

Proceedings

of the 2006 Joint Conference of the APS
and NZPsS

26 – 30 September 2006, Auckland, NZ

Psychology Bridging the Tasman: Science,
Culture and Practice

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Editor's Note and Acknowledgements

I am very pleased to present the Proceedings of the 2006 Joint Conference of the Australian Psychological Society (APS) and the New Zealand Psychological Society (NZPsS), 26 – 30 September 2006.

Thank you to all contributors for submitting excellent papers, bridging the Tasman, and across the broad discipline of psychology.

I would also like to take this opportunity to thank the reviewers from the APS Division of Research and Teaching (DRAT), and from the membership of the NZPsS. All papers were subject to an independent blind, peer review process.

The Proceedings will be published in 2006 and be available at the Joint Conference of the APS and NZPsS in Auckland.

Special thanks to Jo Howard and Zena Roslan, who assisted in all aspects of this process, including providing advice for the authors on formatting and editing of their papers, and keeping us all to the tight deadlines necessary in an endeavour such as this.



Dr Mary Katsikitis
Manager, Science and Education,
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The Abstracts of the Joint Conference of the Australian Psychological Society and the New Zealand Psychological Society

26-30 September 2006

Sky City Auckland Convention Centre, New Zealand

Abstracts Editor: Mary Katsikitis
Australian Psychological Society Ltd.

We are pleased to present the abstracts from the Joint Conference of the Australian Psychological Society (APS) and the New Zealand Psychological Society (NZPsS).

The Conference theme is *Psychology Bridging the Tasman – Science, Culture and Practice*. In combination with the Special Issue of *Australian Psychologist* (Volume 41 No. 2, 2006), the Conference programme, in all its variety, richly illustrates the Conference theme.

This year's abstracts provide information about individual presentations, symposia and rapid communication posters. All submissions were subject to blind peer review by at least two reviewers. The abstracts are listed in alphabetical order of the first author's family name.

We are extremely fortunate to have attracted four diverse, exciting, and challenging keynote speakers, all eminent leaders and scientists from Australia and New Zealand – the recipient of the NZPsS Hunter Award, the APS President's Award winner, and two prominent indigenous speakers from Australia and New Zealand. Further, the APS Early Career Research Award winners, the APS Excellence in Teaching Award winner and the Pearson Education and APS Early Career Teaching Award winner from 2005, are invited speakers at the Conference.

In addition to helping you choose which sessions to attend during the conference, we are confident that this set of abstracts will be a valuable reference source in the future, providing a snapshot of current research and practice in psychology on both sides of the Tasman and in the wider world.

Trang Thomas and Neville Blampied
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Musculoskeletal symptoms: The roles of computer usage and work stress

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The current study aimed to investigate government employees' computer usage, work stress and social support levels, and their links with musculoskeletal symptoms (MSS), using an extension of Siegrist's (1996) Effort-Reward Imbalance (ERI) model of work stress. We hypothesised that computer usage measures, indicated by computer usage time and break frequency, would contribute uniquely to variance in MSS, as would work stress and social support measures. Higher levels of effort-reward ratio (ERR) and personal overcommitment to work were predicted to exert both independent and interaction effects on variance in MSS. Participants were 162 male and 191 female employees from a government department who volunteered to complete an anonymous occupational health survey. Regression analysis of MSS showed small effects from overcommitment and its interaction with ERR. Contrary to expectation, computer usage measures did not contribute to variance in MSS. The bivariate association between lower social support and MSS no longer remained significant on simultaneous consideration of the ERI components. Theoretical and practical implications for assessing and understanding workplace stress are discussed along with limitations of the current study.

Gay men and alcohol: 'Public health psychology' perspectives

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This paper explores a relatively new area of concern – the public health implications of alcohol marketing directed at gay men. The paper draws on critical psychology and public health and advocates a 'public health psychology' approach, where the skills of psychology are brought to focus on improving social and physical environments rather than concentrating on strategies for improved outcomes at the individual level. Research on the consumption, promotion and policy responses to alcohol use is reviewed, and exemplars of alcohol marketing targeting gay men presented. Despite disagreements over prevalence rates, it is clear that alcohol misuse is a significant issue for the subpopulation of gay men and that alcohol remains firmly embedded in gay culture, important in the lives of many gay men. The paper concludes that effective health promotion for any group is dependent upon a detailed understanding of their culture and social practices, requiring psychological research to contribute towards these understandings not only with the epidemiology of drinking patterns and effects but also with a broader focus on environmental influences, such as alcohol

promotion. Therefore the issue of alcohol use by gay men must not just focus on gay men as individuals, but as embedded members of communities.

Understanding desistance from bullying: A shame management perspective

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This study investigates the stability of the relationship between children's bullying status (non-bully/non-victims, victims, bullies, and bully/victims) and shame management skills across a three-year time span. Data were collected from 32 schools in the Australian Capital Territory (1996 and 1999). The sample consisted of 365 students (48% boys) who participated at two time points. Occupying a bully role in primary school was the most significant risk for continuing in the role in secondary school (51%). Of the participants in 1996, 46% of the non-bully/non-victims, 31% of the victims, and 40% of the bully/victims remained stable in 1999. To test the importance of shame management in relation to the stability and variability in bullying roles, a modified version of the MOSS-SASD (Management of Shame State: Shame Acknowledgment and Shame Displacement) instrument was used. As expected, desisted bullies showed a significant inclination toward shame acknowledgment – the most adaptive form of managing shame. In support of shame management theory, non-bullies/non-victims who maintained their bullying-free status three years later also continued to manage shame adaptively (high shame acknowledgment and less shame displacement). The implications of these results for the future development of bullying interventions are discussed.

Mitigating distress in New Zealand police officers exposed to children's accounts of traumatic experiences: Emotion-solving versus problem-solving

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Working with children who have been abused can be deleterious. This study examined the impact on state affect after exposure to a child's statement of abuse, assessed which type of solving approach led to less recall of distressing information, and examined which risk factors impacted on state affect and short-term memory tasks. Forty North Island police officers, including a specialised group of forensic interviewers who are trained to interview children who have been abused, participated in this study. Participants showed a decrease in positive affect (PA) and negative affect (NA), measured by the Positive and Negative Affect Schedule after exposure to one scenario of child abuse. No significant differences on PA and NA were found in relation to whether the scenario of abuse was

physical or sexual. Furthermore, no significant differences on the amount of distressing information recalled from the child's statement of abuse were found in those participants who used an emotion-solving approach versus a problem-solving approach. Preliminary results highlighted that some risk factors for developing traumatic reactions had an impact on state affect and short-term memory tasks. Limitations of this study are described. Implications for police and forensic interviewing practice are discussed.

Reliability and validity of the thinking styles inventory: Evidence from United Arab Emirates

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This study investigated the reliability and validity of the Arabic version of the Thinking Styles Inventory, which is based on the theory of Sternberg's mental self-government. Two hundred and ninety undergraduate students from United Arab Emirates University participated in the study. Analysis provided satisfactory estimates of internal consistency, scale intercorrelations, and stability. The alpha coefficients for the 13 scales ranged from .46 to .82, with a median of .69. The intercorrelations among the 13 scales yielded correlations coefficients ranged between .17 and .65. Test-retest reliability estimates for the 13 scales ranged between 0.59 and 0.81. Results of factor analysis followed by an oblique rotation yielded five factors, which accounted for 74.2 of the variance. Moreover, correlational analysis between thinking styles and grade point average showed that thinking styles are related to academic achievement. These results lend support to the reliability and validity of the inventory as a measure of thinking styles. In sum, the present investigation provides some evidence suggesting that this instrument can be used with some confidence with subjects other than American university students when students are influenced by different traditions, practices, and educational systems.

Predictors of cynicism toward change in the public sector: Information about change, involvement in change and trust in senior management

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As the public sector continues to go through transformational change, it is important to identify organisational factors that impact on employee attitudes to change. There is limited empirical evidence about the determinants of cynicism toward change, particularly in the public sector environment. In this paper, a model is proposed which identifies three key antecedents of cynicism toward change: change information, involvement in change, and trust in

senior management. Data were collected from two public sector organisations to identify levels and correlates of cynicism toward change and to test the proposed model. The results of exploratory factor analysis, confirmatory factor analysis and structural equation modelling suggest that change information, involvement in change processes, and trust in senior management influence cynicism toward change. More specifically, evidence is presented which suggests that involvement in change and trust in senior management directly influence cynicism toward change, and that information about change and involvement in change directly influence trust in senior management. Collectively the antecedent variables accounted for just over fifty percent of the variance in cynicism toward change. In general terms, the findings will prove helpful to human resource practitioners interested in diagnosing and managing attitudes to change in public sector organisations.

The relationship between coping strategies, adaptability and work stressors

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This study investigated predictors of role ambiguity and workload. Participants were 111 teachers (75 women, 36 men) aged up to 58 years. They completed scales measuring work overload, role ambiguity, coping strategies, adaptability, and indicated the duration of their teaching experience. Standard multiple regressions were used to discover predictors of role ambiguity and work overload. As expected, increasing levels of adaptability and teaching experience predicted lower scores in role ambiguity. An unexpected negative association was observed between the use of distancing coping strategies and role ambiguity. Contrary to expectations, results also indicated that none of the expected variables of distancing coping, problem coping, adaptability, or teacher experience influenced work overload. These findings direct future research towards examining possible associations between adaptive workplace behaviours, occupational experience, role ambiguity, and organisational variables including decision latitude. They also have implications for programs that seek to develop workplace adaptability, reduce stress, and enhance professional commitment among teachers.

The experience of anger: An examination of the relationship between gender, self-silencing and depression

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The current study investigated possible gender differences in the experience and expression of

anger amongst a community sample of telephone counsellors ($N = 71$) and the implications for counselling. No gender differences were found in the experience of anger. Multiple regression analyses indicated that reactive trait anger consistently predicted depression scores in both genders, as did verbal state anger and physical state anger. The second aim of this study was to investigate the phenomenon of 'silencing of the self' rather than directly expressing anger or disagreement, proposed to be more likely to occur amongst women. The hypothesis that women would be more likely to engage in self-silencing was not supported. Indeed, men attained higher self-silencing mean scores than did women. Individuals with higher self-silencing mean scores reported higher mean depression scores than did individuals with low self-silencing mean scores. Revision of the Silencing the Self scale with norms for use with male samples is recommended. Overall, women and men were found to be more similar than different in their experience and expression of anger.

Reflections from practice: In the service of love

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Whilst using a range of evidence based approaches to therapy with clients, our counselling team has found that the capacity to engage at a soul level leads to a greater sense of wholeness in clients and openness to the transcendent, a known sense of that which is greater than self. For many clients this provides a context for understanding the meaning and purpose of life, a greater sense of belonging and connectedness, and a way of ordering life and relationships so that love can flow more freely as wounded souls are healed. Anecdotes from therapy will illustrate these findings.

A grief observed, a grief concealed: Things are seldom what they seem

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Grief was the presenting problem here, but underlying issues revealed a more complex picture. 'S', 70-years, presented with an unrealistic crush on her pastor, apparently a grief reaction following the death of her husband two years previously. Collateral information was difficult to obtain but a long history of depression and emotional 'distance' was reported initially. It later emerged that the problem was continuation of a long-standing low-grade psychotic disorder. It was treated with Risperidone and psychotherapy - focusing on her 'out-of-control' thoughts and addressing underlying negative self beliefs. 'V', 66 years, presented with an exaggerated grief reaction following the death of her 93-year old father. As rapport and trust were established she revealed the loss of two infant children

50 years previously. Cultural and family beliefs restricted her willingness to discuss this and it was unclear whether intervention would be harmful or helpful. These cases highlight the importance of thinking beyond surface issues and not making assumptions; the complexity of issues compounding over many years; the difficulty of accessing accurate collateral information (as opposed to children's recollections) and records of long-ago episodes; and the wonderful ability of older adults to make significant changes despite the weight of history and habit.

Experiential avoidance: The impact on self-reported health and depression in older adults

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This study examined the relationships between depression, self reported health and experiential avoidance (EA), among a sample of older adults in New Zealand. EA has not been previously investigated as a moderator of depression and health in this population. Participants were over the age of 70, and lived independently in the community or in a retirement village complex. 208 individuals participated, 68 male and 140 female, ranging from 70 to 90+ years. Four hypotheses were investigated, with two anticipating positive correlations between a) depression and self-reported health (SRH), and b) depression and EA. The third hypothesis expected EA to be a unique predictor of depression. The fourth hypothesis indicated that EA would have a moderating effect on the relationship between depression and SRH, with higher levels of EA indicating a stronger relationship between depression and SRH. The Geriatric Depression Scale, the Acceptance and Action Questionnaire and a demographic questionnaire were administered. Correlational analysis found significant positive correlations between depression and SRH ($r = 0.50$, $p < 0.01$) and depression and EA ($r = 0.37$, $p < 0.01$). Hierarchical multiple regression analysis determined that EA explained 8% of the unique variance in depression, and moderated the relationship between SRH and depression.

Pre-treatment attrition for problem gambling

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The current investigation aimed to redress the paucity of previous research in the area of attrition in problem gambling interventions by examining factors associated with pre-treatment attrition for problem gambling. Study 1 employed a retrospective, archival research design and involved analysing records at a problem gambling treatment service. This study

examined the influence of gender, age, residential address, and treatment delay on pre-treatment attrition. Study 2 investigated a different set of variables in a treatment-seeking sample of problem gamblers using a prospective, pilot methodology. Variables examined in this study included relationship status, treatment motivation, stages of change, severity of problem gambling behaviour, previous treatment experience, and treatment goal. Findings are discussed within the context of improving entry into treatment for problem gambling.

Pathologising - help or hindrance in police organisations?

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Traditionally psychologists in law enforcement participate professionally in the recruitment selection process, sourcing psychometrics and related reports, rather than the candidate, and examining for exclusionary personality and psychopathology deficits. Typically the next individual engagement with a police officer is for further psychometric assessment prior to specialist operational area entry or to address an officer's professional, personal, or institutional problems. My work context (the Australian Federal Police) exemplifies this approach. In law enforcement sub-culture there is an historically established perception that interaction with psychological services is indicative of weakness, inability to cope, and mental illness in its pejorative meaning; furthermore it is part of career limiting, and stigmatised identity. This paper of research work-in-progress considers the dilemma of psychological pathologising in law enforcement, and examines the costs and benefits for the organisation, for the psychologist, for the police officers and for their families. The research charts the types of identity conflict and their impact on police officer and family, psychologist and organisation. Larger questions emerging from the research are: How can these problem/s be professionally addressed without pathologising them? How can positive health interventions be achieved of benefit for both law enforcement personnel, their families and the organisations they work for?

Three cases with physical co-morbidity

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One of the common features of work with older people is co-morbidity of physical problems, either as a complication of mental health problems, a cause of them, or a consequence of them. Failure by clinical psychologists to take physical/medical problems into account and, equally, to grasp their debilitating impact, leads to many failures in therapy.

Nevertheless, psychological techniques can be very effective despite physical illness. Three cases are presented where physical problems were a major part of the presentation. All three clients were in their 60s. The first was a man whose urinary frequency was causing sleep deprivation, and who was successfully treated with CBT. In the second case, the objective was to help keep alive a man with severe OAD and heart problems who was also chronically depressed and suicidal. In the third case, a woman with anorexia was successfully treated with an adapted CBT approach.

A family systems intervention to reduce problems related to adolescent substance use: The impact of the BEST Plus approach

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Problems related to alcohol and drug misuse are significant contributors to preventable public health and social costs. Alcohol and drug use typically emerge in adolescence such that adolescent substance use is a significant and common problem of direct concern to many Australian families. As adolescent substance use can be predicted by family-level risk and protective factors, there are opportunities to reduce this problem by working with families. Through work completed by our group the Behavioural Exchange Systems Training (BEST) model was developed as an eight-week, facilitated, group-work program for parents concerned by adolescent substance use problems. The BEST program was piloted and evaluated using strategies that included a waiting-list design. Findings demonstrated positive results in reducing family stress and parental depression and enhancing parental skills. To increase the support for families and to extend behavioural impacts to children and adolescents the BEST Plus program was recently developed as a whole-of-family therapy program. This presentation will overview the BEST Plus model and examine impact data for 50 recent participants. The BEST Plus program is presented as a theoretically sound treatment option for families to address youth substance abuse issues using an evidence-based strategy designed to be implemented widely in the community.

Poststroke depression and anxiety – prevalence and predictors

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This study examined prevalence of depression and anxiety as well as the ability of age, gender, hemisphere of lesion, functional independence and cognitive functioning (i.e., memory, attention/impulsivity, cognitive speed) to predict

depression and anxiety at 3 months post-stroke in 73 stroke survivors. Prevalence of moderate to severe depression and anxiety in the sample were high (22.8% and 21.1%, respectively), with co-morbidity in 12.3% of cases. 74.9% of variance in depression was explained, with cognitive speed, verbal memory, Stroop ratio and hemisphere of lesion contributing significantly to prediction. Hemisphere of lesion also contributed significantly to predicting anxiety, as did cognitive speed, explaining 50.9% of the variance. The findings suggest that post-stroke depression and anxiety are likely to co-occur, and that post stroke cognition and mood are linked over and above physical independence. As such, both anxiety and depression should be addressed as part of the rehabilitative process.

Making sense of mental health services: Young adults' experiences in New Zealand

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The Mental Health Commission recently conducted an investigation into young adults' first experience of a disabling mental health crisis and their first use of adult services. The project involved 40 interviews with mainly Maori, Pakeha and Pacific young adults (aged 18-29) in urban and rural settings. Around two-thirds had experienced psychosis. Narrative and thematic analyses allowed us to describe the journeys taken by young adults through their talk about: 1) the development of mental health problems (childhood and adolescence; seeking help for distress); 2) first encounters with adult services (most often in the form of an admission to an acute inpatient unit); 3) ongoing assistance from services, including early intervention; and 4) factors that supported or hindered recovery. In this presentation we focus on what young adults told us about mental health crises, early intervention and recovery. There were common themes in their comments about helpful and unhelpful aspects of services, other kinds of support, living contexts, employment and recreation. They also spoke of the personal characteristics that helped with recovery. Understanding how young adults experience services, what they want from services, and how they see recovery is a foundation on which to build quality services in the 21st century.

The influence of transgressor response type on victim forgiveness following an interpersonal transgression

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Victims of interpersonal transgressions can receive many different responses from a wrongdoer. This study investigated the role of transgressor

response type in facilitating victim forgiveness of a transgressor. The role of victims' state empathy and perceptions of both justice, and the transgressor, in forgiveness processes were also examined. One hundred and twenty-four participants ($M = 41.06$ years, $SD = 20.00$) read a scenario describing an interpersonal property damage incident, followed by one of six outcome scenarios (no response, apology, apology with effort verification, compensation, compensation with effort verification, and restitution). It was found victims were more forgiving of a transgressor when provided with a tangible response, as opposed to a verbal or no response, but that victims were no more forgiving following an apology, than when they failed to receive a response. Also, victims were no more forgiving when provided with restitution rather than compensation. It was found that perceptions of justice mediate between transgressor response type and forgiveness, but that state empathy and perceptions of the transgressor only partially mediate this relationship. It was concluded that transgressor responses following an interpersonal property damage incident are more successful in facilitating victim forgiveness when they provide physical restoration of justice.

Not so simple: Blood injury phobia in a child with Type 1 Diabetes - a case study

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Specific phobias are rarely the focus of clinical attention in public health settings, but become a concern if they interfere with medical treatment so that they pose serious threat to health care and health outcomes. Blood injury phobias pose a major problem in Type 1 diabetes where effective treatment and the prevention of complications is dependent on monitoring blood glucose levels via blood tests and insulin injections several times a day. Despite frequent daily exposure to injections and blood in Type 1 diabetes, anxiety does not always resolve and essential aspects of diabetes care are either avoided or tolerated with a high level of distress. In adults with Type 1 diabetes, significant associations have been demonstrated between symptoms of blood injury phobias, elevated blood glucose, and less frequent blood testing. Type 1 diabetes is most frequently diagnosed in middle childhood to early adulthood but can also be diagnosed in early childhood or in infancy. There is a notable absence of research relating to blood injury phobias in paediatric populations. Diagnostic challenges associated with blood injury phobias in children are illustrated in a case study of an 8 year old boy with Type 1 diabetes, highlighting the need for further research.

An exploration of adolescent's experience after parental divorce

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Helping young people to adjust after parental divorce, through either preventive or remedial interventions, is an important step toward enhancing optimal development of each child's potential. The general aim of the study was to explore and evaluate the experience of adolescents after parental divorce during participation in a group intervention programme. Qualitative analysis was conducted with the focus on themes that emerged from discussions during group intervention. The major themes identified were associated with post-divorce life. These included: losing out on childhood and family life; difficulties in accepting new parental relationships; distress with respect to ongoing conflict between parents; ambivalent feelings towards the father; feelings of responsibility about the welfare of both parents and the uncertainty regarding their own future relationships. The themes identified indicate that adjustment to parental divorce goes well beyond working through the confusions and painful effects directly after the divorce.

The accuracy and utility of the MBTI® in organisational settings: Part 1, accuracy

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Despite its known shaky psychometrics, the MBTI continues to be popular in organisational settings in team building, personal development and organisational development applications. From a sample of convenience of people who took the MBTI in various organisations, a sub-sample of 1467 has psychological type preferences that have been validated through exercises facilitated by a qualified administrator. These data show that the MBTI has a varied accuracy depending on the psychological preference being measured and the version of the indicator used. Linking type preferences to occupational choices demonstrates some level of face validity. The MBTI does appear to be performing well in organisational settings and has some useful applications.

Screening first year students for readiness to study psychology

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Introductory psychology courses at Level 5 (first year tertiary) usually have low levels of engagement, typically around 35%. Analyses of non-engagers show

a consistent set of risk factors that can be used to predict academic failure, one of which is a lack of academic ability or academic experience. In order to prepare such students for Level 5 study, it is intended they be diverted into Level 3 or 4 certificates to equip them with skills needed to succeed at Level 5. To facilitate this diversion process, an 11-item pre-entry test was designed and trialled on students enrolling in Level 5 courses during semester 1, 2006. Three aspects were measured: arithmetic ability, comprehension assessed by multiple-choice responses and comprehension assessed by free text responses. The numbers of incorrect answers and the types of errors made were compared with engagement, in-course assessment grades and final examination results. We will use the measured associations to divert the identified prospective Level 5 students into appropriate lower level preparatory courses to improve engagement and success rates in all psychology courses.

Hearing voices: Understanding and managing the experience

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International literature suggests that hearing voices may be a relatively common experience. Despite this phenomenon's widely accepted association with severe mental illness, some studies have found that voices may be experienced in a broad range of ways, from invasive and distressing to positive and enriching. The objectives of this study were: 1. To map the diverse range of voice experiences and how they impact on people's lives. 2. To explore voice-hearers' own understandings of voices. 3. To investigate implementation and effectiveness of coping strategies. A hundred and fifty four participants, recruited through the media, were sent a 34-item questionnaire, and 50 participants also took part in a semi-structured interview. Nearly half (44%) of participants described their experiences as positive overall, and 24% as negative. A logistic regression showed that the content of the voices was the strongest predictor of emotional impact. Categorical analysis showed that participants tended to explain their experience as either a) biological and/or psychological, or b) spiritual. A small percentage of participants used both types of explanations. Participants used a whole range of coping strategies, and reported the most effective to be individualised techniques.

Relating to and with the past: Maori, Pakeha and history

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Hegel's story of the struggle between Master and Slave has been used extensively as an allegory of

the colonial relationship. In this paper I use this story to analyse the Maori/Pakeha relationship. Specifically I look at the troubling nature of colonial history as the Hegelian 'thing' through which the Maori/Pakeha relationship is mediated. While this analysis helps highlight Pakeha desires for and practices of domination and the difficulties these create for Maori, it also pinpoints significant ways in which Maori and Pakeha and 'history' all exceed the Hegelian frame.

Spousal attachment and adjustment to divorce

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Divorce involves a disruption to the attachment bond between spouses. Research suggests that the level of continuing attachment to the former partner is related to the level of emotional distress experienced after divorce. Attachment theorists argue that the organisation of the attachment system differs across individuals and have suggested that these attachment prototypes are associated with individual differences in adjustment to loss. A total of 221 clients undergoing divorce mediation were assessed across 3 time periods (pre, post and follow-up). Sequential regression analyses demonstrated that the attachment prototypes, level of attachment to the former partner and initiator status significantly predicted psychological distress at all three time periods. The level of attachment to the former partner had the greatest unique effect on psychological distress at Time 1 and Time 2, with the fearful attachment prototype having the greatest unique effect at Time 3. There was a trend for Preoccupied attachment to be associated with higher levels, and Secure and Dismissing attachment styles with lower levels, of state attachment. This pattern of association is consistent with the predictions of attachment theory. Implications for clinical practice with separating couples are discussed.

A test of the Copenhagen Burnout Inventory and psychological engagement

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P psychological burnout is a commonly adopted theoretical framework within occupational stress research. The conceptualisation of burnout as a syndrome characterised by emotional exhaustion, depersonalisation/cynicism, and personal accomplishment/professional efficacy, has strongly influenced burnout research and the Maslach Burnout Inventory (MBI) has been employed in more than 90% of burnout research. The dominance of the MBI has ensured that research has almost exclusively examined burnout according to one perspective. In addition, the MBI only measures work-related burnout, failing to acknowledge the influence of non-

work sources on the burnout syndrome. In contrast, the Copenhagen Burnout Inventory (CBI), measures personal, work-related, and client-related exhaustion and fatigue. The relationship between the CBI's conceptualisation of burnout and job control and demands, working hours, social support, job satisfaction, and psychological engagement was examined with a sample of 2500 correctional officers. The results supported the adequacy of the use of the CBI in future burnout research, with personal burnout, work-related burnout, and client-related burnout being differentially related to the other research variables. In addition, this research investigated the relationship between burnout and psychological engagement, the antipode of burnout (characterised by absorption, vigour, and dedication to work). This research supported the occurrence of positive and negative health outcomes, which has implications for theoretical stress models.

Anxiety, depression, and behaviour disturbance: Three cases

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These cases aim to give a flavour of the range of tasks where the skills of the clinical psychologist can be applied. P was in her eighties, living on a geriatric ward, thought to have Alzheimer's disease, and on the verge of admission to a nursing home. She and her 92 year old husband were rescued from this fate by careful neuropsychological assessment and heavily adapted CBT, with an accent on the behavioural. K was a bed-bound and cognitively impaired resident of a nursing home referred for uncontrollable behaviour, including violence and yelling. The situation was ameliorated by a wide range of skills, including what can only be described as psychotherapy with a nursing home. T, aged in his 70s and also a nursing home resident, screamed for long periods and was badly treated by staff. Simply providing information about his past was sufficient to improve life both for him and those responsible for his care. The range of aged settings where clinical psychologists can work effectively, the skills employed, and the variability of acceptable outcomes will be discussed.

Jurors' knowledge and understanding of child sexual abuse issues

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In 1989 a number of amendments were introduced to New Zealand's Evidence Act aimed at improving conditions for child complainant witnesses in criminal trials involving allegations of child sexual abuse. These reforms also made provision for expert psychological

evidence to inform juries about child behaviour consistent with sexual abuse. The amendment (s23G) has been contentious, particularly for defence counsel, with the result that by 2005 expert psychological evidence was rarely led. Previous research has suggested that defence counsel frequently exploit commonly held, but erroneous, beliefs about child sexual abuse to discredit children's evidence. However, there is no reliable information on juror beliefs. The present research assessed the beliefs of jurors in relation to the behaviour of children who have been sexually abused. Sixty jurors who served on trials involving allegations of child sexual abuse, and sixty jurors who served on trials not involving child complainants or allegations of sexual offences were interviewed post trial. Juror responses in relation to child sexual abuse myths, normative child sexual behaviour and knowledge, child credibility, and the impact on jurors of court technology utilised for child witnesses are presented. The implications of this research for expert evidence in sexual abuse trials are discussed.

Anger and anxiety: Two contrasting cases

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Two cases are presented here. The first concerns a 57 year old woman with multiple physical problems who had been in psychiatric institutions most of her life and had become institutionalised. Staff were equally institutionalised in their attitudes to her and she was regarded as significantly cognitively impaired and impossible to treat. She became motivated to undertake therapy to reduce her angry outbursts so that she could move to more suitable accommodation, with remarkable success. The second case examines the use of CBT for anxiety in an 87 year old woman who had some mild cognitive impairment. Both cases highlight issues of access to therapy for older people, the need to adapt CBT for factors such as disability, pain, memory loss, dependent relationships and accommodation setting, and the importance of prolonged access to the therapist.

The impact of chronic pain on relationship satisfaction

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The present research investigated relationship distress amongst 20 intimate heterosexual couples with relationships of a minimum of 12 months duration, in which the female partner suffered from occupational overuse syndrome producing chronic pain. Levels of relationship distress were higher for

both the patient and her partner than for either person in control couples, where neither partner had any health concerns. Similar levels of distress were seen amongst couples in which the female partner suffered from a chronic illness (diabetes mellitus) not associated with chronic pain. In couples who were experiencing chronic pain, depression, functional limitations and coping styles were shown to be important predictors of relationship distress levels for both the patient and their partner. Interestingly, partner depression and coping styles were better predictors of both the patient and the partner's level of relationship distress than were patient depression or coping styles.

Researching Pakeha privilege

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If there are forces in society (other than socio-economic) that are significant in maintaining disadvantage within certain populations, it follows that equivalent forces perpetuate *advantage* in other groups. This paper provides an indigenous 'gaze' upon a discursive and material complex – racial, ethnic and gender privilege – that is a key contributor to Maori disadvantage. Privilege is not factored into the strategic goals of governments and remains marginal to Crown commitments to the Treaty of Waitangi. To our knowledge there are no studies, nationally or internationally that have explored this issue from an indigenous world view. This research seeks to reframe disparity issues from 'disadvantage', with its implicit assumptions about deficiency, to the replication of privilege and its impacts. This involves moving privilege from a theoretical construct to an applied researchable topic for qualitative studies. We will report on the tools and methods that the scoping project has explored from a range of disciplines within the broad area of social science. To build a systematic analytical framework and robust methodology, key information and expertise for this project will be derived from diverse areas such as Maori studies, psychology, gender studies, sociology, media studies, economics and social policy.

A transtheoretical model of adaptive change relevant for clinical and nonclinical respondents: An advance on the TTM

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In this study a hypothetical model of change, the Adaptive Change Model of Change was proposed to advance the current conceptualisation and operationalisation of the Transtheoretical Model of Change. The items contributing to the two sets of factors defining the Adaptive Change Questionnaire were analysed by exploratory factor analysis and were consistent for both clinical ($n = 222$) and nonclinical (n

= 194) respondents. The first set of factors define the Process of Changing and was comprised of Openness to Opportunity, Visualisation, Planning, Action and Closure. The second set of factors describe the Factors that Support Change and was comprised of Social Support, Inner Drive, and Negative Emotions. Sex effects were also analysed. Males were found to score significantly, slightly higher on Openness to Opportunity, Visualisation, and Inner Drive than females. There were no interactions involving sex and clinical status. Discriminant function analysis predicting clinical status on the basis of the eight factors correctly allocated 80% of the respondents. The relevance of the Adaptive Change Model of Change as an advance to the Transtheoretical Model of Change is discussed.

Communication styles and therapy: A preliminary investigation of the effect of clinical status and occupation on clients and non-clients

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This study explores the style of communication of clients and non-clients on five factors of the Focus of Communication Questionnaire: Success, Task, Concession, Withdrawal, and Other-person. Thirty-two clinical and 60 non-clinical respondents of whom 52 were female (mean age of 35.33 years) and 40 were male (mean age of 34.35 years) were classified into three work types of managerial and professional, associate professional, and trades and technical work. Results showed that males were high rating on Success focused communication. Managers and professionals were highest, followed by associate professionals, with trades and technical workers lowest rating on Success focus. Male trades and technical workers were highest rating on Withdrawal focus. Clinical trades and technical workers were lowest rating on Success and highest rating on Withdrawal communication focus. Implications for future research and for practitioners providing services to specific client career types, and the use of communication styles in therapy will be discussed.

Integrated therapy: Adding theory to empiricism

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While empirically founded manuals of therapy provide a useful process, particularly for the novice therapist, the importance of a theoretically consistent model with a technically consistent process in view of the theory is highlighted in this paper. Adding to the work of Ellis (1996), making his *elegant solution* in therapy more explicit by applying a theoretical framework to identify the core issue of self/identity, a model is described which draws on the work of both of those who have gone before and

more recent practitioners. Application of this model is described through a successful therapy outcome with a 38-year-old client with severe depression who had been treated medically for bipolar disorder. This paper highlights the value of utilising the insights of experienced practitioners in developing a better process for liaison with academic research.

Emotion recognition and motor coordination difficulties in preschool children: A proposed inter-related model and practical application

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Research indicates motor coordination difficulty in children is associated with socio-emotional problems (e.g., lowered self-esteem, increased anxiety) and more recently, poor facial emotion recognition. As both motor coordination and facial emotion recognition can be linked to visual-spatial ability, it was proposed that a child's motor coordination and emotion recognition mediate the relationship between their perceptual organisation and socio-emotional behaviour. Forty kindergarten children ($M = 4$ years 4 months) were assessed on motor coordination, facial emotion recognition, performance IQ and internalising behaviour (i.e., anxious/depressed, social withdrawn). Poor motor coordination was associated with increased anxious/depressed behaviour while inferior emotion recognition was related to social withdrawal. Although emotion and motor abilities were also positively correlated with perceptual organisation, the proposed mediation model failed to fit the data. Nevertheless, the results highlight the need for early motor skills promotion for at-risk children to circumvent these associated social and affective problems. Subsequently, the efficacy of an early movement skills program was evaluated. Although motor skills improvement was anticipated for the twenty children in the program, no significant difference was found when compared to the waitlisted controls. The result has implications for the development of future movement programs that can effectively target motor problems in young children.

Sex differences in stigma: The mediating roles of social dominance orientation and gender role

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Males have been shown to score higher on measures of stigma than females, and better understanding of the factors that affect group-based prejudice and discrimination is needed to eliminate the stigma experienced by people with mental illness. To investigate the sex difference, a questionnaire was completed by 533 high school students aged between

12 and 19 years from two large mixed-sex schools in the ACT. Participants self-reported their gender-role orientation, social dominance orientation in terms of group-based discrimination and opposition to equality, and level of stigma related to people with mental illness. A mediational model was tested to determine whether gender role and social dominance orientation could explain the sex difference in level of stigma. Results revealed that boys were higher in both stigma and social dominance, but that femininity rather than masculinity was a mediating factor. The results have implications for the design of interventions to reduce stigma among young people.

A randomised trial of an illness perception intervention to improve recovery following myocardial infarction

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Patients' perceptions of their myocardial infarction (MI) have been shown to influence their recovery, including disability and return to work. Spouses' perceptions of the MI can also impact on patient outcomes through overprotective behaviour. A randomised trial of an in-hospital intervention to change the illness perceptions of patients and their spouses was conducted. 103 consecutive MI patients received either a 4-session intervention or usual care. Of the 71 patients with spouses, 56 agreed to participate in the study. Patients and spouses were assessed before and after the intervention and patients were assessed again at 3 months following discharge. Patients in the intervention group reported being better prepared to leave hospital ($p < .01$), and were more likely to subsequently return to work ($p < .05$) and be in full-time employment ($p < .05$) than control participants. Spouses in the intervention group reported better understanding, lower distress, lower concern, wider causal attributions and more optimistic recovery beliefs following discharge (all p 's $< .05$). This study provides further evidence that interventions to alter illness perceptions can improve functional outcomes following MI, including work related disability. Inclusion of the spouse can improve spouses' illness perceptions and reduce their distress levels.

Understanding the attachment process in therapeutic change: The praxis as the cure

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Ultimately the goal of psychotherapy is to bring about change. To achieve this objective, the process of therapeutic change requires an

understanding of both what is said and what is done. The present paper explores how the practice of psychotherapy touches upon many old feelings and important memories that become focused upon and worked through. The concept of psychotherapy as a developmental process that passes through a series of three stages, usually defined as beginning, middle and termination, is not new. In this paper, it is proposed that the idea of an unfolding sequence of unvarying process retains much appeal for appreciating the temporal nature of object loss. The author explores how the praxis, or therapeutic experience as it extends into the private world of the client might be explained by reference to the attachment process both within and outside the session. A case study will be used to illustrate how three specific yet related mechanisms contribute to the therapeutic change process – the imposition of a time limitation, the use of a structured clinical focus, and the therapeutic alliance.

Factors related to violent behaviour in intimate relationships: A study of male perpetrators

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This research is focused on a broader understanding of why men are perpetrators in their intimate relationships. For the past two years, men attending groups for perpetrators have been surveyed about the extent of their violent behaviour, their treatment as they were growing up at home and a number of other psychological variables that have a theoretical link to rejection, including attachment style, narcissism, internalised shame and differentiation of self. There is a clear link between perceived unfair punishment at home and psychological abuse in their romantic relationships. All main variables studied, including attachment style, narcissism, internalised shame and differentiation of self were clearly associated with domestic violence. Implications for running treatment programs are discussed which consider aspects of the treatment programs that may be re-traumatising by increasing the sense of rejection and abandonment and how this may be avoided.

The impact of traumatic incident training in schools, utilising a simulation exercise

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Crisis events or traumatic incidents are increasingly common in schools and staff must be prepared to manage them as quickly and appropriately as possible. Crisis simulation exercises are a relevant and effective way of helping schools learn about crisis management. They provide schools with opportunities for hands-on learning and problem solving opportunities, help to link theory and practice, and provide a safe learning environment for low-frequency, high impact events.

This study examines the experiences of four schools that participated in a range of crisis simulation exercises. Ten participants reflect on their experiences and measure the effect these had on their awareness, learning, knowledge and subsequent preparation for a traumatic incident in their school setting. Simulations may be conducted with groups of staff from mixed schools or with an individual whole-school staff. Participation in crisis simulation exercises is correlated with increased awareness, knowledge and skills, and levels of preparedness. Schools are more likely to develop traumatic incident policies and procedures after participating in a crisis simulation exercise.

Promoting physical activity in older people with diabetes

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The Good Life Club is a chronic disease self-management intervention for people with diabetes aged over 50 years. The Transtheoretical Model of Behaviour Change and motivational telephone interviewing provided the conceptual framework for the interventions delivered in the project. Participant data was collected at baseline, and at 6 and 18 months follow-up. Increasing physical activity was a key goal of the intervention and this paper focuses on the changes in physical activity over the intervention and follow-up periods. Most participants spent very little time in any activity other than walking. At 6 months participants had significantly increased their levels of walking but this fell back to baseline levels at the 18-month follow-up. The results are discussed in terms of the strengths and weaknesses of the intervention in delivering sustainable behaviour change.

Organisational socialisation: What makes newcomers more pro-active?

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In the last two decades, the focus of organisational socialisation research has shifted away from a primary concern with the influence of organisational actions on newcomers' adjustment, through to investigating the antecedents of pro-activity, the tactics by which newcomers can support their own assimilation, and various socialisation outcomes at an individual, group and organisational level. However, much of the research to date has tended to focus on isolated elements of the socialisation process, rather than attempt to link important antecedents, sense-making tactics and outcomes within a specific context. This paper reports on research, which, for the first time, aims to model the relationships between the

antecedents of pro-active tactics, newcomer pro-activity, and socialisation outcomes. The research is following several cohorts of newcomers to a large organisation over an extended period of time. The initial findings reported here focus on identifying the link between the antecedents of pro-active socialisation tactics and newcomer pro-activity.

Developing a teaching portfolio to showcase your teaching ability

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Universities are currently placing greater emphasis on teaching. Many are increasing their commitment to teaching and exploring ways to improve and reward teaching excellence. A teaching portfolio is an important document that showcases a teacher's achievements in teaching. It includes selected documents and materials on teaching activities and presents evidence of their effectiveness. Having a comprehensive teaching portfolio has been vital to my success in receiving national teaching excellence awards. This paper will report on the processes I followed to develop my teaching portfolio, demonstrating how this is an important exercise in self-reflection. For example, to prepare my teaching portfolio I had to (a) understand my personal teaching style, (b) scrutinise what I did in the learning and teaching environment, and (c) examine the impact of my teaching on student learning. This paper will also outline a typical table of contents in a teaching portfolio. For instance, it will show how a teaching portfolio should integrate material from oneself and others, and highlight the learning outcomes. Finally, this paper will consider the importance of documenting how teaching has evolved over time.

Examining the factors that predict use of internet communication technology tools by first year psychology students

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Today, students are expected to use internet communication technology tools, such as email, discussion groups, and the internet, in their tertiary studies. This study examined how individual differences in personality, self-efficacy, computer attitudes, and computer anxiety are related to use of the various electronic communication tools. A total of 287 first-year psychology students participated in the survey. The survey included self-report measures of personality, computer anxiety, computer attitudes, computer and internet self-efficacy, and the degree to which students use computers and the internet for learning. This paper will report the correlations among the key individual differences variables. Hierarchical

multiple regression analyses indicated that Emotional Stability positively predicted computer attitudes and negatively predicted computer anxiety. Intellect was shown to negatively predict computer anxiety. A key finding of this study was that age negatively predicted use of internet communication tools for learning. Another finding of interest was that computer and internet self-efficacy positively predicted use of email, discussion groups, and the internet in the learning environment. The implications of these findings are discussed.

Transformation of meaning as evidence: A discursive evaluation of process-outcome studies in narrative therapy

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After a recent shift in framing evidence policy by the American Psychological Society's Presidential Task Force on Evidence-Based Practice in Psychology, the inclusion of evidence-based qualitative research makes way for incorporating a wider range of evidence and methodologies. Previous narrowly-focused empirically supported treatment criteria do not methodologically fit with many non-cognitive/behavioural psychotherapies where the focus is not on measurement but meaning. A discursive evaluation of narrative therapy process-outcome studies uncovers another form of evidence: transformation of meaning (TOM). This paper examines the notion of transformation of meaning in psychotherapy process-outcome as evidence, and destabilises the current hegemonic notion and taken-for-granted assumption of 'evidenced-based means measurement-based.' Nearly all process-outcome studies adopted meaning-based approaches over measurement-based methods. TOM is one form of evidence among other possible forms and provides evidence for the effectiveness of narrative therapy in the cases studied.

Coping with chemotherapy: The experience of toxicity in women undergoing treatment for early breast cancer

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Patterns of coping in response to a diagnosis of breast cancer are well documented, as are the psychological sequelae of that diagnosis. Chemotherapy as the principal treatment however carries with it a set of side effects often more distressing and unpleasant than the tumour itself. This study examines patterns of coping with those side effects and the possible mediating role of coping strategies on the experience of side effects themselves. 53 female patients with diagnosed non-metastatic

breast cancer (mean age 52 years) were systematically assessed by interview at intake for both coping styles and affect, and were then followed up regularly over the course of their chemotherapy and beyond. Assessment of toxicity was based on the common toxicity criteria of the Eastern Collaborative Oncology Group. Responses to the coping style inquiry indicated that task-oriented strategies were significantly more common than avoidance or emotion-oriented strategies. Anxiety was more prominent than depression during treatment. While toxicity scores increased over follow-up they were not predicted either by coping or affect. However pre-morbid affect did predict affect during follow-up. The results are discussed in terms of their implications for the psychological management of women undergoing chemotherapy for breast cancer.

Men, the unequal homeless

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Over 90 percent of homeless people in New Zealand are men. These men face a range of health and social issues that are not adequately addressed by current service provisions. Clearly, homelessness is a complex phenomenon revolving around a broad range of factors such as social policies, economic shifts, service system deficiencies, disruptions and inconsistencies in access to resources and support. This makes service planning and provision difficult. What is required is research to provide an evidential basis for public responses to homeless men's needs. This paper presents core findings from our research into homeless men in Hamilton. The data collection and analysis has taken a wider sector perspective, focusing on both service providers and service users. Representatives from over 10 organisations involved in service provision and interviews with homeless men are included. The service users represent people from various groups and stages of transition from rough sleepers through to those in supported accommodation. The project presents a cutting edge focus on social relations and agency resources surrounding homelessness and how these may hold the key to reintegration. The research is conducted on behalf of Community Housing Action Research Group and is funded by a grant from the DV Bryant Trust.

