2012) are discussed, and how leadership emerges and is distributed in these two systems is analyzed.

Collins, Megan *Psychology*

AT HER FINGERTIPS: THE EFFECTS OF SOCIAL MEDIA ON THE DEVELOPMENT OF EATING DISORDERS AMONG WOMEN

Social media consists of socially interacting with others through a series of networks and online communication, where one can produce and share information (Ghaznavi & Taylor, 2015). Research has explored the link between social media and its negative effects on an individual. Results indicate that social media can have a major impact on one's body image and self-esteem, resulting in negative outcomes such as eating disorders, especially among women (Arendt, Peter, & Beck, 2017). Although low self-esteem and body dissatisfaction does not occur for everyone who uses social media, this paper examines how social media *can* contribute to women's poor body image and to eating disorders in women, and presents ways to reduce these negative effects.

Flores, Katherine *Environmental Science*

POPULATION GENETICS IN *ERIODERMA PEDICELLATUM*

Fowlow, Jenelle *Psychology*

CHILD PROTECTION SOCIAL WORKERS: UNIQUE RISK AND RESILIENCE

Gillam, Amber *Psychology*

WHAT IS DIABULIMIA?: RISK FACTORS, AND TREATMENT IN TYPE 1 DIABETICS

Type 1 diabetes is an autoimmune disease that requires continuous dietary monitoring and treatment of blood glucose control with the use of artificial insulin and healthy food intake. The intense monitoring of food in people with type 1 diabetes, along with a dissatisfaction and negative view of one's body image, creates a risk for eating disorders, such as diabulimia. Diabulimia is a unique behaviour of some people with type 1 diabetes that involves the omission or restriction of insulin for controlling or losing weight. Adolescents and females with type 1 diabetes are at a greater risk for developing diabulimia. Early prevention is needed to prevent serious medical complications from diabetes due to insulin omission. Treatment of diabulimia requires a multidisciplinary team, and the recognition of diabulimia as a disorder can promote a sense of community and social identity, which aid recovery. Further research is needed on groups that have lower prevalence rates, such as males.

Gillard, Kelsey *Psychology*

PHARMACOTHERAPY AND COGNITIVE THERAPY TREATMENTS OF PEDIATRIC BIPOLAR DISORDER: A REVIEW OF THE LITERATURE

Bipolar Disorder involves episodes of mania and depression and can result in changes in sleep, energy, thinking, and behavior. Children as young as nine can be diagnosed with Bipolar Disorder so it is important to analyze and assess research regarding treatments for Pediatric Bipolar Disorder (Birmaher, 2013). Two main types of intervention for pediatric Bipolar Disorder are discussed: pharmacotherapy and cognitive therapy. Pharmacotherapy is effective for relieving at least some of the symptoms associated with the disorder such as manic episodes or depression (Chang, 2016). Cognitive therapies are effective in improving a child's ability to handle symptoms associated with the disorder (Dickstein, Cushman, Kim, Weissman, & Wegbreit, 2015). Future research on the effectiveness of a combination of both pharmacotherapy and CBT is needed.

Hall, Howard *Psychology*

THE IMPACT OF SMARTPHONE USE ON PSYCHOLOGICAL FUNCTIONING

Hann, Shane *Resource Management*

VARIATION IN SKULL SIZE OF BLACK BEARS FROM DIFFERENT HUNTING MANAGEMENT AREAS IN NL

Hillier, Daniel *Environmental Studies*

STUDENTS TEACHING STUDENTS: FOSTERING SUSTAINABILITY IN THE ENVIRONMENTAL LEADERS OF TOMORROW

Keeping, Nathan *Psychology*

THE IMPORTANCE OF SOCIAL SUPPORT IN MEDIATING THE SYMPTOMS OF DEPRESSION AND ANXIETY IN QUEER MEN

Queer men are at an increased risk of experiencing depression and anxiety in comparison to heterosexual men (Lyons et al., 2015). Increased stigmatization (Logie et al., 2012), as well as adherence to masculine norms (Fischgrund, Halkitis, & Carroll, 2012), increases the prevalence of these symptoms among queer men. Access to social support has been shown to reduce the experience of depression and anxiety in queer men (Harahsheh, 2016) as it can provide a range of interpersonal and psychological benefits such as increasing resiliency, life satisfaction, as well as buffering the negative effects of stress (Kwon, 2013). Social support can also help reduce the effects of discrimination (Kwon, 2013) and HIV transmission (Vincent et al., 2017). Review of this research creates the potential for new therapeutic considerations, demonstrates the importance of social support to psychological health, while also shedding more light on the societal impact of prejudice and discrimination.

