

# **ILLOWA 2024**

## **49th Annual Undergraduate Psychology Conference**

Saturday April 6, 2024



Hosted by:

Department of Psychology

Culver-Stockton College

Canton, Missouri

# History of ILLOWA

Founded in 1973, ILLOWA is one of oldest continuing undergraduate psychological research conventions in the United States. ILLOWA came into existence when James Joyce and Kermit Hoyenga of Western Illinois University, Dean Wright of Monmouth College, and Gary Francois of Knox College established a mechanism by which local colleges and universities could enhance interaction with each other and provide an educational research experience for their students. Over the years, ILLOWA expanded to include other educational institutions. In 1998, ILLOWA established its web site and since the fall of 2001, undergraduates who present at ILLOWA can also submit their papers for possible inclusion in the *Journal of Psychological Inquiry*.

Historically, only undergraduates are allowed to present their findings from empirical research projects. The host institution provides lunch, a visiting keynote speaker, and absorbs the cost of the convention. The site of the convention is on a rotational basis and the date of the convention, if scheduling permits, is the Saturday prior to the Midwestern Psychological Association's annual convention.

The ILLOWA convention has been mentioned in *Teaching of Psychology*, *Eye on Psi Chi*, and in the *APA Monitor*. Additionally, ILLOWA has been cited as one of the major undergraduate conventions in the United States, see Smith and Davis (1997) *The psychologist as a detective: An introduction to conducting research in psychology*.

## CONFERENCE LOCATIONS

- **Augustana College** – 1976, 1986, 1990, 1995, 2004
- **Cornell College** – 1985
- **Culver-Stockton College** – 1998, 2007, 2013, 2020\*, 2024
- **Eureka College** – 2003, 2012, 2018, 2023
- **Knox College** – 1977, 1980, 1984, 1988, 1993, 1997, 2002, 2009, 2015, 2019, 2025
- **Monmouth College** – 1975, 1978, 1982, 1989, 1994, 1999, 2006, 2011, 2017, 2022
- **St. Ambrose University** – 1981, 1992, 2001, 2008, 2014
- **Western Illinois University** – 1974, 1979, 1983, 1987, 1991, 1996, 2000, 2005, 2010, 2016, 2021\*

\* ILLOWA was cancelled in 2020 and 2021 due to the COVID-19 pandemic.

**Map of Culver-Stockton College Campus with identified ILLOWA locations**

**CULVER  
STOCKTON** COLLEGE  
**CAMPUS MAP**

1. Henderson Hall
2. W.A. Herington Center
3. Herrick Foundation Center
  - Mabee Art Gallery
4. Johnson Residence Hall
5. Carl Johann Memorial Library
  - The Lab Café
6. Wood Residence Hall
7. Stone Residence Hall
8. The Pillars (President's Home)
9. Shannon Residence Hall
10. Science Center
11. Gladys Crown Student Center
  - Meaders Lounge
  - Dining Hall
  - Cat's Pause
  - Wildcat Warehouse
12. Clough Hall (Sigma Kappa Sorority)
13. Cason Hall (Chi Omega Fraternity)
14. McDonald Residence Hall
15. Turley Hall (Sigma Sigma Sigma Sorority)
16. Weldon Residence Hall
17. Robert W. Brown Performing Arts Center
  - Alexander Campbell Auditorium
  - Merillat Chapel Recital Hall
  - Mabee Little Theatre (Black Box)
18. Charles Field House
19. Himsel Softball Field
20. J.E. & L.E. Mabee Recreation & Wellness Center
21. Physical Plant
22. Richeson Track
23. Ellison Poulton Stadium
24. Gerlach Hall (Lambda Chi Alpha Fraternity)
25. Helsabeck Hall (Alpha Tau Omega Fraternity)
26. Zenge Hall (Tau Kappa Epsilon Fraternity)
27. Football Practice Fields
28. Nichols Baseball Field
29. Ayers Soccer Complex
30. Carolyn L. & Robert W. Brown Residence Hall