Negotiating biculturalism: Exploring pākehā subjectivities

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Biculturally safe practice has become a widely accepted professional ideal for mental health

professionals in Aotearoa/New Zealand. International movements have influenced the shift to honour cultural diversity, associated critiques of eurocentrism, and political changes in the legitimacy of māori epistemology. Despite the obvious need and explicitly ethical and legal requirements to be culturally responsive, a majority of nonmāori/pākehā practitioners remain unreflexively monocultural. Previous research has explored ways in which members of the dominant group/pākehā resist biculturalism. P/ pākehā processes that facilitate bicultural competence have been largely unexplored. There are a few pākehā practitioners who have attained a socially recognised level of bicultural competence in their practice. These few are an important source of information about pākehā biculturalism. They are politically significant in that they have chosen to orientate themselves to a māori centre and disrupt their privileged pākehā positions. Deconstructive discourse analysis has been used to explore the ways that pākehā constitute themselves as cultural beings, negotiating subjectivity in relation to other pākehā and to māori. As a māori woman, my position as a researcher works to disrupt pākehā privilege and honour a reading of pākehā biculturalism from a māori subject position.

Children's fears post September 11

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Increasingly, the internet and global media are exposing children to images of war, disaster and terrorism. In addition, parents now seem to be more protective of children because of their own increasing fears of child abduction, sexual abuse, drug use, bullying and internet paedophilia. At the same time, parents also seem to be more indulgent of children's unrealistic fears, often allowing them to avoid non-dangerous situations, being overprotective and encouraging less independence in their children. This paper reports on a study that investigated whether children today have more worries and fears than did previous generations of children. The Fear Schedule Survey – Revised (FSSC-R) was administered to 220 children aged between 6 and 12 years, and the results for self-reported frequency, intensity and content of fears were compared with those of similar studies 10 and 20 years ago using the same instrument. The results are discussed in relation to their implications for helping parents understand and cope with children's fears.

Returning to work after serious injury: The effect of transport accident compensation, demographic and psychological variables on post-injury labour force status

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Road accidents are a major cause of serious injury mortality in Australia, and it has been demonstrated that labour force status following spinal cord injury can be predicted by demographic, injury and psychological variables. However, little is known about the relationships between transport accident compensation entitlement and labour-force participation. This study describes a pioneering investigation of labour force status of two different groups, those with transport compensation and those without. Using a homogeneous sample of spinal cord injured participants interviewed within 12 years of injury ($n = 181$), analyses identified discrepancies in the labour force status of those people living with spinal cord injuries who received transport accident compensation and those who did not. Moreover, logistic regression identified the relative influence of demographic, injury, psychological and compensation entitlement characteristics on labour force status. Implications and further directions will be discussed.

An exploration of depression, attachment style and relationship satisfaction for Australian couples entering relationship counselling

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There is little Australian research investigating the level of personal and relationship distress for couples seeking relationship counselling and how these characteristics relate to outcomes in counselling. Participants consisted of 29 couples ($n = 58$) and 17 individuals, where only one partner from the couple responded to the questionnaire. All participants attended a national Australian relationship counselling service. They individually completed a pre-counselling questionnaire that included measures of attachment, the DASS 21 depression, anxiety and stress scale, the Relationship Assessment Scale and an emotional distance scale. Both men and women reported that the most important reason for them attending counselling was to improve the relationship, to learn how to communicate more effectively with his/her partner and to learn how to resolve conflict. Results indicate that there were gender differences in attachment style, with 42% of the women sampled having a secure attachment style and 47% of men having a dismissive attachment style. DASS 21 scores indicated a fairly high level of psychological distress in the sample, with

31% scoring in the severe/extremely severely stressed range, 30% in the severe/extremely severely depressed range and 22% in the severe/extremely severely anxious range. The relationship between relationship distress, attachment style and DASS 21 scores are explored and the clinical importance of these findings is discussed.

Towards a four-stage model of mindfulness-based Cognitive Behaviour Therapy for children: A preliminary trial with Generalised Anxiety Disorder

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The recent developments in the modelling and applications of mindfulness-based therapy models have led to a greater understanding of learning principles in the adult and the ways in which learned responses are maintained. However, there is a paucity of attempts to apply these principles in children with a psychopathology. The present study is a pilot trial of an adaptation of the four-stage model of Mindfulness-based Cognitive Behaviour Therapy (MCBT) in a 10 year-old girl with Generalised Anxiety Disorder. The standard eight-week program was originally designed to address crises as well as the prevention of relapse in a range of disorders in the adult. The rapid decrease in anxiety and consequent change in daily living are reported and explained in terms of neuroplasticity, with an emphasis on the importance of addressing the internal locus of reinforcement.

If you want to be a good leader, how you think is important

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Research indicates that school principals are more effective if they have a transformational leadership style. This study examined the relationship between principals' leadership style (transformational or transactional) and their information-processing style, as described by the cognitive-experiential self-theory (CEST). According to the CEST, all behaviour is guided by two parallel and bi-directionally-interactive processing-information systems, a rational system and an experiential system. Two-hundred school principals completed the Management-Leadership Questionnaire (MLQ) and the Rational-Experiential Inventory (REI). Overall, the rational information-processing system was positively correlated with transformational leadership. However, the experiential processing system was correlated with transformational leadership for male principals only. Information-processing style was uncorrelated to transactional leadership. These results suggest that

training aimed at improving principals' awareness of information-processing styles may facilitate their use of more productive transformational leadership techniques.

Counterfactual thinking about long and short causal chains: The role of working memory and inhibitory control

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The present study sought to replicate and extend German and Nichols' (2003) findings on counterfactual (CF) thinking and inferential chain length, by administering the CF tasks to an Australian sample using a within-subjects design. The proposed relationship between CF thinking with working memory (WM) and inhibitory control (IC) was also examined. Seventy-two 3- to 4-year-olds were presented with 3 CF stories detailing series of events, and within each story, children were asked to make a short, medium, or long CF inference. Children then received a battery of WM (Forward Digit Span, Counting Span) and IC tasks (Bear/Dragon, Card Sort). The Peabody Picture Vocabulary Test (3rd Edition) was also administered to ascertain that all child participants had a normal verbal comprehension level. A mixed design ANOVA revealed that children performed significantly better in the longer inference conditions, which was in stark contrast to German and Nichols' findings. A correlation analysis found no significant correlations between CF thinking, WM and IC performance. These findings suggest that before any conclusions can be drawn regarding the relationship among development in CF thinking, WM and IC, further investigation into the nature of the inferential chain length effect on children's CF thinking is required.

Professional training and development for Christian psychologists in Australia and the United States

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The purpose of this paper is to address and highlight the professional training and development streams available for Christian Psychologists in the United States and examine how these programs could benefit the psychological profession in Australia. Currently there are a number of institutes and universities providing training and certifications for psychologists in the United States. There are no existing training programs in Australia; however there are a number of religious institutions such as Bible Colleges offering Christian based counselling courses within their curriculum. An integration of theological training into the field of psychology would be immensely beneficial to

Australian Psychologists. The implications of such a program will be the substance of this paper.

Understanding of real and apparent emotion by Australian children

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This study investigates Australian children's understanding of the display rules that govern the manifestation of facial expressions. In compliance with display rules, the facial expressions displayed (i.e., apparent emotion) may be incongruent with the emotion experienced (i.e., real emotion). One hundred and seventy-six Caucasian children living in Australia (80 four-year-olds and 96 six-year-olds) were presented with hypothetical stories in which display rules would govern whether or not apparent emotion should match the real emotion. Children were then asked to identify the real and apparent emotion corresponding to the story from an array of facial expressions of emotion. Results indicated that children gave non-regulated responses to story that allowed the genuine expression of real emotion, and to stories that required emotional dissemblance, indicating no attempt to hide the expression of real emotion. No gender difference was found in this sample. It seems likely that cognitive factors such as the development of a theory of mind, and socialisation factors such as exposure to and the acquisition of emotional scripts could account for the results.

Predictors of healthy ageing in older Filipinos living in Australia

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The ageing Filipino community in Australia is characterised by marked gender imbalance (7 females: 3 males) as a result of significant numbers of women migrating for intercultural marriage in the 1980s and grandmothers migrating to care for grandchildren. This community is projected to be the sixth largest group of seniors among culturally and linguistically diverse communities by 2026; yet little is known about the psychological and health status of this group. The study investigates older Filipinos' adjustment experiences post-migration and the impact on their ageing and general well-being. The research design addresses several issues associated with cross-cultural research including sample size and back translation. The bilingual researcher interviewed 330 Philippine-born participants aged between 55 and 92 years, living in urban and rural communities across Australia. The questionnaire package focussed on participants' post-migration and ageing experiences, acculturation, social support and coping styles, quality of life, and psychological well-being. Quantitative data

analyses highlighted significant differences between men and women and between age cohorts within the sample group. Empirical evidence from the study will provide policy makers and health practitioners with baseline health data and an understanding of cultural and psychosocial predictors of positive ageing in older Filipinos.

Neural connectivity and other electrophysiology phenomenon associated with Dissociative Identity Disorder

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In a previous study, the authors reported on the EEG alpha coherence associated with Dissociative Identity Disorder (DID). The EEG was recorded during a visual spatial memory task. The study groups consisted of five DID subjects and five actor controls. The findings indicated that the changes in EEG alpha coherence observed in each of the DID personalities, were not found with the actor control group during their role-playing. The current study examined more electrophysiological factors (Such as alpha, beta, delta and theta coherence) in a larger group of DID subjects (n=12) and actors (n=12). This study again demonstrated findings suggesting a biological basis to Dissociative Identity Disorder. Possible neurodevelopmental, dissociation and hypnosis models will be discussed.

Psychophysiological correlates of past trauma and dissociation

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The aim of this study was to examine neural connectivity differences (as measured by EEG coherence) between groups with childhood, adulthood or no history of trauma. It was hypothesised that adults reporting childhood traumas would show higher alpha and beta coherence than those with either adulthood trauma or no trauma history, in left temporal and bilateral frontal areas. Dissociativity was measured via the Dissociative Experiences Scale (DES). Twenty high dissociators (DES>15) and 19 low dissociators (DES<10) completed the Post-traumatic Stress Diagnostic Scale (PDS), Word Memory Task (WMT) and EEG analysis. No significant differences in word recall were observed between low versus high dissociators. Those with childhood trauma had significantly higher EEG coherence than those with adulthood trauma and no past trauma, between several electrode pairs over the left temporal and bilateral frontal areas. Coherence differences were also observed between those with

adulthood trauma and no history of trauma. Psychological trauma may have a lasting impact on neuronal connectivity, regardless of whether trauma occurs in childhood or adulthood.

Family functioning and coping styles are the best predictors of psychosocial outcome for young people with epilepsy

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The aim of our study was to assess the predictors of anxiety, depression and health related quality of life (HRQOL) amongst young people with epilepsy. Young people (N = 114) with a mean age of 17.92 years (SD = 3.90), of which 35.1% were male, completed a paper (60.5%) or Internet survey (39.5%) that included demographic, medical and psychosocial questions. This included: the Family Assessment Device, Adolescent Coping Scale, Hospital and Anxiety Scale and Quality of Life in Epilepsy for Adolescents Scale. Using Latent Class Cluster Analysis, two well-being groups (high/low) were found utilising anxiety, depression and HRQOL scores. Logistic Regression revealed that lower seizure frequency, higher family functioning, and less use of non-productive coping strategies significantly increased the chance of being classified in the high rather than low well-being group. Gender, age, duration of illness, seizure type, number of anti-convulsant medications, school integration assistance, other co-morbid conditions, traditional family structure and other family members with epilepsy did not predict well-being. In addition to medical treatment, clinicians can promote better outcomes for young people with epilepsy by encouraging them to increase communication and problem solving within their family, and decrease the use of non-productive coping strategies.

Relating in a world of dissociation: The issue of support

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This paper explores two of the main relationships which are significant to the individual with dissociative identity (DI): the client-therapist relationship and the individual's relationship with significant others. By examining recent research on DI and analysing transcripts of interviews, discourses are identified that challenge the traditional assumptions concerning the client-therapist relationship and the capacity of those with multiple selves to establish meaningful relationships. They offer new ways of looking at the role and significance of relationships in the life of the individual with DI. The social aspects of living with DI will then be examined, in particular, the

use of the Web as a means of connection. This section of the paper is an exploration into what the Web facilitates for individuals with DI, the acceptance gained through online communities and how this further informs their sense of self and way of being in a society where multiple selves is still an unknown. I offer some preliminary findings, and some theoretical positionings. In particular, I explore how dissociative identity calls into question certain theories regarding the formulation of disorder and functionality, as well as theories of self and social identity, self-categorisation theory, and stereotyping theory.

The attitudes, perceptions and experiences of permanent teachers and casual relief teachers working in primary schools and secondary schools in the government, independent and Catholic sectors

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This paper will present the most comprehensive data—past or present—on the perceptions, experiences and attitudes of casual relief teachers in Australia. Currently, very little is known about the psychology of casual relief teaching and even less about how casual relief teaching compares with permanent teaching in terms of important constructs such as job satisfaction, connectedness with the organisation, perception of ability, relationships with students and colleagues, and so on. A purpose-built instrument was used to survey 670 permanent teachers and 408 casual relief teachers (CRTs) from schools in and around metropolitan Melbourne in relation to 10 areas of concern: (1) Information and Communication, (2) Provisions and Facilities, (3) Lesson Management, (4) Student Management, (5) Relationships with School Community, (6) Relationships with Students, (7) Status, (8) Job Security, (9) Job Satisfaction and (10) Job Stress. The permanent teachers reported more positive attitudes, perceptions and experiences in nearly all areas compared with the CRTs. Most notably, the differences between the two groups on constructs related to in-class activity (e.g., relationships with students) were far less than those related to out-of-class aspects (e.g., relationships with the school community). Further, the purpose-built instrument was found to have excellent psychometric properties.

Anger, pain behaviour and feelings of well-being amongst long-term arthritis sufferers

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Anger is rarely investigated in the chronic pain disability research despite the identification of a substantial association between negative affect and

chronic pain. It seems that research into depression and anxiety is far more common. The present exploratory study examined the extent and nature of self-reported anger in a sample of 28 male and 64 female rheumatoid or osteoarthritis sufferers and the impact of anger on their perceived well-being. Interestingly, anger levels were no higher than those of the general normative population despite severe pain and restricted life activities over many years. Discussion canvasses the possibilities that participants were not angry at all, or that early anger has dissipated over the decades or that public admissions of anger were hidden and repressed, perhaps as being unhelpful. The relationships between arthritis related impairment, anger and well-being were explored with regression analyses revealing that while none of the sub-scale scores on anger significantly predicted overall well-being, both Trait-Anger and Anger Expression-Out contributed significantly to the prediction of specific aspects of well-being such as satisfaction with health and life achievement. The implications for clinical practice and research are discussed, particularly in the light of alternative anger dimensions being explored by Spielberger and colleagues.

ProCare primary mental health programme – 4 years on what are we doing and what have we learnt?

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It is recognised that “there is no health without mental health”, yet mental health conditions are known to be common in all communities, and associated with substantial disability. These conditions are even more common in GP attenders, but primary care has struggled to meet patient’s mental health needs. This paper presents an overview of 4 years learning and development in an Auckland-based primary mental health programme. Following an initial review of the relevant literature, and a series of GP focus groups, the programme was developed based on 3 core strands: ongoing education to up-skill primary care personnel, funding extended consultations to improve assessment and engagement with patients regarding mental health needs, and ready access to brief evidence-based psychological intervention. Over time other programme elements have been “clipped on” to this core, including community education/awareness raising, community health workers whose role is engaging hard-to-reach populations, and programmes for specific areas of need (e.g., perinatal mental health, pain management, chronic medical conditions). The sequential development of the programme is presented, along with a range of illustrative socio-demographic, outcome, and performance data. Lessons learned and

key success factors are highlighted, along with intentions for future development.

Strategies for success: A team approach

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The undergraduate course team in the School of Psychology at Edith Cowan University in Western Australia was concerned about a wide range of difficulties faced by our first year students and the high attrition rates experienced in our course. Rather than having an ad hoc approach to these issues, the team made a commitment to work together to develop a vision for improvement. The result was the Retention and Persistence Support Program (RAPTS), which now underpins the whole first year for psychology students. This program won an Australian Award for University Teaching (AAUT) Institutional Award in 2003 for Innovative and Practical Approach to the Enhancement of the Quality of Teaching and Learning. This presentation will briefly describe the program and the process in which the team engaged to develop the submission for the award. We will highlight some of the difficulties as well as the successful strategies we utilised to develop the proposal. This paper will also highlight how winning the award has contributed to the continuous improvement of the program and self-development of staff.

Curiouser and curiouser: Dissociation and unusual experiences

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Since the late 1980s, most studies of dissociation in non-clinical populations have included an examination of gender and age effects, however, interest in the personality and cognitive correlates of normal dissociation has only emerged in the past ten years. In this paper, emerging research findings regarding the relationships between dissociation and the reporting of unusual experiences in non-clinical populations will be reviewed. In the present context, the qualifier ‘unusual’ is applied to self-reported experiences of a supernatural nature, beliefs that are not supported by scientific knowledge and a tendency toward fantasy proneness. Startup (1999) includes magical thinking and perceptual aberrations among unusual experiences, constructs, which may be subsumed under the construct of irrationality. Specific attention will be given to the relationship between the experience of dissociative phenomena and paranormal beliefs including: traditional religious belief, psi belief, witchcraft, superstition, spiritualism, extraordinary life forms and precognition. The implications for understanding the dissociative experiences of non-clinical individuals will be discussed.

Assessment and treatment of cannabis abuse and dependence – a practitioner’s perspective

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There is a growing realisation of the mental health risks of both cannabis and amphetamines. Yet client perceptions of these drugs are often as ‘soft’, ‘recreational’ drugs that ‘everybody uses’. Confronting these perceptions and working effectively with adolescent and young adult clients is challenging. Paper covers assessment, screening questionnaires and CBT based treatment. Treatment in co morbid clients with existing mental health problems will also be discussed. The paper is primarily from a therapist’s viewpoint looking at casework with cannabis dependent clients, but also outlines research on a comorbid client population at a local outpatient mental health clinic. In addition to treatment issues, the paper also looks at how key neurotransmitters in the brain are impacted by cannabis and its particular risk to young people whose brains are still developing. The increased risk of drug abuse faced by young people with ADD/ADHD is also discussed.

How does erectile dysfunction affect men’s partners?

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To date, little research relating to male erection problems has closely examined female issues arising from the man’s experience of erectile dysfunction, or treatment of that difficulty. Fifty-one women whose partners have ED were interviewed to determine how the women perceived the erection difficulty affected them and their relationships. As well as the semi-structured interviews, the women completed sexual desire and function questionnaires, relationship scales, quality of life and general psychopathology measures. When compared to normative data, these women demonstrated lower means for all aspects of sexual function, a range of sexual desire scores, and higher means on several of the SCL-90-R scale dimensions and Global and Symptom Indices. The women expressed a number of consistent perceptions of the changes ED had effected in their lives. These and the implications for clinical work with couples for whom erection difficulties are a problem will be discussed.

Rejection sensitivity: A potential moderator of ostracism

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This experiment proposes rejection sensitivity as a potential moderator of ostracism, which is tested using Williams’ (2001) need-threat model of ostracism. Affiliative responses to ostracism are also examined using a cult recruitment context (personal versus impersonal cult approach) as a measure of compliance. Participants completed a Rejection Sensitivity questionnaire prior to ostracism manipulations (ostracism versus inclusion), and an internet-based ball-throwing game called Cyberball. Need-threat and moods were then measured. A confederate posing as a fellow participant and cult member, then attempted to recruit participants to a cult group. Participants were asked for personal contact details, a rating of interest in the group, and experienced cult recruitment that was either personal or impersonal. Manipulation checks were then completed. Ostracised participants reported lower moods and greater need-threat than included participants. Rejection sensitivity was also found to moderate ostracism’s effects on mood and certain fundamental needs. Ceiling effects were found for affiliative responses, with no compliance differences found for ostracism or compliance conditions. The implications of the findings are discussed and suggestions for further research addressed.

Living with Parkinson’s disease

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Despite evidence that the social consequences of Parkinson’s can be the worst part of living with the disease, there is little research on the role that social support plays in contributing to quality of life among those with the disease. This paper reports recent research examining relationships between social support and quality of life in people with Parkinson’s disease. Comparisons were made between the beneficial effects of social support from various sources (spouse, family, friends, health providers, support groups, work colleagues and the internet) on individual quality of life. A sample of 124 people (Mean age =54.02, SD=9.93) was recruited via Parkinson’s Victoria’s mailing list and Parkinson’s related websites. Social support from each of spouse, family, friends, health providers and support groups related to better outcomes for people with Parkinson’s, and overall level of support buffered the adverse effects of the disease on quality of life. An additional finding was that people with Parkinson’s perceived social support from friends and family to be more beneficial than the support they received from

their spouse. Implications of these results in relation to improving individual quality of life with Parkinson's are discussed.

An integrative model explaining newcomer socialisation strategy choice: Individual, workgroup and organisational influences

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Organisational socialisation (OS) refers to the process of adjusting from naïve newcomer to effective and integrated insider. Newcomers aim to reduce their uncertainty through learning and adjusting either themselves or their circumstances. There are various literatures germane to newcomers' socialisation strategies, including perspectives from psychology, management, and communication sciences. These approaches relate to finite aspects of newcomer information seeking, uncertainty reduction, sense-making and decision-making, and each identifies a range of socialisation strategies that newcomers might use. There are no models, however, that integrate these literatures and theorise how newcomers decide which socialisation strategy to use. This is important theoretically as well as practically, since OS is occurring more frequently as average job and career tenure decrease, and job change becomes a more frequent occurrence in organisational life. We propose a model that considers three principal areas influencing newcomer strategy choices: (1) newcomer differences such as prior experience and personality, (2) the immediate social workgroup context such as proximity and relationships with co-workers, and (3) the organisational context including socialisation tactics and person-organisation fit. Further, we propose that newcomers consider four types of costs and benefits relating to socialisation strategies which moderate their use; i.e. ego, personal resources, performance, and social.

The promise of the competency approach

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The origin of the competency movement in the educational arena is outlined, and its development traced into three distinct approaches, each with a different purpose. The educational approach aims to define standards of competence for the purpose of awarding qualifications, applicable to formal training within organisations. The psychological approach aims to identify the behavioural repertoires of top performers in order to train others to reproduce their success. The management discipline promotes the identification and development of "core competencies", meaning the collective learning of the organisation that will result in strategic advantage. The

last two definitions of competency promise substantial performance benefits by including a causal or instrumental relationship of competencies with individual work and organisational performance. In addition, the practitioner and vendor competency literature claims benefits such as improved recruitment and selection practices, improved individual, organisational and career development programmes; improved performance management processes and improved communication. Relevant aspects of theory and research in the industrial and organisational psychology literature are outlined, in particular those relating to job performance.

The use of cognitive therapy in the treatment of burnout in sport: A case study

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Depression is one of the major psychological symptoms of burnout in sport with the literature recommending the best treatment being time out from the sporting environment. Due to the nature of high performance international sport however this is often not practical or desirable for the individual concerned. This case study outlines an approach, which aims to increase activation in the individual over a relatively short period of time by addressing many of the behavioural symptoms associated with burnout. A fifty two year old elite female coach presented with a major depressive episode, demonstrating seven of the nine diagnostic features according to the DSM-IV. The intervention focused on improving sleep patterns in the client as well as increasing physical activation levels, with latter sessions focusing on analysis of automatic negative thoughts and self evaluations. This approach resulted in the client being able to continue with the demands placed on them in their role as a high performance coach and a decrease in the number of depressive symptoms they initially presented with. Clearly this approach would seem a better treatment to burnout than a simple recommendation of rest.

The association between fatigue and ANS sympathetic arousal

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Fatigue is a prevalent problem in the community such as driver or work related fatigue and is a common associated symptom of many diseases such as depression and heart disease. However, its definition and nature need clarification. For example, fatigue needs to be distinguished from constructs such as distress, sleepiness, and drowsiness. The research presented in this paper will involve the relationship of fatigue with sympathetic arousal. The objective of the study was to determine the association between fatigue

and heart rate variability (HRV), known to be a valid measure of sympathetic arousal. HRV was used to assess sympathetic and parasympathetic activity in a total of 50 participants who were asked to perform a monotonous task till they showed signs of fatigue. Sympathetic activity was found to increase and parasympathetic activity decreased as the subjects fatigued, suggesting that fatigue is associated with increased sympathetic arousal. The results also found that sympathetic arousal was determined by factors such as having an introverted personality, being predisposed to depressive mood, having higher levels of fatigue and low levels of mental vigour. Implications for the nature of fatigue and its management are discussed.

Reducing stigma and improving mental health literacy through school-based mental illness education

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Although attitudes toward stigmatised groups are difficult to change, education programs and opportunities that promote direct contact with people who have experienced mental illness have demonstrated success in reducing the stigma of mental illness and increasing mental health literacy. The present study examined the effectiveness of a mental illness education program directed at adolescents and the factors influencing its impact. A sample of 694 students (251 males, 443 females), aged between 11 and 19 years, across 13 public and private high schools and colleges throughout the ACT was obtained. Students completed self-report questionnaires relating to stigma, mental health knowledge and help-seeking intentions before and after participating in the education program and their results were compared with a control group. Students participating in the program also completed measures of empathic concern and affect immediately following the program. Results indicated a significant decrease in stigma, and increase in knowledge and intentions to seek help from informal sources as a result of the program. The moderating effects of empathy, affect, and perceived similarity to program presenters, were also examined. While the results show that contact and education are effective strategies for attitude change, suggestions for improving the impact of the program are discussed.

A decade of domestic violence programmes for children in New Zealand

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The Domestic Violence Act (1995) makes provision for New Zealand children named on Protection Orders to receive a programme to assist them to deal with the effects of domestic violence. The Families

Forward programme is one such Ministry of Justice approved children's programme. Information about uptake of programmes, number of sessions attended and programme completion rates will be presented and compared with international data from other children's programmes. Factors that affect programme attendance and effectiveness will be reviewed and discussed in relation to factors pertinent to New Zealand.

An experimental test of Rebus puzzles as insight problems

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A central question in cognitive psychology concerns the nature of insight. Although most people have had the "aha!" experience of insight, psychologists have had difficulty in agreeing on a definition. An associated difficulty has been defining the properties of insight problems, and doubts have been raised on the validity of some of the problems that have been used in the past. In addition to issues of validity, the pool of available insight problems is relatively small, and contains some problems that are so difficult that solution rates are virtually at zero. In responding to the need for a larger pool of valid problems that vary in difficulty, we report an experiment that illustrates the potential of rebus problems. Rebus problems combine verbal and visual clues to a common phrase or saying, such as PAINS ("growing pains"). Our results showed that rebus problems varied in difficulty on a predictable basis. Participants were less likely to solve problems where more rather than fewer implicit assumptions of normal reading had to be broken. Rebus performance also correlated significantly with self-rated insight ability. The findings suggest that rebus puzzles have the potential to provide a useful source of problems for insight research.

Archival file analysis

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Decades of research into the effects of sexual abuse has produced findings that are often contradictory and limited in their generalisability. Given the diversity of populations in New Zealand/Aotearoa, identifying characteristics relevant to Māori and other non-European cultures was considered a vital component of developing best practice guidelines for the treatment of sexual abuse symptomology. An archival file analysis of 125 closed ACC sensitive claim files was undertaken examining the assessment, diagnoses, treatment and outcome of sexual abuse survivors. The study found that, within

the New Zealand/Aotearoa context, survivors were most likely to report experiencing a single type of abuse, be diagnosed with PTSD, receive treatment under the spectrum of CBT, and leave therapy for reasons of improvement. In addition, a separate in-depth probe into long-term (100+ sessions) claimant files revealed insight into some barriers to progress. Implications of the findings from both archival analyses will be discussed in the presentation.

Psychopathology of adolescent-adulthood role transition in university students and elite athletes

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Based on theory that lifespan transitions are a period of confusion and difficulty, psychopathology of the adolescent-adulthood transition is investigated in students and athletes. Research suggests university students experience significant psychopathology difficulties during this transition including depression, eating disorders and substance abuse, no research has investigated all DSM psychopathology in this transition. Wylleman, Alfermann, & Lavallee (2004), proposed a model of transitions faced by elite athletes, naming a mastery stage as the adolescent-adulthood transition whereby athletes face less family presence, fulltime coaching and tertiary commitments. Psychopathology research of athletes includes eating disorders, depression and anxiety. No psychological profile based on full DSM is known for elite athletes. Moreover, no research has investigated IQ with adolescent-adulthood transition psychopathology. Furthermore, Emotional Intelligence (EI) hasn't been compared to IQ and psychopathology in this transition. The present study samples 100 undergraduate students, and 200 elite athletes aged 18-24 years. These participants will complete the PAI, BarOn EQ-I, and RPM. It aims to investigate (a) the psychological profile of university students and elite athletes during the adolescent-adulthood transition (b) IQ and EI in students and elite athletes and their relationships with psychopathology during this transition.

Kaumatuatanga: Roles of kaumatua and future directions

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This study investigated the roles of kaumatua and how these have changed over time. With the Maori population ageing more rapidly than non-Maori and the reported importance of kaumatua roles for the wellbeing of Maori communities, the findings of this study will provide an insight into the possible validity and future direction of the institution and role of kaumatua. Intensive open-ended interviews were

completed with members of one hapu who were aged 65 years and above. Data analysis involved analysing and comparing kaumatua roles and competencies to those identified in earlier literature, namely, leadership, cultural knowledge, dispute resolution, protection and nurturing of young, providing spiritual and other guidance, and social control. Further findings of this research will also be discussed.

The long-term cognitive and adaptive outcomes of childhood medulloblastoma: Impact of radiotherapy

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Brain tumours are the second most common form of childhood cancer. Medulloblastoma (MB) is a malignant brain tumour found in 8-10 children each year in New Zealand. Pilocytic astrocytoma is a similarly located benign tumour requiring surgery without radiotherapy. While early diagnosis and advances in medical treatment have improved the survival rate there is an increasing concern for the neurocognitive outcome as well as the quality of life in those undergoing treatment for MB. Few studies have observed outcomes beyond 5 years post-treatment and yet several studies have noted a continued decline in relation to normal peers. This study focuses on outcomes 2 years to 28 years post-treatment comparing those requiring radiotherapy post-surgery and those having surgery alone. Variables including radiation dose, age at diagnosis, and time since treatment will be examined. This study also looks at long-term functional impairments, psychosocial adjustment and quality of life for survivors of brain tumours. Findings will help direct rehabilitative therapy to expected deficit areas with an aim of improving the quality of life and level of functioning of those treated for brain tumours as well as those who are current survivors of childhood cancer treatment.

Detection of depression among aged persons with depression: The role of care staff

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Depression is a serious condition estimated to affect between 10% and 25% of older people who receive aged care services. Despite its high prevalence in this population, depression frequently goes undetected and untreated. Care staff are well situated to detect symptoms of depression among older people. However, there has been little investigation into the knowledge of depression among

care staff, or their abilities to detect or respond appropriately to signs of depression. This study employed a qualitative methodology to examine these issues, from the perspectives of 21 care staff members, and 15 older people with depression. Findings suggested that knowledge of the symptoms of depression among care staff was low, with particular difficulty in distinguishing depression from other factors common in late life, such as adjustment to aged care and dementia. Aged care consumers reported that depression was rarely addressed directly by care staff, who, although seen as caring and dedicated, did not appear skilled in recognising depression. Poor communication skills and lack of time to form trusting relationships emerged as substantial barriers to the recognition of depression. Recommendations for improving the knowledge and skills of care staff are discussed.

Organisational commitment in Australian university staff: Results from wave 2 of a national survey

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In 2000 a survey was carried out on staff from 17 Australian universities. Responses were received from 8732 people. Overall, the results revealed very high levels of psychological strain in academic staff involved in both teaching and research, moderate levels of job satisfaction and organisational commitment, high levels of trust in heads (of Departments and Schools) but low levels of trust in senior management. The best predictors of organisational commitment in both academic and general staff were trust in senior management, job involvement, procedural fairness and extraversion. Confidential reports were sent to the 17 Vice Chancellors containing recommendations designed to improve morale, along with a detailed report. In 2003 and 2004, 13 of the universities took part in a follow up survey. Responses were received from 6410 people. Overall, there was little improvement in terms of reduced psychological strain or increased job satisfaction, however several of the universities showed improvements in organisational commitment, perceptions of procedural fairness and trust in senior management. Path analyses based on longitudinal data from 493 participants who had responded on both occasions, suggest that improvements in organisational commitment were produced by increased procedural fairness, partially mediated by increased trust in senior management.

Speeding and what to do about it: An investigation into participatory design

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Excessive speed is a leading cause of death and injury on our roads. Speeding is simple, but the antecedents of speeding are complex. Age, gender, attitude, road environment, mood, vehicle type, peer pressure, risk etc., can affect peoples' speed choice. In New Zealand, several approaches are used in order to reduce speed, with enforcement, advertising, and changes in roads and road markings amongst the major methods. Despite these efforts, changing drivers' attitudes remains a difficult task, as most methods rely on forcing speed reductions by changes in the road environment or penalties. Participatory design has been successful in generating efficient software and work systems that are accepted by management and workers. The process can improve the attitude of workers in terms of efficiency and general well-being. This paper will discuss the efficacy of participatory design in reducing speeds and changing attitudes by allowing people to design their own countermeasures.

Functional magnetic resonance imaging tests of unified cognitive and neural models

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Modern neuroimaging technologies such as functional magnetic resonance imaging (fMRI) provide unprecedented opportunities for in vivo investigations of human brain-behaviour relationships. Not surprisingly, many psychologists have leapt at the chance to use these technologies when they have been afforded access. Others have been reticent, concerned about a perceived failure to articulate a framework for testing theories of information processing with neuroimaging. Connectionist models represent an attempt to characterise information processing in terms of brain or brain-like operations, typically combining localist and distributed representations. They are thus well-suited for testing with neuroimaging, as the bridging assumptions concerning cognitive and brain operations are made explicit. Although the dominant approach in cognitive neuroscience research is to use neuroimaging data to demonstrate cerebral activity associated with an affirmed cognitive process of interest, connectionist modelling presents an opportunity for using neuroimaging data to adjudicate between different models of cognitive phenomena. Data from fMRI experiments designed to test hypotheses from rival theories of language production, attention and episodic memory are presented in support of this latter approach.

Medication alliance: Enhancing adherence and therapeutic outcomes for people with psychosis

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Nonadherence to prescribed treatments is common for patients suffering from chronic health problems. Clinicians often lack strategies to enhance adherence, in part because there are few specific adherence training programs. Poor medication adherence and the lack of clinician training opportunities are particularly problematic in community mental health settings. A clinician training program entitled 'Medication Alliance' incorporates psychosocial rehabilitation strategies including cognitive behavioural techniques, motivational interviewing and problem solving. There is a strong emphasis on the development of treatment alliance with patients for whom treatment adherence has been a barrier to optimal treatment outcome. In this presentation an overview will be provided of the development and content of the Medication Alliance program. Results will be presented on training outcomes for 50 clinicians and subsequent effects on some of their patients' medication adherence and symptom outcomes. Data exploring patient's attitudes toward medications and therapist ratings of adherence are also presented.

Burnout and compassion fatigue in trauma therapists treating torture survivors: Which therapists are affected?

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For trauma therapists, the risk of being affected by exposure to the traumatising subject matter is well documented. It is often described and assessed in terms of the constructs compassion fatigue, vicarious traumatisation, and burnout. Factors suspected of contributing to the risk of developing such a syndrome include caseload of traumatised clients, level of training, and non-supportive work environment, but the degree to which working through (or exposure to) traumatic events with their clients is advocated and practiced has so far received little if any attention. In this paper, a study will be presented in which a group of trauma therapists (N=100) working with torture survivors were investigated with respect to the extent to which they advocated and practiced working through traumatic events as well as levels of symptomatology including compassion fatigue, burnout, and distress. A combination of high advocacy and low degree of working through was found to be related to high symptomatology. Therapists with this combination showed more compassion fatigue,

burnout, and distress not only than therapists who advocated and practiced working through, but also than therapists who neither advocated nor practiced it. Possible mechanisms behind these results and ways of maintaining healthy clinical practice are discussed.

Changing driver behaviour through warning signage: A review of two-process learning theory and its implications

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An alarming number of fatalities (13) have occurred within a ten kilometre section of the Pacific Highway centred on the Mid North Coast town of Coffs Harbour over the last two years. Official attempts to curb this trend have included the introduction of warning signs displayed on billboards, and other media, which depict graphic warnings of unsafe driving and the consequences of that behaviour. These signs sit alongside numerous roadside memorials at the scene of fatalities. Both the officially sanctioned signs and roadside memorials are placed with the motivation to force drivers to become aware of danger, and to promote safer driving behaviour as a consequence. The efficacy of these strategies can be analysed in terms of two-process learning theory, which seeks to explain instrumental avoidance elicited by learned aversive stimuli. Potential problems for this strategy emerging from this learning-theoretic analysis include the possibility of habituation to repeatedly presented stimuli and the potential for evaluative conditioning to limit the aversive impact of road signage. A review of two-process learning theory, consideration of its applicability to the effectiveness of road signs, and possible methods to prevent loss of effectiveness will be provided.

Perils, pitfalls, and parsimony: Pithy points for the psychologist

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This paper will address common issues of concern observed through work in a forensic practice involving criminal, medicolegal, disability, and worker's compensation assessments. The problems with not considering the impact of variables such as education, learning disability, substance abuse, and background history on appropriate test interpretation and leading to misattribution of causation will be discussed and illustrated with case examples.

Getting the most out of the Wechsler batteries

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This paper will review and critically evaluate the diversity of methods currently available to clinicians when employing the third editions of the Wechsler Adult Intelligence Scale and Wechsler Memory Scale as well as the Wechsler Test of Adult Reading. Emphasis will be placed on recent developments such as methods for estimating premorbid levels of functioning, reducing the number of tests administered, the importance of discrepancy analysis, detecting meaningful change, assessment of cognitive effort, estimation of reading levels, and the utility of the general ability index. Each method will be demonstrated with illustrative case examples.

The relationship between children's language ability and performance on the Rey Auditory Verbal Learning Test (RAVLT)

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The Rey Auditory Verbal Learning Test (RAVLT) is a word-list recall task that is often used in both adults and children to measure immediate memory span, new learning, and susceptibility to interference. This study investigated the relationship between language ability and performance on the RAVLT in children aged between 5 and 10 years. In addition to the RAVLT, measures of receptive vocabulary (PPVT-III), global language ability (CELF-3 Screener) and nonverbal problem solving ability (RCPM) were obtained from 128 participants. Trend analysis indicated that the RAVLT scores varied linearly with age. A subsequent ANCOVA analysis, however, found that age was not a significant predictor of performance on the RAVLT when language ability and problem-solving were entered as covariates. Exploratory path analyses indicated that age failed to show a significant direct effect on the RAVLT. Rather, its effect was mediated through performance on the CELF-3, PPVT-III and the RCPM. These results suggest that children's improvement in performance on the RAVLT across ages 5 to 10 is influenced more by their vocabulary, global language, and nonverbal problem solving abilities than memory ability per se.

Mad, bad or dangerous to know: Attitudes of forensic staff in New Zealand towards people with an intellectual disability, and the development of an attitudinal measure specific to ID offenders

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Legislation in dealing with offenders often reflects societal attitudes. Unlike many other countries (e.g. U.K. Australia, U.S.A., Canada and Japan), New Zealand has excluded offenders with ID from Mental Health legislation. The Intellectual Disability (Compulsory Care and Rehabilitation) Act (2003) diverts ID offenders from penal to care settings. It is possible that legislative differences are reflective of attitudinal differences. The legislation has resulted in the opening of ID specific inpatient forensic services. The aims of this study are to carry out an international comparison of attitudes towards people with ID using the Community Living Attitudes Scale – MR. (CLAS-MR). In addition, it aims to develop an instrument, the 'Mason Intellectual Disability Attitude Scale' (MIDAS) that measures the attitudes of forensic staff towards ID offenders. Little is known about the effect of attitudes on therapeutic outcome. Both questionnaires were administered to 250 forensic staff. Similar attitudes were found between New Zealanders and other countries on the CLAS. The MIDAS identified six factors covering comfort levels, stereotypes, paternalism, knowledge, perceived culpability and political correctness. Initial psychometric analysis suggests the MIDAS is a promising tool for measuring attitudes towards ID offenders and offers the potential to explore how staff attitudes towards ID offenders may impact therapeutic outcomes.

A social identity perspective of childhood bullying

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The current study explored whether a social identity perspective could help to explain the peer group's role in childhood bullying. Participants ($N = 356$), aged 8.92 to 13.67 years ($M = 11.22$, $SD = .96$), were asked to pretend that they had been placed in a team for a drawing competition. They were then provided with information regarding their team's norms (bullying versus helping) and their position within the team (prototypical versus peripheral). Several hypothetical situations that involved the in- and out-group were subsequently described and participants asked to rate the likelihood that they would engage in bullying of the out-group. Results revealed that children in the bullying norm condition were significantly more likely than those in the helping norm condition to engage in bullying. A significant interaction between group norms and intra-group

position was also obtained. For the helping norm condition, prototypical and peripheral members did not differ in their reported likelihood of bullying. However, for the bullying norm condition, prototypical members reported being more likely to bully the out-group than peripheral members. These results have important implications for both the conceptualisation of bullying and the development of anti-bullying programs.

“Problem solving gone wrong” – A practical framework to make mindfulness more accessible to clients (and clinicians)

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During the past five to ten years, mindfulness has rapidly increased in prominence and popularity as a therapeutic approach in its own right (MBSR) as well as an extension of existing cognitive-behavioural therapy protocols (e.g. DBT, MBCT, ACT). However, for many clinicians and clients alike the development and application of mindfulness skills remains a rather trying, perplexing and most certainly counterintuitive endeavour. Contrary to standard cognitive-behavioural interventions it appears to be tremendously difficult to provide a clear and concise rationale for practising mindfulness, which does not either refer directly back to far eastern spiritual systems (i.e. Buddhism) or does assume the nature of a highly abstract and somewhat academic lecture (e.g. Relational Frame Theory). This is an issue, which potentially limits the accessibility to an intervention, which seems rapidly gaining empirical support across a wide range of problems and presentations. Therefore, a practical model, which has emerged out of several years of clinical experience with teaching mindfulness skills to a wide variety of clients, will be suggested. Practical applications of this model, such as worksheets and handouts, will be presented.

Applications of mindfulness within a 6 month DBT residential programme

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Segar House Residential Psychotherapy service provides a 6 month intensive DBT (Dialectical Behaviour Therapy)-based programme. As such, it provides an ideal opportunity to explore and practice the principles of mindfulness. This is led and practiced daily for clients by programme therapists, and a weekly session is taught by a Buddhist monk. This teaching is informed by DBT, Tibetan Buddhism and MBSR. This study will present the preliminary results of a survey of past and present clients. We aim to explore the questions: Do some clients “take on” these practices more readily than others? How might we predict which people will struggle more to adopt

mindfulness practices? What can we do to better help them? What proportion of clients maintain these practices after they graduate and leave the programme? A review of the literature relating to the application of mindfulness training for people with PTSD symptoms will be included.

An empirical investigation of locus of control in adolescents of divorce

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The consequences of parental divorce for children do not seem to impact at the time of separation and then level off, as it does for adults, and is described as a cumulative experience. The aim of the study was to empirically investigate the effect of a group intervention programme on locus of control. The study included a separate, but parallel group programme for custodial parents. The Nowicki-Strickland Internal-External Locus of Control scale was used to assess participants’ locus of control orientation. This scale was administered one week prior to the commencement of the intervention programme as well as one week after completion thereof. After calculating average scores standard deviations, minimum and maximum values were determined. Average change from pre to post measurement was tested for significance by the paired t-test. Group averages were compared by two sample t-tests or analysis of variance (ANOVA). The results revealed that the group of adolescents who received intervention without parental involvement in the parent programme, improved significantly from pre to post intervention on the variable locus of control. The subjects whose parents participated in the parental intervention benefited less by the programme and did not improve significantly.

Steering by Mataariki and the Southern Cross: Plotting clinical psychology’s course in New Zealand

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Mataariki (the Maori name for the star cluster also known as Pleiades) and the constellation known as the Southern Cross have served as important navigational aids in Maori and Pakeha (New Zealand European) traditions. Using this symbolism I will plot the development of clinical psychology in New Zealand, in which the bi-cultural imperative afforded by the Treaty of Waitangi has the potential to allow exploration of many challenging issues facing the profession. I will examine contemporary standards of clinical practice, drawing on both some of my own research and that of my students. As the Southern Cross appears on the national flags of both Australia

and New Zealand, I will endeavour to show the value of these concepts for the emergence of a unique professional identity for clinical psychology in Australasia.