Mgabe, Bumo & Leandre, Margarete *Environmental/General Science*

TEMPERATURE EFFECTS ON FIRST BLOOMING DATES OF WILDFLOWERS IN NEWFOUNDLAND AND LABRADOR

Mgabe, Bumo & Leandre, Margarete *Environmental/General Science*

USE OF HERBARIUM SPECIMENS, PHOTOGRAPHS AND FIELD OBSERVATIONS TO LEARN ABOUT PLANT PHENOLOGY AND CLIMATE CHANGE IN TEMPERATE AND TROPICAL REGIONS

Moores, Taylor *Psychology*

MINDFULNESS AS AN INTERVENTION IN SUBSTANCE-RELATED DISORDERS

Ogden, Kara *Environmental Studies*

POTENTIAL COSTS AND BENEFITS OF CONTAINER BASED AQUACULTURE FOR NL

Park, Felicia *Psychology*

FACTORS THAT INFLUENCE SPORT PEAK PERFORMANCE

Park, Lewis *Resource Management*

AGRICULTURAL DRAINAGE IMPACTS ON WATER CHEMISTRY OF TWO HUGHES BROOK PONDS

Payne, Mercedes *Psychology*

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Regular, Kendra *Psychology*

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Ropson, Brittany & Hancock, Janine *Environmental/General Science*

USING SPORE MORPHOLOGY TO CONFIRM *HEMIMYCENA* SPECIES

Ropson, Brittany & Hancock, Janine *Environmental/General Science*

FUNGAL IDENTIFICATION USING MORPHOLOGICAL CHARACTERS AND MOLECULAR DATABASES

Samson, Alexandria *Psychology*

PSYCHOTHERAPY COMPARED TO PHARMACOTHERAPY AS TREATMENT FOR BORDERLINE PERSONALITY DISORDER

Borderline personality disorder (BPD) is a difficult and complex disorder, as the symptoms of BPD are intrusive, multifaceted, and can be life threatening. Due to the high mortality rate of BPD (5.9% of 35,000 participants), finding effective intervention is crucial. BPD is also one of the more expensive mental disorders to treat due to the lifelong symptoms the disorder can have. There are numerous methods of intervention available for BPD, which include psychotherapy and pharmacotherapy. Psychotherapy interventions include dialectical behavioural therapy, cognitive behavioural therapy, and psychodynamic psychotherapy. Pharmacotherapy interventions include SSRIs, anti-psychotics, and mood stabilizers. Based on the results of studies that were conducted on the various treatment models, it was shown that pharmacotherapy can be more beneficial during times of crises, which are times of high-risk behaviours such as impulsivity and self-harming, but not used as a consistent method of intervention. In contrast, dialectical behavioural therapy appears to be the most beneficial treatment approach for people with BPD as it can alleviate symptoms of varying severity and has long lasting effects.

Strowbridge, Andrew *Resource Management*

FIRE AND CLIMATE IN CENTRAL BC

Welsh, Megan *Psychology*

REDUCING ACCULTURATIVE STRESS EXPERIENCED BY INTERNATIONAL STUDENTS

Currently, approximately 1,200,000 international students study at North American universities each year. Most of these international students go through a process of acculturation, or adaptation to a new culture. Many experience acculturative stress. Acculturative stress is linked to many problems for international students, including depression and anxiety. In this review, two potential ways of reducing acculturative stress are discussed. One way is to create social connections with both domestic students and other international students at the host university, which can also help improve students' English skills. The other way is to access mental health or counselling services. Some things that universities should do to help assist international students with creating social connections and make counselling services more accessible are also discussed.