**Entrance #1**

**Entrance #2**

**Parking**

**Conference Proceedings**

**Entrance #3**



## Keynote Speaker: Dr. Julie Partridge



**"Walk of Shame: What We Know About How Self-Conscious Emotions Are Connected to Sport and Physical Activity".**

**Julie A. Partridge, Ph.D.**, is a Professor of Sport and Exercise Psychology in the Department of Kinesiology at Southern Illinois University Carbondale and also serves as the Graduate Coordinator for the master's program in the department. She is also the NCAA Faculty Athletics Representative for SIU, and is currently serving as the Chair of the NCAA's Postgraduate Scholarship Committee. Dr. Partridge's research explores social influence and self-conscious emotions in sport and physical activity; specifically, her research focuses on shame, embarrassment, and pride, and development differences in these emotions, the impact of significant others on these emotions, the unique causes of self-conscious emotions in the physical domain, and the effects of self-conscious emotions on sport and exercise behaviors. She is currently on the editorial boards of the *Journal of Applied Sport Psychology*, *Journal of Amateur Sport*, and *Frontiers in Gender, Sex, and Sexuality Studies*. Dr. Partridge is also on the Executive Board of the National Alliance for Youth Sport in West Palm Beach, FL, and has provided online content for their training modules with the U.S. Army and Navy. She has served as a sport psychology consultant for a variety of athletes at the professional, collegiate, and scholastic levels. Dr. Partridge has published more than 30 peer reviewed articles and book chapters, and has given more than 50 professional presentations at regional, national, and international conferences. She has received numerous awards for her teaching, research, mentoring, and service including selection as the 2016 Outstanding Tenure Track Teaching Award for the SIU College of Education & Human Services, and the 2018 SIU Graduate School Faculty Mentor Award of Excellence.

# ILLOWA 2024 SCHEDULE OF EVENTS

<b>Time</b>	<b>Event</b>	<b>Location</b>
Beginning at 11:45	Registration	Herrick Lobby
12:30-12:40pm	Opening Remarks	Herrick 207
12:45-1:30pm	Paper Presentations: Session I Sport Psychology	Herrick 207
1:35-2:35pm	Paper Presentations: Session II Clinical & Health Psychology	Herrick 207
2:40-3:00pm	Student Break Faculty-only Meeting	Herrick 204
3:00-4:00pm	Keynote Address	Herrick 207
4:00-4:50pm	Paper Presentations: Session III Social Psychology	Herrick 207

**PAPER PRESENTATION SESSION I**  
**12:45pm-1:35pm**  
**HERRICK 207**  
**SPORT PSYCHOLOGY**

**TIME:** 12:45PM

**TITLE:** The Relationship Between Coach-Athlete Communication and Burnout in Athletes

**AUTHOR(S):** Katelyn Webb and Megan Diehl

**SPONSOR:** Melissa Holt

**INSTITUTION:** Culver-Stockton College

A recent word in sports has been burnout. Burnout in athletes is a loss of love or lack of interest in sport. Student-athletes are under a lot of pressure with homework, in-person classes, practices, work, and more. With the pressures being high, the quality of coach-athlete relationship could also add more pressure and result in burnout for athletes. Coach-athlete relationships vary between each coach and player on a team. Researchers conducted a cross-sectional study with 60 participants. All participants were undergraduate student-athletes. This study found that there was no direct correlation between communication with coaches and athletes and burnout in athletes. However, this research also found that there were many subfactors that did play a role. What mattered most for student-athletes was that they perceived a reduced sense of accomplishment when they felt a lack of commitment and complementarity with their coach. Whether an individual is interested in being a coach or an athlete, this study should be taken into consideration. Using the results of this study accordingly can help to create a better relationship between athletes and coaches and reduce burnout in athletes.

**TIME:** 1:00PM

**TITLE:** Understanding Psychological Experiences in Collegiate Softball Athletes

**AUTHOR(S):** Makayla Slavik

**SPONSOR:** Melissa Holt

**INSTITUTION:** Culver-Stockton College

Collegiate softball can be an amazing opportunity that can influence day-to-day life. However, navigating being an athlete and a student simultaneously can lead to difficulties with stress and coping. A qualitative study was conducted involving six softball players randomly selected from the 2023-2024 varsity team. There were three hour-long sessions that focused on stress, burnout, and coping mechanisms respectively. The student-athletes mentioned that the biggest contributors to stress and pressure were coach communication, team dynamics, missing classes, and being on the road. The women in the study said that personal expectations, guilt and shame, coach communication, injuries and retirement, and mental health contributed to burnout. How the athletes in the study coped was by having alone time, watching movies, engaging in social life, as well as crying and letting their frustrations out. Mental health is a key factor for student-athletes. There should be more resources available to student-athletes from the school, coaches, and the athletic board to be able to find a healthy balance between these two roles.