The human dimension of the enterprise and its relationship to performance, satisfaction and output

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Data was gathered from the staff ($n = 248$) of a large entertainment centre as part of an intensive and extensive study of that organisation. The data reported in this paper is limited to a subset of the total data available from the project. We report on four variables reflecting aspects of the human dimension of an enterprise: communication, supervisor behaviour, leadership, and relationships with fellow workers and how these variables are related to three outcome variables: performance evaluation, job satisfaction and job output. On all of the seven variables in the study there were very few differences in groups of staff based on the various demographic variables on which data was available. Relationships with fellow workers was not a significant predictor for any of the outcome variables. In addition, for performance, evaluation leadership and supervision were significant predictors, for job output, supervision was the only additional predictor while for job satisfaction, communication remained the only significant predictor. The data are discussed in terms of the significance of aspects of the human dimension of the enterprise and how the various ways in which these dimensions are related to different aspects of organisational outcomes.

“The girls [still] don’t want the rep”: Re-examining the ‘sexual double standard’

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Previous research has consistently identified an enduring ‘sexual double standard’ (the view that men who have many sexual dalliances are positively deemed as ‘studs’ whereas women are negatively labelled as ‘sluts’), both within people’s accounts of sexuality, and within broader societal constructions. This presentation draws on data from a social constructionist, qualitative study of heterosexual women’s experiences of casual sex, to analyse how women talked about and understood the ‘sexual double standard’. The data are derived from fifteen interviews with women aged 19 to 25 years, and analysed using thematic and discourse analysis. The analysis showed that all the women identified the presence of a sexual double standard within society, but also actively challenged it as wrong and a ‘sexual injustice’. They reported that it should not exist and

that they (and most people) did not subscribe to it. However, although the women reported an active awareness of this discourse, and active resistance to it, it was none-the-less subtly implicated in their accounts, and the way they talked about other women. The presentation concludes that the sexual double standard still appears to be a powerful discourse that influences women’s talk around sex/sexuality, even if they wish to resist this. The potential for change through individual resistance will be discussed.

Effective and efficient trauma-focused CBT for sexual abuse – a case study

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A trauma-focused cognitive-behavioural therapy (TF-CBT) approach was utilised to resolve a range of mental health issues resulting from sexual abuse in a 20-year-old woman. Sarah was referred by her GP to an Adult Community Mental Health Team for depression with fleeting suicidal thoughts. She had a past history of sexual abuse at 14 years of age. She was not coping with work, felt anxious, unable to smile and had an isolative lifestyle. A psychological assessment established that Sarah had posttraumatic stress disorder (PTSD) and Dysthymia. She also had anger management problems. The TF-CBT involved an initial focus on developing coping strategies. Issues such as sleep disturbance and anger, which are often associated with abuse trauma, were specifically addressed with appropriate techniques. Resolution of the trauma of abuse, in line with current empirical evidence, was carried out via exposure. The therapy consisted of 8 sessions, including a 1 month follow-up. Marked improvements were recorded in safety, mood, sleeping, smiling, talking, and anger management. Results are discussed in terms of the value of clinicians utilising the scientist-practitioner model to evaluate the application of evidence-based therapy models in local clinical settings.

Psychology in a new consultation liaison service in South Auckland NZ

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The association between physical disorders and mental health issues in children and adolescents is well-recognised. Consultation Liaison (CL) services in paediatric hospitals are common and effective in the treatment of such comorbid presentations. Paediatric CL services provide targeted care for hospitalised children and their families leading to better outcomes and reduced likelihood of repeated presentation for medical assessment and intervention. The current paper describes the development and initial functioning of a paediatric CL service developed

specifically for Kidz First Hospital in South Auckland, NZ. The service comprised psychology and mental health nursing professionals, with minimal psychiatric input. Information was collated over the course of 12 months regarding the demographics of referred patients, their mental health and physical presentation, the source of referral, and the nature of intervention. This data is helpful to guide further development of the service, to guide the development of other services, and to compare with other functioning paediatric CL services. It also provides support for the importance of clinical psychology in this specific field of practice.

CBT intervention for jobseekers with depression and anxiety

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Unemployed Australians are 66% more likely than the general population to experience clinical levels of depression, anxiety or substance abuse, and are more likely to complete suicide, yet are less likely to access mental health services. Psychologists working in Centrelink regularly encounter unemployed individuals with undiagnosed and/or untreated mental health conditions which impact on their ability to look for work. Accordingly, Centrelink Psychology Services trialled the use of a six-session manualised Cognitive Behaviour Therapy (CBT) program with this population. Forty-two unemployed participants from selected metropolitan, rural and remote centres met criteria for inclusion in the trial. Pre- and post-test measures of depression, anxiety, stress, work capacity, and jobseeker motivation and confidence were collected. Results on post-test measures indicated participants experienced statistically significant reductions in depression, anxiety and stress, improvements in work capacity, motivation and confidence to look for work, and high participant satisfaction. Participation in a brief CBT intervention was found to be effective in reducing mental health symptoms and consequently increasing capacity and motivation to look for work. Recommendations for future trials include adding social skills training to the program, as well as two follow-up sessions to reduce the risk of relapse.

Monitoring change and measuring outcomes with sexually abused clients: A review of the literature, and implications for practice

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As part of the effort to develop national treatment guidelines for those who work with victims of sexual abuse we conducted a full and systematic review

of the international literature covering tools and strategies for monitoring change and measuring outcomes with this client group. While a number of similar reviews have been conducted in the past, few have adopted a formal framework within which to evaluate measures. Further, previous reviews did not cover the full clients' age range, did not include less formal assessment strategies, or consider the New Zealand practice environment. In this paper we present a summary of our findings having reviewed over 600 published articles, book chapters and technical reports. We outline a general conceptual schema for outcome evaluation within the field, and provide some preliminary suggestions of specific measures and assessment strategies that could be implemented by practitioners.

The role of attitudes, social norms and perceived behavioural control in gambling behaviour

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For many Australians gambling is an enjoyable activity, however, for some this activity becomes problematic. Increasingly, research is focusing on when and why this pastime develops into problem behaviour. This study employed The Theory of Planned Behaviour (TPB) to explore, to what extent, gambling behaviours can be explained and predicted by assessing individuals' beliefs toward gambling. Volunteers were recruited from a university campus and completed a questionnaire assessing attitudes, social perceptions, illusion of control, gambling behaviours, demographics and some personality traits. Respondent's beliefs regarding emotional and financial outcomes of gambling (attitudes), perception of social pressures (social norms) and perceived control in winning (illusion of control) were positively related to the intention to gamble. In turn, intention to gamble was found to predict gambling behaviour. Path analysis and post hoc tests further explored the role of perceptions, suggesting a diverse range of beliefs are associated with decisions to gamble and gambling behaviour. The results support the TPB as an appropriate framework for predicting and explaining gambling behaviour. Suggestions are made for further research and implications of the findings are discussed.

Traits, trains and triumphs: The impact of personality and work values on cognitive abilities in a large scale train driver recruitment campaign

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Research has shown that personality traits such as neuroticism and extraversion can impact on cognitive test performance. Such research is based on the premise that trait anxiety, like state anxiety, has a negative impact on abilities test scores. The current

study expands this research to explore the impact of personality traits and work values on cognitive test scores. Specifically, this study investigated whether four personality traits (neuroticism, extraversion, openness, agreeableness and conscientiousness) and three work values (power, fulfilment and prestige) differed between 99 successful and 83 unsuccessful candidates in a real selection situation. Candidates were administered a battery of cognitive abilities tests, a work values questionnaire and the NEO-PIR personality assessment. Using a bonferroni adjusted significance level of 0.006, multivariate analysis demonstrated no significant differences across groups, however candidates classified as unsuccessful tended to score higher on neuroticism than candidates who were successful. Although only approaching significance, these findings support existing research on the relationship between neuroticism and cognitive test performance.

Understanding the rewards system in Australian universities: Winners are grinners

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“Publish or perish” has always been the catch cry of academics and with good reason: research students, grants, and promotions followed those who published. In Australia and New Zealand, the universities also benefited through a government funding formula that rewarded research outputs. This year, for the first time, the Australian government has introduced a learning and teaching performance fund (LTPF). Institutions and individuals will compete for these funds in the same way that they have always competed for research funds. This change of direction has profound implications for Australian Universities, many of whom are adopting flexible workloads policies and moving towards the Boyer definitions of scholarship as a framework for describing and evaluating academic work. This paper describes the implications of the policy shift for academics, especially in terms of the rewards now available under the LTPF.

Financial literacy: A psychologist's perspective on an emerging societal problem in Australia

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In the past decade, researchers in New Zealand, the United States, and the United Kingdom have devoted considerable effort to monitoring financial literacy among adolescents and adults and concluded that almost half the population of those countries exhibit serious deficiencies in their understanding of everyday financial matters. Two recent surveys by Australian financial institutions indicate that the

situation is no different in Australia, prompting the federal government to call for a concerted effort from all sections of the professional community to address this growing societal problem. To gauge the extent of the problem among Australian University students, the present study administered a financial literacy test to 826 students enrolled in various disciplines at a large regional university. Despite the fact that the test was not intended to be difficult, forty three percent of the participants failed. Analysis of demographic variables showed that age, work experience, level of education, and annual income were all related to financial literacy and that they contributed incremental variance when factors such as numeracy and general knowledge were controlled. We conclude by outlining some possible ways in which the discipline of psychology can contribute to this emerging challenge.

Psychometric evaluation of goal orientation measures in sport

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The concept of achievement goals has received increasing attention in recent years among researchers in sport psychology. The two types of goal orientation conceived in academic settings, namely “task” and “ego”, have been the focus of much research and form the basis of several instruments designed to measure achievement goals in sport. The unmodified use of these constructs has been criticised, however, and some caution needs to be exercised in employing the existing scales. The current paper reviews recent arguments relating to the concepts termed goal orientation and goal involvement. It also provides an empirical examination of these critiques through close scrutiny of data collected from 201 athletes who completed four different instruments purporting to measure goal orientation. Confirmatory factor analysis was performed on scores obtained from these measures. Results confirmed that the concept of goal orientation should be further operationalised and the concepts better defined. Furthermore, the establishment of specific measurement tools for goal involvement and orientation has to be preceded by a clear conceptual distinction between the two concepts, and a clear definition of the components and structure of a transitory state of goal involvement.

The changing face of the Human Immunodeficiency Virus: Opportunities and challenges for a community based health psychologist

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The Human Immunodeficiency Virus (HIV) poses many challenges to individuals, families/whanau, and health care providers. In light of recent advances in the treatment of HIV individuals are living longer and are faced with the challenge of managing their chronic illness in the community. In an effort to effectively meet client need, staff at the Auckland City Mission, Auckland, New Zealand, developed a new service comprising of a registered health psychologist, registered nurse, and social worker to assist with the impact of HIV. This presentation aims to outline the role of the health psychologist in designing and implementing a biopsychosocial approach in the management of HIV within a multi-disciplinary, mobile community team. An overview of the presenting problems documented in referrals and psychological interventions implemented to improve the quality of life of individuals with HIV will be delineated.

The good, the bad, and the ugly: Pioneering health psychology in primary care

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The scoping exercise aimed to identify the psychological needs of clinicians in Primary Health Organisations (PHOs) in the management of their patients with diabetes and/or CVD conditions. A qualitative survey was developed to explore their perceptions and beliefs about their current management on the following dimensions: physical, affective, cognitive, behavioural, and cultural. The surveys were sent to doctors and nurses from nine practices. Along these dimensions, the survey found that clinicians promoted health behaviour changes (i.e., the good) and were insightful of specific gaps with their routine delivery of care (i.e., the bad). However, they struggled to motivate clients to adopt appropriate and longstanding lifestyle changes (i.e., the ugly). The implication of these findings provides the impetus for the integration of health psychology services in PHOs with particular reference to the development of culturally appropriate interventions for chronic illness populations.

The stress of modern (-ist) life: Is mindfulness a radical re-construction of 'self'? What does mindfulness have to offer?

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Mindfulness is a topic that has emerged as a significant psychological concept. People are asking what it is and how does it work? A study involving 29 participants who attended a 6-week mindfulness programme (including counsellors, Lifeline volunteers, psychologists, psychiatrists, and various other members of the helping professions) was undertaken. The participants completed daily diaries reporting on what they found stressful and were asked to notice their reactions. Analysis of the diaries was carried out using Grounded Theory methods and from a Social Constructionist perspective. Amongst the narratives in the diaries there were romanticist and modernist constructions of thought, emotion, mind, truth and self as participants wrote about the stressors common to people's experiences of living in the postmodern era. The constructions of 'self' and 'stress' became problematic for participants as they engaged in mindfulness. Constructions of self and stress were noticed and new possibilities perceived where stress became less problematic. This presentation is part of the ongoing discussions around stress and mindfulness, from a perspective that is generative and inclusive, being mindful all-ways of what we bring to this psychological, social and cultural exploration.

Exclusivity expectations in committed relationships: A qualitative analysis

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The expectation that sexual acts remain exclusive to primary partners is one of the norms considered integral in committed relationships, yet research continues to confirm that extradyadic sex is prevalent. Further, several of the norms associated with relationship exclusivity have begun to change over the past thirty years. Many people do not openly discuss the issue of exclusivity in their relationship and the implicit nature of these expectations can lead to indistinct and ambiguous assumptions, rendering relationships vulnerable to significant misunderstanding and conflict. The current research aimed to examine the exclusivity expectations among a contemporary Australian sample using qualitative data derived from a focus group and a survey. Whether or not the boundaries of acceptable behaviours with other people are discussed, whether extradyadic sex would ever be acceptable and how likely it is that respondents believe they or their partners would engage in various extradyadic behaviours was investigated. Findings support the notion that

monogamy is generally expected in committed relationships and that expectations of exclusivity are often implicit. Of interest, 23% of the sample believes there are certain conditions under which extradyadic sex may be acceptable.

Incidence of injury, psychological correlates, and injury prevention strategies for elite sport

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Research has highlighted the high incidence of injuries among elite athletes. Prior to implementing an injury prevention strategy, the present investigation established the incidence and psychological correlates of injury at the Queensland Academy of Sport (QAS). In Study 1, 793 scholarship athletes (409 females and 384 males) from 20 sports completed, over a three-year period (2002 – 2004), the QAS Health Screening Questionnaire, which included measures of life stress and mood, plus questions about general health, history of injury and psychological disorders, and current injury status. Athlete norms for the psychological scales, using a “past month” response timeframe, were established. Overall, 67% of participating athletes had been injured during the previous 12 months, and 18% were injured at the time of the survey. Most common injury sites were knee/leg/thigh (29%), ankle/foot (21%), and neck/spin/torso (19%). Injury status was predicted from life stress and mood scores with 60% accuracy. In Study 2, a seven-session, cognitive-behavioural stress management program was implemented with QAS athletes that included proprioceptive awareness training, relaxation techniques, cognitive restructuring, and imagery training. Measures of salivary cortisol and a range of psychological indicators were taken weekly. Preliminary results of the effectiveness of this intervention will be presented.

The utility of health coaching in psychological practice: An overview of clinical, community and organisational applications

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The application of evidence-based health coaching principles and practices can enhance psychologists’ effectiveness in changing their clients’ health-related attitudes and behaviours across a number of domains. Health coaching makes use of motivational interviewing and cognitive behaviour therapy principles combined with a solution-focused, goal-oriented, positive psychology approach. It is appropriate for use by psychologists with high functioning clients as well as clients with low to moderate levels of depression or anxiety. Health coaching can be pitched to the level of functioning of

the individual. It is useful in reducing destructive lifestyle behaviours (including addictive behaviours), managing chronic health conditions (such as obesity, diabetes and cardiovascular disease), addressing general health issues (such as weight-management, diet and exercise) and pursuing optimal health and wellbeing. This paper provides an introduction to health coaching and describes how it may be applied by psychologists in private practice, in community-based health programs and in organisational settings such as corporate health programs. It draws on the experience of the author as a Health Psychologist working in clinical and community program-based settings.

Fragmentation, invalidation and spirituality: How clients understand and relate to psychotic experiences

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The concept of ‘schizophrenia’ is one which has been debated to such an extent that it is possible to view this debate as an *essential* aspect of the concept. However, one perspective which is generally absent from the debate is that of the client – the person who, at least in some respects, has the most immediate familiarity with the experiences which constitute ‘schizophrenia’. I will argue that this marginalisation of the clients’ perspective is a reflection of the power imbalance between professionals and consumers. Redressing this balance will entail mental health workers paying more serious attention to how it is that those who have psychotic experiences understand and relate to those experiences. I will outline qualitative research investigating how clients of a first episode psychosis service make sense of their experiences. Findings from this research indicate that clients have a wide range of ways of understanding their experiences, some convergent with professional understandings, others quite divergent. Two themes which permeate clients’ understandings of their experiences – ‘fragmentation’ and ‘invalidation’ – will be explored in some depth. Ethical, clinical and research implications of these findings will be considered, though my emphasis will be on the clinical importance of attending to the client’s perspective.

The impact of cultural similarity and level of acquaintance on personality

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The aim of this study was to ascertain whether people’s personality appeared to change depending on how well they knew other people they were interacting with, and whether those persons were from the same culture or not. This is a challenging

question for two reasons. Personality is relatively stable by its nature, and the relationship between social context and personality is not at all well understood. Until recently studies in this area have used a relatively static model of personality. Recent research in this area is moving toward a more dynamic model to explain how personality and social context may interact with each other. Ninety-two participants took part in the study. The protocol utilised a within-subject experimental design where participants were asked to rate the personality of someone they knew well in a number of different social situations. The results indicated that people appeared to be more self-disclosing, displayed more power-seeking behaviour, and were more empathic to others who were culturally similar. People also trusted their friends and family more, and were more self-conscious and anxious with strangers. While culture similarity and level of acquaintance did affect personality at least to some degree, they did not appear to interact.

“You’re not leaving the table until you’re finished”: Problem eating behaviours and mother-child conflict during early and middle childhood

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In Australia, there is increasing concern about the prevalence of childhood obesity and adolescent eating disorders. Despite evidence that maladaptive eating behaviours may have their roots in the early years of childhood, there appears to be no comprehensive research from non-clinical samples about the range of young children’s eating behaviours and the ways in which parents typically deal with issues related to children’s eating. The present study investigated eating behaviour in normative samples of children aged 2-4 years ($n = 304$) and 7-9 years ($n = 319$). Mothers completed a questionnaire about their child’s eating behaviour (e.g., amount and range of foods eaten, enjoyment of eating, pickiness, food fads) and described their own approach to various issues such as dealing with food refusal and using food as rewards. The results demonstrated developmental trends in many aspects of children’s eating behaviour. A notable proportion of children in both age groups displayed eating behaviours that caused considerable concern for their mothers. The implications for intervention are discussed in relation both to dealing with current mother-child eating conflicts and also to preventing the development of later eating disorders.

The relationship between anxiety, social phobia and alcoholism in remand prisoners

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Community studies have found a consistently high co-occurrence, between alcohol use and anxiety disorders, such as social phobia. Despite high prevalence rates of alcohol use and anxiety disorders in remand prisoners, the extent to which they co-occur in this population and the use of alcohol as a strategy to reduce social anxiety, have not been examined. The aim of this study was to assess levels of social phobia and the use of alcohol to reduce anxiety associated with social and performance situations in a remanded prison population. One hundred and one male prisoners (age $M = 34.88$ years, $SD = 11.70$) participated in the study. They completed the Social Phobia Inventory (SoPhI) and a questionnaire designed to assess levels of drinking in social and performance situations to reduce anxiety. High levels of social anxiety were found, together with high levels of drinking to reduce anxiety associated with social or performance situations. Drinking was predictive of reduced levels of social anxiety but the effect of social anxiety on drinking was stronger. The implications for treatment and future research are discussed.

How psychological theories can help make sense of residents’ lack of preparedness for bushfires

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Following the onslaught of a decade of calamitous and unrelenting natural disasters, a large amount of time and money has now gone into educating communities to prepare in advance for natural disasters, in order to lessen the short and long term negative impacts on individuals, communities, governments and emergency management services. Research (both classic and new) on risk perception, attribution, motivation, decision making, problem solving, and negotiation may add more light on this quandary than we have given consideration to in times of unrelenting bushfires, hurricanes, floods, earthquakes, mudslides and tsunamis. The author posits the idea that cognitive games of chance may account for a great deal of back sliding, not just in terms of motivation to act, but also in the valency of effort required to protect oneself, others, livestock, property, infrastructure and community life. Getting to the core of the matter requires a walk into the heart of the volcano.

Multi-comparisons of rape myth endorsement through analysis of existing and modified rape myth items

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The current study explored the community's level of rape myth endorsement. Examples of known rape myths include the notions that victims deserve to be raped or have fabricated the crime. The majority of previous research has focused upon rape myth endorsement levels in regard to female victims. One outcome of the neglect of research that examines male victims is the inability to make a direct comparison between male and female rape myth endorsement levels. To overcome this research omission, the present study compared rape myth endorsement levels in regard to both male and female victims. In order to achieve this aim, it was first necessary to construct a rape myth questionnaire that minimised the methodological limitations of previous scales. This paper reports on the development of the scale as well as the correlations between rape myth endorsement levels and several demographic variables. In addition, individual's experiences of rape were investigated, providing further insight into the impact of rape. Implications of the current findings are discussed in terms of future rape education campaigns that could increase public awareness, encourage victims to report their crime, provide details of support agencies, and hopefully reduce the incidence of rape within society.

In-group and out-group attitudes of ethnic majority and minority children

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Research indicates that ethnic majority group children show a consistent preference for their ethnic in-group, whereas the ethnic preferences of minority groups are less conclusive. The present study assessed the ethnic attitudes of 5 – 12 year old children from an ethnic majority group (59 Anglo-Australian) and a minority group (60 Pacific Islander). Participants rated members of Anglo-Australian, Pacific Islander, and Aboriginal (indigenous Australian) groups using a modification of the MRA. Results revealed that the majority group participants rated the in-group more positively than the two out-groups. The ethnic minority participants rated the in-group and the ethnic majority out-group equally positively, while the Aboriginal group was rated least positively. Participants also indicated a preference for in-group neighbours by both the ethnic majority and ethnic minority with the Aboriginals being least preferred as neighbours. The results also revealed that these effects varied with age for the ethnic majority, but not the ethnic minority group participants. The

results are discussed in relation to findings on children's ethnic attitudes.

Cultural vehicles and the Maori print media: What cultural concepts are used to communicate health messages to Maori?

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Existing research indicates that vaccination programmes to prevent meningococcal disease have low response rates from Maori contributing to a belief that Maori are apathetic and irresponsible. Our specific research question was: how do the Maori and community print media facilitate the promotion of Maori cultural concepts as generators of new meaning particularly with regard to positive Maori health? This study focuses on the recent health concern of meningococcal disease. Twenty-four months of Maori and community print media was scanned to identify how Maori cultural concepts are being applied, modified, and operationalised to convey and promote positive health in Maori communities. Contrary to what was expected, the Western medical model with integrated Maori concepts was the main cultural frame employed.

Factors affecting well-being in a university population: A comparison of traditional and non-traditional students

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The present study was conducted to investigate the relationship between academic stress, coping, self-efficacy, and social support of university students before the end of semester exams. The aim of this study was to measure the effect of these stressors on student well-being with university life. A survey containing 135 items was administered to 469 students from the University of Canberra in two-sub samples. A psychology class of 99 students (aged 18 to 44 years) filled in a paper-based survey during class time. An additional 370 students (aged 17 to 60 years) from the general university population participated in the on-line survey, filling in the same survey. The survey included 6 scales that collected demographic information from participants and measured their stress levels from recent stressful events, their coping ability, self-efficacy, social support and their effect on well-being. It was found that these variables inter-correlated highly and significantly with each other, in the on-line sample. All the predictors in the on-line sample had a significant effect on psychological well-being. Non-traditional students enjoyed more self-efficacy and social support, less stress, and better psychological health than the traditional students.

Decolonisation: What's that got to do with teaching psychology?

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Colonisation spread across the globe in the space of a few centuries and has forever changed the nature of many populations living at that time in relative isolation. Such indigenous populations have to this day not recovered from the changes. There are still major disparities in health, education, employment, and mental health between descendants of colonisers and descendants of indigenous peoples, and these patterns are common across former colonies around the world. While many of the effects of colonisation on indigenous populations were brutal and cruel, other effects were more subtle but have been passed down generations. Many of these subtle effects combined to change the way that both colonisers and colonised thought or represented each other, and also changed the way they thought about themselves -especially in relation to the other. While this occurred in diverse ways across different groups and populations, and was not always a simple Master/Slave representation, the basic outcome was that the groups thought about themselves and the other in dissimilar ways, and it is likely that this helps to explain and may correct the disparities remaining in health, education, etc. This paper sets the conceptual framework for designing psychology courses that attempt to bring about equity and social justice for indigenous peoples, since it illustrates that successful decolonisation requires non-indigenous people to understand their own role in decolonisation as well as an understanding of the effects of colonisation on Indigenous peoples.

Exploring gender differences in New Zealand: Employee attitudes towards work-family practices and use of work-family practices

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While studies on gender differences have been numerous, to date, no study has explored gender differences towards work-family attitudes and behaviours. This study explored a number of work-family attitudes and the current and future use of work-family practices by gender, using a sample of 100 New Zealand employees from a local government organisation. Females were significantly more supportive of work-family practice users towards both male and female users. Female employees also perceived greater benefits from work-family practices than male respondents. Finally, female respondents were more likely to consider using work-family practices in the future, although there were no differences towards current use of work-family

practices by gender. However, there were no gender differences towards the perceived fairness of work-family practices. Overall, the findings suggest that female employees are more supportive of work-family practices, their users, and the benefits associated with their use, supporting the socialisation theoretical perspective. This study is important because work-family practices have been promoted as allowing greater balance between work and family roles, but little was known about gender differences towards work-family practices before the present study. The implications for research are discussed.

Model for the evaluation of a health service complaints process: Evaluation of the complaints process at the office of the Health Services Commissioner

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The aim of this study was to develop a model for the evaluation of complaints processes in the medical and allied health fields. The model was then applied to the evaluation of the complaints process at the Office of the Health Services Commissioner of Victoria. Questionnaires and telephone interviews were used to examine the experiences of 130 health service providers and 150 health service users who had been involved in the complaints process at the Office of the Health Services Commissioner, and whose cases had been closed in the 1999/2000 financial year. The paper discusses methodological issues, including the development of quantitative and qualitative measures relating to complaints evaluation and the constraints that real life practical issues, such as confidentiality and privilege, place on empirical evaluation. The results were factor analysed revealing two major components of satisfaction with the complaints process that was investigated. These results have broad implications. They are discussed and recommendations are made for the improvement of complaint handling processes regarding alleged ethical transgressions and for future evaluations of health professional's regulatory bodies, including those established for psychologists.

Hypervigilance as a predictor of outcome in acute pain patients: Clinical implications

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Current theories of the development of chronic pain suggest that hypervigilance to pain following an acute injury causes chronic pain. Although there is emerging evidence that hypervigilance is associated with chronic pain states, to date there is no evidence to suggest that hypervigilance predicts chronic pain in

those with acute injury. The present study aimed to determine whether hypervigilance to pain-related stimuli predicted subsequent pain status at three months. Fifty-seven patients with an acute pain injury took part in the study. At baseline (second physiotherapy appointment) they completed measures of hypervigilance and a range of other demographic and clinical variables. Significant correlations were found between baseline vigilance to pain-related threat words and outcomes, namely: highest and average pain rating over the past 3 months, days in pain, time off work, the number of visits to health professionals. There was a significant difference in baseline hypervigilance to threat in those who met criteria for chronic pain and those who did not at three month follow-up. This study suggests that hypervigilance to pain-related threat is a pre-cursor to chronic pain. The potential therapeutic applications will be discussed.

Qualitative research methods: A critical perspective

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The recent increased use of qualitative research methods in psychology has been accompanied by a growing methodological literature on the nature and place of qualitative research methods in the discipline. However, this literature tends to adopt questionable views of the nature of orthodox scientific inquiry, as well as qualitative and quantitative methods. This paper identifies some shortcomings in current qualitative research methodology that require a reconsideration of: the nature of science, the distinction between qualitative and quantitative inquiry, and, the proper demands of rigorous research. It is suggested that a post-positivist theory of scientific realism is the most appropriate metatheory for understanding qualitative and quantitative research methods.

Sharing medical information: Contrasting perspectives of health professionals and patients

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This study investigated health professionals' and patients' attitudes towards the distribution of information from patients' personal medical records. In the first part of the study structured interviews were carried out with all health professionals working in two medium sized, urban, primary care clinics (N=17). The interviews investigated the self-reported practises of healthcare professionals. The interview findings were used to generate a questionnaire, which investigated adult primary care patients' views on the distribution of their personal medical details to various people or organisations. Over 200 questionnaires were returned

from five clinics. The findings indicate that there are some mismatches between the self-reported practises of healthcare professionals and the views of patients. Healthcare professionals released personal health information freely to other health professionals and patients were generally accepting of this practice. Professionals would not release information to other family members without explicit patient consent, although patients were generally comfortable with some unauthorised information release. In contrast, patients were often reluctant to have their medical details released to government agencies whilst practitioners were frequently required to send information to these agencies. The findings highlight the need for keeping patients informed and consulted about the distribution of their personal medical information.

Four cases of anxiety

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These cases are part of a study at the ANU investigating the role of age at onset on the clinical presentation and management of anxiety disorders in late-life. AM, aged 58, had suffered panic attacks for 20 years and become virtually housebound. He initially declined treatment but responded well to a manualised CBT program consisting of psycho-education, relaxation, cognitive and behavioural techniques. GV, 58, cared for her highly anxious and possibly dementing mother, and presented with a 'lifetime history of anxiety'. Strong family ties, cultural influences, and guilt suggested the best outcome was development of skills to cope with demands placed on her in her carer role. GJ was a 58-year-old woman with no symptoms until the previous year, and whose presenting problems at assessment were very different to those at the start of therapy. Initial resistance was followed by a breakthrough, when real-life events disconfirmed her negative automatic thoughts. Finally, a client aged 69 went through 10 of 12 sessions of therapy with seemingly no improvement but, following a 6-week break before resuming treatment, was 'cured'. The complexities of working with anxious older adults within the context of a time-limited, manualised treatment program will be discussed.

Can anxious older adults respond to a manualised CBT program? Common themes in clinical presentation and the complexities of working with older adults in a clinical setting

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Recent literature indicates that a wide range of psychological disorders are amenable to treatment

with cognitive-behavioural therapy (CBT) techniques. However, older adults may often present with psychiatric and medical/health comorbidities and various life factors that impact on the approach to treatment, which techniques may be perceived as beneficial by the client, and the way they are delivered. This paper outlines a study being conducted at the Australian National University in which anxious older adults are invited to participate in a 12-week CBT program, as part of a larger study investigating the role of age at onset of anxiety in the clinical presentation and management of anxiety disorders in late life. 104 adults aged 55-85 have been recruited, 52 of whom have been assessed using the Anxiety and Depression Interview Schedule, Lifetime Version (ADIS-IV-L). Of these, 21 have taken part in the treatment program to date. The aim of this paper is to highlight the complexities that older adults bring to a clinical setting, including comorbidities, cultural issues, changes in social support and role changes, and the role of spousal relationships. The limitations of using manualised treatment programs with this population will also be discussed.

Self-objectification and mental health problems in adolescence: Effects of pubertal status and gender role orientation

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During adolescence, the prevalence of both depression and disordered eating is 2 to 3 times greater in females than males. However, not all girls are equally vulnerable to these negative experiences. The current study was designed to investigate the role of pubertal development and gender role orientation in accounting for between- and within-gender differences in depression and disordered eating via Fredrickson and Roberts' (1997) objectification theory. Participants were 357 high school students (183 females, 174 males) who completed a self-report questionnaire. Results revealed that female adolescents reported greater self-objectification, as well as more depressive symptoms and disturbed eating, than males. Contrary to objectification theory, there was little support for the role of puberty in heightening objectification experiences for females, a process proposed to explain gender differences in adolescent mental health outcomes. Also, gender role orientation appeared unimportant in determining vulnerability to self-objectification. Despite certain limitations, the present findings suggest that improving skills to challenge the widespread objectification of females must start even before the onset of puberty, in both young females and males.

The effects of a parental traumatic brain injury on an adolescent offspring: A phenomenological investigation

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It is often said that brain injury happens not only to the injured individual, but also to the family that is left to cope with the consequences of the pervasive physical, cognitive, emotional, financial, and personality changes that occur in the brain-injured family member. Most of the available research on coping following a traumatic brain injury in the family focuses on the well-being of the primary caregiver, normally the spouse, and neglects the psychological effects on the offspring of a traumatically brain injured parent. The richness and depth inherent in the phenomenological interview used in this study captured the *essence* of the experiences of two adolescent males and two adolescent females who were forced to deal with the life-altering phenomenon of a parent's traumatic brain injury. Common to the adolescents were the experience of shock, loneliness and isolation, anxiety, changes in family relationships and roles, an increase in responsibility, a feeling that not enough information had been provided to them regarding the injury, and changes in themselves. Coping style revealed a use of both approach and avoidance strategies. Implications of the findings are discussed in terms of the development of support services as well as recommendations for empirical investigations in the future.

Validation of RNZN assessment centre for selection of naval officers

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In order to select suitable candidates for entry onto the Royal New Zealand Navy's six-month officer training programme, a two-day assessment centre is used to assess applicants who meet the initial screening criterion. This assessment centre is known as the Final Officer Selection Board, and utilises a number of selection activities including psychometric testing, simulation exercises, an autobiography, group discussion, management exercise, planning exercise, practical exercise and a series of interviews. Research was conducted amongst 109 successful officer candidates in two parts to assess the predictive nature of most of these activities in relation to performance on the officer training programme. Study one assessed the tools used within the psychometric testing phase, whereas study two assessed the exercises observed by the assessment centre panel. Performance during induction was measured twice, and the performance criteria used at each time were integrity, planning, adaptability, motivation, teamwork, leadership, written

communication, oral communication, overall induction training average and academic average. Methodology considerations and research results are presented.

What works in therapy for sexual abuse? A meta-analysis of treatment outcomes with sexual abuse survivors

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This paper will present the results of a meta-analysis of therapeutic approaches to rehabilitation with children and adults who have experienced sexual abuse or sexual assault. Eighty-eight outcome studies were identified for inclusion in the meta-analysis dating from 1977-2005, and these comprised 127 treatment trials. Separate meta-analyses were conducted for studies with adults who had experienced childhood sexual abuse, children who had experienced sexual abuse, and adults who had experienced sexual assault. The analysis was further separated according to study design, in keeping with meta-analytic conventions. Studies represented diverse treatment approaches, and results indicated that treatments for all sample groups were effective in improving outcome according to various aspects of functioning. However, a significant limitation of the analysis was the inherent heterogeneity amongst the studies. This impacted on the ability to ascertain moderating variables to explain the variability. Low sample size also limited the moderator analysis. Nevertheless, a number of moderating variables were examined, including sample characteristics, methodology, and treatment approaches. Methodological limitations are identified and suggestions made regarding future research.

Responding to disadvantaged Australians: Barriers to constructing a viable social identity

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Approaches to the training of interns in counselling and psychotherapy are generally premised on an ideal client who is a white middle class native speaker of English, with reasonable social skills, no disability, and a range of social supports. Those who don't fit this description are likely to find their problems described in clinical language, which suggests they suffer from a psychological illness. The most disadvantaged in our community rarely fit the picture of psychotherapy's ideal client nor do the currently popular disorders or syndromes respond to their particular predicaments of being socially disadvantaged at the beginning of the 21st century because they are largely context-free descriptions. This qualitative study of problem clients presenting to a family counsellor found neither support for a biological-essentialist explanations of disorder, nor support for a 'self help'

prognosis. Instead coherence was lent to the findings of the study by employing the theorising of the sociologist Anthony Giddens. The findings were interpreted using Giddens' descriptions of the salient aspects of modern identity. The struggle for identity among the disadvantaged in our community is articulated in the terms Giddens (1993) provides.

Can they walk both ways? The psychological adaptation of second-generation Lebanese-Australian youth

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The present study explores the acculturation, family values, social group identity, and psychological wellbeing of second-generation Lebanese youth in Australia. Specifically the study examines the importance of these factors in determining the psychological adaptation of Lebanese-Australian youth. Successful adaptation was determined by the extent to which participants integrate Lebanese and Australian values and identity. The sample consisted of 60 second-generation Lebanese-Australian youth aged between 14 and 30 years who are living in Melbourne, Australia. Participants completed a questionnaire booklet examining acculturation strategies, family values, ethnic identity, and psychological wellbeing. Results indicated a strong orientation towards integration, a high maintenance of traditional family values, a strong ethnic identity and other-group orientation, and high psychological wellbeing. Ethnic identity and family values pertaining to parental control were significant predictors of cultural maintenance and inter-group relations. This study offers insight into the importance of acculturation, family values, social group identity, and psychological wellbeing in the successful adaptation of second-generation Lebanese-Australian youth.

Extrafamilial child sexual abuse: An analysis of briefs of evidence to investigate relationships between perpetrator, victim and offence characteristics

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Extrafamilial perpetrators are responsible for a large proportion of all child sexual abuse. To understand and prevent such crimes, it is useful to explore patterns of offending particularly aspects that may have facilitated access to children and subsequent exploitation. In the current study, data relating to 721 incidents of child sexual abuse committed by 93 extrafamilial perpetrators against 237 victims were obtained from Crown briefs of evidence. The briefs were prepared between 1997 and 2004 by members of the Sexual Crimes Squad, Victoria Police. Statements by the victims and the transcripts of interview with the

perpetrators were the primary source of information in the dataset. A system of classification was developed to reveal characteristics and dynamics useful to understanding and dealing with extrafamilial child sexual abuse. Results supported the view that age and gender of victim and the type of relationship that existed between victim and perpetrator are associated. Offence behaviours were also associated with victim gender and with the type of relationship that existed between perpetrator and victim (e.g., authority, stranger, friendship).

An intergenerational examination of male gender role conflict and psychological distress

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The study examined how male gender role conflict and sex role characteristics were related to psychological distress across two stages of development - young adulthood and middle-age. Two groups of participants, 41 men, aged 18 to 25 years, and 37 men, aged 40 to 65 years were compared controlling for culture, education, and socio-economic status. They completed a questionnaire measuring demographic data, gender role conflict, masculinity and femininity, and stress and anxiety. Results indicated significant differences between the two age groups on their male gender role conflict experiences. Middle-aged men experienced less pressure to be successful, powerful, and competitive, and were more conflicted between work and family responsibilities. Younger men experienced significantly less conflict with emotional expressiveness compared to the middle-aged group. Stronger masculinity ratings were associated with greater degrees of psychological distress across both generations of men. Lastly, it was found that an extreme masculine identity and high gender role conflicts significantly predicted participants' distress levels, irrespective of age. In conclusion, gender role conflict and traditional sex role characteristics can play a significant role in the psychological distress experience of men in Australia, and further research is needed to build clinical and counselling models around these dimensions.

Personality and peer influences on adolescent adjustment: Longitudinal analysis

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We present data from the Wollongong Youth Study, a longitudinal study of the psychological and academic well-being of over 900 high school students. In this paper we report on the extent to which peer crowd identity and self-reports of Conscientiousness and (Eysenckian) Psychoticism at Time 1 predicted self- and other-reported adjustment

at Time 2. Evidence was found to support the view that crowd affiliation has long-term effects on emotional and academic well-being. Additionally, using structural equation modeling, it was found that Psychoticism affected different emotional states and that these influences varied for boys and girls. Psychoticism and Conscientiousness were also predictive of teacher's ratings of participants at Time 2. The results are discussed with reference to these two major personality dimensions as well as the role of crowd identity in adolescence.

Science and Zen in clinical practice: An introduction to the role of mindfulness in Acceptance and Commitment Therapy

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Acceptance and Commitment Therapy (ACT) is unique among the recent meta-cognitive and mindfulness based extensions of cognitive-behavioural therapy in that it is closest to the eastern meditation (particularly Buddhist) traditions in its formulation of and response to human suffering, and it is derived from a programme of basic experimental research within western psychology. The understanding of human language and cognition that underlies ACT is a radical departure from the conceptualisations that inform the majority of cognitive-behavioural therapies, with perhaps the notable exception of Dialectical Behaviour Therapy. While a feature of ACT is a focus on core psychological formulations, and functional analysis over syndromal based treatments, the ACT view of language and cognition has allowed a more fine grained analysis of the components of "mindfulness" and how this relates to human suffering. This has permitted the development of a range of techniques and exercises directly targeting these processes within clinical practice. In this presentation I aim to introduce the conceptualisation of human language that informs Acceptance and Commitment Therapy, briefly describe its relationship to Buddhist thought, and outline the core process in ACT that most directly relate to what we term mindfulness (Acceptance, Diffusion, Contact with the Present Moment, and Self as Context).

Accuracy and reliability in case formulation

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Case Formulation (CF) is used to describe a client's psychological, interpersonal and behavioural problems, and to guide a clinician's treatment planning according to a particular theoretical framework. Despite the intuitive appeal of CF, there is limited research into the reliability and accuracy of CFs. Furthermore, it remains unclear whether the type of

clinical training significantly impacts on a clinician's ability to develop accurate formulations. Given the variability in training and supervision methods that are currently accepted for registration as a Psychologist, it is imperative that we investigate whether different training methods are associated with improved accuracy in CF. This study investigates three methods of training in CF (pure theoretical, supervised practice, and postgraduate clinical training). Results, including the accuracy and reliability of CFs in the three groups are discussed.

Confounders and response styles and the Myers-Briggs Type Indicator

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The Myers-Briggs Type Indicator (MBTI) remains highly popular in use despite extensive criticism of the test's conceptual foundations, scoring procedures and internal structure. There have been suggestions that the 16 MBTI types cannot be replicated, even though there has been some support for the scales of the MBTI. Twenty-six undergraduate university students (10 males, 16 females; mean age = 31.3 years, SD = 12.98) judged the desirability of each option for each item of Form G on a 1-9 scale. Analysis of the scoring key showed 60 item pairs, 32 items with only one option scored, and two items with more complex scoring options. The desirability ratings of each option of an item pair were compared across the 60 items. Item pairs were approximately equal for the *TF* and *SN* domains, while *J* and *E* item options were generally more desirable than the *P* and *I* options. Analysis of the scoring key showed that most *TF* and *SN* items were in Part 2. These results suggest that stylistic responding could seriously distort the MBTI profiles, and that users should take great care in interpreting the test because of its lack of validity scales and unbalanced internal structure.

The psychometric properties and concurrent validation of the Australian Basic Abilities Test (AUSBAT)

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The Australian Basic Abilities Test (AUSBAT) is a computer-delivered test battery developed for the selection of pilots within the Australian Defence Force (ADF). The AUSBAT comprises 14 subtests designed to measure psychomotor, working memory, time sharing, and spatial ability. The present study utilised data from a sample 755 pilot applicants tested during the ADF Flight Screening Program, and examined the psychometric properties of the AUSBAT sub-tests (internal and test-retest reliability, and factor structure),

construct validation with existing pilot selection tests, and concurrent validation results against flight screening outcomes. In addition to research findings, design and data capture issues encountered during the development of AUSBAT will be discussed.

New Zealand Māori thought and modern psychology: Te Matai Hinengaro me te Matauranga Māori

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The present paper presents a discussion concerning the cognitive behavioural paradigm in contemporary psychology and its relevance and application to the indigenous New Zealand population. The seminal point of the paper reasserts the thesis that cognition, behaviour and emotion are inherently related to the cultural identity and contextual experience of people at individual and collective levels. As an evidence-based modality a key premise common to cognition-based approaches in clinical psychology asserts that logical or rational thought provides a foundation for improved mental health and psychological or emotional wellbeing. However, the meaning of what is logical is determined by context, specifically cultural context. This is a theoretical paper; the ideas presented herein propose considerations for clinical research, theory and practice for the indigenous population in the New Zealand context.

Measuring outcome: A nationwide survey of accident compensation corporation sensitive claim practitioners

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One hundred and sixty-six practitioners responded to a mail survey investigating how Sensitive Claims practitioners monitor change and effectiveness of therapy. Participants included Counsellors (44.9%), Psychotherapists (38.5%), and Psychologists (6.3%). Participants employed client-centred accounts for change, including (i) information provided by client, (ii) by what the client does in and out of session, (iii) symptom reduction, and (iv) therapist's own subjective judgments. Main techniques employed by practitioners were subjective judgements and unstructured methods. Perceived barriers to using standardised measures included (i) measurement is not relevant, (ii) measures are not client-friendly, and (iii) numbers do not reflect client change. Contrary to negative views about actuarial methods, there was a clear indication by participants that they were willing to use standardised measures. Three themes emerged: (i) a willingness to weave measures into current practice, (ii) further

education, and (iii) Accident Compensation Corporation's role in implementing standardised measures to monitor outcome. Clinicians are encouraged to routinely use standardised outcome measures in their practice. This study contributes to the creation of evidence-based guidelines for Aotearoa.

Methodological issues for the use of photograph elicitation techniques in psychological research

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Psychologists are increasingly using a range of photo-elicitation and photo-voice techniques in social research. We are only beginning to theorise the significance of such methods and engage with the nature of the data photographs produce. This paper draws on a research project into homelessness and social exclusion in order to explore the methodological issues of using photography with socially marginalised groups. Particular attention is given to the ways in which photo-elicitation can be used to engage participants more fully in the research process, encourage critical reflection among participants, and bring spatial and situational factors into consideration. Attention is also given to the importance of considering photographs that participants do not take, but which they can talk about. This raises issues regarding the importance of moving the analytic process beyond what is actually depicted in photographs to the issues negotiated between researchers and participants.

Post-traumatic stress disorder elicited by hospital treatment forty four years later

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This paper describes a clinical case study of a fifty nine year old woman presenting for treatment for chronic obstructive pulmonary disease (COPD), which was initially diagnosed seven years previously. As her disease progressed, she required increasing numbers of hospital-based outpatient treatments from a variety of health professionals. She began developing a series of severe emotional reactions in response to these visits, and to avoid appointments. Hospital attendance was identified as eliciting a post-traumatic stress response to her experiences many years previously during a psychiatric hospital admission when she was fifteen years old. She had had some reactive anxiety and depressive episodes in the intervening years, but there was no evidence that these constituted the post-traumatic symptoms, including re-experiencing and nightmares, that she was now experiencing. This case illustrates a long latency in the development of post-traumatic stress disorder.

Gambling to lose? The role of self punishment, escapism, and attachment when working with problem gambling

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The provision of effective psychological treatment for individuals affected by problem gambling continues to provide challenges for psychologists and psychotherapists. These challenges become more apparent with the dynamic nature of gambling, and the diverse range of individuals who can be affected by this condition. Whilst much literature has explored the role of reinforcement and cyclical gambling behaviour, this paper will explore alternative views in conceptualising and treating individuals affected by problem gambling. Particularly, the paper will explore the role of the attachment relationships that these individuals have, and the development and use of emotional escapism in relation to problem gambling. These important factors will then be discussed in relation to the concept that gamblers use gambling as a means of self-harm and self-punishment. Finally, the role of these components will be discussed in relation to treatment implications and considerations when working to contain gambling behaviour.

Individualised psychosocial treatment of behavioural symptoms of dementia among at-risk nursing home residents

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Behavioural and psychological symptoms of dementia are common and increasing among residents in aged care settings and have significant negative sequelae. This study investigated the effect of individualised psychosocial interventions, aimed at reducing behavioural symptoms of 31 residents with dementia and facility staffs' perceptions of burden. The participants had been referred to a specialist behaviour management team after failing to respond to pharmacological treatment approaches. They were at high risk of requiring relocation to a psychogeriatric inpatient ward or residential facility. The behaviour management team conducted behavioural analysis, designed and implemented psychosocial treatment plans. Outcome data on severity of behaviours, health service utilisation and staff burden of care were collected. Findings suggested that the interventions resulted in a significant reduction in the severity of behavioural symptoms and a concurrent reduction in the use of GP consultations, and all participants were able to continue to reside in mainstream aged care facilities. Of note, psychosocial interventions appeared to be efficacious for participants with mild to severe stages of dementia. The magnitude of

improved outcomes was unrelated to the particular psychosocial strategies used for each participant, reinforcing the need for individualised treatment of behavioural symptoms of dementia.

Perceiving and interpreting weather charts

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Interpreting the information contained in weather maps is a complex, knowledge-based perceptual-cognitive activity. We investigated how information from weather maps is processed and the nature of the information retained in memory from previously viewed images. Participants viewed pairs of weather images presented simultaneously or sequentially in four combinations of two formats (as mean sea level air pressure charts or infrared satellite images). The two images represented either identical weather systems or different systems separated in time by varying amounts. Participants were asked to decide whether or not the same weather pattern was depicted in each image. Discrimination accuracy was greater when the formats were the same and when presented simultaneously and increased as the temporal separation between weather systems increased. We also investigated whether experience contributed differentially to these effects but found little evidence that it did. We relate these data to theoretical views on visual map interpretation, teaching perceptual skills and expertise.

Meaning in life and sense of coherence as predictors of coping in young adulthood

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Literature indicates that young people across the globe are increasingly experiencing life as hopeless and meaningless. It is thus beneficial to investigate meaning, well-being and coping in young people, as they must cope with many stressors whilst negotiating the transition from childhood to adulthood. Health practitioners and educators need to establish ways to enhance adequate coping in young people in order to minimise stress and ward off negative consequences such as addiction, depression and other pathologies. This study aimed to address whether discovering meaning in life and developing a strong sense of coherence predicts coping with stressors in a group of South Africans in late adolescence/young adulthood (N=258). Three self-report measures were used; the Purpose in Life test to measure the extent to which one has found meaning, the Sense of Coherence scale to assess the extent to which individuals view life as comprehensible, manageable and meaningful, and the Adolescent Coping Scale to ascertain ability to cope.

Logistic regression analysis results indicate that the extent to which one has discovered meaning and developed a sense of coherence accurately predict ability to cope. This suggests that intervention strategies that encourage individuals to search for meaning and strengthen sense of coherence are highly effective in facilitating coping.

A long hard journey: Maintaining alternative discourses of Maori-Pakeha relations

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Dominant discourses in Aotearoa New Zealand help to maintain oppressive social relations in which Pakeha (descendants of British and European immigrants) are able to position indigenous Maori people as the marginalised 'other'. A discourse analytic study of accounts of Treaty implementation in 16 work sites found that Pakeha narrators used alternatives to the dominant discourse to describe journeys of change toward affirming Maori authority in New Zealand. This paper examines discursive themes relating to the production and maintenance of such alternative discourse: dissonance between the Treaty guarantees and organisational environment, discomfort and struggle with organisational processes, and a sense of togetherness with other Pakeha and Maori on a long, hard journey towards just relationships. Implications for critical researchers interested in supporting alternative discourses of race relations will be explored.

Is the ability to use No.8 wire enough?

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While New Zealand is a country of small businesses, many small businesses fail. In this study, 30 New Zealand entrepreneurs living in the Bay of Plenty and Waikato regions were interviewed and completed questionnaires relating to entrepreneurial success factors. The interviewees ranged from those with the entrepreneur as sole employee to those with 26 outlets across the country. While the entrepreneurial personality has been well-researched, this study goes a step further and examines the family backgrounds, education, motivational triggers, assistance received from external agencies, mentors and coaches and hurdles faced, as well as personality characteristics. It explores common denominators amongst the various interviewees. The emerging common themes suggest there may be some advice to be given to budding entrepreneurs about their suitability for entry into this field.

Positive psychology applied to relationships: A case for coaching psychology?

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Coaching Psychology represents the fastest growing interest group in the APS, and is best described as applied positive psychology. It draws largely from the pioneering work of Seligman, and has led to a groundswell of evidence to support the positive psychology tenets practiced in various domains (e.g., life coaching, health coaching, leadership coaching, etc.). One domain that is ripe for development is relationship coaching. This paper will draw upon positive psychology research and applications in a relationship setting featuring case examples. While much of relationship and marriage counselling literature focuses on what is wrong and how to fix it; the focus in positive psychology is on identifying and optimising what is going right. Key elements to be explored include a focus on the practice of gratitude and appreciation (rather than complaints and criticisms), strengths and virtues (rather than perceived weaknesses that may obscure positive and effective options), and on *capitalisation*, which refers to the greater importance of sharing and responding to positive events in one's partner's life (versus giving and receiving support for negative events) in predicting relationship satisfaction and longevity.

Relaxation applied to recovery from training: Implications for preventing overtraining

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Prevention of overtraining has typically focused on monitoring and adjusting training loads, while the recovery period between training sessions remains largely overlooked, except in relation to diet and sleep. Relaxation practice following training is proposed to enhance recovery, and thereby help to prevent overtraining. There are many documented health benefits for relaxation, including boosting immuno-competence, but while it is frequently applied to enhance sport performance, relaxation is rarely recommended for recovery from training. This study tested the effects of a progressive relaxation protocol on recovery of salivary immunoglobulin-A, which is a first line of defence for upper respiratory infections as well as an overtraining marker, in 14 male swimmers (aged 18-22) during their heaviest training period. Samples were collected pre- and post- morning and afternoon training sessions over two days. The relaxation intervention was introduced following morning practice for half the swimmers on Day 1 and for the other half on Day 2, to permit between- and within-participant comparisons. Modest improvements were found following the relaxation condition compared to controls. While preliminary

results are promising, questions remain regarding optimal techniques and timing of practice, objective measures for relaxation, associated measures related to recovery, relationship to performance, and future training criteria.

Reflections on smoke breaks: The case for positive addiction rituals

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Everything about the smoking habit is excellent for health and well-being. Everything, that is, except the cigarette! Taking hourly breaks, to stretch one's legs and eyes, spend time in nature, with company and breathing deep -- all provide significant health benefits both mental and physical -- which would partly explain the difficulty in giving up the habit (apart from the nicotine addiction). One of the advantages of the smoking habit are the inbuilt cues for taking such breaks, i.e., the addiction/craving, as well as when to end the break, i.e., reaching the end of the cigarette. While smoking represents a negative addiction, developing such a habit without the cigarette, could be considered a *positive addiction*, a concept initially proposed by William Glasser (1976), to explain how our bodies are wired to respond positively to healthy experiences, and eventually crave more once developed. This paper will link the evidence for the health benefits of each component of the smoking ritual (without the cigarette), and develop the case for engaging in similar rituals for non-smokers.

Cross-cultural communication: Adapting therapy for treatment of panic and depression in two older adults of different cultures

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A key to working with older adults of different cultures is finding a common language, which allows therapeutic work to 'make sense'. The following two cases illustrate how general cognitive behavioural techniques need to be adapted for this client group. The first case ("Monkey Therapy") illustrates therapeutic work with a 71-year-old Cook Island Maori man who presented with panic and grief issues. Finding a shared language and a shared conceptualisation, as well as modification of standard cognitive, behavioural and narrative interventions to address symptoms, will be discussed. The second case ("Finding the Narrative Thread") outlines therapeutic interventions with a 73-year-old Bulgarian woman with treatment resistant depression, using a combination of modified cognitive, behavioural and narrative techniques.

Game theory and game practice: On professional rugby coaches' decision-making

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Coaching rugby involves risky decision-making with a particular cluster of characteristics. The decision-making occurs under different time pressures; it has properties of cyclicity and recursion. The decisions are also embedded in a competitive social context. Through a 218-item questionnaire to professional rugby coaches in New Zealand and Australia, we sought to understand fundamental approaches that coaches have to decision-making and the information that underwrites their decisions. Among the findings that we discuss are the cognitive origin of almost all factors that coaches think inform ideal decision-making; the near-universal use of statistics for decision-making but the tendency for intuitive decisions to override statistics; coaches' rational resistance to superstitious factors, and coaches' "folk wisdom" about the origins of errors of decision-making. We consider these in terms of theoretical trends in the understanding of the cognitive processes that underlie decision-making in applied settings.

Competencies – should they be conceptualised in multitrait-multimethod terms?

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A sample of 214 managers participated in a study into the psychometric properties of off-the-shelf competencies. Data were obtained from a development centre designed to elicit behaviour relating to these competencies. As is commonly the case in organisations, the underlying expectation was that multiple measurements of the same competency would cluster together meaningfully. However, in the development centre under scrutiny, factor and item analyses revealed that different situations were profound in terms of their influence on behavioural manifestation. If development centres can be considered as controlled representations of organisational behaviour, then perhaps our underlying expectations of competencies needs to be re-conceptualised. When situational influences are salient, the data here suggest that scores on competencies will fluctuate according to situational characteristics. New directions for scoring competencies that take situational influences into account need to be developed.

Somali concepts of mental health: Some further information

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In a recent article Guerin, Guerin, Diiriye and Yates (2004) described some Somali concepts of mental health and discussed the implications of these concepts for health practitioners. It is difficult to find any other information about the mental health beliefs of Somali people, some of whom now live in New Zealand and Australia. Data were obtained from 10 Somali women who met in 2 focus groups. The women discussed their beliefs about the nature, causes, and treatment of various psychological disorders. Results show that some aspects of the description of psychotic behaviour overlap with the descriptions used in mainstream Western psychology but that there are also differences between the Somali framework and that of the West. Some poor mental health was attributed to spirit possession, breaking of taboos, witchcraft and curses. The Somali women described traditional treatments of these disorders, which would be unlikely to be incorporated into the practice of biomedical professionals in this country.

Construct validity of the McGill Pain Questionnaire: Exploratory and confirmatory examinations of the tripartite factor structure

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This study investigated the internal factor structure of McGill Pain Questionnaire (MPQ), one of the most widely used pain assessment instruments (Turk & Burwinkle, 2005). The theoretical tripartite structure of MPQ, based on Melzack and Wall's (1965) gate control theory of pain, has been subjected to many empirical studies with conflicting results. The McGill Pain Questionnaire (Melzack, 1975) was administered to pain patients ($n=305$, mean age of 40.03 years, $SD = 18.64$) with all types of pain, both acute and chronic, in Gold Coast, Australia. An exploratory factor analysis employing a methodologically sound maximum likelihood extraction plus oblique rotation provided support for the three factor structure which accounted for 53.6%. The three factors were labelled *Factor 1*-Sensory, *Factor 2*- Evaluative- Miscellaneous-Sensory, and *Factor 3*- Affective-Miscellaneous. There was a clear distinction between sensory and affective dimensions but not between sensory and evaluative dimensions. Using AMOS-5, the tripartite factor structure of MPQ was further subjected to a confirmatory factor analysis based on the 16 subclasses. The final model supported the tripartite factor structure of MPQ (normed $\chi^2 = 2.71$, RMSEA = 0.075, CFI = 0.963, & SRMR = 0.03), but the discriminant validity of the subscales was questionable.

due to the high intercorrelations between the subscales.

A repeated case study of the career plans of 150 students studying management at the University of Canterbury

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One hundred and fifty students studying management at the University of Canterbury took part in a repeated case study of their career plans. Personal development plans, previously prepared as an assignment, were reanalysed to extend the understanding of new careers in New Zealand by including the prospective accounts of people at the beginning of their careers and comparing these accounts with the retrospective accounts of people in the workforce in New Zealand and other countries. The paper reports the industries that are being targeted by students and the extent to which they are interested in new industries, such as sports and arts management; the form students expect their careers to take, including the moves they anticipate making between employers, careers and countries and the reasons they give for these moves; and the understanding students have of careers and how they anchor their aspirations in other aspects of their lives. Key implications for assisting students with the development of their careers, and for career theory, are discussed.

Arab Muslim refugees in New Zealand: Their resettlement and cultural adaptation experiences

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The topics addressed in this research will attempt to address refugee issues that have not been adequately explored by current research. Issues that are explored include how Muslim Arab females and males deal with being resettled in a new society that differs considerably from their own culture; what affect does the shift in gender role have on the refugee, in particular the shift of gender roles within the family, the impact the label 'refugee' has on the lives of these individuals; and, this study will explore the experiences of individuals in terms of their search for identity, religious and cultural conflict and cultural preservation. The participants in this study consist of thirty male and female Muslim Arabs in NZ. The ages of the participants range between 17- 50 years old. These participants consist of refugees who are new arrivals and those who are considered resettled. Although there has been considerable research on migration and refugee issues, there is a lack of theoretical literature that addresses explicitly the theoretical framework that refugee research has based its work on. This research will attempt to fill in this

theoretical gap by addressing this concern using a qualitative semi-structured thematic analysis.

Family and paid work: A discursive analysis of government policy and mothers' talk

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Government policy influences lives not just materially, but also ideologically through the promotion of certain discourses. A Ministry of Women's Affairs policy and two focus groups of first time mothers were critically analysed to explore how the policy's construction of women's roles impacts on mothers' choices. Deploying an economic rationalist discourse, the policy positions women as workers first and foremost; motherhood is constructed as an inevitable but invisible demand, and paid work is constructed as essential to well-being and a duty of citizenship. The policy is driven by capitalist goals of economic growth rather than the needs of women. In contrast, the mothers deployed an intensive mother discourse which positions them as the natural caregivers of their children. However, the pressure of successful woman and economic rationalist discourses, which construct mothering as worthless and paid work as essential, manifested in the women's talk as guilt and conflict. This tension is managed in part by the evolving independent mother discourse. Overall, current constructions of mother and worker do not serve women, men, or children well. We need to value care and work equally as responsibilities and rewards of citizenship to enable women and men to construct more balanced identities and lives.

Supportive care needs and psychosocial functioning of adult brain tumour survivors

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Relative to other adult tumour populations, the brain tumour (BT) population is an understudied group with respect to understanding the psychosocial outcomes and supportive care needs associated with being diagnosed with this condition. Moreover, this is a unique tumour population given that both benign and malignant BTs can cause neuro-cognitive, functional and psychosocial disturbances depending on site and size of the lesion. A meningioma is one type of BT that commonly occurs in adults and in most instances is benign. However the supportive care needs of meningioma patients has not been previously studied. Accordingly, the overarching aim of the present study was to address this issue as well as to index survivors' psychosocial functioning and quality of life. To date, 46 participants with a primary meningioma have been assessed on average 3 years post-diagnosis. At assessment, at least one-third of the

sample reported a high level of ongoing unmet needs in at least one major psychosocial, health-related or supportive care service domain. These findings will be discussed in the context of developing and implementing appropriate supportive services to address the unique needs of BT populations, including individuals diagnosed with metastatic brain disease (a common occurrence with primary cancers, e.g., lung disease).

Burnout in preservice teachers

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Stress and burnout in teachers can no longer be regarded as a long term accrual of stressor effects. Instead, the phenomenon of beginning teacher stress is becoming increasingly important as approximately 25% of beginning teachers choose to leave their profession within the first five years. Goddard and O'Brien (2004) showed that graduate teachers with two years of teacher preparation were more stressed in the first few years of teaching than their four year trained undergraduate colleagues. This finding raises the implication that universities and schools have an obligation to provide quality training and induction support strategies that ameliorate stress. Most importantly, all universities in Queensland, Australia have now introduced a one year graduate teacher preparation program. This mixed method study investigates the phenomenon of beginning teacher stress in the one year graduate teacher. Graduate (n=260) and undergraduate (n=140) pre-service teachers from the University of Southern Queensland were surveyed to scrutinise their perceptions of the teacher preparation experience using the teacher competency standards and the Maslach Burnout Inventory – Educator's Survey, or MBI-ES. Interviews and co-operative narratives with pre-service teachers were also examined using Q-methodology. Data are reported from this study and used as a comparative standard to review the results of other Queensland studies that investigate teacher preparation and beginning teacher stress so that a comprehensive understanding of the phenomena is presented.

A qualitative study of the coping strategies and needs of adults bereaved by suicide: The results using interpretative phenomenological analysis

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The aftermath of suicide can have devastating effects on family and friends. Research has shown that the complexities of suicide bereavement can lead to physical and mental health problems, increased risk of suicide, pathological grief, and non-specific stress disorders. How the bereaved cope with

the loss of a loved one by suicide was the focus of this study. It explored factors that were helpful or unhelpful, as well as the specific needs of this group. Fifteen volunteers over the age of 18, bereaved for more than two, and less than five years, told their stories in 45-60 minute semi-structured interviews. Using interpretative phenomenological analysis, results revealed a variety of coping strategies, and highlighted a number of factors that helped or hindered the individual's ability to cope. Results also highlighted a need for training for personnel dealing with the bereaved, suggested improvements in procedures following a suicidal death, and indicated a need for professional help and support immediately following the death. The findings of this study could be beneficial to policymakers at many levels, and to medical and associated professionals.

Quality of systematic therapeutic homework administration procedures facilitates homework completion in patients with severe and persistent mental disorders

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Most clinicians who work with individuals diagnosed with psychotic disorders requiring long term treatment indicate that they use therapeutic homework regularly in treatment. However, research indicates that only 15% of clinicians consistently use a systematic approach to homework administration that involves specifying details such as where, when, how long and how often the assignment should be completed. It has been theorised that systematic implementation of homework leads to improved homework performance. Systematic homework administration procedures were part of a study evaluating the effects of the Collaborative Recovery training program. Clinicians who completed the training implemented the methods they had learned within their clinical practice. Ninety-seven clients provided 850 written homework assignments that were completed collaboratively with their clinicians as part of treatment. The assignments were rated for quality of systematic implementation procedures and these quality ratings were then correlated with homework performance ratings provided by both clinicians and clients. Quality of systematic homework implementation was significantly related to measures of the quantity of homework completed. These findings suggest that even when systematic administration procedures are used by clinicians, the quality of that implementation can further influence the successful homework completion.

Promoting natural recovery in children and families

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Instead of sowing the seeds for ongoing disability, distress and disconnection, an adversity such as a disaster is more often just a “bump in the road” to be navigated. This was clearly demonstrated in the community responses to the Newcastle Earthquake. What can we, as psychologists, do to facilitate resilient responses? I draw on work that I am currently undertaking with children following traumatic injury, and work of Kevin Ronan, to provide some possible guidelines for the promotion of recovery. I will address initial intervention and outreach, screening and stepped care.

Impact of weapon focus and context reinstatement on eyewitness identifications

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The experiment to be presented examined the effects of weapon visibility and context reinstatement on eyewitness identifications of central and peripheral figures. Participants viewed one of two sets of slides (weapon present versus weapon absent), which depicted a staged robbery. Both sets of slides showed a woman robbed of her handbag (central figure) with a witness nearby (peripheral figure). After a one week interval participants were randomly allocated to one of three context reinstatement (CR) conditions (no CR versus mental CR versus mental & physical CR) and had their memory for both stimulus figures tested using sequential photo arrays, in which the target was either present or absent. The results indicated that weapon presence influenced perpetrator but not witness identifications. In particular, the presence of a weapon reduced identification accuracy for target-present arrays but improved accuracy on target-absent arrays. Context Reinstatement did not have any impact on identification performance, nor did it interact with weapon visibility to influence identification performance. The theoretical and applied implications of these findings are discussed in terms of the possibility that participants apply different criteria for identification decisions in weapon present and weapon absent conditions. Issues associated with methodology, what constitutes central and peripheral information and questions regarding line-up reform are also addressed.

Father-son interactions: Relations with behaviour patterns in 4-year-old boys

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There is growing recognition of the critical role of fathers in children's development and emerging evidence suggests that the quality of fathers' parenting is likely to make a unique contribution to their children's behavioural development. However, few investigations have examined how fathers' interactions relate to children's behaviour patterns during the preschool years, when children rapidly advance in self regulation skills. This paper presents preliminary findings for father-son dyads from an ongoing study that aims to identify paternal and maternal parenting factors associated with patterns of activity, attention, and impulse control in 4-year-old boys. The sample consists of boys selected on the basis of parent and teacher ratings on the Strengths and Difficulties Questionnaire (SDQ) from a cross-section of Auckland kindergartens. Child temperament patterns are also assessed using the Children's Behaviour Questionnaire (CBQ). The study has a specific focus on parent-child relationship qualities important to the development of children's self-regulation including responsiveness, emotional warmth, and positive involvement. These behaviours are assessed from videotaped father-son interactions during free play and structured tasks during a home visit. The study findings will broaden our understanding of the family correlates of boys' early behavioural development.

A narrative study of the Sudanese refugees: The difficulties and coping strategies at pre, transit and post migration

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A qualitative approach was adopted to interview 23 Sudanese refugees residing in Brisbane, Australia. Semi-structured interviews were conducted to examine the participants' pre migration, transit and post migration experiences. Primary sources of stress were identified in each phase as were the coping strategies employed to deal with such stress. Refugees reported traumatic and life threatening experiences during the pre migration and transit phase. The difficulties during post migration phase consisted of resettlement issues. Nevertheless, they reported using coping strategies across all phases. Refugees coped primarily on the basis of religious beliefs and cognitive strategies, such as reframing the situation, relying on their inner resources and focussing on future wishes and aspirations. Social support also emerged as a salient coping strategy. The study supported the value of utilising qualitative methods for research with refugee

communities and provided a comprehensive examination of the factors impacting on refugee wellbeing across all phases of their experience. The findings are useful for mental health professionals as they indicate the plight of the refugees as well as the strategies used by them to manage their traumas and stresses.

The assessment of individuals' explanatory models of psychological problems: Implications for changing attitudes and behaviours

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Personal beliefs about the causes of a psychological problem constitute an explanatory model (or implicit theory). A person's explanatory model will influence his or her understanding of the expected course and prognosis for the problem, and may influence beliefs about treatment and its outcome. An individual's explanatory model is likely to interfere with his or her acceptance of interventions aimed either at a community level (such as changing attitudes to eating and dieting) or at a personal level (such as compliance to treatment for an eating disorder). In this paper we discuss assessing individuals' explanatory models, and show how these can be used in applied clinical and forensic settings to assist in the process of intervention planning and implementation. Specifically we will focus upon research we have conducted into implicit theories of attention-deficit hyperactivity disorder and bulimia nervosa.

Focal conflict theory and corrections' groups: An approach to managing anxiety in group therapy

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This paper intends to briefly introduce Focal Conflict Theory (FCT) as a foundation for group psychotherapy and introduce some practical strategies for managing complex or difficult group processes using FCT. Key terms such as 'leader', 'member', 'group', 'disturbing and reactive motives', and 'restrictive and enabling solutions' will be described. The role and function of anxiety within the group will be highlighted and a simple tool described to analyse difficult situations using FCT will be provided to participants. Some basic group interventions will be outlined with practical examples and scripts provided. Overall the paper aims to kindle participants' interest in learning more about the theory and practice of group functioning.

Links between climate for employee involvement and work unit outcomes: The moderating effects of climate strength

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This study examines the effects of employee involvement (EI) climate on work unit level outcomes. Based upon Lawler's (1986) model of high involvement and using a sample of manufacturing sector work units, results indicate that work units with high levels of perceived EI climate display higher levels of aggregated perceived organisational support, in-role performance and citizenship behaviour, and lower levels of intentions to quit and workplace deviance. Moreover, the effects of climate level were moderated by climate strength, such that the influence of work units' climate on the criterion variables was most favourable under strong climate conditions. Additional analyses revealed that trust in management and leader informing behaviour were significant predictors of climate level, whilst leader informing behaviour was a significant predictor of climate strength. Implications of the results for research and practice are discussed, with particular emphasis placed upon the recent distinction made in the climate literature between climate level and climate strength.

Performance of the anxiety and depression dimensions of the Goldberg Anxiety and Depression Scale: Methodological and predictive implications

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Measures to assess anxiety and depression separately often incur difficulties due to overlap of these constructs, especially in older individuals. Using the Goldberg Anxiety and Depression Scale (GADS) we aimed to confirm the factor structure of the instrument in a large cohort of older Australian women, to validate the instrument against other self-report information. Participants were 7264 women (aged 75-82 years) enrolled in the Australian Longitudinal Study on Women's Health. Measures of anxiety and depression included the GADS, the mental health components of the SF-36, and self reported information on mental health diagnoses, symptoms and medications. Latent trait analyses replicated prior findings demonstrating high correlations between anxiety and depression as measured by the GADS and suggesting a third factor related to sleeping problems. Receiver operating characteristic curves showed that a simple score formed by summing responses to GADS items had high sensitivity and specificity in relation to other measures of anxiety and depression. This large study provides support for the hypothesis that anxiety

and depression are not readily distinguishable entities in older women and that the GADS is a useful tool for measuring the composite construct for epidemiological studies.

Getting older adults more active: The effectiveness of a primary care telephone counselling intervention

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The effectiveness of a primary care telephone counselling intervention (TeleWalk) on physical activity in sedentary adults aged 65 years and over was evaluated in a randomised controlled trial. Participants (N=186) were recruited from primary care settings and administered the Auckland Heart Study Physical Activity Questionnaire. The intervention group received 8 telephone counselling sessions over 3 months based around increasing activity levels. Outcome measures were administered again at 3 months, and then at 6 and 12 months follow-up. Group differences were analysed using a repeated measures mixed model adjusted for age, sex, and baseline effects. At the end of the 3-month intervention the intervention group showed increases in total physical activity ($p=0.02$, 48.9 minutes per week differential, $SE=21.6$), moderate physical activity ($p=0.04$, 42.6 minutes differential, $SE=20.8$), and walking activity ($p=0.001$, 41.3 minutes differential, $SE=12.4$) compared with control participants. Over the 12-month study period the intervention group reported increases in moderate physical activity over the control group ($p=0.007$, on average an effect of an additional 7.2 minutes per week for each month over 12 months [i.e. a total of 86.4 minutes per week] was observed, $SE=2.66$). Three months of telephone counselling is an effective method to increase health-related activity in older adults.

Pre-existing anxiety and the misuse or abuse of alcohol and other substances

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The Phobic Trust of New Zealand is a private clinic in Auckland, New Zealand, which has been treating people with anxiety disorders for 24 years. Clinician reports suggest that alcohol and other substance use/abuse is prevalent among this population. This paper will present the results of an audit of patient files over the past 5 years designed to empirically test this hypothesis, at least on presentation. The focus of this paper will be on the propensity of patients to 'self-medicate' with alcohol or drugs to control anxiety symptoms, to eliminate emotional distress, to overcome shyness or to feel

more confident. Links will be illustrated between diagnostic categories, age of first symptoms and first using alcohol or drugs, plus family history of either anxiety symptoms or alcohol or drug taking.

Cognitive biases in gambling: The role of objective knowledge and gambling context

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Numerous studies have shown that problem gamblers are particularly prone to various cognitive biases and that this may be related to persistent gambling in the face of substantial losses. One view is that problem gamblers have poorer numerical or statistical knowledge than other gamblers, whereas others have argued that problems arise, not as a result of a lack of objective knowledge, but because of a failure to apply this knowledge during gambling. Accordingly, the aim of this study was to examine the numerical and statistical skills of people with varying degrees of gambling involvement and to obtain a clearer understanding of the situational and contextual factors that influence the emergence of irrational cognitions. The results of Study 1 showed that, although problem gamblers were more irrational than other gamblers, this could not be attributed to poorer knowledge of gambling odds or limited numerical ability. Study 2 confirmed that both greater personal involvement and need increased people's susceptibility to an illusion of control. These results are discussed in terms of their implications for school education programs and clinical treatments involving the elucidation of irrational beliefs amongst problem gamblers.

Developing of a structural equation model of organisational performance and employee engagement

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The paper explores the presence and interrelationship of seven higher-order work systems and outcomes. There is a surprising lack of empirical support for a higher-order structure of work systems, or even for the presence of multiple systems. The current study aimed to overcome past research limitations by examining a wider range of management practices with a psychometrically more robust tool. The Voice Climate Survey, an employee opinion survey, was completed by three independent samples involving a total of 10,021 employees across 876 business units from over 700 different organisations. Confirmatory factor analyses supported the presence of 31 lower-order factors and seven higher-order factors. The higher-order factors comprised five work

systems - purpose, property, participation, people and peace - and two work outcomes - progress and passion (representing the construct of employee engagement). Through structural equation modelling the study suggests purpose, property and participation are strong predictors of organisational progress, and that purpose, participation and progress are strong predictors of employee passion. It is hoped that more rapid development of our understanding of organisational climate can be provoked by the presentation here of a higher-order model of work systems and outcomes, and a psychometrically strong tool that measures all model components.

Proactive coping in children

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Traditional constructs of coping have described it as reactive and have focused on risk management. More recent coping research has focused on proactive coping, which takes a positive approach to coping with an emphasis on goal attainment and life management. Proactive coping involves the accumulation of resources and skills to prepare in advance for possible stressors. Research has identified the use of proactive coping in adult populations but little is known about its use by children. This paper describes the adaptation of the Proactive Coping Inventory for use with children and discusses the results of a study with preadolescents in rural and regional Victoria, Australia, which examined the extent of proactive coping within this age group. It also explored the relationship between proactive coping, anxiety and aggression. In particular it explored the possibility that just as reactive aggression has been found to be a non-productive form of coping, proactive aggression may be a non-productive form of proactive coping. Current interventions for proactive aggression are evaluated in the light of the research findings.

The injustice of the given

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When help is needed in naturalistic situations, certain characteristics of the person needing aid immediately serve as cues for the potential helper weighing the cost of helping versus non-helping. To examine the effect of physical attractiveness, gender and personal cost on helping responses, the lost-letter technique was used. Prosocial responses of 72 members of the public who found the stimulus materials in the experimental premises were measured. A picture affixed to the stimulus materials was used to convey information about the physical attractiveness (attractive versus average versus unattractive) and sex of the applicant. As predicted, the physically attractive applicants received more help. Female helpers were

more likely to offer assistance to the applicants than male helpers. However, male and female helpers were not shown to be more likely to help targets of the opposite sex, and female applicants did not get more help compared to male applicants. Consistent with the hypothesis, applicants received more help when the response cost was low (in the reply paid-envelope-attached condition). Implications of these findings for the past literature are discussed.

Girls, substance abuse and juvenile justice: A 10 year review

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Over the last 15 years more and more girls as a proportion of young offenders have entered the juvenile justice system. The current paper synthesises research in substance abuse and young offenders in Australia over the last decade and reports on the changes in findings over that period. The studies highlight the issues of the impact of substance abuse upon young offenders, data on incidence of various forms of abuse, family conflict, and mental health. The studies are on young offender populations in custody, in the community and in treatment. Important findings include the relatively increased rates of abuse and mental illness among girls compared to boys. However, the resolution of mental health problems in girls appears to be far more dramatic than for boys indicating a need for comprehensive and intensive treatment programs. Family conflict and family structure appears far less predictive of problems in girls than in boys, but the interaction of family problems and crime is different for boys as compared to girls. Over the studies girls substance use has increased compared to boys, although sample sizes of girls in the earlier studies make comparisons unreliable.

More than mental health: Maximising the contributions of psychologists to government strategic health goals in Aotearoa

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Achieving the Government's strategic health goals and population objectives presents significant challenges to the health workforce, with medical based specialties needing to be complemented by public, primary and community care approaches which take a more strategic approach to prevention and early intervention. In July 2004 the New Zealand Psychologists Board Workforce Working Party, in response to concerns regarding the profile of the psychologist workforce in the health sector and its potential contributions to health objectives, commissioned a report to provide baseline

information about the current psychological workforce and its potential contributions to health objectives. Using a variety of data sources, the report concluded that psychologists were making a range of important contributions to health objectives and, importantly, that there was significant potential for those contributions to increase in primary, secondary and tertiary prevention settings. Six key issues were identified as important to address if psychology was to progress towards realising its potential contribution to Government health objectives. These issues were: perceptions of the psychology profession; limited psychology workforce data; the need for multi-disciplinary approaches; demonstrating cost-effectiveness; the provision of psychological services in DHB settings and Clinical Training Agency support. This presentation reports on key findings and pathways forward.

Realising our aspirations: Is there a space for psychology?

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This paper explores the relationship between Maori and Psychology. The voyages of our ancestors across the oceans, planned and deliberate, required harmony with the environment. Knowledge of the physical science of the stars, ocean, sun, clouds and birds intertwined with knowledge of the spiritual; all critical for safe arrival at the planned destination. These voyages and navigators provided a guiding metaphor as I explored the journey we as Maori had been, and are on, in psychology. Exploring the relationship between Maori and psychology begins with our aspirations as Maori. This starting point is not deficit focused, where there are too many of us in one place and not enough in another. With the starting point embedded in our aspirations as Maori, and using Maori development and Kaupapa Maori theoretical frameworks, the journey is conceptualised in a different way. The parameters, boundaries, directions, perspectives, tools and destination become very different. Achieving a relationship which contributes to the realisation of Maori aspirations requires a focus on both transforming and reforming psychology.

Gambling among Chinese migrants employed in the food industry

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Asian communities in New Zealand is growing rapidly, with Asian people now forming a significant part of the New Zealand population. Research suggests that Asian people have high levels of gambling participation. However, little is known

about gambling practices and the potential for problem gambling among Chinese people living in New Zealand. People seeking counselling services for their gambling problems often say they use gambling as a form of release from stress. This paper assesses gambling participation and experiences among Chinese people working in food industry who comprise a particular group that is exposed to stress and the potential for problem gambling. The research draws on findings from a quantitative survey and follow up interviews with participants to document reasons for gambling among this group, the prevalence of problem/pathological gambling, and help seeking patterns.

Experiences of Chinese international students' gambling in New Zealand

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Over the past few years the sharp growth of Chinese international students attending educational institutions in New Zealand is of significance. Research suggests that young Asian international students have high levels of gambling participation and are at risk to problem gambling. However, little is known about gambling practices and the potential for problem gambling among Chinese international students in New Zealand. This paper assesses gambling participation and experiences among Chinese international students and the potential for problem gambling. The research draws on findings from in-depth interviews with participants to explore studying experiences of Chinese international students who gamble in the past twelve months in New Zealand, to identify the fundamental causes of these Chinese students' dissatisfaction with their experience in New Zealand, to explore how these Chinese students come to be involved with gambling and how they maintain their gambling activities, to discuss what advice they have for those who might wish to change their gambling; and to propose intervention to Chinese students' gambling issues and gambling related issues identified by the research.

Development of an evidence-based Health Coaching model: Informing health professionals' practice

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Empirical evidence of the effectiveness of coaching for behaviour change has been instrumental in the development of a Health Coaching Model for health behaviour change. The model incorporates disease and treatment education (e.g., diabetes education programs), behavioural change strategies (e.g., motivational interviewing and goal orientated

techniques), and psychosocial components (e.g., depression, anxiety, social isolation). The efficacy of a Health Coaching model will be presented with reference to outcomes from a federally-funded, Better Health Outcome Initiative, titled the Good Life Club Project (GLC). The GLC project incorporated a Health Coaching model in the self-management of type 2 diabetes. Allied Health Professionals were trained in Health Coaching techniques consistent with the model, and then undertook telephone-based health coaching with GLC diabetes-members. Outcome measures revealed a significant increase in professional skills and improvements in health outcomes for the diabetes patients. Additionally, the significant cost benefits in patient health care will be presented.

Putative cerebellar exercises may reduce severity of PTSD symptoms

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Post Traumatic Stress Disorder (PTSD) has three clusters of symptoms; re-experiencing, avoidance and arousal. Recent fMRI scans show that the cerebellum, amongst other areas of the brain, is effected by PTSD. Wilkins (2006) proposes that the cerebellum modulates these symptoms. This follows increased interest in the cerebellum beyond its role in motor function. Transmagnetic stimulation of the cerebellum has improved mood. Patients with PTSD, in a private clinical psychology practice, were offered treatment as usual plus an adjunct of physical exercises, which putatively stimulate the cerebellum. The symptom severity was compared before and after putative cerebellar exercises. This was compared to other patients who were offered treatment as usual. The results suggest that putative cerebellar exercises may be a useful adjunct to treatment of PTSD.

What champions think: Optimal attentional strategies for 2000m rowing

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It is generally acknowledged within the rowing community that thought processes are closely linked to performance. The present study investigated the attentional routines of six male and four female rowers, all of whom were Olympic or world championship medallists, or had a top-3 world ranking on the Concept II rowing ergometer. Participants responded to a range of questions about the attentional strategies they used during warm-up, and when performing, a 2000m ergometer test, which is a regular activity for elite rowers and forms the basis for selection to international crews. Results showed that all respondents tended to segment their race into smaller blocks, based around distance or an equivalent

number of strokes, with specific attentional cues used for different blocks. Pre-race strategies tended to emphasise maintaining mental and physical relaxation, focusing on key aspects of technique, and identifying target and split times. In-race attentional strategies emphasised cues such as fast start, counting strokes, focusing on breathing, technique and rhythm, positive self-talk, pain management, and maintenance of a positive mindset throughout the race. The present results will inform a follow-up study to test the efficacy of an optimum routine in a controlled environment.

Speaking of history - Nga Tāhuhu Kōrero

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Over the past two decades there has been increasing focus on the role of culture in both the generation and application of psychological theory. In parallel with international developments there has been significant discussion within New Zealand regarding the need to address cultural issues in the field of psychology, and much of this has focussed on the perceived needs of Māori. This report provides a rationale for the creation of a kaupapa-Māori-based health psychology intervention. It then outlines the assessment procedure and intervention protocol. The presentation is illustrated using case of Te Manu, a 40 year old Māori man with diabetes referred for non-adherence and possible depression. On assessment it was found that Te Manu had a long history of non-adherence to diabetes management and had recently developed low mood, although he did not meet the DSM-IV criteria for a mood disorder. An intervention based on a Māori worldview and traditional methods of discourse that involved the speaking of ancestral histories *tāhuhu kōrero* was carried out. The intervention appeared successful as it led to increased adherence behaviours and clinically significant improvements in diabetes control and blood glucose.

Psychoneuroimmunology and idiopathic recurrent miscarriage: Relationships between depression, social support and idiopathic miscarriage

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The condition of idiopathic recurrent miscarriage (IRM) accounts for half of all cases of recurrent miscarriage. Previous research indicated possible relationships between Th1-type cytokines, Th2-type cytokines, the enzyme anandamide hydrolase, stress and factors related to the experience of stress, and pregnancy outcome. The purpose of the present study was twofold; to examine whether any of these factors predicted miscarriage, and to elucidate any associations between cytokines and stress. Participants were

recruited from the National Women's Hospital Recurrent Miscarriage clinic when beginning 'supportive care' treatment for IRM in early pregnancy. A prospective, within-group design was utilised in order to overcome perceived design limitations in previous studies. The study found that high levels of IFN γ (Th1-type cytokine), and high or low levels of IL-10 (Th2-type cytokine) in very early gestation predicted miscarriage. It was also found that IL-10 was positively correlated with depression and negatively correlated with perceived social support, and depression was negatively correlated with social support, suggesting associations between all three variables. The results indicate these factors may form part of a psychoneuroimmune mechanism associated with miscarriage. If confirmed, the results of the study could represent significant developments in the knowledge regarding psychoneuroimmune connections in the context of human reproduction.

Pilot evaluation of the emotion-based social skills training program for children with developmental disabilities

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This paper describes the pilot evaluation of the Emotion-Based Social Skills Training (EB SST) program for children with high-functioning Autistic Spectrum Disorders (HFASD). While there is research investigating the social deficits and treatment efficacy of social skills training for children on the severe to moderate range of the autism spectrum, significantly less is known about children with HFASD. For the majority of published social skills training programs for this population, there are no accompanying systematic research studies examining their efficacy or effectiveness. The pilot evaluation consisted of two parts: 1) the program was run for 10-weeks with 14 children with HFASD and their parents. Following feedback from the participants, changes were made to the treatment protocol including more sessions, greater focus on early emotional development skills and increased parental involvement and training. 2) the revised program, consisting of 3 modules, 6 sessions with extended breaks for practice of skills, was administered to 7 children with HFASD and their parents. Final results of both pilot studies on a range of social and emotion-related outcome measures will be presented and implications for social skills training for this population discussed.

What happens when clinical supervision harms or goes badly?

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Ten Victorian probationary psychologists participated in in-depth telephone interviews pertaining to a previous less than positive clinical supervision experience that fit within the defined nomenclature of poor ($n = 5$) and harmful ($n = 5$). Stages of a human phenomenological scientific method were used to represent supervisee perceptions as to the nature, underlying causes, and impacts of less than positive supervision. NVivo 2.0 was used to uncover common themes in supervisee transcripts as to the underlying causes of poor and harmful clinical supervision. As part of the auditing process, interviewees were invited to review key phrases selected to represent their experiences, and feedback on perceptual or attitudinal changes occurring since the interviews. Issues pertaining to problematic working alliances, unethical supervisor behaviour, and the nature of evaluative feedback were common to most accounts of poor and harmful supervision. Deleterious impacts arising from dual supervisor roles and supervisee role conflict were more evident in supervisee accounts of harmful supervision. Supervisees reporting harmful supervision described a range of adverse physical and emotional impacts, in some cases enduring for many years. Less than positive clinical supervision presented as an embedded experience, its quality impacted on by the organisational context in which it occurred.

Drawing out mechanisms of imagination in autism spectrum disorder: Where do all roads lead to?