**TIME:** 1:15PM

**TITLE:** Self-Confidence and Performance in Sports

**AUTHOR(S):** Tim-Luca Ott and Nicolas Goebert

**SPONSOR:** Melissa Holt

**INSTITUTION:** Culver-Stockton College

Confidence plays a significant role in sports. In some sports the role is more significant than in others, but it is often related to the aspect of performance in sports. However, performance can be defined in two different ways. One being the subjective often made by the coaches and fans, and the other is in an objective manner based on statistics. Researchers conducted a cross-sectional study on self-confidence and performance in two different aspects. One of the measurements for performance was a coaches' survey which fulfilled the subjective aspect, and a statistical measure which provided the more objective measure for performance. All participants were undergraduate student athletes. This study has shown

that there is no direct correlation between self-confidence and performance in sports. However, this research has also found that the measure of performance significantly varies among different sports.

**PAPER PRESENTATION SESSION II**  
**1:45PM-2:35PM**  
**HERRICK 207**  
**CLINICAL & HEALTH PSYCHOLOGY**

**TIME:** 1:35 PM

**TITLE:** Taking the First Step: Reducing the Barriers to Beginning Counseling

**AUTHOR(S):** Alyssa Deuel

**SPONSOR:** David Jones

**INSTITUTION:** Westminster College

Counseling is a form of treatment that helps individuals any psychological problems as well as issues within one's life. The other variables consisted of sex of the counselor, gender of the patient, as well as social proof which is defined as an individual who conforms their behavior to others in a situation when the individual does not know how to behave. I examined the sex of the counselor, if they were the same or opposite sex of the participant and the type of counseling which was online and in person. I then looked at the gender of the participants as well as social proof to see if they had an effect of the preferred sex of counselor or the type of counseling. The results showed that there was a significant main effect of counseling on comfort, but participants were less comfortable with in person counseling than with online counseling. There was also an effect of gender, as males were more comfortable with in person counseling compared to females who were more comfortable with online counseling. Results for the sex of the counselor showed significant results with males reporting to be more comfortable with opposite sex counselors and females felt more comfortable with same sex counselors. Social proof had no effect on perceptions of counseling.

Keywords: In- person counseling, online counseling, same sex counselor, opposite sex counselor, social proof, gender of the participant

**TIME:** 1:50 PM

**TITLE:** The Relationship Between Social Anxiety and Self-Compassion

**AUTHOR(S):** Cecilia Bell

**SPONSOR:** Melissa Holt

**INSTITUTION:** Culver-Stockton College

Social anxiety is a prevalent condition characterized by a persistent fear of social interaction. Self-compassion involves self-kindness during situations where failure, inadequacy, or suffering is perceived. Social anxiety is becoming a more prevalent disorder in recent years, and there is interest in understanding how self-compassion could change how one copes with social anxiety. The present study investigated the relationship between social anxiety and self-compassion. The study was cross-sectional. Participants were 23 undergraduate students who were recruited to take online questionnaires that measured social anxiety and self-compassion. The results of the present study suggest that higher levels of social anxiety are related to lower levels of self-compassion. Employing self-compassion may be a way to lessen symptoms of social anxiety. This is useful information for both health providers and those who suffer from social anxiety, the latter being an increasingly prevalent population across all ages in today's society.

**TIME:** 2:05 PM

**TITLE:** Shattered Ideals: Disordered Eating in Social Media's Glare

**AUTHOR(S):** Mackenzie Richards

**SPONSOR:** Margaret Polk

**INSTITUTION:** Southern Illinois University Edwardsville

This study explores the correlation between disordered eating behaviors (DEBs), perfectionism, and social media (SM) perception among college women. DEBs are seen when negative eating patterns occur without the severe functional impairment seen in eating disorders. College women are particularly susceptible to DEBs due to heightened appearance comparisons. SM users often prioritize their online image, potentially linking appearance-focused SM perception with DEBs. Maladaptive perfectionism, characterized by unrealistic goals and subsequent dissatisfaction, may moderate the relationship between SM perception and DEBs, affecting body dissatisfaction. While prior research has linked eating disorders and perfectionism, little has investigated perfectionism's role in the SM perception-DEBs relationship. The hypothesis posits a positive correlation between SM content perception and DEBs, particularly among individuals endorsing maladaptive perfectionism.

This study yielded results from 107 college women between 18-23 via online self-report surveys measuring DEBs, perfectionism, and SM perception. Correlational and regression analyses were run and found that there was a significant relationship between SM perception and DEBs. However, perfectionism did not moderate the relationship. These findings provide support that social media perception is strongly linked with DEBs.