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This study examined the cognitive underpinnings of spontaneous imagination in autism spectrum disorder (ASD). It investigated accounts that considered theory of mind, executive function or central coherence to be important factors for imagination in ASD. Participants with ASD and verbal mental age matched typically developing children were administered Karmiloff-Smith's (1990) imaginative drawing task, and a battery of tasks that provided measures of theory of mind, executive functioning (planning, inhibition and generativity), central coherence, and language comprehension. Participants with ASD showed weak coherence, significant deficits in theory of mind and generativity, but were superior in planning. Regression analyses suggested that only theory of mind and generativity deficits contributed independently to imaginative drawing deficits in ASD. Mediation analyses further revealed that language

comprehension and executive function exerted their influence on imaginative drawings via their input to theory of mind, while weak coherence exerted independent influence. The model of the production of imaginative drawings found here indicated that participants with ASD used a range of alternative strategies and mechanisms to produce theory of mind in order to think imaginatively. In contrast, in typical development, theory of mind, language comprehension, and executive function served as independent direct routes to imagination.

**Explanations for familiar and unfamiliar events:
What do they tell us about depressive symptoms
in children?**

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Explanatory style in children is commonly measured using the Children's Attributional Style Questionnaire (CASQ). This measure assesses explanatory style using a combination of hypothetical familiar and unfamiliar events. Explanatory style has shown small, yet consistent relationships with depressive symptoms in children and is frequently associated with depressive symptoms. Despite this, there have been concerns raised in the literature about the reliability of the CASQ as a measure of explanatory style. To investigate factors affecting the accurate measure of explanatory style children (N = 111) aged between 9-12 years completed combinations of familiar and unfamiliar tasks and participated in causal statement interviews designed to elicit their explanatory style. Results show an internally consistent measure of explanatory style can be found when children explain familiar events. However, this does not occur where children explain unfamiliar events. Explanations for failure on familiar tasks were significantly related to depressive symptoms however, this does not emerge for explanations of unfamiliar tasks or combinations of familiar and unfamiliar tasks. These findings have theoretical implications for the measurement of explanatory style in children and for the relationship between explanatory style and depressive symptoms in children.

**When environmental support fails: Part-set cueing
in older and younger adults**

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Research using the part-set cueing paradigm has shown that using a subset of encoded items as cues at retrieval can have a detrimental effect on recall for the remaining to-be-remembered items. We re-examined this effect in older and younger adults and sought to explain individual and age-related differences in it that might be attributable to executive function

differences, above and beyond the effects of processing speed, working memory and general cognitive ability. 64 healthy adults, young ($M = 19.25$) and old ($M = 75.25$) were required to (a) study and recall two categorised lists that comprised 48 words each, under part-set cued recall (three-cue) and control (zero-cue) conditions and (b) complete tests intended to measure executive function, speed of processing, working memory and general cognitive ability. Older adults recalled fewer words ($M = 13.84$) than younger ($M = 19.19$), across conditions, but the magnitude of the part-set cueing effect was equivalent. The contribution from executive function was not significant once speed of processing had been controlled. It was concluded that environmental support as instantiated in this paradigm interferes with, rather than enhances, memory and that basic processing speed, rather than higher order executive processes is fundamental to good performance.

**Determinants of job satisfaction: Demands,
control, sources of support and negative affectivity**

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Previous studies investigating job satisfaction with the Job Demands-Control-Support (JDCS) model have produced conflicting results and have focused primarily on co-worker and supervisory support. The present study investigated the main and buffering effects of different sources of support on intrinsic job satisfaction. Employees from the Arts faculty of a large Australian university (N = 183) completed surveys measuring intrinsic job satisfaction, workload, autonomy, social support (co-worker, supervisory and perceived organisational support), negative affectivity and demographics. A hierarchical regression revealed significant main effects for autonomy, supervisory support and perceived organisational support. In addition, a significant interaction demonstrated that the effects of autonomy diminish with increased levels of supervisory support. Results suggest that it is useful to differentiate sources of support when predicting intrinsic job satisfaction and that future studies should explore the role of perceived organisational support in addition to the conventional sources of support.

**Going out and 'getting pissed': Understanding
young adults' binge drinking behaviour**

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All young adults, but young women in particular, are drinking more alcohol than ever before. This has health and social implications, as well as implications for policy. The media has attributed these shifts to a culture of masculinity, yet previous research examining gender roles and alcohol consumption has produced inconsistent results and theoretical

explanations have been simplistic. This study aimed to gain in-depth understandings of young women's and men's drinking by talking to eight groups of friends (aged 18-29) about themselves and their drinking behaviour. Results highlight how, when and where young adults drink, who they drink with, and how this relates to their gender identities. Young adults are regularly consuming large amounts of alcohol, and this is seen as a routine everyday experience, which is a normal part of social life. Both men and women described regularly going out with friends and "getting pissed". Traditionally this public binge drinking was a masculine behaviour; however talk around women's binge drinking challenged and superseded this understanding through a feminisation of binge drinking. There is currently a vast difference between young adults' understandings of their drinking behaviour and that portrayed in the professional literature.

Using photos to explore young adults' binge drinking behaviour

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Young adults, and young women in particular, are drinking more alcohol than ever before. While some argue that this is due to a culture of masculinity, previous research in this area is inconsistent and theoretical explanations have been simplistic. This study aimed to further our understanding of drinking in young working adults by employing a photo-elicitation methodology. Eight individuals used disposable cameras and took photos during a typical night out drinking with their friends. Individual interviews were later conducted with these participants, who selected and discussed specific photographs as representing their night out and the drinking behaviour involved. Results highlight how drinking excessively is a normalised routine behaviour which involves the construction and perpetuation of friendships, social life and gender identities. Engaging in binge drinking can be viewed as a form of gender performance, and a social activity through which people create and re-create their identities.

Public perceptions of stepfathers' obligations to financially support their stepchildren

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The present study investigated public perceptions of stepfathers' obligations to financially support stepchildren. Two hundred Australians completed vignette-based questionnaires assessing normative expectations of stepfathers' financial contributions. A 2 x 2 x 2 between-subjects design was used to assess the effects of marital status, maternal employment, and

prior child support commitments on perceived obligations to stepchildren. Most participants believed stepfathers should contribute financially, but responses varied greatly. De facto relationships and maternal employment reduced perceived obligation. A significant 3-way interaction between marital status, maternal employment, and prior child support commitments was also found. Qualitative responses were analysed drawing on normative expectations, distributive justice and justice motive theories. Findings support the use and integration of these theories to provide a theoretical framework for examining stepfamily responsibilities. Further research into the extent of perceived financial obligations of cohabiting and married stepfathers, and the processes underpinning judgements of kinship responsibilities, is recommended. In particular, the results suggest a need for further investigation into perceptions of when and how perceived familial obligations are acquired in cohabiting stepfamilies. Increased understanding of this topic has important implications for making social policy affecting the many Australian stepfamilies more fair and consistent.

Is there concurrent validity between assessments made by correctional officers utilising the Level of Service Inventory-Revised and self-assessments made by offenders?

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The Level of Service Inventory-Revised (LSI-R) is a well-known actuarial risk assessment inventory used by correctional authorities in Australia and overseas. The LSI-R has been validated in numerous studies. The present study focused on concurrent validity using self-reports from offenders and their significant-others in the Australian Capital Territory. LSI-R assessments made by Corrective Services Officers were compared with self-report measures completed by 92 offenders and 22 significant-others. The self-report questionnaire included established measures of: 1) anti-social attitudes and criminal associates, 2) dysfunctional behaviour patterns, 3) relationship quality, and 4) stage of change. Correspondence was found between measures with high scale validity coefficients ($r = .21$ to $.66$) on the majority of constructs. The strongest predictor of stage of change was substance use, suggesting this is the factor most likely to predict the person's readiness for change.

Organisational commitment among Botswana professionals: Measurements and correlates

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The primary purpose of the current study was to test the suitability of the Meyer and Allen (1997) Organisational Commitment Measure for use in organisations in Botswana. The current study also examined the correlates of organisational commitment in Botswana settings. Standardised questionnaires were administered to a heterogeneous sample of 187 employees (101 males and 83 females) of different organisations in Botswana. An exploratory factor analyses replicate the dimensionality of organisational commitment. The three dimensions of commitment (affective, normative, and continuance commitment) could be found also in an eastern, traditional African developing country with a cultural background very different from the place where the commitment concept was originally formulated. Affective commitment was positively correlated with normative commitment. These two dimensions negatively correlated with continuance commitment. Furthermore, intention to leave was predicted by affective commitment, working conditions, feeling part of the community and the feeling of job security. Finally, no differences were found in the level of organisational commitment between government and private employees. Implications for management, limitations, and suggestions for future research were highlighted.

Personality traits associated with depression: The utility of a flexible model

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We sought to develop a refined measure (Temperament and Personality (T&P) questionnaire) of eight personality traits or constructs observed in those who develop depression. The factor structure of the T&P measure was examined in a general practice sample of 529 subjects. We imposed a range of factorial solutions to determine how higher-order molar constructs might arborise to eight lower-order constructs. Scale scores generated at each derived tier were contrasted for 52 outpatients with major depression, and appropriately matched controls from the general practice sample, to pursue personality constructs that might be over-represented in those who develop depression. In the factor analysis 90% of the items loaded on their *a priori* construct. Examining differing imposed factorial solutions showed correspondence at the Tier Four level with four of the factors central to the Five Factor Model (FFM) of

normal personality. The questionnaire showed high internal consistency, test-retest reliability and minimal sensitivity to mood state effects. Findings suggest that, while identified constructs linked well with the widely accepted theoretical model of personality (the FFM) at one tier, that such an inviolate structural model may be too inflexible. We detail potential advantages to measuring personality dimensions at multiple tiers.

The reality of the competency approach

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Despite the promise of the competency approach, the many claimed benefits remain largely unsubstantiated. Though research over many decades has examined factors affecting job performance, few studies have been done on the use of competency frameworks within organisations. Existing research is reviewed. Issues of validity include the enormous difficulty in defining and measuring competencies. At one extreme, standardisation and thus over simplification of competency frameworks results in a lack of perceived relevance at the individual level. At the other extreme, many schemes are perceived as too complex and a huge administrative burden. Few of the claimed benefits have been demonstrated for either human resource management or organisational productivity. Competency has been confused with work performance. Despite current practice, it is not valid to aggregate competencies from the individual to the organisational level. Research shows that the vast majority of employees and managers are highly sceptical of the fairness and value of performance appraisal systems. Evidence also indicates that the focus of individual performance appraisal is often incongruent with what is important for the enterprise - that is achievement of the organisational outcomes required by its key stakeholders.

A review of carer assessment instruments: The state of the art

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The support of informal carers of people with a severe illness or disability is an emerging area of clinical practice. This paper reports on a psychometric review of carer assessment instruments conducted by the Centre for Health Service Development, University of Wollongong for the Australian Government, Department of Health and Ageing. Designed for practising psychologists, this paper will discuss: the scientific evidence base for carer respite and support programs; the potential negative health

consequences of the caring role; the key measurement constructs like carer burden, carer stress and carer appraisal, as well as the positive aspects of the caring role; and the multiplicity of carer assessment instruments. Recommendations will then be made about useful carer assessment instruments for clinical and research purposes. Sample copies of the recommended instruments and a list of key resources will also be provided.

The resources on which mediators rely: Initial findings of a study involving Australian mediators

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This paper reports on both quantitative and qualitative findings of a doctoral study of mediators' experiences, the stressors and how they cope. In the first phase, three focus groups were conducted involving highly experienced mediators. The participants also completed two inventories, the Frydenberg and Lewis Coping Scale for Adults and the Bar-On EQ-i. The study has identified a profile of personal and structural resources involving coping styles and 'emotional intelligence'. No significant differences were found among mediators' main occupations (for example, lawyers or counsellors), but some gender differences emerged. Significant correlations were found between the two scales, which might explain the demands of the task and the coping strategies used. In exploring patterns regarding stressors and mediator strategies in order to cope, an important finding has been the need for what may be described as 'political intelligence'. The second phase of the research, in-depth interviewing, has started to define this concept.

The grey zone: Managing boundaries in the coaching relationship

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This study aimed to investigate differences in the management of boundary issues between psychologist-coaches and coaches from other backgrounds. Sixty-four coaches (34 psychologists and 30 non-psychologists) completed an online survey exploring coach perceptions of the client-coach relationship and described ethical issues they had encountered. Psychologist and non-psychologist coaches reported similar beliefs about the coaching relationship, describing it as a goal focused, confidential, collaborative, one-to-one relationship of trust with non-clinical clients. Both groups practiced coaching in similar ways with regard to management of the relationship and the techniques used to achieve change. However, psychologist-coaches reported that they were more cautious than non-psychologist

coaches with regard to boundary issues. Many of the ethical dilemmas described by the coaches in this sample were related to boundary issues. Sixty per cent of these dilemmas were associated with blurred or multiple relationships or conflicts of interest. This study provides initial evidence that psychologists do hold different understandings of ethical issues related to boundary crossings and dual relationships when compared with coaches who are practicing in a similar ways.

Oh behave! A behavioural management program on an inpatient rehabilitation ward

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On an inpatient rehabilitation ward, challenging behaviour (CB) poses many problems for both nursing and allied health staff. Rehabilitation timelines are often affected, resulting in delayed discharge, and staff are more likely to experience burnout. 'Oh Behave' is a pilot behavioural management program, aimed at reducing the incidence of CB, and increasing the confidence of staff in dealing with CB. Weekly half-hour meetings provide a forum for staff to discuss patients and formulate individualised behaviour intervention plans. The program was implemented on the inpatient rehabilitation ward at Royal Melbourne Hospital – Royal Park Campus. An important component of the program involved education to staff on the principles of behaviour management, emphasising the triggers and consequences of behaviour, and the importance of a consistent approach. Education also covered specific strategies to use, and guidelines for documentation. Staff surveys were undertaken prior to the launch of 'Oh Behave', and after eight months of weekly meetings. The results of these surveys will be discussed along with the challenges of running a behaviour management program on an inpatient rehabilitation ward.

Task switching processes in patients with Parkinson's disease: The role of the basal ganglia

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Patients with Parkinson's disease (PD) demonstrate an elevation in the switching cost – the increase in reaction time (RT) when switching from one task to another. The aim of the present research is to investigate the nature of the task switching deficit in patients with PD. Meiran (2000) suggests that the switching cost represents the time taken for the task set to be reconfigured. Moreover, he presents evidence to suggest that this consists of two distinct processes: reconfiguration of both the stimulus and response task sets. The first two studies use Meiran's (1996) task

switching paradigm to test the hypothesis that the basis of the elevated switching cost in PD is a deficit in the ability to reconfigure the response task set. Study three aims to test the hypothesis that the underlying cause of this deficit is deficient inhibition of competing task responses. Participants are 30 patients with PD, and 30 age and IQ matched healthy controls. A series of ANOVAs were used to compare RTs between these groups. The implications of these results and plans for future research will be discussed.

Patterns of physical activity for adolescent girls in Fiji and Tonga

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Behavioural patterns are determined in part by sociocultural factors such as values, expected behaviours and sociopolitical organisation. This paper presents the patterns of physical activity reported by Tongan and Fijian females aged 12-18 years and possible explanations for these patterns. The paper draws on interviews conducted in a wider study of adolescents' patterns of eating, physical activity and body size in Tonga, Fiji, New Zealand and Australia. The study examined sociocultural factors that could promote or protect against obesity from the perspective of adolescents in order to develop culturally-appropriate strategies for healthy lifestyles. Twenty four indigenous Fijian and 24 Tongan females aged 12-18 years were interviewed by females who were fluent in participants' first languages. Researchers from Australia, Tonga and Fiji analysed the data separately and then together in order to capture cultural nuances and enhance cultural validity. This analysis revealed similarities and differences in both cultural groups. Limitations to physical activity identified by Tongan and Fijian girls included the time spent in household chores and parental restrictions. Fijian girls also identified concern about personal safety as a constraint. These findings are examined in relation to sociocultural factors that appear to limit opportunities for young females to be physically active.

Construction of identity by Russian-speaking immigrants in New Zealand

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People usually believe and feel as if they are active agents and are in charge of their own lives. They choose what they want to be and believe they know what they are. Most migrants, who consciously make a decision to move to a different country, expect that the new society will, sooner or later, appreciate their social and cultural capital and accommodate them. Unfortunately, this rarely happens smoothly and for

some, never happens at all. Using qualitative methods, the current study, through the example of Russian-speaking community in Wellington, investigates how migrants come to realise that their identity does not belong to them but is the product of the socio-cultural environment around them. When migrants' behaviour and traditions differ from a cultural norm of the host society, a negative stereotype is constructed, usually due to the lack of appropriate cultural knowledge in their new environment. Painful experiences of migration and resettlement are unfolded through stories of Russian migrants, depicting how they negotiate the labels assigned to them by their new environment and how they struggle to re-construct their identity.

The role of attachment style and illness perceptions in coping with chronic pain: The development of an integrated attachment-based model of illness behaviour

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Attachment theory proposes that early childhood experiences promote the development of a social cognitive model of self, others and the world that leads to the expression of attachment behaviours and health behaviours that are used to manage perceived threats to self including physical illness and chronic pain. Attachment theory has the potential to provide the developmental context that has been lacking in biopsychosocial models of health, coping and illness behaviour. Drawing upon one such model, a model of illness behaviour is proposed that integrates attachment concepts with self-regulation theory and cognitive-behavioural theory that potential to provide a more complete model of pain management. The clinical and research implications of the model will be discussed.

Medical interventions for men with erectile dysfunction: Is this the complete solution?

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There have been significant medical advances in the last ten years for the treatment of Erectile Dysfunction (ED). This paper examines the data that are currently available on the efficacy of these interventions, particularly the oral treatments. The relative benefits of using a medical only, psychological only, and combined treatment approach for ED are discussed. Issues to be considered in determining the efficacy of the different approaches include level of ED, sexual satisfaction, as well as the impact of ED (and its treatment) on the relationship. Even if psychological factors do not lead to ED they are likely to result from the development of ED. It is therefore important that psychologists work with other

professionals in a multi-disciplinary team to address this problem. The best way to achieve successful outcomes for this disorder will be discussed.

Sociocultural influences and body image concerns among Australian, Fijian and Tongan adolescent boys

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Research in the past 10 years has demonstrated that adolescent boys in Western societies are focused on achieving a toned muscular body. Less is known about body image in other cultural groups. The current study was designed to compare the body image focus of Australian adolescent boys with boys from a cultural background that values a larger body size: boys from Fiji and Tonga. The sociocultural influences on body image concerns were also evaluated. Participants were 24 Australian adolescent boys, 24 Indo Fijian boys, 24 Indigenous Fijian boys and 24 Tongan boys. Boys ranged in age from 12-18 years. Examples of differences were that boys from Australia were primarily focused on weight and shape, whereas boys from Fiji and Tonga were primarily focused on muscles. Australian boys were most satisfied with their height, the other groups with their size and shape. Fijian and Tongan boys wanted bigger muscles, whereas the Australian boys were quite satisfied with their muscles. Mothers were the major influence on body ideals for Australian boys; father, male friends and media stars for Indigenous Fijian boys; media stars for Indo Fijian boys; and friends for Tongan boys. The implication of these findings for intervention programs are discussed.

How cognitive biases influence preparedness

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Preparedness reflects community factors and individual factors, and voluntary as well as involuntary factors (legislation). The paper reports research on the cognitive biases that shape preparedness. These biases mostly fall into two groups: those concerned with the efficacy of actions and those relating to judgments of risk. With regard to efficacy judgments, people who are less fatalistic are better prepared. They judge that their actions are likely to influence outcomes. Fatalism in turn is affected by whether people attribute outcomes in natural disasters to uncontrollable factors or to controllable factors such as preparedness. These factors combine with several different risk assessments. People show the optimistic bias when they think they are less likely to be affected by hazards than other people. We also report findings showing that people also take fewer precautions for low

frequency events than high frequency events, even when all other factors are controlled for. Suggestions are made as to how each of these biases may be countered.

The influence of age, gender, context and emotional disposition on moral reasoning: Beliefs, judgments and justifications about abortion

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This study examined how decisions about abortions are made and justified and whether age, gender, context and empathy influenced the reasoning process. Specifically, moral orientation (care and justice) and judgments were examined. There were 118 participants in two age groups; 50 secondary college students (16 males, 34 females) and 68 university students (33 males, 35 females). Participants responded to moral dilemmas about abortion. Care-orientation was coded with the Ethic of Care Interview and justice-orientation with a neo-Kohlbergian approach. The Interpersonal Reactivity Index was used to measure empathy. The results indicated that age influenced orientation. However, judgments were only partially influenced by age. Gender also influenced orientation but only about justice and not about care as anticipated. No relationship was found between gender and judgments. Context or content of the dilemmas influenced both moral orientation and judgments between and within dilemmas. Surprisingly, empathy did not influence orientation with the exception of personal distress, which influenced justice-orientation. These results suggest that moral reasoning is developmental in nature and relies on contextual factors. Such results could aid various professionals working with young adults in the process of making a decision regarding abortion. However, future studies should aim to clarify the unanticipated findings regarding gender and empathy.

Early detection and treatment of depression in adults with mild/moderate intellectual disability

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The first stage of this study examined symptom presentation and risk factors for the development of depression in a sample of 151 adults with mild/moderate intellectual disability. According to the BDI-II, 39.1% of participants evidenced symptoms of depression (2 severe, 14 moderate, 43 mild). Sadness, self-criticism, loss of energy, crying and tiredness were the most frequent indicators. Individuals with and without symptoms of depression differed significantly on levels of automatic thoughts, downward social

comparison and self esteem. Automatic negative thoughts, quality and frequency of social support, self-esteem and disruptive life events predicted depression scores, accounting for 58.1% of the variance. Stage two involved an evaluation of a treatment program designed for this population. A total of 34 participants completed the treatment program and 15 participants comprised a control group. In comparison to the control group, the treatment group showed improved levels of depression, more positive feelings about themselves, and lower levels of automatic negative thoughts. These changes were maintained at three months follow-up. This study highlights the need for, and demonstrates the potential of, intervention programs for depression in people with intellectual disability.

Assessment of religious values and theological understandings in the treatment of CBT with Christian clients

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The role of religion and spiritual dimensions are some of the most important factors that structure human experience, beliefs, values, behaviour and illness patterns in societies across cultures. Christianity as a religion remains influential in our society and this paper seeks to examine the shared values, which undergird specific beliefs of Christian clients. Worthington's (1988) proposal of three religious value dimensions for highly religious clients is presented and extended to include the dimensions of emotional expression and gender value differences. It also discusses the use of theological understandings, beliefs and metaphors as a resource for CBT with Christian clients.

Illness perceptions and coping dispositions in end-stage renal disease

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This longitudinal study identified factors related to outcomes in patients living with end-stage renal disease. It was focussed on two factors that may be potential targets for therapeutic intervention, namely illness representations and coping style. Cross sectional findings indicated that patients' representations regarding the consequences of illness and sense of control over illness were important determinants of outcome as were the use of negative coping behaviours. Further explorations of these relationships were made to explore the nature of the longitudinal relationships between variables. Results indicated that negative coping partially mediates the relationship between illness representations and mental health outcomes one year later. These findings have important implications for treatment as they highlight

the importance of illness beliefs as a potential target for therapy. In particular, the role of specific representations about the consequences and level of control over the illness are highlighted, as is the role of coping responses such as denial, substance abuse, blaming and disengagement. The results suggest that illness representations influence the choice of coping style, which in turn has an effect on outcomes including physical and mental health functioning.

Memory: Realism and the "specious present"

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Representationist accounts of memory claim that to remember is to access stored representations of past events. This cannot be so, because there are no such things as mental representations: representationism presupposes direct knowledge of that which is allegedly represented. Accordingly there is no need of representations. Memory is the direct apprehension of past events. Some assert that this account involves the temporal absurdity of supposing that the past can be known in the present. There is no such absurdity upon recognition that cognition has temporal duration as well as spatial location, i.e., the "specious present" (William James) must be exposed to critical scrutiny.

Drink spiking: An examination of the prevalence, motivations, and attitudes surrounding drug-facilitated sexual assault

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The present study assessed various features associated with drink spiking, or the adding of a substance to another person's drink without the person's knowledge or consent. A sample of over 400 18-35 year old Australians indicated that drink spiking is occurring to a greater degree than has previously been reported in Australian samples, with approximately 25% reporting an experience of spiking and approximately 35% providing accounts of a friend experiencing spiking. The study also identified several previously unexplored themes involved in the occurrence of drink spiking, including the predominance of perpetration by strangers, the prevalence of spiking at certain locations including nightclubs and house parties, and the low rate of reporting of incidences to authorities or support services. Correlations between demographic characteristics, participation in risk-taking activity, social behaviours, previous sexual assault and victimisation of drink spiking were also obtained. In addition, motivations for perpetration were investigated, providing valuable information that remains thus far unexplored in Australia or internationally.

Remembering, understanding and experiencing WHANGAI

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The Maori customary practice of whangai is often equated with adoption or foster care. There are, however, significant differences between the institutions. Adoption or foster care tend to be mainly focussed on the interests of the child. The institution of whangai, while being cognisant of the interests of the child, tends to be weighted more towards establishing, nurturing and cementing relationships between individuals, families and broader relational networks. In this paper we draw on the lived experiences of six people who have been raised as whangai and/or have raised whangai. We were interested in their understanding of the cultural concept of whangai, how the customary practice of whangai has changed over time, and their projected thoughts on future generations' experience of whangai. Findings suggest that the institution of whangai remains as a strong vehicle for both the care of children and for the solidification of whangai kinship relationships. While participants recognised that contemporary Maori social environments have contributed toward multiple manifestations of whangai, most felt it to be an institution that will be valued and carried into the future.

A school-wide professional development initiative to develop school culture: An example of a community - practice - research collaboration

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This project began as a school initiated referral for assistance to reduce "scrapping" in the playground. School personnel and a consultant conjointly developed a two year professional development initiative, focussing first on development of social skills in the classroom setting via co-operative learning, moving to nonclassroom settings (playground) in the second year. Given mandates for accountability, university researchers were invited to assist with programme evaluation. Together the three groups developed a plan for systematic formative evaluation using multiple methods of assessment in a multi-probe design. In an iterative fashion, evaluation data were fed back to school personnel at key points to inform subsequent action planning and evaluation activities. Preliminary evaluation results suggest staff (a) perceived that over the course of the initiative they developed skills to promote students' prosocial behaviour and support students' conflict resolution and (b) valued school-based modelling and support of

professional development in these areas. Behavioural observations, archival indices of discipline referrals, and teacher perceptions all suggest improved student outcomes in areas targeted. Consistent with implementation research, the process of practice change was not linear, but occurred over time and with continued support following initial didactic professional development sessions. Implications for research and practice will be discussed.

In search of a standardised, comprehensive assessment of functionality

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As part of a national programme to provide mechanisms for quality improvement in the mental health sector, New Zealand has established the MH-Smart Programme. The New Zealand Ministry of Health piloted the Casemix and Outcomes Study (CAOS), which was carried out under the Mental Health Research and Development Strategy. This project was aimed to evaluate and make a recommendation to the Ministry of Health for the application of an appropriate standardised tool to measure functioning outcomes for Adult Mental Health Service Users in New Zealand. Outcome scales facilitate clinician/consumer discussion, recovery planning, as well as team and service level quality improvement activities and national benchmarking activities. This presentation describes the process of reviewing available measures and provides a rationale for the choice of an outcome measure of functioning, within the context of the values and principles of the MH-Smart Programme. The selection process incorporated cultural acceptability, consistency with the recovery philosophy, HoNOS compatibility and the ability to distinguish between capacity/potential and performance. This presentation discusses the process used to satisfy these criteria and makes a recommendation for what measure(s) of functionality New Zealand should routinely use in its Mental Health Services.

Boundary issues for psychologists working in a large organisation: Where does consensus lie?

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This study investigated ethical issues confronting Australian psychologists working in a large national organisation. This paper focuses on an analysis of the boundary issues identified by 78 psychologists employed by the organisation. These participants responded to a questionnaire seeking their views on a range of ethical beliefs and practices. They

were also invited to describe real-life incidents from their work in which they had perceived an ethical conflict. The survey results showed that whilst there was a consensus on the ethical response to a number of ethical issues there was also a marked lack of agreement on some of the practice issues that frequently arise within organisations. The ethical dilemmas described by the psychologists were categorised according to four different frameworks identified in the literature. These were derived from ethical principles, empirical studies, and the Australian Psychological Society's Code of Ethics. Quantitative and qualitative results suggested that, for psychologists working in an organisation, the dual relationships intrinsic to working in an hierarchical environment generate a range of ethical issues, including boundary issues. Suggestions are made regarding addressing such dilemmas.

Do antidepressants have an impact on the course of inflammatory bowel disease?

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The role of psychological factors in patients with inflammatory bowel disease (IBD) has gained interest in recent years. Some investigators have proposed that treating psychological co-morbidities with antidepressants might be helpful to control disease activity. So far an interview study exploring gastroenterologists' attitudes and experiences with the use of antidepressants in IBD patients has not been performed. We conducted 18 semi-structured interviews with South Australian gastroenterologists and did a content analysis. Most gastroenterologists have treated IBD patients with antidepressants for pain, depression and/or anxiety, and insomnia. Antidepressants have been found useful in improving psychosocial well-being, quality of life, and self-managing of the disease by patients and in regulating sleep patterns. However, 90% of doctors have not observed the effect of antidepressants on the inflammatory activity. Most of gastroenterologists have indicated non-medical therapies (relaxation, hypnotherapy, healthy life) as additionally helpful in managing psychological disorders in IBD patients. These semi-quantitative data may be affected by recall bias, and, as such, are not truly objective and quantifiable. However, the data may offer important insights in designing further studies over the efficacy of antidepressants in IBD patients.

Positive cognitive constructs for depression-specific mood

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Positive cognitive constructs have heuristic value for the theory and treatment of depression. This research used depressive resilience measures derived from the concepts of self-deception and optimism. Three validation studies were conducted; each sampled community adults of both genders. The findings demonstrated theoretically meaningful links with measures of depression-specific mood, explanatory style, defence styles, and exaggerated sense of control. The implications for a synthesis of theoretical perspectives on depression will be explored in discussion. Suggestions for the treatment of mild to moderate depression will also be addressed.

The challenges of a scientist practitioner

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This presentation reflects on a presentation by the author at the APS Conference in 1992 that advocated for, and demonstrated a commitment to, the Scientist Practitioner Model in clinical training programs. It is timely to highlight the ongoing struggle a clinical psychologist working in mental health services experiences in gathering data to support treatment decisions and demonstrate the efficacy of interventions. In a multidisciplinary team it is the understanding and commitment of all the team members to this model of practice that ensures its utility in practice.

Best practice treatment for posttraumatic stress

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Acute posttraumatic stress reactions are common and arguably not a disorder. However they do involve considerable distress, which warrants at least palliative care. Confusion and controversy have marked the field but there is a growing consensus that interventions should aim at facilitating survivors' capacity for self-healing while avoiding the risk of doing further harm. Chronic posttraumatic stress reactions develop in a minority of survivors and are potentially serious, particularly given the high rates of comorbidity with depression, substance abuse, and adverse impacts on relationships. A number of treatments have been developed with reasonable evidence for efficacy and safety. Recent research suggests unhelpful schemas can constitute the psychological vulnerability that leads to some survivors developing chronic PTSD and this implies a need to address these schemas in therapy.

Growth and development from 1 to 4 years of extremely preterm infants who required home oxygen therapy and those who did not

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Development of preterm infants may be compromised by perinatal complications. Children with bronchopulmonary dysplasia (BPD) particularly those requiring home oxygen (HomeO₂) are reported to fare worse than full-term infants but it is unclear whether their developmental outcomes are inferior to other preterm infants. This study compared the growth and development of three groups of preterm infants: 1) Group 1: no BPD (N=179); 2) Group 2: BPD but no HomeO₂ (N=60); and 3) Group 3: BPD and HomeO₂ (N=37). A total of 276 infants with a gestational age of <28 weeks or birth weight <1000g who were free from sensory and motor disabilities were followed up longitudinally to 4 years corrected age. Infants were assessed on the Griffiths Scale of Mental Development and the McCarthy Scales of Children's Abilities. Weight percentile was the growth parameter. At 1 year Group 1 had a significantly higher mean GQ than Groups 2 and 3, with no significant differences by 4 years. At 2 years Group 1 had significantly higher median weight than Group 3. No significant differences in weight were found at 1 or 4 years. BPD, with or without HomeO₂, was not associated with more adverse growth or developmental outcomes by 4 years of age.

Job satisfaction and ethical dilemmas of Victorian school psychologists

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School psychologists have a unique role within schools and are in high demand. This study investigated how often school psychologists encounter a range of ethical dilemmas in their work and their job satisfaction. Eighty-one psychologists working in government and non-government primary and secondary schools from across Victoria were surveyed. Although school psychologists reported moderate satisfaction with the overall nature of activities that make up their role, there were also areas of dissatisfaction, including their budget allocation, the time they have to do various activities in their role and their pay and promotion opportunities. A comparison of government and non-government school psychologists revealed that psychologists working in the government sector were significantly less satisfied with a number of industrial and professional issues compared to school psychologists working in non-government schools. The results also revealed that school psychologists experience a range of ethical dilemmas and the majority indicated that they often

come across dilemmas related to 'who is the client?', with government school psychologists significantly more likely to experience ethical dilemmas related to 'professional competence' than their non-government counterparts. Results are discussed in relation to the Australian Psychological Society's Standards for the Delivery of School Psychological Services (2000).

The role of family in child sexual abuse across the lifespan: A grounded theory of therapist perceptions

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A description of an investigation into the role of family in the healing from sexual abuse is presented, with particular emphasis on early adulthood and beyond. Findings were derived utilising a grounded theory methodology. Whilst particular emphasis was placed on the family role for children who had experienced CSA, far less emphasis was placed on family involvement in adult survivors, despite lack of support being identified as one of the most significant barriers for clients to positive treatment outcomes. Reasons for the difference in emphasis across the various lifespan stages are discussed, along with the identification of a number of barriers to utilising a more family based approach for adult clients.

Men like their workplace friends... but women need theirs: Gender differences in the relationship between workplace friendships and organisational outcomes

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Gender differences in the relationships between workplace friendships and organisational outcomes were investigated. Respondents ($n = 412$) completed an Internet-based questionnaire measuring friendship prevalence, friendship opportunities, cohesion, job satisfaction, organisational commitment and intention to leave. AMOS was used to create measurement models of the scales. Correlations between scales were calculated for male and female respondents separately. Friendships at work were found to be significantly more strongly correlated with job satisfaction for men. It is suggested that, because women are more likely than men to lean on their colleagues for social, emotional and instrumental support, they make more friends when they are *dissatisfied* with their jobs (i.e. when they utilise this support). A positive relationship between friendships at work and job satisfaction will be more apparent for men because they are less likely than women to seek emotional support from their colleagues when times are bad. Findings are also discussed in the context of

Hertzberg's two-factor theory of satisfaction, with friendship in the workplace acting as a motivator for men; but as a hygiene factor for women.

He who has a thousand friends has not a friend to spare, and he who has one enemy will meet him everywhere: Negative workplace relationships and organisational outcomes

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This study investigates the links between negative relationships at work and organisational outcomes. Possible antecedents and outcomes of negative relationships are outlined. It is hypothesised that having negative relationships at work will be negatively correlated with commitment, job satisfaction, workgroup cohesion and intention to turnover. Qualitative and quantitative data were collected using an Internet based questionnaire. Respondents ($n=412$) spanned a wide range of occupations, industries and nationalities. Measurement models of the scales used were validated using AMOS. Results supported the hypotheses, suggesting that those with at least one negative relationship at work were significantly less satisfied, reported less organisational commitment, were part of less cohesive workgroups and were significantly more likely to be planning to leave their job.

Psychological preparation for cyclones in North Qld and Northern WA

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This paper addresses the case of tropical cyclone warnings in Northern Australia and briefly outlines the nature and logic of developing psychological preparedness. The authors will discuss the findings and applications of research studies undertaken in Far North Queensland and Northern Western Australia. The aim of the research in FNQ was to trial, evaluate and refine an innovative natural disaster public education and warning communication intervention focusing on tropical cyclone preparedness and response. The research found that the pre-cyclone season period is a critically important time and venue for prevention and mitigation, and that psychological factors and processes during this threat period are of singular importance to effective coping and adaptive responding. The aim of the Western Australian research was to explore cyclone preparedness in the Northwest coastal communities. This was a two stage process involving both qualitative and quantitative data collection and analysis methods designed to identify what the communities and frontline staff understand regarding 'preparedness' and to document what prevention activities were occurring. The

research identified a number of important recommendations for WA cyclone communities and for FESA (Fire and Emergency Services Authority of WA).

A view from the coalface: A survey of sensitive claims practitioners

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The practitioner survey was employed to gather information to feed into the guidelines for best practice. The survey also reflected the endeavour to triangulate the data from several sources. Six hundred and ninety-five surveys were mailed out to practitioners, who comprised mostly counsellors and psychotherapists, along with psychologists and other practitioners. There was a 24% response rate with 166 questionnaires being returned. The questions were both qualitative and quantitative, seeking information on demographics, aspects of practice, information on effects, assessment, therapeutic approach, measures of progress and outcome, barriers to practice and aspects of cultural practice. The survey was written up in a report form where main themes and sub-themes were illustrated by excerpts. Allowing the voices of the practitioners to come through strongly was a priority consideration in the presentation of data. A variety of valuable information emerged from the survey and has made a strong contribution to the development of the guidelines.

Treating depression: Toward an indigenous psychotherapy

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There is a gap in psychotherapy that becomes clearly evident to psychologists who treat Aboriginal clients presenting with the symptoms of depression. The problem is that there is very little available by way of psychotherapeutic interventions that are culturally suitable in the treatment of Aboriginal clients who present with the symptoms of a depressed mood. A description of depression is given, and current psychotherapies outlined. At the same time, Aboriginal voices that explain Aboriginal culture and the expression of mental health is recognised and discussed. The study acknowledges these two culturally different systems: Western psychological knowledge which often reflects individualistic, materialistic and secular philosophical underpinnings; and Australian Aboriginal knowledge which is mostly grounded in a philosophy that is communal, spiritual and ecological. The data for this study was gathered over a twelve-month period in North Queensland. Interviews were conducted with Aboriginal Australians who were employed at an urban Community Controlled Health

Service, Aboriginal academics, Aboriginal psychologists, Aboriginals from a North Queensland urban community and Elders from that same North Queensland urban community. The author used a 'free association' narrative and interview methodology and an interpretive analysis to analyse the transcripts. The findings indicate that there is an Aboriginal psychology. It is grounded in a theory of connectedness and relatedness. These findings offer a theoretical underpinning for the development of an Indigenous/Aboriginal psychotherapy that is available to psychologists who treat Aboriginal clients.

Effects of refugee camp experiences and arrival age on psychological functioning in young refugees and migrants

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Much research has focused on the development of psychopathological symptoms in young refugees, including internalising and externalising behavioural problems. The impact of time spent in refugee camps and age at migration on refugees' ability to cope with traumatic experiences, has also been examined. This study investigated self-reported internalising and externalising behaviours and perceived competence among 51 refugee, migrant and Australian-born adolescents of Albanian, Serbian-Bosnian, Kurdish, and Chaldean ethnic origins. Migrant status and camp experiences were not significantly related to behavioural problems ($p > .05$). Adolescent refugees with camp experiences perceived themselves as significantly less competent compared with migrants, and longer stays in camps significantly predicted poorer perceived self-competence. A trend was found between older age at arrival and depression levels in migrants and refugees. Older age at arrival was significantly related to poorer perceived competence. The findings suggest that the research distinction between refugees and migrants may be unreliable, as migration difficulties may be common to both groups. Future research should focus on relationships between psychological adjustment, ease of acculturation, and everyday functioning, particularly among refugees and migrants arriving in late adolescence.

A model for the delivery of psychology support to the Australian Defence Force

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The Defence Force Psychology Organisation, in conjunction with the Australian Army Psychology Corps, has in excess of 200 psychologists and paraprofessionally trained psychology examiners/assistants who are charged with supporting

the capability, operational effectiveness and force preservation of the Australian Defence Force. These Defence Psychology personnel are a mix of civilian and uniformed, Regular and Reserve. The model for the delivery of psychology services is based on three pillars of professional support entitled 'organisational effectiveness', 'performance enhancement' and 'psychological readiness.' The paper will detail the professional bases and typical tasks for each of the three support pillars, as well as the enabling foundations of professional development and governance, an applied research capability, and a philosophy of timely, pragmatic and culturally appropriate delivery.

The relationship between social support and self-esteem in rural and urban adolescent males

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The aim of the study was to increase the current understanding of the relationship between social support and self esteem in adolescent males. It specifically examined overall social support, the differential effects of parental and peer support and the influence of rural and urban locations. Sixty eight participants (24 rural and 44 urban participants) ranging in age from 14 to 19, completed a questionnaire which assessed these constructs. Results indicated that social support and self-esteem were significantly correlated. Parental and peer support were not significantly correlated with self esteem, however parental support was more closely associated with self esteem than peer support. There was no significant difference found in the perception of support and the level of self-esteem between rural and urban participants. It was concluded that social support has esteem enhancing benefits for adolescent males. Further research is required to ascertain Australian norms of support providing and to clarify the influence of rural and urban locations on social support and adolescent self-esteem.

Family functioning and its relationship to child resilience status in preschool children

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A resilience classification framework was utilised to operationalise resilience in 450 preschool children. This framework, involving composite measures of both adaptation and stress, resulted in the classification of four sub groups within the larger sample. These groups were labelled Resilient (High levels of family stress, high levels of positive behaviour and low levels of negative behaviour); Good Expected (low levels of family stress, high levels of positive

behaviour and low levels of negative behaviour); Poor Expected (high levels of family stress, low levels of positive behaviour and high levels of negative behaviour) and the Vulnerable group (low levels of family stress, low levels of positive behaviour and high levels of negative behaviour). This classification was then used to explore a range of theoretically relevant correlates of resilience within the families of this pre-school sample. This presentation will provide data on the relationship of family functioning to resilience status. Those aspects of family functioning that were found to be significantly different across the four groups were: problem solving, roles, affective involvement and general family functioning, with resilient families generally reporting more positive outcomes, particularly by comparison with families in the "poor expected" group, who shared similar levels of stress and adversity.

At home and lonely?

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Australian migration policy encourages migrants from diverse ethnic backgrounds to settle in Australia. However cultural identities become imperative in life when individual identities are separated from it or when significant quantitative and qualitative changes occur in social networks. Despite extensive groundwork before departing to the new host country, adapting to a new language and norms can prove to be overwhelming contributing to the migrant's perceived loneliness. This study attempted to identify causes and themes of loneliness of migrant students who speak English as their second language. Using both quantitative and qualitative approaches, the relationship between attachment styles and perceived loneliness of migrant students at University of Western Sydney (UWS) was explored. Securely attached participants experienced lower levels of loneliness. Social isolation, language barriers, perception of racism, disruption to the 'self', lack of support services and social activities for migrant students as compared to international students at UWS and an ongoing struggle to cope with new routines were identified as key issues contributing to students' perceived loneliness. The study has implications for current and future migrant students suggesting that appropriate strategies will facilitate their settlement and "reinvention" process enabling their migration experience to be less stressful and lonely.

Reading difficulties and psychosocial problems: Does social information processing moderate the link?

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Children with reading difficulties (RD) are likely to experience psychosocial problems. However, a significant proportion (30-50%) are indistinguishable, in psychosocial terms, from their typically-achieving (TA) peers. The aim of the current study was to identify factors that protect some children with RD from adverse psychosocial outcomes. The sample comprised 42 children (21 with RD, and 21 TA), aged 9-11 years, with 11 males and 10 females in each group. Measures used included the WIAT-II (reading) and the KBIT-2 (IQ). The dependent variable, behavioural symptoms, was assessed using the SDQ, which was rated by parents and teachers. Participants completed measures of theory of mind, understanding emotions in facial expressions and voices, attachment style, and affective experience. As expected, RD correlated with increased psychosocial problems, and poorer theory of mind skills predicted increased psychosocial problems. Consistent with hypotheses, emotion understanding, positive affect, and secure attachment, moderated the link between RD and psychosocial problems. That is, better emotion understanding, more positive affect, and secure attachment status, functioned as protective factors for children in the RD group, but not those in the TA group. The findings are discussed within a risk and protection framework, and implications for psychosocial interventions are considered.

"What did you think you were thinking?": A grounded theory analysis of child sex offenders' cognitive distortions

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Clinicians and researchers frequently note that sex offenders provide evidence of having cognitive distortions when asked to recount their offences. Despite the fact that cognitive distortions are a common feature of sexual offenders, there has been little discussion of what they are. Careful analysis shows that the term cognitive distortion has been used: (a) to refer to offenders' underlying goals; (b) to refer to false beliefs (c) to refer to illogical thinking and sloppy decision making; and (d) to refer to the impression management strategies used post-offence. To date, no study has systematically examined child sex offenders' offence descriptions for evidence of these four features of cognitive distortions. This study interviewed treated child sex offenders (n=25) and used grounded theory methodology to analyse their

responses. It examined (a) the goals and values offenders ascribed to themselves, children and the world; (b) their ability to gather and evaluate evidence relating to their offending; (c) the subsequent offence related actions and the reasons they gave for these; and (d) their ability to evaluate these actions in the light of subsequent events. Applications and implications of the theoretical model of the cognitive processing of child sex offenders that emerged are discussed.

Cultural vehicles and Māori television: What cultural concepts are used to communicate health messages to Māori?

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Recent research into the media's influence on public health recommends that researchers take the media seriously. The media can both enhance or undermine public health objectives as it is a primary source of common narratives around health and illness. Previous research has identified the effectiveness of Maori framed health messages yet little is known about indigenous media outlets and how they are mobilising indigenous health related cultural concepts. In this paper, we report our findings from a study that investigated how Māori cultural concepts are used by the Māori Television Service, specifically Te Kāea news, to communicate to its audience health messages about Meningococcal B immunisation. Several months of news and current affairs footage was reviewed and cultural metaphors used to communicate issues around the Meningococcal B virus identified. In contrast to campaigns such as Auahi Kore (Smoke Free) we found limited use of cultural imagery, cultural role models or settings. While Te Kāea News is in Te Reo Māori, the content does not appear to vary dramatically from mainstream reporting. In this paper we will discuss both our findings and possible explanations for them.

Pakeha - a burden on our society

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Recent research about how Pakeha view New Zealand and Pakeha culture, reveals a 'cringe' factor that inhibits pride, value and identity in New Zealand and in the myriad of cultural groups and identities that emerge from this geographic location. The work by Colmar Brunton (2003) on cultural tourism reported that this 'cringe factor' is costing New Zealand money. While an emic approach to investigating Pakeha culture is important, it is not without its problems. The capacity of people to talk about their culture depends a lot on the degree to which they are called upon to do this in their everyday

lives. Members of non-dominant groups tend to have a better fluency in this regard because their appearance, culture and identity is questioned regularly and often sits in stark contrast to the culture of mainstream society. By comparison, Pakeha tend not to be questioned and therefore frequently have difficulty elaborating those behaviours, values, and beliefs that typically characterise their cultural group. It's something that they simply take for granted as normative, usual and 'right'. For these reasons we choose to explore definitions of the label 'Pakeha' through interviews with non-Pakeha group members. In this paper we will present the findings of a work in progress.

Decolonisation in practice in the curriculum

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The paper discusses recent developments in the psychology curriculum at the University of South Australia to decolonise the curriculum in order to teach cultural competence, that is, to enable psychology graduates to work effectively, responsively and appropriately with indigenous peoples. Two new courses have been introduced this year. The first is a compulsory first-year course 'Indigenous Australians: Culture and Colonisation', which provides the basic understanding of traditional indigenous culture, how this was disrupted and continues to be disrupted by Western colonisation, and the historical and contemporary role of psychology in the process of colonisation. The second is an elective third-year course 'Psychology and Indigenous Australians' which discusses and deconstructs psychological theory and practice more explicitly and points to an expanded and more positive role for psychology in the future, both in clinical practice and as advocates for social justice. The paper reports on the evaluation of these courses, for their effectiveness in achieving their aims of teaching cultural competence.

Fatigue and post-concussion syndrome following mild traumatic brain injury: A preliminary report from a New Zealand sample

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Although fatigue is a common sequelae of mild traumatic brain injury (MTBI) both in the post-acute phase and at 6 months post-injury, very few studies have examined post-MTBI fatigue in detail. This is in spite of post-MTBI fatigue being identified as the most important single factor inhibiting return to work after MTBI. Without a robust theory of post-MTBI fatigue development or guidelines for

assessment, treatment of post-MTBI fatigue is severely hampered. The preliminary findings are reported of a study of post-MTBI fatigue characteristics being investigated as part of a larger (n=500) study into prediction of outcome following MTBI being conducted by Heitger, Anderson & Jones at the Van der Veer Institute for Parkinson's & Brain Research in Christchurch. The Fatigue Assessment Instrument (FAI), Rivermead Postconcussion Symptoms Questionnaire, Hospital Anxiety and Depression Scale, SF36 version 2 subscales and a demographic questionnaire were administered at approximately 1 week, 3 months and 6 months post injury. The results of this study will inform clinical/neuropsychological practice in Concussion Clinics and contribute to the development of both a theory of post-MTBI fatigue and guidelines for prevention or reduction of its impact on the MTBI population.

Making competencies work

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When Hamel and Prahalad outlined "core competence", they meant a specialised capability of an organisation, creating unique "customer value" and "competitive advantage" from the collective knowledge of its people and the organisational procedures that shape the way employees interact. If organisations are to achieve useful productivity leverage from "competency" initiatives there must be a direct relationship to organisational performance through the development of such organisational capabilities. Individual personnel show these capabilities as competencies, which vary with scope and type of work. One challenge is to integrate these input competencies in a way that fits with overall outcome objectives. A practical method of planning and appraising individuals, workgroup and organisational performance is presented. This method identifies the deliverables valued by key stakeholders and the relevant core organisational capabilities, then links these to output (performance) requirements and competencies at individual or workgroup level. The approach defines measurable work goals and standards that contribute to the required organisational outcomes, and are perceived as relevant expectations of individual job performance. Practical examples of various approaches to definition and reinforcement of performance outcomes and competencies are provided, together with the circumstances in which the methods have had the greatest effect on productivity. The role of technology in facilitating this process is discussed.

Supervision training: Process and issues

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This paper will discuss the Supervision Training and Accreditation Program (STAP), initiated by the Psychologists Board of Queensland, which registers psychologists in Queensland. The development of the relational model of supervision training, based on the literature and interviews with APS College chairs, will be discussed in light of the complexities involved in developing a generic model suitable to a range of specialties in psychology. An overview of content and process of training will include how the program addresses a range of essential aspects in supervision practice using both didactic and interactive practice skills training. Also described and discussed will be the format of an evaluation of the supervisor's knowledge and skills as a requirement for accreditation. Information regarding the effectiveness of the program, to date, will be provided based on feedback from participants and evaluation of participant change as a result of training. Professional issues which have been raised in relation to training of supervisors will also be considered.

Work-family conflict, work and family demands, satisfaction and psychological well-being among New Zealand managers

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In recent years there has been increasing interest in the interface between people's jobs (work) and their family lives. Much of this research has focused on conflict between the work and family domains, and has identified several potential antecedents and consequences of work-family conflict. As part of an international study investigating work-related stress among managerial personnel, a survey was conducted of 510 managerial personnel in New Zealand, to explore relationships between work-family conflict and other relevant variables. Three forms of inter-domain conflict were assessed (strain-based conflict, time-based conflict, and behaviour-based conflict) and conflict was measured in two directions (work-to-family and family-to-work). Possible antecedents of work-family conflict included work-related demands (e.g. workload) and family demands, while potential outcomes assessed in this study were job satisfaction, family satisfaction, and psychological well-being. The results illustrated that both work demands and family demands were associated with increased conflict,

especially strain-based conflict, and also that strain-based conflict (in both directions) was a prominent predictor of the outcome variables. Relationships between the other forms of conflict and the outcome variables were less systematic. In addition, as anticipated, job satisfaction and family satisfaction were both linked with higher levels of psychological well-being. Implications of these findings for both theory and organisational family-friendly policies are discussed.

Making sense of psychosis from the inside

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I will use an intuitively arranged series of words, metaphors and images to make sense of my experience of psychosis. Most of the words depicting the raw experience were written around the time of psychosis; some of the more reflective extracts have been written since. Some of the images were drawn at Occupational Therapy in hospital. The paper shows that the lived experience of psychosis differs markedly from objective professional analyses of it. I make sense of my psychosis through various lenses, such as existential crisis, a waking dream, ecstasy, agony, the lost self, the heroic journey, minority experience and wisdom. Psychosis is intense, overwhelming, isolating and often misunderstood by people who have not experienced it. It is difficult to make sense of and to derive value from psychosis. Mental health professionals need to be better equipped to assist with this process.

The N=1 design: A practical evaluative approach in private practice

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Although randomised clinical trials with groups of clients is the benchmark for research in evaluating efficacy in clinical practice this model offers little to the practising clinician. Whilst techniques, such as imaginal exposure, have been shown to be effective using such an experimental design, an alternative model is necessary to evaluate the efficacy of such interventions in a private practice setting. This N=1 study outlines the problems and effective treatment of a woman who had been previously diagnosed with postnatal depression when she started having emotional problems after the birth of her second child some seven years before presentation. The essential therapeutic question "Have you had any bad experiences or trauma in your life" led to the case conceptualisation that the woman was suffering previously undiagnosed and untreated post traumatic stress disorder. This case conceptualisation led to effective treatment. An individualised treatment

program was planned including a combination of relaxation training, cognitive restructuring, imaginal exposure and education regarding effective child management strategies. The efficacy of treatment was demonstrated by pretest, post-test and follow-up measures. That the client significantly improved clinically was demonstrated by appropriate statistical analysis on the test results. The results demonstrated that the techniques used were effective in a private practice setting.

A Revised edition of the Naylor-Harwood Adult Intelligence Scale (R-NHAIS)

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The need to develop an Australian measure of general intellectual functioning similar to the Wechsler Adult Intelligence Scale (WAIS) was recognised by Harwood and Naylor in 1969. Naylor & Harwood, (1972) subsequently developed an Australian equivalent form of the WAIS, the Naylor-Harwood Adult Intelligence Scale (NHAIS). The NHAIS has not been revised since it was developed nearly 35 years ago. In contrast, the Wechsler Scale has been revised three times since its initial publication. The NHAIS is therefore well overdue for revision of its content and needs to be re-normed. The development and validation of a Revised Edition of the NHAIS (R-NHAIS) would increase the range of neuropsychological assessment options available in the Australian context. WAIS-III sub-test equivalents not present in the original WAIS or NHAIS were added. These included; Letter Number Sequencing, Search Task (Symbol Search) and Progressive Problem Solving (an unpublished alternate form of Raven's Matrices). Item content in each sub-test was updated and improved in a context appropriate for Australian use. Floor and ceilings were extended in sub-tests, scoring rules were enhanced and the face validity of the test was improved (e.g. both picture completion and picture arrangement items were produced in colour).

Young people with an intellectual disability: Risk and resilience

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There is a large body of literature about personal risk and resilience among children and adolescents from a variety of subpopulations. However, in intellectual disability research, resilience has almost exclusively been investigated and reported at the level of family stress and coping rather than an individual child's capacity to function adaptively despite severe risk. In this study young people with an intellectual

disability, family members and non-family members (carers, teachers and family friends) were interviewed and asked about the young people's relationships, coping styles, behaviour patterns and resilience. The main features placing these young people at risk included having autism or inflexible patterns of behaviour, displaying some forms of challenging behaviour, difficulty with receptive and expressive communication, living in families with high competing demands for time and living in a relatively unaccommodating community environment. The main factors leading to resilience were an attractive appearance/disposition, ability to get one's message across, ability to adapt behaviour to changing contexts, low family stress levels and high sense of competence, stable relationships with supportive others and an accommodating/accepting community environment (both school and social).

A national psychosocial analysis of children and young people with significant emotional and behavioural problems in Australian out-of-home care

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Previous longitudinal research by Barber and Delfabbro (2004) indicates that approximately 15-20% of young people in Australian out-of-home care have significant emotional and behavioural problems that often condemns them to a life of repeated placement instability and further psychosocial harm. This paper reports the findings of Australia's first national comparative study of 364 children with this placement profile. Based on detailed interviews with case-workers, case-file reading, and comprehensive analysis of objective placement data, this study provides a detailed analysis of the social and family background of this population of children, their psychosocial profile, service history, and their placement experiences. The results showed that many children in this population experienced as many as 40 placement changes per year and that over 70% score in the abnormal range on multiple measures of adolescent psychological adjustment. These findings form the basis for an overview of an ongoing review of international therapeutic and service models designed to provide assistance to young people who cannot be maintained in stable family arrangements within the existing out-of-home care system.

Parents, adolescents, risk and anxiety - the gaze that controls

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How do parents in contemporary society negotiate the essential conflict between protecting their adolescent children from risk while simultaneously encouraging autonomy and independence? One way they can attempt to negotiate their role is by encouraging their children to disclose their 'inner' world. Although on some levels this leads to greater trust, it may also reduce emotional distancing. Psychoanalytic models of adolescent development propose that withdrawal of psychic energy and emotional distancing from parents is part of the maturational process. More recent theories emphasise the importance of emotional closeness to parents in facilitating adolescent development and autonomy. Eight parents were interviewed about their conceptions and negotiation of risk issues for their adolescent. Analysis showed that the parents trusted their children implicitly, this trust being facilitated by very open communication. A predominant theme was that of concern for their children's apparent internalising problems and fear of the world. Paradoxically, it appears that emotional closeness may not be a protective factor, but may include elements of psychological control, thereby increasing risk for internalising problems in their children. A question raised by this study concerns the distinction between psychological support and the potentially damaging construct of psychological control, this distinction having implications for both further research and potential clinical application.

Incorporating ageing content into undergraduate and postgraduate teaching

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In a variety of disciplines, particularly the social sciences and health sciences, but in areas spanning the arts and sciences, interest among students in ageing issues, and interest among professionals in ageing as a focus of research and practice, is increasing. Yet many undergraduate students (and even some postgraduate students) receive little exposure to research and theories regarding ageing. This talk aims to convey a sense of how ageing can be integrated into existing course structures across a variety of areas in psychology (for example, in clinical, health and research methodology areas). The presenter will offer suggestions as to how such material can be incorporated, even if the lecturer has little direct training or experience in ageing. Tips on what areas within the ageing literature might be highlighted, particularly for first-year courses, will be presented.

Possibilities regarding introducing ageing topics via other media (i.e. film) as well as interesting possibilities for assignments (i.e. group, research-oriented, individual) will be discussed. Time will be allocated for targeted discussion of lecture, reading and assignment issues. Although introducing ageing topics to undergraduates will be a primary focus, lecturers at all levels will find interesting ideas concerning making ageing more visible in the curriculum.

Compliance with psychological and pharmacological treatment recommendations in older adults

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Maximising the efficacy of treatments for psychiatric disorders in older adults is of increasing importance, given their increasing prominence as a percentage of those seeking mental health services. Older adults are prescribed more medication than any other age group; while adherence levels among older patients are similar to younger adults, adverse consequences of non-adherence may be more severe and less easily detected or resolved in this group. Similarly, compliance with homework assignments in CBT is a major predictor of efficacy in psychotherapy treatment, but adapting homework structure and process for older adults has only begun to be discussed in the literature, and little empirical work in this area exists. This presentation will review empirical compliance findings in both pharmacological and psychological treatment approaches with older populations. The difficulties involved in actually running medication compliance studies will be discussed and illustrated with issues and data emerging from a small pilot study in New Zealand on medication compliance in older adults. Finally, suggestions for maximising efficacy of homework assignment use with older populations in a range of settings, including those with mild cognitive impairment, will be offered.

Differences in personality traits across ethnic groups within New Zealand and across an international sample

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Research indicates that there are differences in personality traits between ethnic groups and between countries. This research has not, however, included a New Zealand sample. The current study examined personality differences between respondents from three New Zealand ethnic groups (546 New Zealand Europeans, 102 Maori and 78 Pacific Islanders), and between respondents from three countries (726 New Zealanders, 268 Australians and

1,128 South Africans). Analyses revealed some significant group differences at both the global and facet personality trait level. At the global trait level, the largest differences were between countries on the Extraversion, Neuroticism and Agreeableness traits. Small, but significant differences were detected between ethnic and country groups for the personality traits that are most predictive of job performance, Conscientiousness and Neuroticism. At the facet trait level, large differences were found on the Suspiciousness trait. We conclude by discussing the potential implications of these findings for employment selection.

Evaluation of Rongo Atea – drug and alcohol residential treatment service for adolescents

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Rongo Atea is one of four residential treatment centres targeting 14 – 17 year old adolescents in New Zealand, and the only residential treatment centre for this age group with a specific focus on Maori and Pacific clients. This research looks at how change occurs during the treatment process. It also aims to identify some of the unintended effects of treatment (in addition to the intended effects). Qualitative research can be applied to explore the link between the content of a treatment programme and the process of change that occurs for participants of such a programme. Limited comprehensive evaluation of treatment interventions has been carried out involving indigenous community organisations. Evaluation of outcomes is mostly undertaken for government funding purposes and tends to focus on input/output rates with very little consideration of other factors that might constitute success. Within a treaty framework, a process of self-determination should allow for indigenous communities to have control and autonomy over development of policy, programme delivery and evaluation of programme effectiveness.

Exploring the relationship between gender, tertiary institutional type and key psychological constructs – the Big-Five, multidimensional self-concept and psychological well-being

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The present investigation explored gender and tertiary institution type differences on basic personality traits (the Big-Five), multidimensional self-concept and psychological wellbeing. From a sample of 523 participants from a first year psychology course (46%) and a divinity college (54%), confirmatory factor analysis confirmed the factor structure of all constructs under investigation and suggested strong and significant relationships between all constructs.

Further, multi-group confirmatory factor analysis suggested that the measures were invariant across gender and institutional type. MIMIC models suggested that gender differences were generally in line with previous research, whereas the differences for institution resulted in significantly higher means for the divinity students on almost all factors under study, whereas the university students were higher only on the traits of neuroticism and negative affect. Importantly the institutional type differences remained when controlling for gender, religious and spirituality differences, suggesting that these differences were not merely an artefact of religious or spiritual orientation or devotion.

Safer sex: Condom attitudes, trust and communication

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Hypotheses that social factors, including attitudes towards condoms, levels of trust and degree of safer sex communications would predict safe versus unsafe sex practices were tested using anonymous questionnaires completed by 71 male and 87 female adults aged 18-35 years ($M=24.21$). It was further predicted that attitudes towards condoms would be differentiated on the basis of gender and that levels of trust would be differentiated both on the basis of gender and relationship status. Discriminant function analysis was used to test whether membership of safer versus unsafe sexual practice groups could be predicted. A significant discriminant function showed that group membership could be predicted by two variables: one of the subscales on the attitudes towards condoms test (pleasure) and degree of safer sex communication. Mann-Whitney U tests revealed significant gender differences in the stigma subscale of attitudes towards condoms and also in levels of trust. Mann-Whitney U tests also showed that serious partners had significantly higher levels of trust than casual partners. These results confirm the presence of major social forces, which shape the nature of safer sexual practices and the considerable degree that social process can influence risky sexual behaviours.

Understanding the sequelae of sexual abuse

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Research designs on sequelae of childhood sexual abuse (CSA) often fail to identify a coherent framework in which dynamic interactions of CSA effects can be organised. This study reports on the development and validation of an assessment instrument summarising the maladaptive effects and functioning hypothesised to follow CSA in adulthood.

An empirical framework of effects was developed showing high similarity between two independent groups of non-professional and professional participants. This formed the basis for understanding potential pathways following CSA. However, whether co-occurring CSA effects share a similar underlying function is not yet known. To address this, 100 Sensitive Claim adult clients were asked to report on their pre-treatment experience of symptoms. Analysis of symptoms identified consistently experienced effects of CSA in adulthood. Results validated the framework and provided key-clusters of multiple effects. These clusters allow continuous and standardised comparison of functioning in sexually abused clients over time, across individuals, and client groups. This paper provides examples of profiles and discusses the potential this instrument has in identifying and monitoring client's areas of concern, aiding selection of treatment, and evaluating client's response to treatment.

Teaching research to counselling and clinical/counselling psychology students

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Counselling as well as clinical and counselling psychology students are often reluctant to engage in research and favour applied activities. This short presentation outlines the approach taken by one Senior Lecturer in Counselling and Psychology to encourage student engagement in and a continuing enthusiasm for research (digestion and conducting). This submission is in response to the invitation made by Ms Yu and Dr Katsikitis regarding such a submission due to my winning the Pearson and APS Psychology Early Career Teaching Award.

Australian and New Zealand University clinical and counselling psychology staff: Maintaining practice in academe

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Applied clinical and counselling university psychology programs, and thus the staff teaching in these programs, are influential in the development of the applied clinical and counselling psychological workforce of Australia and New Zealand. Just who are the staff training our future clinical and counselling psychologists in Australia and New Zealand? Do these individuals think applied practice positively adds to applied clinical and counselling psychological teaching and do they actually engage in applied clinical or counselling practice themselves? This survey research in a field setting aimed to answer these questions as well as describe the support university clinical and counselling psychology academics believe the

university sector provides for continued applied practice activities. Data was collected using a multiple mailing survey method and resulted in a 30% return rate. Clinical and counselling psychology staff tend to be evenly distributed between genders, mature in age, and Caucasian. Australian and New Zealand clinical and counselling academics are qualified professionals who tend to be employed at the Lecturer or Senior Lecturer level, believe that continued applied practice benefits their applied teaching, continue to provide applied clinical or counselling services at a moderate level, and report minimal to moderate support by their universities for continued applied practice. Recommendations and suggestions for future research are provided along with a call to support academic staff in their continuing practice efforts.

Assessing the mental health status of people who are ageing and have an intellectual disability

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Mental illness is 2-3 times more prevalent in people with an intellectual disability (ID) than in the general community, however it often goes undetected. One of the greatest obstacles is that instruments used to assist diagnosis of mental illness in the community are not suitable for use with individuals with an ID. The Developmental Behavioural Checklist for Adults (DBC-A) is used to assess behavioural/emotional disturbances in adults with an ID and can indicate the likely presence of psychiatric disorders. A normative study is currently underway in South Australia and this study is part of the larger project. People with Down Syndrome are likely to experience precocious ageing, dementia, and depression. However, little is known about ageing and prevalence of psychiatric disorders in people with an ID arising from other causes. This study addresses this issue while providing normative data for the DBC-A. Other processes/instruments are considered to determine their usefulness in overcoming diagnostic overshadowing and in predicting, identifying and tracking age related decline in people with an ID. Preliminary findings of the current study will be presented and tentative suggestions made as to appropriate service for this population.

The implications of hearing impairment for Māori women

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The goal of this research was to draw attention to some of the inadequacies of the experience of cultural identity and hearing impairment for Māori women so they could be addressed. The research was qualitative, consisted of one focus group and the participants were seven hearing-impaired Māori

women. It was found that one of the inadequacies of the experience of cultural identity and hearing impairment was the feeling of isolation leading to withdrawal, which makes it difficult to take part in culturally significant events. Language is vital to a person's cultural identity and the learning of te reo Māori is much more difficult for the hearing impaired. Feelings of isolation and withdrawal were very strong themes that emerged from this study.

Illegal immigrants: Contributors or problems to society?

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Illegal immigration has become a matter of concern to people in many parts of the world. Economic dislocation, ethnic strife, fundamentalism in religion and politics have stimulated an increasing number of refugees. Since options for legal immigration are limited many seek security and a better life in the developed nations illegally. This research explores the attitudes towards illegal immigrants in two countries: New Zealand and Germany via 30 in-depth interviews. In New Zealand some respondents to a national survey on attitudes towards illegal immigrants volunteered to participate in the in-depth interviews and in Germany participants were contacted through advertising and snowballing data collection techniques. In both countries the interviews were conducted in different regions of the country and with different age groups. The data were analysed and compared between the two countries using thematic analysis. In both countries people held a wide range of attitudes towards illegal immigrants. Immigrants were thought to make valuable contributions to society particularly to the business, building and service industries but also to create problems in the community. More problems caused by illegal immigrants were reported by Germans than by New Zealanders.

A mindful approach to mindfulness psychological applications

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Recent research in this emerging field of psychology has attempted to operationalise the construct of mindfulness and integrate the conceptualisation it embodies into existing cognitive-behavioural and information processing models – quite a challenge for a specialty based upon the principles of ‘Self-knowledge’ of the ancient Western and Eastern contemplative religious traditions and esoteric spiritualities. Additionally, new mindfulness psychometric tools are assisting the further development of evidence-based data, uptake of mindfulness practices by those working in healthcare fields is increasing, and the cost effectiveness of such

practices is becoming established. While all this is very positive for the field, questions arise regarding the implications of the rapid secularisation of mindfulness practices for the discipline of psychology. For example, do clients receive 'watered down' versions of the complexity and nuance of these practices (as contained in their original state) as a consequence of such rapid reduction to current Western psychological logic? Do de-spiritualised formulations of mindfulness withhold elements (perhaps disregarded *because* they were religious or spiritual) of the original teachings that were provided expressly to relieve suffering? These and other questions will be discussed along with a brief exploration of mindfulness practices from a range of both Eastern and Western contemplative traditions.

The role of experimenter familiarity on use of gaze aversion in five-year old children

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Eight-year old children look away from faces when thinking; a behaviour, which increases as questions get harder. Whilst 5-year old children use comparatively lower levels of such 'gaze aversion' (GA), training them to increase its use significantly benefits question-answering. Furthermore, using different samples of 5-year old children, Phelps et al. (2006) have shown that GA develops rapidly across the fifth year of life. As such, GA promises to be a useful nonverbal signal of thought and concentration from a young age. However, studies to date all used unfamiliar experimenters. We examined the role of experimenter familiarity on children's use of GA whilst thinking about increasingly difficult arithmetic and verbal questions. In Experiment 1 experimenter A tested 28 children longitudinally from 5-6 ½ years. Use of GA increased in response to question difficulty, but not longitudinally. In Experiment 2 experimenter A tested 20 different 6-year old children, and experimenter B tested our original sample of 6 year old children. Both groups showed higher levels of GA when tested by a novel experimenter. Whilst GA indeed signals a child engaged in thought, its use is influenced by experimenter familiarity.

Gaze aversion: A response to cognitive load or physiological arousal?

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People often look away from faces when thinking, a behaviour which can significantly facilitate performance during face-to-face interactions. However, little is known about how such 'gaze

aversion' (GA) helps. One possibility is that since faces are cognitively demanding to monitor, GA permits the thinker opportunity to allocate cognitive resources to their task. Alternatively, since faces are physiologically arousing, GA could serve to reduce heightened physiological arousal, which would otherwise interfere with cognition. We measured physiological arousal (galvanic skin response) and use of GA whilst manipulating cognitive load (counting: easy, hard, none) and gaze direction (monitoring: face, floor). Although physiological arousal increased when monitoring faces versus the floor, this did not hinder counting performance. However, participants couldn't resist using high levels of GA for hard counting in the monitor face condition. Nonetheless, arousal didn't increase for hard relative to easy counting, or prior to such GA occurring. Neither did arousal decrease following GA, suggesting that GA does not serve to reduce heightened arousal. Rather, independent of arousal, GA increased as cognitive load increased, suggesting that GA permits allocation of cognitive resources to the task at hand.

The psychological impact of anaphylactic shock: A clinical perspective

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There is a growing body of literature on the relationship between anxiety disorders, in particular panic disorder, and an allergic reaction to food, medication, insect stings, and other physical factors. The present study is based upon four instances, two of which received clinical psychological treatment. The complexity of the psychological factors resulting from anaphylactic shock complicates the treatment pathways available to the clinician primarily because the client often cannot identify any main trigger for the onset of anxiety. The sensitivity to the allergenic substance may or may not be known to the client, but once identified, differentiating the physical and the psychological aetiological factors is paramount for effective treatment.

An investigation of expectancy bias in interoceptive accuracy research

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The ability to accurately perceive bodily sensations (interoceptive accuracy) is typically measured by the correspondence between self-reports of physiological state and haemodynamic measurements, during laboratory tasks. Self-reports might be biased by expectations based on experimenter-provided information or the perceived effects of laboratory tasks. People at risk for panic attacks might be particularly prone to such expectancy biases. This

study examined the effect of experimental instructions, laboratory tasks and anxiety on expected arousal levels and interoceptive accuracy measures. Twenty five females and fifteen males, without a diagnosable mental disorder, were randomly assigned to one of four different conditions, each involving one of two experimental tasks (exercise or paced breathing) and one of two types of experimenter-provided information about the likely effect of the task on physiological arousal. Expectations about arousal levels, self-reported arousal and interoceptive accuracy were measured. The experimental manipulation successfully induced expectations, but this did not bias self-reports of perceived arousal levels or interoceptive accuracy scores. People with high anxiety sensitivity did not over-report arousal levels. The method used here to measure interoceptive accuracy was not subject to expectancy bias in healthy volunteers or people predisposed to experience panic. Theoretical and methodological implications are discussed.

Awareness of stress-reduction interventions and organisational attitudes of staff at an Australian university

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All non-casual staff at an Australian university were surveyed in 2000 and in 2004. Between the two surveys, the university had introduced a package of stress-reduction interventions some directed at management and some directed at staff. Full details of these interventions were provided by the university's occupational health and safety manager in a face to face interview. In the second survey, staff were asked "During the past four years has your university undertaken any measures to reduce stress among its employees?" Analyses were conducted comparing data from those answering 'yes' or 'no' to this question. We found that those answering positively scored significantly higher than those answering negatively on four out of five key outcome measures. They showed greater job satisfaction, greater organisational commitment, more trust in senior management, and more belief in procedural fairness. On the other hand, the groups did not differ in terms of psychological strain. We conclude that stress-reduction interventions can be effective in improving some key organisational attitudes in university employees so long as employees are aware of them. Psychological strain, by contrast, is affected by factors beyond the control of universities, e.g. increased work pressure resulting from ongoing cuts to their operating grants.

Doorways and mirrors: Mothers' perceptions of parenting their pre-teenage daughters in a "risk" and media rich society

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This qualitative research project investigated maternal perceptions of parenting in a "risk" and media-rich culture. Audio-taped data gathered from semi-structured interviews with nine mothers of pre-teenage daughters was transcribed verbatim and then analysed for themes. The dominant themes to emerge signalled a strong relationship between an individual's conceptualisation of "childhood" (attributions of agency and competency) and her parenting philosophies and practices, particularly in the context of decisions around media consumption. Secondly, it was found that beliefs around what it means to be a "child" often related to participants' own biographies – the kind of parenting they had received as well as past experiences that may have had a residual emotional impact on them. Lastly, it is tentatively suggested that the strength of belief demonstrated by parents about what constitutes "good parenting" may be related to the degree of psychological disturbance from past events. Apart from these empirical findings, the study also explored the first author's role as a researcher in the project and challenged traditional notions of reflexivity within the qualitative research process.

Violence rehabilitation: Which offenders do best?

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Rimutaka prison, in Wellington, is home to New Zealand's only custodial rehabilitation programme for seriously violent adult men. We present outcome data from this programme and examine whether we can predict which men are most likely to reduce their risk of future violence and offending, as a result of programme attendance.

Addiction in the border regions of Badakhshan, Afghanistan: Range, trajectory and impacts

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Although much current international concern has focused on the effects upon developed countries of Afghanistan's opiate exports, little attention has been given to endemic Afghan addiction problems, or how they may impact on domestic livelihoods, poverty, land tenure, social equity, health, or supply and demand dynamics. This report examines the scope, patterns and effects of opium addiction in rural

districts of the border region of Badakhshan Province in northeast Afghanistan, and investigates how addiction affects vital factors relating to survival for rural Afghans. A survey of 177 opium addicts was carried out in 19 villages in 3 districts of Badakhshan and 48 key community informants interviewed within areas known to be affected by addiction. Opium addiction is chronic, extensive, and historically entrenched in these border districts. Parents frequently administer opium to children. Addicts trade away vital assets such as livestock and land to dealers. In some villages, up to 50% of the land has been lost with addicts working in bonded labour. Some were documented where children had been sold to pay drug debt. Opium addiction is integrally linked to families and whole communities being entrapped in a mire of severe poverty, exploitation and oppression.

Flare timing during simulated night landings

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In order to achieve a safe and smooth landing, pilots execute a flare manoeuvre just prior to touchdown. When properly executed, this time critical manoeuvre reduces the plane's sink rate to the desired level. In our experiment, participants viewed displays simulating an oblique approach towards an explicit aimpoint on the ground plane (either random dots, a runway outline, or both dots and the runway outline). The task was to press a button when the participant perceived that there was 6s until touchdown (the time required to execute a successful flare in these idealised conditions). We found that while the simulated glideslope had a significant effect on timing errors, no significant effect of display texture was observed. In a control experiment, we found that participants were unable to accurately estimate a 6 second time interval – suggesting that our internal clocks are not sufficiently accurate to time this manoeuvre. We conclude that the process of flare initiation might be triggered by distance perception, as opposed to time-to-contact perceptions.

Understanding efficacy in relation to perceptions of one's self and one's community

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This paper reports on a series of studies that have sought to understand differences and commonalities regarding the constructs of self-efficacy and communal efficacy and how they relate to people's problem perception and solutions. Studies include university students' management of stress, rural residents' management of land use issues and urban residents' management of water resources. Measures of generalised self-efficacy and communal efficacy

show different relationships to outcome variables once common variance is accounted for. For example, while self-efficacy was more predictive of managing worries, communal efficacy was more predictive of managing actual stressful events. In regard to environmental issues, self-efficacy contributed more to the prediction of pro-environmental behaviour than communal efficacy. Findings are discussed in terms of advancing conceptual understanding of the constructs. Also considered is the importance of promoting the development of communal as well as self efficacy in caring for the good of the one and the good of the many, that is individual as well as community well-being.

How does temperament affect your life? Stories from the Australian Temperament Project 1983 – 2006

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Individual differences in people's temperament have always engaged and challenged us as we interact and work with people in our social and professional worlds. In our large longitudinal study of children growing up in Victoria, a primary focus has been on understanding individual temperament and how it affects development and psychosocial adjustment. We have followed the development of 2000 Australian children from infancy to young adulthood in our study known as the Australian Temperament Project. This lecture will provide some insights into how particular kinds of temperament in childhood affect pathways through childhood to adolescence and early adulthood, looking at both positive and negative outcomes, including anxiety, depression, and school success, as well as assessing the influence of temperament in contributing to resilience in young people who suffer disadvantage in their family lives.

Teaching cross-cultural and indigenous issues in an Australian regional university

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One of the challenges facing schools/departments of psychology in Australia is ensuring that psychology students have an understanding of issues associated with the indigenous Australian people. Although many schools/departments of psychology understand the importance of this, the difficulties involved in integrating such teaching into the undergraduate curriculum have been a barrier to this occurring. As a new department of psychology at Southern Cross University, we have had the opportunity to design and implement a core undergraduate psychology unit, in close collaboration with the College of Indigenous Peoples (GNIBI,

SCU), that addresses both the broad focus of cross-cultural issues in psychology with the more specific focus on issues associated with indigenous Australian people. This poster outlines key issues that we feel have contributed to the successful, and at times challenging, teaching of a core unit in Cross-Cultural and Indigenous Issues in Psychology at the Coffs Harbour campus of Southern Cross University.

The Strategic Approach to Coping Scale in an Australian community sample

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Prominent models of coping emphasise response to stress in terms of individual action, either orientated toward the stressor, described as approach or problem-solving coping, or away from the stressful condition, described as avoidance or emotion-focused coping. Males are purported to engage in more direct action, where as women are more likely to manage their emotional response to the stress, or to use avoidance. Hobfoll and colleagues (1994) argue that this difference may reflect a bias in measures that largely ignore the social context in which coping takes place. To address both individual and communal aspects of coping, Hobfoll and his colleagues developed the multiaxial model of coping and companion instrument the Strategic Approach to Coping Scale. This model implies that coping strategies are defined along three principal axes, active-passive, prosocial-antisocial, and direct-indirect. The 52-item Strategic Approach to Coping Scale assesses nine coping strategies, assertive action, cautious action, seeking social support, social joining, instinctive action, avoidance, indirect action, antisocial action, and aggressive action. The current study found partial support for the proposed structure; in addition, males reported utilising more aggressive and antisocial coping than women.

Semantic overlap as the basis for response congruent effects with masked novel primes

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In a semantic categorisation task, participants respond faster to targets when they are preceded by masked primes that share the same response as the target, compared to masked primes that require an incompatible response. Experiments 1 and 2 showed that this *response congruence effect* is more likely to arise when the task involves narrow categories compared to broad categories. Furthermore, semantic priming effects were only present for the non-exemplars with a broad category decision task. Experiment 3 demonstrated that non-exemplar targets which shared semantic features with category members took longer to categorise. When these targets were presented as

primes, they facilitated responses to exemplar targets and delayed responses to non-exemplar targets. It was proposed that for narrow categories, category decisions can be made by monitoring a specific set of semantic features which are present for all category members. This is not possible for broad categories, because category members do not share a core set of semantic features. Response congruence effects are explained in terms of the overlap of core semantic features between the prime and target, and the assumption that when these core features are sufficient for making a category decision, a motor response can be prepared for the prime.

Finding my voice

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I am the chairperson of ISPS New Zealand. I am a mother of three sons. I have a D Phil in Psychology and am a doctor trained in psychiatry with 20 years experience of working with people with treatment refractory psychosis. I have published research demonstrating that recovery-focused multimodal psychotherapy assists symptom and function improvement in this population. I have developed a training course to equip mental health staff with the skills to assist the recovery process with people we serve. I experienced incestuous sexual abuse as a child, and have recovered from 8 acute episodes of psychosis over the past 30 years. Two of these episodes were precipitated by my reaction to the responses of my senior psychiatry colleagues. 4 years ago, I lost my voice as a result of long-term low-dose risperidone. I believe that psychosis is often the result of repeated traumatic experiences, often perpetuated inadvertently by mental health services. With the help of my friend and colleague, Helen, I will demonstrate a way of making sense of the trauma-related psychotic experience by telling my story as a journey of "recovery".

Siblings of children with a chronic illness or disability: The role of the family

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Research literature suggests that there may be deleterious outcomes for well children in families with a chronically ill or disabled child, however there is a lack of clarity about the source of these negative outcomes. The purpose of the current study was to examine relationships between well child internalising and externalising behaviours (anxiety and aggression), parental variables (stress, parenting style) and ill child variables (ill-child behaviour, amount of care required). Well-children (n=102) were assessed using child self-

report, parent rating measures and children's drawings. Parents rated well children significantly higher in externalising and internalising behaviour than population means. Parent reports of well-child externalising and internalising behaviour were significantly correlated with several parent, ill child and family variables. Child self-reports of their own aggression and anxiety were not however strongly related to ill child, parent and family variables. The relationships between children's drawings and both parent- and child-rated well-child anxiety and aggression were examined. The internalising and externalising behaviours (as assessed by parents) of well children with an ill sibling are associated with both general aspects of family functioning (particularly stress), and ill-child psychosocial characteristics.

What do the public, including mental health service users, think causes mental health problems?

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This paper will privilege the views of the public (including service users and their families) about the etiology of mental health problems. A recent review shows that research from 16 countries, including Australia and New Zealand, finds that the public espouses a psycho-social model of the etiology of mental health problems, including psychosis and schizophrenia. The public also strongly prefers psycho-social treatments to medical ones. Attempts, by biological psychiatry and the drug companies, to persuade the public that 'mental illness is an illness like any other' have for several decades failed to change public opinion. Research suggests that the public are right and that efforts to promulgate bio-genetic causal theories increase fear and prejudice.

A cross-national study of emotion and self-construction

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This study examined people's emotional states and their construction of themselves in the future. The samples comprised over 2,000 men and women aged 18 to 60 years, from seven nations in the Asia-Pacific region: Australia, The Philippines, India, Japan, China, Fiji, and South Korea. Participants were asked to state desired and undesired future selves and evaluate the proposed selves in terms of the likelihood of occurrence and their capability of controlling outcomes. The results showed a fairly consistent relationship between positive affect and beliefs about influencing desired selves. Beliefs about undesired selves showed little relationship to either positive or negative affect. The findings are discussed in relation to theories linking emotion and self-construction.

The VCE psychology program: A model for secondary school psychology in Australia and New Zealand (or is it?)

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Despite its popularity in Australian and New Zealand universities, psychology has a minor presence in the secondary school systems of both countries. One exception to this is the state of Victoria, which has the most thoroughly developed, long-standing, and popular secondary school psychology program in Australia. The Victorian Certificate of Education (VCE) comprises the last two years of secondary education and is the main selection criterion for university entry. VCE Psychology is the third-most popular subject in the VCE, with almost 15,000 students enrolled in 2005. This presentation will provide (1) a brief history of secondary school psychology in Victoria, (2) an outline of the curriculum and assessment for VCE Psychology, (3) a contrast with first-year university psychology, and (4) a discussion of some of the controversial issues surrounding the subject. It will be argued that, despite its many positive aspects, there are fundamental flaws in the Victorian program that require urgent attention, and in particular that it does not in many areas accurately reflect the current state of the field. It will also be argued that, to their detriment, university psychology departments have failed to keep pace with or have adequate input into secondary school psychology.

A cluster analysis of people on community treatment orders in a Victorian mental health service

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Community treatment orders (CTOs) enable involuntary treatment of people with psychiatric disorder in the community as an alternative to involuntary treatment in inpatient services. Victoria has been a world leader in the implementation of CTOs; most involuntary patients in Victoria are on a CTO and there are approximately 3,000 people on CTOs at any time. Despite this, very little is known about the clinical and demographic profile of people on CTOs. The available data tends to provide broad profile information (e.g., males with schizophrenia) but provides minimal information about whether there are more specific "types" of people on CTOs. This presentation will discuss results of a study using a new method of cluster analysis in an attempt to identify theoretically and clinically meaningful clusters of individuals on CTOs from a large mental health service in Melbourne. Three stable, interpretable clusters emerged, which identified distinct clinical and

demographic groups of CTO recipients. The results from this study are an important first step in a series of studies on CTOs. We will conclude by discussing future work, which includes (a) testing the stability of the clusters across different mental health services and (b) testing hypotheses around the outcomes of clients within the different clusters.

Natural disaster warning situations: Event status, psychosocial impacts, and incidence and management implications

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The paper examines a neglected area of natural disaster research and management practice in Australia, the nature of human response to natural disaster risk communications, with a particular focus on tropical cyclone warning situations, and their respective impacts, management, media coverage, and consequences. The argument is advanced that the human impacts of a severe cyclone warning situation are in many respects very similar to the individual and community experience of an actual cyclone impact. The weather conditions accompanying the meteorological event, the representations and communications about the risk, the experience and emotions of those facing the threat, the coping processes that attend the warning period, are essentially identical up to the point of impact of the cyclone, and share many common features after the warning or impact. This suggests that we should substantially broaden our notions of natural disaster human impacts and costs, particularly in the case of severe cyclone warning situations, and that current incidence figures for tropical cyclone events and other disaster phenomena can be very misleading.

The pursuit of muscularity among adolescent boys in Fiji and Tonga

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The desire for a muscular body build is tied to cultural views of muscularity and the male gender role, which prescribe that men be powerful, strong, efficacious, physically fit and athletically successful. Although the pursuit of muscularity has been primarily studied among Western adolescent boys, there is emerging evidence that the same body image ideals are also valued and promoted among Pacific Islander males. The aim of the present study was to examine body image concerns associated with the pursuit of muscularity and the reasons for these concerns among Fijian and Tongan adolescent boys. Semi-structured interviews were conducted with 24 Indigenous Fijian, 24 Indian Fijian and 24 Tongan adolescent boys aged between 12 and 18 years. An inductive thematic

analysis of boys' narratives showed that the pursuit of muscularity was a dominant theme for many boys. The two main reasons boys provided for their pursuit of a more muscular body were playing sports and/or doing more physical work. Less frequently mentioned were cosmetic reasons and to impress girls. These findings are examined in relation to previous work that we have done with Australian adolescent boys. In addition, the findings are discussed in relation to the health risks associated with extreme body change strategies.

Age matters: The effect of job applicant age on hiring decisions

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This study investigated the nature of age discrimination faced by older age applicants seeking employment. In particular, the notion of preferred age of employment and the factors underlying this were examined. Participants (tertiary students and people working in full time employment) were presented with a hypothetical job applicant (aged between 33 and 66) and were required to evaluate this applicant along several dimensions (e.g., flexibility, sociability), as well as indicate the likelihood of hiring that applicant. The students produced most of the significant age related results; the pattern of the data showed that students had a preference for hiring a job applicant aged around 42 years. Job applicants at both the older and younger ends of the continuum were less likely to be hired, with the oldest applicants (i.e., 54 plus) being the most unlikely to be hired. Younger job applicants tended to be less preferred due to stability concerns (i.e., how reliable, how long they would stay with an organisation). In contrast older job applicants were perceived to have poorer flexibility than younger applicants and this appeared to underlie the unfavourable hiring decisions they received.

The impact of CBT on pain and emotional functioning

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Theories of chronic pain postulate that anxiety and depression play a key role in persistent pain. Pain sufferers may experience a change in emotional functioning through reactive depression, fear-avoidance behaviours, worry about the future, deactivation and social withdrawal. One of the questions for practitioners in the pain management field is whether the emotional functioning issues should be addressed prior to dealing with pain management strategies. This paper reviews 50 clients who have sustained an injury resulting in chronic pain. They attended an outpatient Cognitive-Behavioural Therapy (CBT)-based programme on a weekly basis.