**TIME:** 2:20 PM

**TITLE:** Moral Injury Among College Teachers

**AUTHOR(S):** Brynne Luebbers, Mia Wylie, and Philipp Schmidt

**SPONSOR:** Guy Boysen

**INSTITUTION:** McKendree University

The concept of moral injury emerged out of efforts to describe the moral and ethical transgressions faced by soldiers. Few studies have examined moral injury among teachers. The purpose of the current research was to explore college teachers' experiences of moral injury. College teachers (N = 248) from a range of academic disciplines completed a survey asking them to describe work-related violations of their ethics, moral code, or values. Sixty-seven percent of college teachers experienced a moral injury event. The largest proportion of events involved teachers directly or indirectly harming students, inadequate instruction, or violation of academic standards.

### **PAPER PRESENTATION SESSION III**

**4:00PM-4:50PM**

**HERRICK 207**

**SOCIAL PSYCHOLOGY**

**TIME:** 4:00PM

**TITLE:** True Crime Anxiety and Vulnerability

**AUTHOR(S):** Jaedyn Mitchell

**SPONSOR:** Alexander Stinnett

**INSTITUTION:** Monmouth College

The purpose of the present experiment is to evaluate the effect of true crime on feelings of vulnerability and anxiety. Specifically, the present experiment will test the hypothesis that participants who read a true crime story will endorse higher feelings of vulnerability and anxiety than participants who read a news story. We also predict that, within the true crime condition, participants who do not frequently watch true crime will endorse higher feelings of vulnerability and anxiety than participants who frequently watch true crime. Participants will be randomly assigned to read either a true crime story about a man who murdered his mother and father or a news story about the same crime. Then, participants in both conditions will complete measures of their personal and societal vulnerability, anxiety, affect, and how frequently they watch true crime. We predict that participants who read a true crime story will endorse higher feelings of personal vulnerability, societal vulnerability, and anxiety than participants who read a



news story. We also predict that, within the true crime condition, participants who do not frequently watch true crime will endorse higher feelings of personal vulnerability, societal vulnerability, and anxiety than participants who frequently watch true crime. This experiment could provide evidence that watching true crime increases feelings of vulnerability and anxiety. This experiment could also provide evidence that watching, reading, or listening to true crime affects societal views and personal views.

**TIME:** 4:15PM

**TITLE:** Attitudes Towards Abortion

**AUTHOR(S):** Madelyn Henry

**SPONSOR:** Alexander Stinnett

**INSTITUTION:** Monmouth College

With the overturning of *Roe v. Wade*, conversations surrounding abortion have become increasingly intense, yet the psychology underlying attitudes toward abortion remain poorly understood. (Osborne et al., 2022). The present study (N = 143) evaluated the relationship between belief systems—namely, conservatism and religiosity—and attitudes toward abortion. Specifically, the present study tested the hypothesis that conservatism and religiosity would be positively associated with attributions of responsibility to a woman who became pregnant and negatively associated with allowing that woman to get an abortion. Participants read a series of four vignettes about a woman who became pregnant and wanted an abortion. Then, participants indicated whether the woman should be allowed to receive an abortion and how responsible the woman was for becoming pregnant. Finally, participants completed measures of conservatism and religiosity. Results indicated that conservatism and religiosity were negatively correlated with abortion permissibility and positively correlated with responsibility attributions to the pregnant woman. Moreover, when controlling for religiosity, conservatism remained negatively correlated with abortion permissibility and positively correlated with responsibility attributions. However, when controlling for conservatism, religiosity remained negatively correlated with abortion permissibility but not responsibility attributions. Finally, responsibility attributions mediated the relationship between conservatism and abortion permissibility. These results suggest that conservatives may view abortion as impermissible partially because they see people as responsible for becoming pregnant. These results also suggest that religious people may view abortion as impermissible because they believe that abortion, regardless of circumstance or responsibility, is immoral (Dozier et. al., 2020).

**TIME:** 4:30PM

**TITLE:** The Relationship between Impulsiveness and Aggression in College Students

**AUTHOR(S):** Mc Kayla Nevarez

**SPONSOR:** Melissa Holt

**INSTITUTION:** Culver-Stockton College

The purpose of this study was to find the relationship between impulsiveness and aggression in college students. This study aims to reveal if aggression prompts college students to indulge in impulsive thoughts or actions. The act of aggression can result in people doing things that may cause harm to themselves or others, as well as feelings of regret. Everyone has different experiences when going to college, and some may partake in impulsive decisions and try new, potentially dangerous things in order to “fit in” or look cool. It is important to know the relationship between impulsiveness and aggression as it can help college students and others who experience impulsiveness. This may help these people to have a better understanding of the possible consequences and learn how to control impulsive and aggressive thoughts. This study was taken by 60 undergraduate students. Results showed there was a moderate positive correlation between impulsiveness and aggression. In simpler terms, there was evidence present indicative of how aggression does, in fact, increase an individual’s impulsive behavior.