Although individualised for each client, the programme included similar components, i.e. education, goal setting, relaxation and breathing techniques, activity and exercise monitoring, sleep strategies, cognitive reframing, and challenging negative thoughts. The programme included initial assessment, intervention and post-intervention assessment. Pre-and-post assessment included a range of psychological and pain measures. In this paper the results are analysed and the link between emotional functioning (depression, anxiety and somatisation) and pain is more closely examined.

Seeing the school counsellor: Why or why not?

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To investigate young people's help-seeking from school counsellors, a sample of 750 students from 13 high schools and senior high schools, both public and private, in the ACT was obtained. Participants were from years 7 to 12 and aged between 12 and 18 years; 64.5% were girls. The students completed a self-report questionnaire during class time regarding their thoughts and behaviours related to seeking help from the school counsellor. Almost one quarter had visited the school counsellor, and these students had more positive attitudes toward people with mental illness than students who had not been to the school counsellor, although the effect size was small. The reasons for visits to the school counsellor, as well as how helpful the students found the visits, were reported. All students were asked about the reasons why they would or would not see the school counsellor, and a content analysis has been used to describe the barriers and facilitators of seeking help. The results are discussed in terms of understanding young people's help-seeking and the implications for school counselling services.

Mixed messages in children's prosocial television programs

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Prosocial television programs aimed at children are widely seen to promote positive opportunities for learning, however, little research has examined whether programs promoted as prosocial also include violent content. A survey was conducted with 292 children aged 9 to 12 years from 12 ACT schools, examining children's television preferences. Children's favourite television programs ($N = 42$) were then rated for both prosocial and aggressive content. A number of TV programs popular with children were rated as containing aggressive and prosocial content in almost equal measure. Further, two of the programs rated in the top 10 for prosocial content were rated as being in

the top 10 for aggressive content. There was no significant difference in boys' and girls' preference for prosocial television programs. It appears that many popular children's television programs contain mixed aggressive and prosocial messages. It is feasible that the aggressive content in shows with otherwise prosocial messages may serve to blur the prosocial message.

Psychology and anti-racism: Understanding the melancholic white subject

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This paper elaborates one particular limitation of white anti-racist practice as it is framed within the discipline of psychology. In contrast to an individualised focus on 'racist behaviours' or 'racist cognitions', this paper proposes that there is a pressing need for those of us who identify as white to examine the structural ways in which racism informs the lives of all people living in colonial nations such as Australia. In bringing psychoanalytic and critical psychological concepts to bear upon an analysis of racism and race privilege in Australia, it is proposed that white identities in Australia may be understood as thoroughly social practices that are constituted through melancholic forms of identification. Yet, as will be highlighted, this melancholia is disavowed through the ways in which historical events are constructed in white narratives of belonging. In order to engage in a reflexive anti-racist practice within the discipline of psychology, it is proposed that further examination is required in regards to what such melancholia signifies in relation to white claims to belonging. This may entail a focus on the relationship between white claims to belonging and the ongoing sovereignties of Indigenous people, rather than continuing to compare 'good anti-racists' with 'bad racists'.

Attachment theory as a practice of heterosexism

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In this past decade there has been a veritable explosion of research focusing on attachment theory and foster children. This has been intimately related to an increase in attachment theory being accepted as a valid argument in court cases seeking to secure long-term foster placements for children. Yet, whilst this may appear to be a productive development for both foster carers and children in terms of placement stability, it brings with it a number of negative implications for foster carers who identify as lesbian or gay. This paper investigates some of the normative assumptions that continue to shape the application of attachment theory, particularly the implication that lesbians and gay men have 'unhealthy

attachments'. It is suggested that such pathological constructions of lesbian's and gay men's 'attachment styles' serve to normalise a particular heterosexual model of 'the family' within foster care public policy. The paper concludes by proposing that a focus on how attachment theory operates as a 'practice of heterosexism' may assist in challenging discrimination against lesbian and gay foster carers.

**When 'inner working models' don't work:
Attachment styles, teacher aggression and
research taboos**

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Aggressive teacher behaviour is yet to be adequately explained despite solid evidence of its existence. Poenaru and Sava (1998) have suggested it is considered a taboo area for many researchers. Where research has been conducted, interventions addressing the problem of teacher aggression have provided little long-term success, despite the teachers' motivation to change and successful initial implementation. Post-intervention reversion to patterns of aggressive behaviour may reveal that the conscious motivation for change is mediated by an unconscious motive to remain the same. After reviewing the literature, a new conceptualisation of teacher aggression is offered that takes the teachers' unconscious as well as conscious motivation into account by using attachment theory and inner working models in particular. Suggestions for further research using the new model are made.

**Autism and Asperger's disorder: A
neurobehavioural approach to clinical definition**

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Autism is defined by delayed and impaired social interaction and language development together with stereotyped, restricted or repetitive behaviours (American Psychiatric Association, 2000). While not part of the core diagnostic criteria, DSM-IV-TR includes descriptions of characteristic motor abnormalities for each disorder. "Motor clumsiness and awkwardness" (p. 81) is described as a feature of AD, and "abnormalities of posture" (p. 71) as a feature of autistic disorder. These descriptions are based on clinical observations but to date there are few quantitative definitions of these motor abnormalities that are diagnostic. Minshew and colleagues have suggested that research focused on the motor symptoms of autism, rather than core psychiatric symptoms, perhaps has a greater potential to elucidate the neurobiological basis of the disorder, and thereby improve diagnostic definition and subsequent treatment. This paper will present an overview of recent neurobehavioural and imaging studies which have been used to assess young people with autism

and Asperger's disorder with an aim to (1) inform current clinical descriptions of the associated motor disorder in autism and Asperger's disorder, and (2) investigate whether the neurobiological underpinnings of autism and Asperger's disorder are differentially disrupted, supporting their clinical separateness as defined in DSM-IV-TR [1].

**The influence of compensation source, offender
remorse, and victim trait empathy on victims'
forgiveness of an offender**

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In accordance with developments in restorative justice concepts in the criminal justice system, victims can receive compensation from a variety of sources including forced offender compensation (compensation orders), or voluntarily offender compensation (via mediation). The current study investigated the effects of compensation, including whether it was voluntary or forced, offender remorse, and victim trait empathy on victim forgiveness of the offender. Participants (N=127) read a non-violent crime scenario and were randomly allocated to one of six conditions: no compensation, forced offender compensation and voluntary offender compensation; either with or without offender remorse. A 3 X 2 X 2 ANOVA was conducted. A compensation main effect indicated that participants were most forgiving in the voluntary compensation condition and least forgiving in the no compensation condition. Furthermore, participants were significantly more forgiving when the offender was remorseful. Finally, participants with high trait empathy were significantly more forgiving than those with low trait empathy. No interaction effects were observed. Results suggest that conciliatory gestures by the offender were most likely to influence victim forgiveness when they were voluntary. Furthermore, while remorse also influenced victim forgiveness, there was no 'additive' effect of remorse and voluntary conciliatory gestures.

**"But I'm not racist!" Helping dominant-culture
students understand colonisation and racism**

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Settler peoples, at least those who belong to dominant groups, often find colonisation a difficult subject. They may fail to understand themselves as bearers of culture and insist that they are colour blind. They may become defensive, as if they are being asked to accept personal responsibility for the entire history of colonisation. They may find it difficult to recognise themselves as the beneficiaries of White privilege, being more in tune with personal experiences of powerlessness. They may become immobilised by

guilt. As a male Pakeha teacher of psychology, one of my roles is to help Pakeha (Anglo, White) students transcend such pitfalls. The main strategy I use is an examination of dominance as a generic concept. That is, by looking not only at colonisation and racism but also sexism, classism, heterosexism, ageism and other examples, I can help students identify some common (and some different) dimensions of dominance as a process and a structure. The use of multiple examples means that students can integrate their feelings of powerlessness (e.g. as women, as students) into a generic analysis which they can then apply to colonisation and racism, without some of the resistance and/or guilt which may otherwise get in the way.

Cognitive strategies employed by specialists in the estimation of survival time for patients with advanced cancer

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Despite their expertise, many medical specialists' estimates of survival time for patients with advanced cancer are inaccurate. This experiment aimed to improve our understanding of the puzzle of inaccurate experts by examining the cognitive strategies employed by individual senior specialists in palliative medicine and oncology (n=5). Participants estimated survival for the same set of 24 hypothetical patients with either lung or bowel cancer. "Patients" differed in primary diagnosis, gender, typicality of symptoms and the extent of disease. Qualitative analysis showed that four of the five participants used a consistent information search strategy. Two met the criteria for a "fast and frugal" strategy and two met the criteria for a 'diagnostic pattern matching' strategy. Despite the difference in strategy use, quantitative analyses showed they did not differ in point estimates of survival, confidence interval, perceived difficulty or perceived confidence in the estimates. However there were individual differences in the time taken to make estimates. The "inconsistent" specialist used a different strategy for "easy" and "difficult" estimates and differed from other specialists on several quantitative measures. These findings suggest that differences in cognitive strategies may contribute to individual differences in the accuracy of estimates of survival.

Self-reported and teacher-reported emotional and behavioural problems in newly resettled adolescent refugees

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This study compared the emotional and behavioural problems reported by adolescent refugees and their teachers. Participants (n=46, mean age 14.7 years)

had been enrolled for at least 6 months in a secondary school offering intensive English language classes to refugees. All students were born in Africa or the Middle-East. Teachers and students completed measures of the students' emotional and behavioural problems (Teacher Report Form and Youth Self Report, respectively) and other measures of student adaptation (five point ratings of the student's acceptance by peers and academic progress; and the Acculturation Attitude Scale and the Youth Life Orientation Test, respectively). The prediction that teacher reports and self-reports for externalising problems would be similar was supported. The prediction that internalising problem scores would be higher in self-reports than in teacher reports was also supported. Both self-reported and teacher-reported emotional and behavioural problems showed weak to moderate correlations with each other and with other measures of adaptation. However teacher reports and self-reports identified different students as being within the clinical range for western samples, and identified different problems. Thus, self-reports and teacher-reports lead to very different conclusions about the well-being of newly arrived adolescent refugees.

Care and protection clients: How useful is clinical diagnostic activity?

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Recent research suggests that a focus on reassessments rooted in a language register of *disorder* results in an obscuring of the relational aspects of the client's life. There has been little work on the impact of such assessment practices as they impinge on outcomes for clients whose problems spill untidily over many of the diagnostic categories offered by conventional psychiatric nosology, sometimes called multiple problem or multiple diagnosis clients/patients. This paper outlines research examining diagnostic activity as it informs case management practices in child protection settings.

A modern approach to Mana

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Mana, *tapu* and *mauri* are concepts that are central and foundational to the traditional Māori worldview. Dr Royal will present his personal views of mana, tapu and mauri, following 15 to 20 years of research into traditional Māori knowledge and his personal quest to make sense of his own culture. His point of departure is the idea that an individual consciously and unconsciously creates a 'life practice' or *whakahaere*. This is a set of customary and usual values and behaviours that suits that person's attitude to life and rises from their experiences. The

experience of the colonisation of Māori presents ample evidence to show what happens when a people experience a disintegration of a 'framework' for living. *Whakahaere* is missing and what is left is a haphazard mixture of experience, half-impressions and unexamined assumptions. This can be contrasted with the traditional Māori view that life reaches fullness, its 'peak' when *mana* flows into the world and into human beings. Expressions of *mana*, however, can only be achieved by the presence of *mauri* (life energy) residing in physical vessels and by the presence of *tapu* (restrictedness, dedications, commitments) in which intended physical vessels are dedicated to become the vessels of *mana*. It is Dr Royal's view that our understanding and experience of *mana* has changed considerably from the traditional view of *mana* as a word for a divine or god derived presence and authority within the person and the world.

Psychosocial functioning of adolescents with and without paediatric Bipolar Disorder

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While there has been a growing interest in the presentation of paediatric Bipolar Disorder (BD), few studies have investigated the psychosocial functioning of these individuals and its relationship to trauma and suicidal ideation. Adolescents aged 13-17 participated: 39 controls and 24 with BD. Group allocation and histories of trauma and suicidal ideation were obtained using the K-SADS-PL and WASH-U-KSADS. Adolescents completed questionnaires covering negative life events, self-esteem, hopelessness, regulation of anger, locus of control and coping. More traumatic events and negative life experiences were reported by the BD group with over 50% of the BD sample indicating a history of trauma compared with 10% of the controls. The BD group reported lower self-esteem, more hopelessness, more negative life events, a more external locus of control and greater difficulties regulating emotion in anger-provoking situations. They were also found to have poorer coping strategies than controls. Histories of trauma did not differentiate those with and without psychosocial problems. Comorbidity could not account for differences found. This is the first study to document the widespread psychosocial difficulties facing youth with BD, highlighting these issues as important ones to explore during assessment and treatment, particularly in management of affective storms and suicidal risk.

Patient beliefs about antidepressants as predictors of compliance in primary care

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Major depressive disorder is associated with personal suffering, distress for family and friends and major economic and societal costs. Antidepressant medication is an effective treatment for the symptoms of depression, but medication non-adherence represents a significant challenge for clinicians. Many clients who begin antidepressants stop treatment earlier than recommended, do not routinely take their medication as prescribed, or engage in other behaviours that inadvertently reduce the effectiveness of treatment and increase the risk of relapse. Research on medication adherence has recently shifted in focus to the cognitive factors (i.e., patient beliefs) that determine adherence, and has shown that pre-treatment perception of the benefits of and barriers to antidepressant therapy predict initial medication adherence. One validated measure designed to examine beliefs is the "Beliefs about Medicine Questionnaire". As prior research has examined the role of beliefs in medication treatment of chronic physical illness, the present study sought to examine the extent to which beliefs about medicines was associated with adherence to antidepressant medication. The present study surveyed 87 patients with a diagnosis of major depressive disorder in the primary care setting. The findings from the present study will be presented and discussed.

Formal monitoring of therapeutic progress and outcomes: A qualitative study of ACC sensitive claims practitioners' views of therapeutic measurement

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Results are reported of a qualitative study in which we interviewed ACC-approved sexual abuse counselling practitioners with respect to their opinions and practice in monitoring client progress and treatment efficacy. Using both focus group and one-to-one semi-structured interview strategies followed by careful thematic analysis the researchers identified key factors in monitoring outcome, identified measures that practitioners were using, and examined a number of the barriers which would prevent practitioners from using standardised outcome measures. Key themes included both positive and negative perceptions of formal monitoring tools, the role of the practitioner as 'experienced' and 'expert', experience of a number of non-standardised monitoring strategies, and attitudes towards the funding agency. We also considered the responses of practitioners to a range of specific

measures presented during the groups/interviews. In addition to presenting our research findings this paper will also highlight some of the implications of moving to a more standardised assessment and monitoring framework.

In search of culturally unbiased approaches to cognitive screening in aged mental health: Validation of the Rowland Universal Dementia Assessment Scale

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Not only are Australians ageing, but this cohort of older adults will also become increasingly diverse in relation to cultural and ethnic background, reflecting the impact of Australia's multicultural policy since the 2nd world war. The recent development of a culturally fair cognitive screening tool, the Rowland Universal Dementia Assessment Scale, may offer a substantial improvement on the current widely used screening tool, the Folstein Mini Mental Screening Examination, particularly when used with clients from diverse cultural backgrounds. We aim to validate this tool via statistical comparison between the two tools and further investigation of the correlation between the RUDAS and the client's functional status in domestic and community based tasks. Findings from three cultural groups, including clients of Chinese, Italian and English speaking background will be reported. The potential to utilise this tool within an aged psychiatric service will be outlined. Future directions for further development of culturally appropriate cognitive assessment approaches will be discussed.

Predicting internalising symptoms in children with ADHD in US and NZ clinical samples

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Children with ADHD have been found to be at increased risk for internalising difficulties relative to children in the general population. However, research is only beginning to address questions of why some children with ADHD experience these difficulties but not others. This study used hierarchical multiple regression analyses to predict self-reported depressive or anxious symptomology among 5 – 13 year old children clinically diagnosed with ADHD at university clinical research programmes in New Zealand (n = 84) and the US (n = 64). Self-reported self-esteem was found to be the single best predictor of increased depressive symptomology in both samples. Self-reported self-esteem also predicted anxiety in the US sample, an effect that was moderated by maternal self-reported anxiety. Although some potential predictor variables were weakly – moderately

correlated with self-reported anxiety, with *r* values ranging from .10/ - .30/, none of the predictors – socio-economic status, maternal distress, or self-reported self-esteem – significantly contributed to the prediction of self-reported anxiety in the New Zealand. Possible explanations for results and implications of similarities and differences in patterns of findings across samples and type of internalising difficulty will be discussed.

Does sharing a burden help? An examination of couples' observed communication about cancer diagnosis

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For women diagnosed with cancer, perceived partner responses predict adjustment to their cancer experience. However, most studies rely on self-report data, which can be biased by many variables. This study used observational methods to examine the relationship between couples' communication at the time of diagnosis, and adjustment in both partners. Eighty-four couples completed a 10 minute communication task, discussing coping and mutual support needs. Videotapes were coded using a standardised marital coding system. The results suggest that a woman's body image after diagnosis is associated with both the extent she is able to share her cancer experience with her spouse, and the extent to which she can empathise with his reactions. In contrast, psychological adjustment in both partners was predicted by the extent the couple could engage in and maintain discussion about cancer. These results are consistent with findings from the marital literature, which suggest that social support in close relationships is bi-directional. However, whether these patterns of communication predict long term psychological and sexual adjustment warrants further investigation.

Head and heart: A model for the integration of empirical and intuitive approaches to therapy

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At the 2004 National CAPIG (Christianity and Psychology Interest Group), a question was asked which I would like to address in this paper. The question was how empirical, evidence-based approaches to therapy could be integrated with the more intuitive approaches typically used in therapies which engage the spiritual dimensions of the person? I would like to answer this question by presenting a model of the person proposed by Bernard Lonergan, a psychologically astute philosopher and theologian working in the mid twentieth century who developed a "generalised empirical method." The model shows how these seemingly opposed modes of functioning

can be conceptually integrated by using the notion of "self-transcending intentional consciousness." I will demonstrate that we only fulfill ourselves when we transcend ourselves; when we go beyond our experience to understand that experience, and then to make definitive judgments about our understanding. A further self-transcendence occurs when we decide and act upon those judgments. However, unless we also transcend these experiential, cognitional and behavioural activities in a purposeful, self-transcending intentionality towards value and love, we truncate our human potentiality. We also limit our capacity to be compassionate and sensitive to those whom we serve.

'Out there' but 'not in your face': How discourse analysis can inform systemic clinical practice surrounding homonegative trauma

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There is scant research on how men who have sex with men (MSM) who are clients of public mental health services (PMHS) fare within such services. The few existing studies suggest that disclosing sexual orientation (even when relevant to presenting mental health problems) can be very difficult. Accordingly recommendations have been made regarding creating 'lesbian and gay affirmative' environments. Common suggestions include relevant posters and brochures and that staff refrain from using heterosexist language. However my research of MSM clients and queer staff of PMHS in Aotearoa/New Zealand suggests that these strategies may be insufficient for some clients. This paper shows how a critical discourse analysis within a queer social constructionist framework can inform clinical practice. I explore suggestions made by MSM clients for how clinical practice might aid disclosure of sexuality. I also illustrate how such an analysis can help select discursive resources to progress change in clinical practice. To illustrate this I compare the suggestions made by clients with the literature on clinical assessment of sexual and other abuse. While discourse analysis is often accused of being apolitical and esoteric, I argue that a critical discourse analysis can usefully inform institutional change, which may support marginalised groups.

Myths of psychological assessment

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Clinicians and academics alike hold to a number of underlying beliefs or principles regarding psychological assessment that directly influence their practice and teaching. With the greater emphasis placed on evidence-based assessment and report-writing there is an increasing onus upon practitioners to be able to justify or empirically support their interpretations. This paper will examine some

common underlying assumptions central to psychological assessment that, due to their lack of empirical support, must be now considered myths. These include assumptions regarding the range and characteristics of normal behaviour, the existence of diagnostically-specific psychological test patterns in cognitive and psychosocial assessment, the inappropriateness of group means, and the sensitivity and specificity of commonly administered tests.

A new WAIS-III index for assessing cognitive effort: The WAIS-ICE

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Clinicians who are unaware of the influence of poor cognitive effort on test performance are likely to mistake inadequate effort for cognitive impairment. It is therefore critical to routinely evaluate cognitive effort especially where the risk of poor effort is high. While many specific measures exist to assess effort, these require the administration of additional tests that consume valuable testing time. Measures that can be used to assess both cognitive impairment and effort are therefore more efficient as they alert clinicians to the influence of poor effort and measure important cognitive abilities when effort is adequate. To this end an index of cognitive effort (WAIS-ICE) was developed specifically for the WAIS-III, one of the most commonly administered cognitive batteries in clinical practice. Unlike other approaches that utilise combinations of subtest scores, the WAIS-ICE examines item responses from multiple subtests. WAIS-ICE items were identified through differences in item response patterns of 143 litigating head injured individuals who demonstrated good or poor cognitive effort. The WAIS-ICE was an accurate indicator of cognitive effort with an overall predictive power of .87 and correlated well with other previously developed measures of effort for the WAIS-III. The WAIS-ICE should prove useful in clinical practice as an indicator of cognitive effort, and may reduce the need for administering additional effort tests when using the WAIS-III.

A randomised controlled trial of cognitive versus behavioural versus cognitive-behavioural treatments for patients with rheumatoid arthritis

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There are over 60 trials that confirm the efficacy of broad-based cognitive-behavioural treatments (CBT) for patients with rheumatoid arthritis. However, these treatments include a variety of cognitive and behavioural strategies and it is unclear which treatment components are effective. The present study aimed to

compare the effectiveness of a well-established CBT program in comparison to a purely cognitive (CT) and a purely behavioural intervention (BT). One-hundred and twenty-four patients with classic rheumatoid arthritis were approached to take part in the study and 104 volunteered (84% recruitment rate). Participants were randomly allocated to one of four groups: CBT, CT, BT or wait-list controls (WLC). Those receiving either CT or CBT had better outcomes than BT or WLC for number of tender joints and a measure of immunological functioning. However, there were no differences at six month follow-up between CT and CBT. Those receiving BT only improved more than the WLC on anxiety, with comparable improvements observed for CT. This study suggests that cognitive therapy demonstrates some superiority over BT and (at least in the short-term) CBT for patients with rheumatoid arthritis.

The effect of attentional bias towards weight and shape related information on body dissatisfaction

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The objective of this study was to investigate the causal role of selective attention to shape/weight related information in terms of intensifying body dissatisfaction. Participants were 70 female first year Psychology students aged between 17-28 years. An attentional probe task was used to induce attention towards either negative shape/weight related words, neutral words, or negatively valenced emotion words. Thereafter vulnerability towards the development of body dissatisfaction was assessed in the three groups after being exposed to a body image challenge. The induction of an attentional bias towards shape/weight related information resulted in higher body dissatisfaction compared to both control groups. Results support the notion that an attentional bias towards shape/weight related information plays a causal role in body dissatisfaction, suggesting that such biases may prove to be a useful target in interventions designed to improve body image.

Treatment of postnatal depression: Type of intervention and effects on maternal mental health and child outcomes

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Recent studies indicate that individual and group psychotherapeutic treatments for Post-natal Depression (PND) are effective and are recommended as "first-line treatments". The aim of this study was to investigate, compare, and contrast the effects of psychotherapeutic treatment for PND within the Aotearoa/New Zealand context using both archival data and new data collected for the study, with the goal

of assessing and increasing treatment reliability, validity, efficacy, efficiency, and cost-effectiveness. The treatments investigated included individual and group interventions utilising different approaches based on the following theoretical models: non-directive interpersonal group therapy, cognitive-behavioural group therapy, and an individual problem-solving intervention, and these were compared to no intervention. For the approximately 225 participants in the intervention groups, archival data existed regarding depressive symptoms as monitored throughout the interventions and again at 6- and 12-month follow-up. For the participants in the intervention groups and the approximately 25 participants in the non-intervention (control) group, current depressive symptoms and child outcomes were measured through questionnaires to assess for further evidence of health gain. This paper presents preliminary analysis of data and implications for the assessment and treatment for PND.

Living with mental illness in Australia: Changes in policy and practice affecting mental health service consumers

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The movement of large numbers of people from psychiatric hospitals in the 1960s changed the face of mental health services in Australia. This paper explores some of the issues facing people living with mental illness in the community today and the impact of social policy, legislative change and funding of services on their lives, with particular reference to New South Wales. The growth of support and advocacy groups in the 1970s and 1980s, and their role alongside psychologists and other health workers in bringing about change in the provision and type of mental health services, are examined. Opportunities for advocacy and real input into the quality of service provisions have increased, and many people living with disabilities are active in contributing to policy development and advocacy services. However, the level of funding of mental health services and the resources available to care for people living with mental illness in the community still remain low and, in many cases, inadequate to provide proper quality care for people living with mental illness.

Effects of culture and life values on approaches to learning

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This study investigated the effects of Culture and Life Values (Power, Achievement, and Self-Directed) on students' learning motives and strategies. Schwartz's (1994) Life Value Scale and Biggs' (1987) Study Process Questionnaire were used. Two culturally

different student groups (Australian and mainland Chinese) were studied. A total sample of 465 second and third year university students (260 Australian; 205 Chinese) were drawn from the schools of Computing, Economics, and Engineering to represent the "hard" disciplines, and of Social Sciences, Education, and Languages to represent the "soft" disciplines. Data were analysed using factor analysis and hierarchical multiple regression, and path diagrams were used to demonstrate the direct and indirect relationships among the variables. Results show that Culture is a significant factor that determines the degree to which different Life values were endorsed and to which different approaches were adopted. The three different Life Values also influenced approaches to learning. In summary, the research indicates that Culture plays a strong role in all aspects of student learning. Life Values plays a significant role but affects only specific aspects of learning.

Low-level luminance mechanisms and the two-stage perception of biological motion

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The visual system has robust sensitivity to biological motion defined by point-light displays. However, specific aspects of the mechanisms involved in biological motion detection have yet to be explicated. This series of experiments was designed to determine the neural correlates of biological motion perception relative to the convergence of the ON- and OFF- visual pathways. In their study, van der Smagt and van der Grind (1999) suggested that local motion processing occurs prior to the convergence of the ON- and OFF-pathways. For the first time, the data reported here shows that at least some component of *biological motion processing* arises at that level, that is, in area V1. This study also provides evidence that supports the idea that there may be more than one stage of biological motion processing.

Decolonisation and responses of non-indigenous Australian students

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Decolonisation is part of a critical project aimed at challenging colonialism and racism. Much of the work is written by those on the margins, by indigenous people and other racialised groups in different contexts. This writing has profound implications for non-indigenous people. What will our responses be to these voices that say we are continuing with models of education that continue to exclude and impact in a negative way? Curriculum is an important space for intervention through critique and awareness-raising about notions of race, culture and ethnicity. However,

the task is not easy and students resist and can feel helpless. This paper discusses experiences of non-indigenous students who have taken courses in recent years dealing explicitly with their often unconscious impact on indigenous Australians by virtue of being a member of the dominant culture which has oppressed indigenous people for over 200 years. I draw on the notion of whiteness to explore some responses of students to challenges to taken for granted assumptions and ways of knowing. A common response of students to these courses is, "Why didn't we get this earlier?"

On being mindful and the maintenance of good health: Findings from a controlled trial investigating the use of mindfulness training in health coaching

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Whilst research indicates most individuals are able to identify the benefits of maintaining a healthier lifestyle, far fewer seem able to overcome the barriers that block the road to improved health. The cognitions held by individuals about health behaviours are one such "barrier" (e.g. perceived lack of time) and can provide enough discomfort to prevent or destabilise change efforts. Therefore, successful health change seems to require an ability to "sit more comfortably with discomfort" and greater acceptance of the inconveniences of change. This paper will outline the theoretical utility of Mindfulness Training and Health Coaching as a means of promoting healthy behaviour change and report findings from an 8-week health coaching program that located mindfulness training (MT) within a cognitive-behavioural health coaching (CBHC) framework. After identifying three health goals via a series of Goal Attainment Scaling interviews, 44 participants were randomly assigned to either (i) MT-CBHC, (ii) CBHC-MT, or (iii) Fitness Consultation conditions. Findings will be reported across a variety of dependent variables, including physical and mental health, rumination, mindfulness, psychological and subjective well-being and goal attainment. The use of a cross-over design also permitted conclusions to be drawn about the best sequencing of mindfulness training and health coaching.

End-of-life decision-making: A randomised controlled trial of a structured intervention for patients with advanced cancer

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Living with advanced cancer, where treatments are being administered with palliative intent, brings with it a number of treatment decisions. Whilst there has been considerable research on decision-making about treatment options in cancer, decisions such as not-for-resuscitation (NFR), facing people toward the end of their life has been neglected. The aim of this study was to investigate the efficacy of a structured intervention for patients with advanced cancer on end-of-life preferences. One hundred and forty patients were randomly assigned to receive an intervention (an educational pamphlet and discussion) or no intervention. Patients who received the intervention were compared with a control group on a range of measures including mood, quality of life, and understanding and preferences for resuscitation. Outcome measures for the caregivers of patient participants were also obtained, including caregiver burden and coping and caregiver and patient communication. Complete results from the study will be presented at the conference. Our preliminary results suggested that information and discussion about end of life decision-making will not have adverse psychological effects on patients or caregivers and may even improve psychological outcomes, including better communication between patients and families.

Using psychological methods for doing theology

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For two millennia theology has employed largely philosophical models, but since the data of theology is primarily personal (God as person, revelation in Jesus Christ and the *imago dei*), this paper argues for a need to use psychological models in theological research. This paper illustrates how a number of different methodologies can be used. This will include the clinical model of PTSD to think about the 'second day' experience of Jesus Christ as part of the passion sequence and to develop a more comprehensive doctrine of the atonement. Developmental research can be used to think about how the adult personality of Jesus was formed from the relational experience of how Joseph treated Mary. And finally models of consciousness can be used to explore the notion of divine consciousness.

Social support and coping in relation to stress, anxiety, and depression in retirees

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The study examined the influences of coping style and social support on retirement adjustment. A sample of 100 self- or Government-funded retirees (40 males, 58 females), aged between 50 and 80 years, were recruited from rural (n=66) and urban (n=32) areas of Victoria. A cross-sectional survey design included scale measures for coping style, social support, adjustment (stress, anxiety, and depression) in addition to a number of demographic and retirement-related questions. Multiple regression analyses examined the influences of predictors (gender, health, reason retired, years retired, social support adequacy, and coping (emotion focused, problem focused, and seeking social support) on stress, anxiety and depression. Emotion focused coping was found to predict all three states, perceived adequacy of social support predicted less depression, and females displayed greater stress and anxiety. A t-test indicated that rural and urban retirees' social support differed significantly, with rural, more than urban retirees, reporting friends as more supportive. Qualitative data revealed the influence of relocation, and the importance of grand parenting, social support, and community involvement roles in retirement. The findings suggest that these roles replace those of employment. The research also indicates the importance of retirees' coping styles, their community involvement, and perceptions of social support adequacy.

Psychosocial factors and antidepressant medication adherence

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Although Major Depression is increasingly recognised as a serious health issue in our society with potentially fatal consequences, often people are reluctant to continue use of their prescribed antidepressants. It has been hypothesised that psychosocial factors such as individuals' perceptions of the severity of their depression and the stigma associated with it may have some impact on medication compliance. The side effects of antidepressants are often debilitating and may also play a role in compliance, particularly as these often occur prior to any obvious benefit from the medication. The current study examined the impact of these factors on medication compliance in a rural area using a two-stage questionnaire design to monitor self-rated illness severity, perceived stigma, medication side effects and compliance. Those individuals who were non-compliant tended to be younger, perceived greater

stigma, perceived the depression as more serious and experienced more side effects. These results will be discussed in terms of how medication compliance can be improved.

Allied health indicator for intervention

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The National Allied Health Classification Committee (NAHCC) provides a national mechanism for the development of activity classification for allied health practitioners in the public sector. Its work grew out of earlier achievements by the same Committee motivated and funded by the casemix funding processes adopted by most State acute health services in Australia. Recently the NAHCC was funded by the Australian Government to further develop a classification system identifying the clinical reasons for allied health interventions. This has been historically called the Indicator for Intervention (IFI) and is an allied health provider attributed descriptor of the client/patient's current needs. It will stand alongside the diagnosis as a better explanation for allied health intervention, which is a much more sensitive predictor of cost and extent of service. Following a review of an earlier preliminary set of codes developed by NAHCC, it was decided to adopt the International Classification of Functioning, Disability and Health (ICF) developed by the World Health Organisation as its basis for the IFI. This paper reports on the rationale for the development of an IFI for allied health practitioners, the adaptation of the ICF classification system, the development of a set of guidelines for practitioners, and the usefulness of an IFI in both data collection and allied health clinical practice.

The potential conflict between religiosity and sexuality impacting on gay men: A better understanding through the resilience framework

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There exist potential difficulties that gay men have to confront when dealing with issues of religiosity and sexuality. This is because most religions including Christianity regard homosexuality as being against the moral teaching of religion. Therefore many gay men find that to reconcile their sexuality with their religious and spiritual beliefs can be a very challenging and complicated process. While the outcomes of potential adverse effects of such conflict are recognised, the processes whereby a person deals with such issues to a potential positive or negative outcome have not been examined in depth. In recognising the different potential outcomes in the face of adversity a concept of resilience is a useful framework for studying this as

part of the lives of gay men. The paper seeks to explore the issue within the framework of resilience as the basis of understanding the experience better. Some preliminary results of the study using such a framework will be presented.

A cross-cultural study of the impact of psychological contract breach in nurses

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Psychological contracts are the employees' perception about their exchange relationship with their employer. Psychological contract breach occurs when the employee perceives a discrepancy between what they believe they were promised by their employer and what they have in fact received. Although the literature on psychological contracts is growing, studies comparing employee psychological contracts in cross cultural populations are rare. This research examines the psychological contract of a comparable sample of Australian and Malaysian nurses. Respondents completed a questionnaire to assess the relationship between psychological contract breach, trust, organisational citizenship behaviour and intention to remain. The relationship between the psychological contract and two other social exchange constructs, leader-member exchange and perceived organisational support, was also investigated. For ease of interpretation, the questionnaire was translated into Bahasa Malaysia for the Malaysian nursing population. A small sample of nurses was used to validate the Bahasa Malaysia version of the questionnaire. Preliminary findings indicate some differences in the psychological contract of Australian and Malaysian nurses. The relationship between psychological contract breach and the other variables also appears to differ across the two population samples. Implications of these findings for psychological contract theory are discussed.

Theoretical psychology in Australasia: A survey and qualitative investigation of contemporary issues

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Theoretical psychology is an area of psychology that focuses on what may best be described as conceptual and non-empirical issues. In producing and evaluating theories as well as reflecting upon the discipline itself, psychologists engage with historical and conceptual issues and, occasionally, draw upon philosophy, cultural theory and the work of other disciplines. However, the status of theoretical psychology continues to be contested. This paper provides a snapshot of theoretical psychology in Australian and New Zealand psychology departments

by, first, revealing how widely and where theoretical issues are examined in the teaching of psychology and, second, analysing emergent themes from a discussion session at an international theoretical conference, an interview with psychological society stakeholders, and semi-structured interviews with 9 psychologists who teach and research theoretical issues. The results suggest that theoretical psychology is increasingly becoming an elective that is offered late in the curriculum, contrasting views of theory topics and skills need to be explicitly addressed, theoretical issues are increasingly devalued in contrast to applied and empirical interests, and the enduring interest in theory may be strengthened by explicit consideration of theory in course accreditation processes and creation of an Australasian theoretical psychology interest group.

A comparative study on omega-3 food consumption: Does information mediate attitudes, intentions and food choice?

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The risk of many chronic diseases may be reduced by individual behaviour and lifestyle factors, including dietary change. Researchers note that certain food components including omega-3 polyunsaturated fatty acids are beneficial to health. Nutritional authorities agree that most people do not consume enough fatty acids, accounting for the high prevalence of heart disease. Along with socio-demographic variables, psychological variables such as perceptions, attitudes and beliefs impact on food-orientated health behaviours. Consumers are demanding information on the health-promoting properties of food and associated technologies. There is conflicting evidence whether this knowledge increases the likelihood of consuming novel foods. This study investigated dietary behaviour, commencing with nine focus group sessions including a pilot study. This exploratory study compared groups who were at risk of heart disease with groups from the general population using an adapted version of Protection Motivation Theory. Consumer acceptance of omega-3 foods was explored to understand the determinants of choice between currently available foods, supplements and future foods. Results indicated a need for dietary information from a reliable, credible and trustworthy source with health behaviours being partially determined using a risk/benefit analysis in the decision-making process. The qualitative data was used to inform a quantitative study currently in progress.

The impact of sense of coherence and coping on the relationship between stress and well-being for women diagnosed with Relapsing-Remitting Multiple Sclerosis (RRMS)

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This study sought to explore relationships between stress, sense of coherence (SOC), coping, and well-being in a sample of adult women diagnosed with relapsing-remitting multiple sclerosis (N = 194). Antonovsky (1987) proposed that individuals who had developed stronger SOC were better able to seek out and utilise available resources to better manage potential stressors and, ultimately, experience enhanced health compared to those with weaker SOC. By way of standardised questionnaires included in an online survey, participants completed measures of perceived stress, SOC, coping and well-being. Results provided evidence that stronger SOC was beneficially associated with perceived stress and both psychological and physical well-being, and that stronger SOC beneficially moderated the relationship between perceived stress and psychological well-being. Further, findings indicated that positive well-being was associated with greater reliance on adaptive emotion-focused and problem-focused coping, as well as less use of maladaptive coping. No support was provided for mediating effects of coping on the relationship between SOC and well-being. It was concluded that, although stronger SOC served a protective role and had a direct beneficial impact on stress and well-being, this beneficial impact was not due to differences in coping.

Bullying behaviour, empathy and social cognition: Cool manipulators or social misfits?

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While aggressive behaviour is often characterised by deficits in social information processing, bullying, a subcategory of aggression, is generally engaged in by those who have been found to have a good understanding of how others are thinking and feeling. What is not known is if this understanding is used in the same way by different types of bullies. The current study investigated if relational bullies, those who include social relationship manipulation in their bullying, have higher cognitive empathy and social cognition skills, but lower emotional empathy than other types of bullies and non-bullies. A sample of 187 Australian secondary and tertiary undergraduate students participated in this study. All completed the Little, Johns, Henrich and Hawley (2003) Aggression Questionnaire, the Interpersonal Reactivity Index, and

responded to two vignettes. Contrary to previous research no significant difference was found between any of the bullying and non-bullying groups on empathy and social cognition. However, the relationship between aggression and empathy was found to be different for males and females, which may have implications for bullying intervention programs.

Exploring social information-processing deficits in psychopathic offenders: A pilot study

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Psychopathic individuals have been observed in experimental research to engage in courses of action relatively impervious to cues that would prompt others to stop and reflect. This pilot study explores the development of an assessment instrument that identifies competencies and impairment of each component of the social information-processing model using a schema-based approach. Participants include male offenders (age > 18, composed of Maori and New Zealand European) who attended an intensive residential violence special treatment programme. They had at least one conviction for violence, and were allocated to two categories: psychopathic (as identified by a score of 16 or more on the *Psychopathy Checklist: Screening Version*) and non-psychopathic (a score of 15 or less). The reliability and validity of the schema based assessment approach for social information processing, as well as implications for assessing treatment outcome and risk management will be discussed.

Investigating the stability of modus operandi of child sexual offenders in New Zealand: A replication

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Although knowledge of offence pathways has accumulated with child sexual offenders in limited international research, little is known about the stability of modus operandi with this population in New Zealand. Yet clinicians are being asked to make judgements on child sex offender propensity and proclivity in judicial settings. The author studied a cohort of all child sexual offenders sentenced for 18 months or more, and released from prison into the New Zealand community between the years 1983-1987 (N = 277). The study analysed the sexual reoffenders' modus operandi in terms of victim characteristics (i.e., gender, intra-/extra familial, stranger), and offence nature (i.e., non-contact, physical contact, penetration), comparing prior offences with those registered during an 18-year follow-up. The expected versus the observed stability in modus operandi was explored with chi-square

analysis, as well as odds ratio. Results are discussed in relation to sexual deviance and opportunity structure. Implications include the benefits of offender modus operandi in the assessment and management of this offender group, as well as informing Police investigation strategies.

Future care expectations and preferences of Chinese- and Anglo-Australians in relation to filial piety and acculturation

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Thinking about the future, especially when one is approaching old age is a daunting thought for most people. Some are likely to have formal plans in place, while others anticipate care from the family. Little is known about the care plans and expectations within racial and ethnically diverse families. Past studies have predominantly been conducted within the Western context and have thus neglected to consider the heterogeneous makeup of the Australian society. The current study, conducted in Adelaide, South Australia, uses a qualitative and quantitative research design to identify and examine future care expectations and preferences of Chinese- and Anglo-Australians aged 55 and over. It aims to explore the degree to which traditional belief and values are being maintained through the process of acculturation. Preliminary analysis indicates that filial piety varies within the Chinese-Australian subgroup and these differences are not related to length of residency. This finding challenges the traditional notion of families as the preferred option for future care in the Chinese culture. Dealing with the issues and demands for future care of an ageing population in a way that acknowledges the different value orientations of cultural groups is an imperative for research, service delivery and policy development.

Addressing disasters: From preparedness to coping

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Although disaster workers recognise the successive phases, readiness, response, recovery, and reduction phases, trauma psychologists tend to confine their written accounts to the response phase. This paper promises to touch on matters that command attention in the other phases, in the process drawing on experience gained from recent disasters in the South Pacific. It will cover cross-cultural issues, family support networks, the importance of belief systems, and the need for justice, as well as the validation of clinical rating scales that may remain useful in the countries concerned.

Attention capture by a looming vehicle

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This study assessed the ability of 83 participants to detect a preceding vehicle that was looming towards the point of observation. A range of experimental conditions were tested using the University of Waikato's driving simulator. Within-subject factors included two levels of a distraction condition (baseline versus distracted) and three levels of speed condition (50km/h, 70km/h, 100km/h). A between-subjects factor of vehicle size (small, medium, big) was also included. Participants were assigned to the three levels of the vehicle size condition, 27, 27 and 24 participants in each group. Participants were instructed to engage cruise control when following a preceding vehicle at a comfortable distance. The preceding vehicle was programmed to brake at a point along the road and participants braking latency was recorded. The results confirmed that a driver's ability to detect the looming of a preceding vehicle is compromised when they are distracted by a competing task. Interestingly, vehicle size was found to bias brake reaction latency under the baseline (non-distraction) condition. When participants were distracted they relied on well proceduralised methods of looming detection. The implicit perception of the time-to-collision (TTC) of a preceding vehicle (optically specified by the variable tau) was shown to reliably capture a driver's attention.

Success orientation, coaching behaviour, and player outcomes in junior tennis

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In Study 1, 169 tennis coaches completed a Success Orientation Questionnaire. Orientations were associated with age, sex and status of coaches. Second-order factor analysis dichotomised coaches into process or outcome orientation. In Study 2, a Tennis Behaviour Analysis System was developed, showing good inter-observer agreement (92%) and test-retest reliability ($r = .98$). Ten professional coaches observed on three occasions spent 52% of time on court observing players, 21% regulating technical aspects of play and 9% providing general reinforcement. Behaviour varied across coaches but was consistent between sessions. In Study 3, 41 players completed a Player Outcome Questionnaire. Positive outcomes were associated with process rather than outcome orientation, and were related to player age and sex. In Study 4, links between orientation, behaviour, and outcomes were investigated for 30 coach-player relationships. Behaviours were predicted from orientation with 36.5% to 71.5% of variance explained. Outcomes were predicted with 24.9% to

51.3% of variance explained. Process orientation predicted competition success, systematic organisation, player fulfilment, interpersonal relationships, and intrinsic rewards. The orientation-outcome link was mediated by behaviour for some outcomes but was direct for others. Generally, behaviour high in technical and general reinforcement, low in distraction, with frequent questions and restricted observation, was associated with positive outcomes.

"I'm sorry Mum": An insight into the motivation for taking performance-enhancing drugs and the psychological impact of getting caught

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The motivating forces that lead elite athletes to deliberately take banned substances are not well understood and will always remain an extremely difficult area to research thoroughly. Similarly, the psychological effects on an athlete who gets caught after taking performance-enhancing drugs, and on those close to him or her, have rarely been documented other than in newspaper reports. This presentation offers some insights into the psychology of drug-taking by athletes, from the perspective of an applied sport psychologist working with (a) adolescent athletes being systematically provided with performance-enhancing substances by a member of their coaching team; (b) an Olympic athlete testing positive and successfully escaping a ban; and (c) an Olympic athlete before, during, and after testing positive and receiving a four-year ban from all competitions and a life ban from Olympic competition. The presentation will focus on athlete-psychologist interchanges that took place during consultations and on my personal observations while travelling as team psychologist, as a way of helping to understand motives for taking drugs and the extreme psychological distress involved in the aftermath of being found guilty of cheating. Confidentiality issues naturally restrict the nature of some of the information that can be presented.

Psychophysical effects of music in sport and exercise: An update on theory, research, and application

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This presentation provides a narrative review of recent theory, research, and applications pertaining to the psychophysical effects of music in the sport and exercise domains. A theoretical model to be presented emphasises that the principal benefits of music – such as improved mood, arousal control, reduced perceived exertion, enhanced work output,

improved skill acquisition, flow states, dissociation from feelings of pain and fatigue – are determined primarily by the four factors of rhythm response, musicality, cultural impact, and extra-musical associations. Music synchronised to movement has been reliably shown to engender an ergogenic effect, demonstrated in laboratory-based activities such as cycle ergometry, and real-world activities such as 400-metre sprint performance. Therefore, if athletes or exercisers work in time to music, they will likely work harder for longer. Responses to asynchronous, or background, music are less predictable and the beneficial effects are less reliable, although considerable potential remains if certain principles are followed. A simple example is that fast, upbeat music produces a stimulative effect whereas slow, soft music produces a sedative effect. The presentation will include several evidence-based examples of how music has been used effectively in our work as applied practitioners with groups ranging from exercise participants to elite athletes.

Use and perceived effectiveness of pre-competition mood regulation strategies among athletes

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Mood regulation strategies were investigated among 195 volunteer athletes. Participants completed the Regulation of Feelings Scale, a 37-item measure assessing frequency of use and perceived effectiveness of strategies to reduce feelings of anger, confusion, depression, fatigue, tension, and increase feelings of vigour on the day of a competition. Frequency of use and perceived effectiveness of strategies varied according to the specific mood dimension athletes sought to regulate. Strategies did not differ by gender, type of sport, or level of competition, but the order in which strategies were presented to the athletes influenced their responses. Exploratory factor analyses for each of the six mood dimensions did *not* support a theoretical model, which proposed that mood regulation strategies can be grouped into four types – behavioural distraction, behavioural engagement, cognitive distraction, and cognitive engagement. The present findings provide a rich source of information about the use of mood regulation strategies among athletes, which may help to guide interventions among applied practitioners.

Unpacking the emotional intelligence construct in its developmental stages

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Emotional intelligence (EI) has been variously defined as the set of abilities that explain how people perceive, understand and express their own emotions and those of others or as an array of competencies, capabilities, and skills, which are non-cognitive in nature, that help people to cope with the environmental demands and pressures in life or simply as old-fashioned character. While the construct validity of EI is still being widely debated in the research, studies of the ability model of EI lend support to the idea that it is a unique construct distinct from other intelligences and from personality factors. This study further explores this assumption and seeks to add to the research literature by focusing on the construct early in its development, during adolescence. Specifically, the study uses regression analyses of the self-report data from 64 adolescents to show that there is surprisingly little overlap between EI and IQ or personality or school performance. In this group of adolescents, only positive affect/well-being explained a significant amount of the variance in EI. The discussion focuses on the content and likely impact of school based programs purporting to advance and develop emotional intelligence in students.

Exploring resilience: A comparison of Aboriginal and non-indigenous Australian adolescents

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Resilience is a topical and widely researched construct, however few studies have examined resilience in a cross-cultural context. Furthermore, there are no explorations of resilience in the Australian Aboriginal population within the resilience literature. This paper will present a profile of psychosocial predictors of resilience (coping, social support, and self-concept) among Australian Aboriginal and non-indigenous adolescents. Using a methodological framework developed at RMIT University, resilience in young people aged 11-18 years was assessed by examining stressful life events and daily hassles, and adaptation (i.e., general health, internalising and externalising symptoms). Participants were classified as either 'resilient' (high stress, positive adaptation), 'negative expected' (high stress, negative adaptation), 'positive expected' (low stress, positive adaptation), or 'poor copers' (low stress, negative adaptation). Aboriginal participants reported higher levels and impact of stress than non-indigenous participants. Participants demonstrating positive adaptation reported higher use of problem-solving coping methods, regardless of stress levels. Resilient

adolescents reported less use of non-productive coping methods; however Aboriginal adolescents reported more non-productive coping in general. Participants in the 'positive expected' group reported very high levels of social support, particularly by comparison with the 'poor copers'. No differences were found in the total self-concept of Aboriginal and non-indigenous participants..

An investigation into the health benefits of Mindfulness-based Stress Reduction (MBSR) training for New Zealanders with chronic health problems

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There is a growing body of evidence suggesting that MBSR is effective in alleviating suffering and improving coping related to many chronic illnesses, but this has not previously been researched with a New Zealand population. This paper will describe the progress of a pilot study of mindfulness-based stress reduction training for people with some specific chronic health problems (such as chronic pain, diabetes, Graves disease and cardiac problems). Preliminary results of at least two training groups from the anticipated total sample of 40 (randomly allocated to treatment and waitlist conditions) will be described, as will the experience of facilitating the groups, and the challenges of doing good research. In addition to challenges outlined in the research literature (eg, operationally defining and measuring mindfulness, identifying mechanisms of change, and maintaining and evaluating treatment integrity) specific concerns in this study have included recruitment of an adequate sample, the impact of participants' health problems on their ability to participate fully in the programmes, the commitment required from participants (and facilitators) to the training (and research), and the capacity of facilitators to embody the seven pillars of mindfulness and to trust that the MBSR training process will work. These issues will be discussed.

The effects of attention on accuracy in golf putting

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Experts can perform skills while attending to an irrelevant secondary task as effectively as they perform single tasks. Novices, however, usually perform worse on dual tasks than single tasks. These differences provide evidence of automaticity in skill execution as expertise develops, although the research tasks are often relatively simple. We examined the effects of task difficulty on the putting performance of 17 experienced and 21 novice golfers under single and

dual-task conditions. Two measures of putting accuracy were used: distance from the hole and angle of error. Univariate ANOVAs on distance measures revealed significant main effects for Difficulty and Group, as well as a Difficulty x Group interaction, but no significant Task effects. Experienced golfers performed better than novices in both task conditions, and both groups were less accurate on longer putts. There were significant effects for Difficulty and Group on angle of error, but no significant Task effects or interactions. The angle of error was less for experienced golfers than novices on single and dual tasks, and was greater for both groups on short than medium or long putts. Both line and length of putts should be considered when examining the effects of attention on putting accuracy.

Influence of cultural background and cognitive distortions on the gambling behaviour of international students

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Research indicates that international students studying in Australia are at greater risk of developing gambling related problems than their Australian counterparts. Consequently, the present study aims to investigate the impact of cultural background (Chinese, non-Chinese) and cognitive distortions on the gambling behaviour (participation, gambling diversity and expenditure) of international students and their risk of becoming problem gamblers. A sample of 280 international university students participated in the study. The South Oaks Gambling Screen (SOGS) revealed approximately 18 percent of students were at risk of problem gambling, with a significantly greater proportion of Chinese students at risk than non-Chinese. Additionally, Chinese male students and Chinese students from Hong Kong were most at risk. The cognitive distortion, perceived control over gambling, was significantly associated with increased gambling behaviours. Further, problem gambling was significantly predicted by the need to win money. Overall, this study highlights the impact of cognitive distortions and cultures on the risk of international students becoming problem gamblers.

Do we need to worry about subgroup differences in juvenile offender risk-need assessment?

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Since 2002 the Department of Juvenile Justice (NSW) has been using the Australian Adaptation of the Youth Level of Service/Case Management Inventory as part of the routine assessment of young offenders. Over the first three years, 6804 inventories were completed by juvenile justice officers. Although risk-need assessment is common in the juvenile and

adult criminal justice systems, some observers worry about test bias for particular subgroups. The NSW database was used to examine subgroup differences for risks, needs and strengths between females (N=637) and males (N=3524) and between aboriginal (N = 1357) and non aboriginal (N=2534) young people. Significant differences are interpreted in terms of effect size, item analysis, and policy decisions that guide interpretation and use of risk-need scores.

Work family conflict as a predictor of turnover intent in male and female police officers

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Whilst job satisfaction and organisational commitment are consistently linked to turnover cognitions, the difficulties employees have balancing work and family lives is increasingly recognised as a potential contributor to turnover intention and may be particularly problematic for employees in high demand occupations such as policing. This study examines whether work family conflict (WFC) makes an independent contribution to turnover cognitions above job satisfaction and job commitment, and whether gender moderates relations between WFC and turnover cognitions, in police officers. The sample consisted of 1,044 officers (690 males, 351 females) from an Australian police organisation. WFC was conceptualised bi-directionally as Work family conflict (WIF) and Family-work conflict (FIW). Turnover intent was measured by thoughts of quitting, perceived probability of alternative employment, search for alternative employment, and intention to quit. Women perceived more WIF, and men, more FIW. The hypotheses were tested via moderated regression, and found WFC added to the prediction of turnover cognitions, with FIW being more problematic. Gender moderated the relation between WIF and search for alternatives; the relationship was stronger for females. Difficulties balancing needs of family with work are significant in predicting an officer's turnover cognitions.

Whanau experiences of a neonatal intensive care unit

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This study explored through narratives Maori whanau experiences of having a premature or special care baby in the Neonatal Intensive Care Unit (NICU) at the Waikato Hospital. Six Maori whanau share their experiences of being in the NICU, through individual interviews with mums and then two whanau hui that evolved from two of those mums and allowed other whanau members to contribute their perspective. Their korero provided a personal, unique, and

meaningful insight into the realities that Maori experience. The findings revealed similarities, but also highlighted differences relating to age and geographic location. Whanau members expressed overall satisfaction with the medical and technological advances, and the care of their babies. Although, efforts to provide culturally sensitive care have been made, Maori are still experiencing cultural barriers within the hospital environment. Hence, their narratives will provide practical suggestions and valuable guidance for future support areas involving Maori whanau members in an NICU environment.

The effectiveness of health psychology interventions: What we do and don't know

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This paper builds upon an ongoing project of the APS College of Health Psychologists aimed at summarising the evidence base for health psychology interventions. Current knowledge of the effectiveness of health improvement interventions that have been based on psychological theory, research and practice will be reviewed. Inclusion and evaluation criteria emphasised quality review studies. Evidence for efficacy emphasised improved health outcomes for those exposed to interventions using evaluation designs involving random assignment to a control group and post-intervention follow up. Evidence for effectiveness required, in addition to evidence for efficacy, a demonstration of benefits outside the controlled research context. Evidence was sought by searching the Cochrane collaboration site together with other systematic reviews. The evidence for health psychology intervention was organised to align with treatment and prevention criteria for health targets arising from three objectives underpinning the development of health psychology research and practice. These three objectives are not mutually exclusive and involve 1) servicing market demand 2) reducing the population burden of health problems and 3) achieving the theoretical potential for optimal health. The review reveals strong evidence for interventions addressing health targets arising from the first two objectives and emerging evidence for interventions arising from objective three.

Brain activity associated with personality

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People have long been fascinated about the association between brain activity and the shaping of personality and behaviour. Given our interest in the brain, it is not surprising that there have been numerous studies that have investigated the relationship between personality and the properties of

the brains electrical activity. Our initial investigation between the personality trait introversion–extraversion and alpha (8-13Hz) brain waves found strong differences between people who are introverted compared to those who are extraverted in terms of their frontal 8–13 Hz amplitude reactivity. Extraverted persons in the sample were at least 3 times more likely to have larger amplitude in the 8–13 Hz frequency spectra. This study broadens the investigation to include personality traits of the five-factor model using the NEO-Five-factor Inventory (NEO-FFI) and its association with resting brain activity. The NEO-FFI traits were associated with lower frequency brain activity in both males and females. Mild significant and consistent associations were found between delta and theta activity across all cortical regions with Extraversion and Conscientiousness. Implications of the findings with the biological bases and the structures of the brain are discussed.

Workplace bullying: The role of job demands and resources

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It goes without saying that workplace bullying has detrimental effects on employees and organisations. Many stakeholders therefore have an interest in understanding bullying in order to prevent it. To date, bullying research has centred on identifying the incidence and prevalence of bullying, identifying the types and targets of bullying behaviour, and providing an operational definition for the construct. Although studies have identified correlates of bullying, knowledge about the processes by which bullying occurs is limited. Using contemporary work stress models as a theoretical framework, the present study moves beyond description to examine the predictive role of the psychosocial work environment. In particular, the link between the *imbalance* of job demands and resources is examined. Both cross-sectional and longitudinal data collected from Australian police officers will be presented to illustrate the importance of demand-resource imbalance in perceptions of bullying at work, for targets of bullying behaviours as well as witnesses.

Tailoring and evaluating an evidence-based group family intervention program for parents in indigenous communities

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This presentation details research evaluating the efficacy and cultural acceptability of a group behavioural family intervention program (Group Triple P – Positive Parenting Program) tailored for

Australian indigenous families. This preventively oriented, early intervention program incorporates parent education groups, print and video materials, which aim to promote positive parent-child relationships, and to help parents develop effective management strategies for common behaviour problems and developmental issues. Cultural tailoring involved broad community consultation in relation to program resources and format. A pilot randomised controlled trial showed that, compared waitlist controls, group participants reported significantly lower rates of problem child behaviour and lower reliance on dysfunctional parenting practices of authoritarian discipline, anger and irritability, with a further significant reduction found for lax or permissive discipline by 6-month follow-up. There were high rates of consumer satisfaction and positive comments about the cultural acceptability of the program. Also presented is an update on an effectiveness evaluation of program implementation in regional and remote community health services across Australia. The need for culturally appropriate parenting programs, issues experienced by indigenous Health Workers, and implications for the dissemination of family interventions in indigenous communities are discussed.

Dramatic psychological storytelling: Reshaping the future of individuals and communities

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Dramatic Psychological Storytelling presents and communicates the essence of the lived experience as it is perceived by participants. Both participants and spectators gain increased awareness of the ways in which people are shaped by their cultural, historical and lived experiences, and learn how each personal story interconnects with the stories of others to form part of the greater story. Recent research in Dramatic Psychological Storytelling will be presented confirming that emphasis on discovering and communicating shared meanings promotes empathy, tolerance and understanding, and encourages personal growth and transformation. It also creates opportunities to heal divisions and foster community cohesiveness between diverse groups of individuals. A variety of practical applications will be outlined which illustrate how Dramatic Psychological Storytelling can be a deeply meaningful, healing and transformative experience for both participants and spectators. One such example is the City of Port Phillip's presentation of *Hit the Road*, a theatrical event designed to bridge the gap between residents and drug users as it explores the world of a man trying to give up heroin. Dramatic Psychological Storytelling also occurs spontaneously in the community every day. Means of harnessing these natural stories to enable individual healing and enhance community well being will be highlighted.

The prediction of a salutogenic life orientation in adolescence based on temperament traits

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A number of research studies have found that a salutogenic view of life contributes to and is in itself a psychological strength. It seems that although temperament has been extensively described in younger populations, a salutogenic life orientation and the relationship between temperament and a salutogenic life orientation have been studied in relatively fewer instances among adolescents. The purpose of this study was to investigate to what extent biologically based temperament traits (measured as neuroticism, sensation seeking, sociability, aggression and activity by using the Zuckerman-Kuhlman Personality Questionnaire), would predict a salutogenic life orientation (measured as sense of coherence and locus of control by using the Antonovsky's Sense of Coherence Scale and Schepers' Locus Of Control Inventory). A sample of 141 adolescents completing grade 11 participated in this study. Logistical regression analysis of data indicated that temperament does predict a salutogenic orientation to life. Amongst other results it was found that high levels of the temperament traits neuroticism and aggression, predicted a high probability of an external locus of control and a life orientation characterised by low comprehensibility and manageability. Finally temperament traits also predicted coping, as measured by the Adolescent Coping Scale.

The effect of emotional awareness and the emotional content of a decision on confidence and response time when decision-making

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This study examined the role of emotion in decision-making processes, comparing confidence and response time for decisions varying in emotional content and for individuals differing in emotional awareness. Ninety-three first year psychology students made ten hypothetical decisions, explained the reasons for their decisions, rated their confidence and completed the Levels of Emotional Awareness Scale (LEAS). Decisions about situations high in emotional content were made significantly faster, with a higher level of confidence, than decisions about situations low in emotional content. Higher emotional awareness was also associated with a faster response time than lower emotional awareness. The implications of a fast emotional decision, the interrelation between the emotional content of a decision and emotional awareness, and the relationship between confidence and emotion will be discussed.

Intellectual ability, self-perceived social competence and depressive symptomatology in children with high-functioning Autistic Spectrum Disorders

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While social competence deficits in children with high-functioning Autistic Spectrum Disorders (HFASD) are well documented, there is little research investigating their self-perception of these social limitations. This study aimed to replicate past research showing a negative association between self-perceived social competence and intellectual ability and to investigate the relationship between self-perceived social competence and depressive symptomatology. Participants were 22 children with HFASD, aged 7 to 13 years with intellectual ability ranging from Full Scale scores of 82 to 141. Results showed that parent- (N=18) and teacher- (N=17) rated social competence was lower in children with HFASD compared with a normative sample. Older age and higher IQ predicted lower levels of self-perceived social competence, and low self-perceived social competence predicted higher levels of depressive symptomatology. Almost a third of children rated themselves above the Childhood Depression Inventory cut-off score for depression, while parent ratings suggested even higher levels of depressive symptomatology. Findings are discussed in terms of the importance for early detection and intervention.

Resilient victims of bullying: Predictors of positive outcomes

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Bullying has serious psychological consequences for victims, but there is anecdotal evidence indicating a wide range of individual differences in children's reactions to being bullied with some children demonstrating a resilient response to even high levels of bullying. This is consistent with other research on resilience, which has indicated that children facing distress and trauma will show a range of responses; some will regress, while others will tolerate or even thrive in the face of significant trauma. This paper will present data on the first comprehensive study of resilient bully victims in Australia. Early secondary school students were classified as "resilient victims of bullying", by first identifying victims, then studying a range of variables related to general adaptation and healthy psychological development (e.g., perceived wellness, life satisfaction, general health, a lack of behavioural problems, and a lack of perceived impact of negative events). Data from a range of theoretically derived predictors of victim resilience (e.g., optimism,

coping skills, social support, self-esteem, self-concept, social skills, and emotional intelligence) were then collected. The key finding to emerge was that all predictors significantly discriminated between resilient and non-resilient victims, with optimism, social competence, social support and self-esteem demonstrating the strongest effects.

Bicultural competency training in clinical psychology: What are we supposed to teach?

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The purpose of this study was to develop a cultural competency training programme for clinical psychologists. Registered psychologists are expected to demonstrate cultural competencies as part of the requirements set out by the Health Practitioners Competency Assurance Act (2003), however, there are no robust training programmes that train these competencies. A training needs analysis was conducted with experienced clinical psychologists who had worked with Maori consumers. The analysis identified the knowledge, skills and behaviours required by psychologists to work with Maori. A pilot programme was developed from the national and international cultural competence literature. Three surveys were administered to the pilot participants. The data from the training needs analysis, the pilot programme's pre and post questionnaire and the retrospective survey was used to develop a final training programme. Evaluation of the programme included an analysis of pre and post programme questionnaires, a checklist provided by the student's supervisor, and an analysis of the student's case study report. The findings from the training needs analysis and the outcome of the programme will be presented to highlight the necessity to develop robust cultural competency training programmes for psychologists.

Breach and fulfilment of the psychological contract of safety: Implications for safety attitudes and safety behaviour

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Psychological contracts of safety are conceptualised as the beliefs of individuals about reciprocal safety obligations inferred from implicit or explicit promises. The safety literature has recently been extended to examine the role of social exchange constructs, such as leader-member exchange and perceived organisational support on safety attitudes and behaviour. However, the existence of psychological contracts in relation to safety has not been established. An initial qualitative study confirmed that a psychological contract of safety was indeed a valid construct. Employer and employee obligations identified in the qualitative study were used

to develop a measure of the construct. A pilot test refined and validated the measure. The present study investigated the positive and negative outcomes associated with fulfilment and breach of the psychological contract of safety. Participants were 424 health care workers from two locations. Factor analyses found two underlying components for both employer and employee obligations, comparable with the transactional and relational dimensions of psychological contracts. The data were analysed using structural equation modelling. It was found that trust influenced perceptions of breach and that perceptions of breach influenced employee fulfilment of obligations. Trust and perceptions of breach impacted safety attitudes, but not safety behaviour, whilst fulfilment of employee obligations impacted safety behaviour, but not safety attitudes. Implications of these findings for safety and psychological contract research are discussed.

Challenging physiognomy: Questioning the idea that facial characteristics are indicative of personality

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Physiognomy; the idea that facial characteristics are indicative of personality has persisted within the science of psychology despite some questionable supporting evidence. Indeed the idea is not unreasonable given certain premises can be supported. The aim of this research was to test three related premises in order to ascertain whether people could accurately judge the personality of a stranger from only a superficial exposure. Consequently, three hypotheses were posited. Firstly, perception of personality would be more accurate when the target spoke. Secondly, the accuracy of perceived personality will be higher when the target maintains eye contact. Finally, the longer the duration of exposure, the higher the level of accuracy of perceived personality will be. An experiment was devised which exposed participants to one of eight video clips. The video clips were all of the same person but varied in duration, whether the eyes were visible, and whether the person was talking. One hundred and forty participants took part in the study. After watching one of the video clips each participant was asked to assess the personality of the person in the video using a standard personality questionnaire. The null results challenge the findings of previous research in support of physiognomy.

Decolonisation of indigenous people - using a loss and grief model

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This paper describes the journey of an Aboriginal woman over the past eighteen years from a position of total desperation and victimisation, through realising the truth about her own personal past and the past of her parents, grandparents and ancestors going back to 1788 (invasion year) and into pre-invasion past of 60,000 years, rediscovering her identity and the strength of her culture, and returning to the present as a successful and powerful business woman of 12 years whose mission it is to present her comprehensive model of Aboriginal and non-Aboriginal loss and grief to the world. Central to the model is the conviction that non-Aboriginal people carry the scars of the historical oppression and victimisation of their own cultural histories, and that it is essential for non-Aboriginal people to understand and come to terms with their own history if they wish to understand Aboriginal people and help to bring about social justice and equity. Of loss and grief she says: *"it is not an Aboriginal 'problem' it is a challenge for all of humanity because loss and grief is a human experience"*.

Do older people forget? Memory performances in the normal aged

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One impact of our aging population is an increased demand for clinicians to accurately assess and diagnose cognitive disorders in older people. The assessment of memory plays a crucial role in any cognitive assessment. Memory disturbance can accompany many of the common diseases seen in the aged and may be the first indication of pathology. If clinicians are to accurately detect memory dysfunction in older adults, an understanding of normal memory performance in the aged is required. This paper will present data from a recently completed study on the cognitive performance of older adults. Data were obtained from a large sample of carefully screened Australians in the age range 65 to 94 years. The performances of the normal aged sample on a range of commonly used clinical measures of memory will be presented, and compared to those seen in one of the common disorders of aging, dementia of the Alzheimer's type. These data reveal valuable information about the impact of the aging process on memory, and provide clinicians with useful tools for distinguishing between normal and pathological aging.

Cognitive bias in anxious children: Comparison with non-anxious children and the effects of cognitive-behavioural treatment

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Anxious children interpret ambiguous situations in a more threatening way and choose more avoidant solutions compared with non-anxious children. This study sought to (1) compare the interpretations of clinically anxious ($N = 25$) and non-anxious children ($N = 33$) on two different interpretation tasks used previously and to (2) examine whether threat-based interpretations in anxious children ($N = 19$) are modified following cognitive-behavioural treatment (CBT). Children (1) heard stories in which ambiguous situations were described, and their perceived ability to influence situations was rated and (2) read words that had both threat and neutral meanings, and were asked to use the word in a sentence. Results showed that in comparison to non-anxious children, anxious children reported being significantly less able to influence situations and gave more threat-based interpretations of words. Following treatment, anxious children's ability to influence the situation was significantly improved and they tended to make fewer threat-based interpretations of words. Moreover, at post-treatment, anxious children's perceived ability to influence situations and the number of threat-interpretations given was comparable to a matched non-anxious group. These results indicate that anxious children's ability to exert control and cope with ambiguous situations can be improved through CBT.

Health and well-being: Issues for people with an intellectual disability

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People with an intellectual disability who are living in supported accommodation in the community experience a greater prevalence of health problems and lower life expectancy compared to the general population. It is believed that many of the health problems experienced are caused by an unhealthy lifestyle; however, little is known about the kinds of lifestyle health problems, or the effectiveness of formal health promotion programs for this population. Eleven staff and 40 residents of 11 community group homes provided information about residents health and well-being and engagement in health promoting activities. According to staff the most pressing health problem for residents was weight management and the biggest challenge for staff was motivating residents to participate in health promoting activities. Although few of the residents had participated in formal health promotion activities, most engaged in informal health

promoting activities such as walking and gardening. The results suggest that generic health promotion programs designed specifically for residents may not be used, nor be found to be useful by the majority of staff. In addition, staff need assistance in how to incorporate health promoting activities into and around other daily activities, and how to do more with less, in terms of human and financial resources.

Age, work ability and plans to leave work

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As the population ages and younger people show preference for cognitive types of work, it is becoming increasingly more difficult for employers to recruit employees for manual labour positions. Thus, it is important to find out the barriers to this kind of work and the types of changes to organisational practice and the work place that would encourage people to stay in work longer. This study examined the effect of age and work ability (referred to as the ability to do the work that needs to be done) on plans to leave the organisation, and potential barriers and facilitators on remaining in the organisation longer than intended. Self-rated work ability, not age, predicted whether people intended to leave in the near future. People who rated their work ability higher were planning on staying longer with the organisation than people who rated their work ability low. The majority of employees agreed that barriers to working past their intended retirement age were poor health, poor general fitness, and stressful or boring work. Although the majority of employees agreed that having good health was an important incentive for staying in work past their intended retirement age, other facilitators to staying longer with the organisation were the nature of the work itself, having good relationships with others in the workplace, and the availability of flexible and part-time work.

Mental health of older Italian-Australians

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Italian-Australians comprise the largest group of older people in Australia who were born overseas and whose first language is not English. This group is declining in size, but they still account for a substantial proportion of older Australians. They are often viewed as a group that accesses health and mental health services relatively well. Using data from the 2001 National Health Survey, this paper compares the mental health of older Italian-Australians with that of three other groups of older people living in Australia: those born in Australia, those born overseas whose first language is English, and those born overseas

whose first language is not English but who are countries other than Italy. Risk factors for poor mental health are also examined, such as financial status, physical health, and capacity to speak English. Results show that Italian-Australian women are at particular risk for mental health problems. Possible contributing factors include physical health risks such as perceived decline in health status, arthritis, obesity, and a sedentary lifestyle, while other factors include low income and poor English language skills. These data indicate that older Italians in Australia still require attention with regard to mental health issues.

Evaluation of the Enhancing Relationships in School Communities program

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This paper reports on the *Enhancing Relationships in School Communities* program, which was designed to help primary schools to develop productive conflict handling and relationship-building processes (including in the area of cultural diversity) and to teach children how to handle conflict constructively. Thirteen primary schools took part, each represented by a 3 to 5 person collegial team comprising teachers and principals/assistant principals. These schools were randomly assigned to one of two groups: a full intervention group (attending 7 days of training over two years and receiving periodic in-school support by ERIS staff) or a partial intervention group (attending 2 days of training and receiving the same amount of in-school support). Evaluations (reports from program participants and control teachers in the same school) are being undertaken pre-intervention, immediately after the first two primary skills development workshops, mid-program, and end of program. Outcomes in terms of implementation of programs and teacher skills acquisition will be evaluated. Our results to date will be reported and discussed.

The subjective experience of the lesbian (m)other: An exploration of the construction of lesbian maternal identity

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The role of non-biological mother in a planned lesbian family necessitates the continual construction and negotiation of a parental identity in the context of both private and public life. This study explored the subjective experience of non birth mothers from planned lesbian headed families as they constructed their maternal identity. Purposive sampling of 7 lesbian co-mothers, ranging in age from 35 to 73 years, participated in audio taped interviews. Interpretive Phenomenological Analysis of data paid

particular attention to how co-mothers negotiated constitutive binaries of mother/father in the process of socially constructing their role. The study found that co-mothers position themselves as the same and different, effectively refusing to participate in either/or binary oppositions. Through the day-to-day work of constructing their maternal identities drawing on the competing discourses of motherhood, patriarchy and lesbianism, lesbian co-mothers are subverting the mother/father binary construction of the Western family and are the front-runners of a new form of 21st century family. This study therefore has implications for how we construct notions of family, mother, and parent in Western society.

The value of unique service provision for Aboriginal Australians – the benefits of starting from scratch

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Cultural factors have a primary rather than distal role in determining mental health outcome for Aboriginal Australians. This includes engagement, assessment, as well as intervention strategies. Unfortunately attempts to redress the disadvantage experienced by Aboriginal Australians with regard to equity in access to effective mental health services has been plagued by the absence of empirically based therapeutic frameworks that have determined their efficacy across populations of Aboriginal people. The paper will explore issues relating to culturally appropriate clinical intervention and assessment as primary barriers for equity in access to mental health services for Aboriginal people. 1. Problems with identification and treatment of mental health problems amongst Aboriginal people. 2. Examine the indigenous perspective on mental health in terms of causality and its manifestation, and examine this within the perspective of how to approach working with Aboriginal people. 3. Provide suggestions for prevention efforts that address the risk factors that have been associated with Aboriginal mental health. The presentation will also demonstrate the value of a unique approach to service provision to Aboriginal clients through a number of empirically validated models of intervention that have been tested at the population level across a number of Aboriginal groups.

Testing a model of stress with early childcare education employees: An extreme physical and emotional labour environment

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Recent stress legislation means that there are now legal as well as moral obligations with regard to employee stress and well-being. This research focused on a group of employees who are likely to experience high levels of emotional and physical stress, namely early childcare education employees. Specifically, the research aimed to discover whether individual or work factors better predicted stress and well-being. 353 female childcare employees across 62 early childcare education centres completed questionnaires looking at antecedents of stress (personality, work-family conflict, job characteristics, the work environment), outcomes (job satisfaction, psychological distress, emotional well-being) and mediating effects of coping strategies (approach and avoidance). Emotional stability, feedback from their supervisor and strain-based work-to-family conflict predicted psychological distress, with these three variables plus the work environment (work support and autonomy, work pressure, physical comfort and clarity) and dealing with others predicting job satisfaction. Emotional well-being was predicted by the three predictors of psychological distress along with skill variety. With regard to coping strategies, these early childcare employees tended to use more effective approach strategies, which mediated the relationship between job resources (physical comfort, clarity, skill variety and feedback from the job) and emotional well-being. We discuss the practical implications of our research, and areas for further research.

Inattentional blindness: The great divide between observer expectations and attentional factors

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Inattentional blindness (IB) can be defined as a failure to report 'unexpected' items in the visual field, when attention is otherwise engaged. Previous studies have accounted for the phenomenon in terms of attentional factors, such as the salience of the unexpected stimulus and the difficulty of the primary attentional task. The role of observer expectations remains less certain. We asked observers to report letters, flashed briefly (200 msec) on the arms of a centrally-located cross. We cued observers as to the number of letters to expect, and, on the critical trial, the display contained two letters plus an unexpected square in the lower right quadrant of the cross. With the expectation of two letters, 65% of observers failed to perceive the square, but, when cued to expect three

letters, only 10% failed. The results suggest that IB can vary as a function of expectation, even when the perceptual load of the attentional task is held constant. Specifically, it is suggested that observers adopt an attentional set tuned to the number of divisions of attention required by the relevant task. In a second experiment, we explored the effects on IB when both expectations and perceptual load were systematically manipulated.

The psychological determinants of driver fatigue

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Driver fatigue is one of the major risks to road safety in Australia, accounting for approximately 20-40% of motor vehicle accidents and costing an estimated \$ 3billion every year. To optimise our capacity to provide effective road safety management strategies, it is essential that we have a better understanding of factors that determine the occurrence of fatigue. Since driver fatigue has been frequently defined as “subjectively experienced”, psychological factors are thought to play a role in determining fatigue. This study reports on a driver simulator study that investigated the relationship between psychological factors and fatigue. Correlation analysis showed that psychological factors predominately correlated with self-reported fatigue measures and much less with physiological and performance decrement measures. Results showed that anxious, depressive, less socially-bold, less self-assured, more conscientious, and less adaptable individuals were more predisposed to fatigue. The results emphasised the influence of personality and psychological factors on driver fatigue, and also suggested the need to incorporate a range of fatigue measurements to gain an accurate measure of fatigue. Findings of the study have implications to reduce fatigue related accidents by better understanding and better managing fatigue.

The relationship of attachment working models to negative self-schema

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This study examined relationships between the personality constructs of internal working models from attachment theory and negative self-schema from cognitive therapy theory. It is argued that working models, as manifested in attachment styles, represent clusters of negative self-schema focused on rules, expectancies, and beliefs about the acceptability of self and the reliability and responsivity of others. 412 university students completed the Attachment Style Questionnaire and a modified version of the Schema Questionnaire. Structural equation modelling and a discriminant function analysis supported the predicted

relationships. Specific patterns of relationships between various schema and secure, anxious/ambivalent, and avoidant attachment styles were revealed. Sets of negative self-schema were successful at predicting secure attachment classification but less successful at predicting insecure classifications. Overall, the results support the contention that integration of these two approaches to individual differences in expectancies and beliefs is beneficial and that further research aimed at integrating the concepts is warranted.

Brides and grandmothers: Challenges and resources of older Filipino women carers

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By 2026, the Filipino migrant community will be the 6th largest among culturally and linguistically different communities in Australia. Changing family structures, roles and living arrangements are projected to significantly impact on the future care needs of this ageing community - in particular, the Filipino brides/spouses and elderly grandmothers. Despite these concerns, there is paucity of empirical research examining the psychological well-being and long-term health care needs of this ageing cultural group. This paper discusses some interesting findings on the intergenerational support many of these migrants provide for their grandchildren, ageing partners or parents and the personal resources (eg. coping and social support) they use to adapt to care giving roles as they approach old age. Preliminary results of the study highlight the special circumstances and challenges faced by these Filipino women. Overall empirical data will contribute to the Filipino community's 10-year Aged Strategic Plan, improve knowledge into migrant women's psychosocial needs and resources, and gain insight into cultural, situational and health factors that shape culturally responsive models of care for older migrants in Australia.

An evaluation of the effectiveness of custodial alcohol and drug treatment units in reducing alcohol related recidivism

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Currently in New Zealand there is limited research related to the impact of Corrections Department alcohol and drug treatment programmes in reducing recidivism. In addition to evaluating the effectiveness of prison based specialist substance abuse treatment units in addressing recidivism this study also evaluated how effective the programmes were at addressing the targeted need. This was measured by gathering criminal history data related to both alcohol and drug

related recidivism and the role of substances in any new convictions. The study sample of treatment completers was drawn from three Alcohol and Drug Special Treatment Units in New Zealand. The large treatment sample came from programmes run over a two year period of programme stability with all being released for at least two years. Comparisons were also made to a matched control group who had not participated in treatment programmes, and who were matched in risk, age and ethnicity. In addition to comparison of the sample based on risk (RoC*RoI) between programme analysis will be presented. Survival analysis of the treated and untreated group will be discussed along with analysis of recidivism in terms of the presence/absence of antecedent substance abuse, or indeed if the offending directly related to drugs or alcohol. The implications of these findings in relation to the effective treatment for alcohol and drug related criminogenic needs for offenders in custody will be discussed.

SafeDrive Medical on-line learning

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Health professionals need an adequate appreciation of the effect of some medical conditions on driving. While the onset of disease is not necessarily age-related, illnesses are often more prevalent in the aged. In an ageing society health professionals must appreciate that with advancing patient age comes a higher probability of diseases (and polypharmacy) that may affect driving. In Australia it is a condition of being a licence holder that the driver advises the licensing authority of any long-term or permanent injury or illness that may affect the ability to drive. With no mandatory aged-based retesting for licence renewal at a specified age, Victoria relies heavily on the ability of health professionals to provide good advice to patients. VicRoads novel initiative has been to create an on-line SafeDrive Medical program for health professionals on assessing fitness to drive. The program introduces health professionals to the use of the national Guidelines in assessing the fitness to drive of drivers of all classes of vehicles. It attracts Continuing Medical Education credits and on-line certification. The modules comprise Road Trauma Statistics; Ethics & Law; Driver Licences; Health Standards; Health Professional Practice; Referrals Medical and Non-medical; Case Studies; and an additional Active Learning Module.

Changes couples experience on initiating oral medication for erectile dysfunction

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Understanding how a couple's sexual function dynamics alter with the initiation of oral medication treatment is important for the ongoing use of such treatments by couples with erection problems. This study investigated how couples were affected by the man's erectile dysfunction (ED) and the impact on both of subsequent medical treatment of the ED. Following a medical screening, 30 couples were randomised to receive either Viagra or Cialis oral medication for the man's erectile problems. Questionnaires rating the men's (IIEF), and women's sexual functioning (FSFI), sexual desire (SDI-2), relationship factors (PAIRS), and adjustment (DAS) and quality of life (COMQoL), were completed at baseline and following treatment. The men showed a significant increase in satisfaction with all areas of life. The women however showed a decrease in their satisfaction regarding level of productivity. The men's IIEF scores showed improvements in all areas, while the women also showed improved arousal, orgasm and satisfaction. Both men and women showed significant increases in levels of confidence within their sexual relationship on the PAIRS measure. The women also showed a decrease in the breadth, level and intensity of symptoms of psychopathology. These changes in quality of life, sexual function, psychopathology and relationship scales will be discussed.

Does structured evaluation of offender reintegration assist parole authorities in assessing risk management?

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Parole authorities are provided with detailed and structured assessments of risk based on offence related static and dynamic factors, however, release management plans typically do not have the same structured offence focus. The case for structured/actuarial approaches rather than clinical judgement is well established yet the area of whether a release plan is feasible for a particular offender has been left to individual decision heuristics. The Release Proposal Feasibility Assessment-15 items (RPFA-15) is a tool designed by the Corrections Department to examine dynamic reintegrative factors surrounding an offenders' release and identifies key criteria to assist the board's evaluation of the proposal. Board members supplied over 900 RPFA-15 assessments carried out in the period June 2002-June 2005 for analysis. The research sought to provide some initial

reliability data on the RPFA-15 based on this sample. Analysis of the data provided information on item distributions and item discrimination, inter-rater reliability, standard error of measurement, and internal consistency. Exploratory factor analysis was used to provide some initial information regarding construct validity. The results will be discussed in the context of evaluating its effectiveness within the decision making process, and to suggest areas of revision before further validity studies can be implemented.

Developmental changes in motor and visual-object imagery in primary school-aged children

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Developmental changes in visual-object imagery have been well documented in children. However, very little is known about the acquisition of motor imagery (or internal movement simulation) over childhood. In this study, we compare five groups of children (7, 8, 9, 10, and 11 years) on measures of imagery ($N=125$). Visual imagery was assessed using a standard mental rotation paradigm where children responded to alphanumeric stimuli. Motor imagery was assessed using two tasks we have validated in other studies: mental rotation of hand stimuli and Visually Guided Pointing Task (VGPT) performed under imagined conditions. For the hand rotation task, children were asked to identify the handedness of single hand stimuli; performance was indexed by the linear relationship between angle of rotation and response time; response accuracy was also calculated. For the VGPT, the relationship between target width (expressed as Index of Difficulty using Fitts' Law) and simulated response time was recorded. Results showed clear developmental trends on all measures, with age trends particularly strong for the two motor imagery tasks. We argue that this trend for motor imagery reflects changes in the ability to represent internally the coordinates of prospective action, and is consistent with the unfolding of feedforward control processes.

Maintaining morale in health care workers: The role of leadership and team processes

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Maintaining high morale and low distress is important for organisations particularly in health care where low morale or high distress may affect both patient care and decisions to leave a compromised workforce. The study aim was to investigate the antecedents of employee morale and distress. A sample of 112 participants was recruited from various hospitals in Australia. Participants completed a survey that measured various aspects of multidisciplinary

teamwork. The study found that transformational leadership was positively associated with morale and team processes (participation, objectives and leadership valuing diversity), whereas leadership was negatively associated with distress. Valuing diversity, participation and clear objectives were positively associated with morale and negatively with distress. Analyses indicated that transformational leadership had an indirect effect on morale and distress through team processes. Male and female leaders did not differ in transformational leadership. There was no difference between male and female transformational leaders in relation to higher morale. However, male transformational leadership was significantly associated with lower employee distress. The findings support the notion that transformational leadership and team processes have important relationships with employee morale and distress. The results have implications for interventions seeking to improve morale, reduce distress and improve staff retention and patient care.

Development of an emotion-based social skills training program for children with developmental disabilities

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The Emotion-Based Social Skills Training (EBSST) program aims to enhance knowledge and application of social and emotional skills for children with high functioning Autistic Spectrum Disorders. Mayer, Salovey and Caruso's (2000) model of emotional development suggests that perception, use and management of emotions, are critical for emotional processing; therefore the program specifically targets the child's stage of emotional development. A typical 8-year-old child would have the ability to perceive emotions, have developing insight into feelings and have some cognitive strategies to regulate their own emotions, and use these abilities to regulate social interactions. However, an 8-year-old child with ASD may be taught the skills of conversation but lack basic insight into the emotions of others and their own emotions and thus lack the ability to engage in appropriate social interactions. In order to facilitate generalisation of intervention effects beyond the therapy environment to other settings and over time, parents are involved in the program to facilitate the child continuing to rehearse and use the skills. Theoretical and practical constructions of the program are presented.

Family harmony, fathers' dream: Learning empathic accuracy with Parent Effectiveness Training (PET)

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Empathic listening is an intrinsic part of Parent Effectiveness Training (PET) setting the course firmly in the area of emotional competence and the development of healthy relationships. In practice empathic accuracy includes emotional awareness and the ability to decode non-verbal behaviour, a skill rarely found in Western culture. In a comparison study of Australian PET parents' acquisition of interpersonal skills using either the standard US workbook or a new Australian version all PET parents improved significantly more than controls with no PET, as measured by the Parent-Child Response Sheet (PCRS). Mothers became skilled in empathic listening with either version of PET, but fathers learnt significantly better with the vernacular version, which is less wordy and more direct, with scores almost approaching those of the females. Previous research shows that males can improve empathic accuracy with practice and that motivation may be more important than ability. A qualitative exploration of fathers' empathic listening following PET shows that three quarters of a sample of fathers (n=12) using the Australian workbook were able to construct clear empathic messages after eight weeks training compared with only one third of fathers (n=15) using the standard US version, suggesting that cultural learning style may also be a factor.

Three complex cases: Anxiety, depression, physical co-morbidity and related help seeking

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All three cases demonstrate the importance of the diagnostic and therapeutic skills necessary to respond to the needs of older people. All three had sought help on multiple occasions previously, without improvement. The first client is a 72 year old divorced woman who was diagnosed variously as "depressive fugue", "psychotic depression", "mixed traumatic features". A clinical reappraisal yielded different hypotheses including amnesic episodes more likely organically based. The second person is a 74 year old married man with chronic pain whose help seeking behaviour was distressing both his wife and local emergency services. A mixture of CBT strategies and relationship counselling has successfully eliminated pointless help seeking and allowed him to settle. The third client is a 78 year old married woman with very troublesome arthritis, and mixed anxiety and depression. Therapy is proceeding slowly and persistently, incorporating a relationship focus, as

there is evidence of secondary gain issues maintaining the behaviour.

Memory systems for people with dementia: Facilitating independence and quality of life

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A comprehensive memory system can greatly assist people with memory and organisational deficits to continue living independently in their own homes. A series of case examples will illustrate how such systems can be implemented. While such systems can be of great value, there can be many obstacles to overcome. The system requires a major change in the arrangement and organisation of the home. Individuals so affected forget the main reasons for introducing the system and can lack the consequential reasoning to appreciate the potential benefits. While other family members do appreciate the potential benefits they are often reluctant to "upset" their relative by introducing change. Suggestions on how to overcome resistance to placing the board; how to organise the categories, and how best to teach/encourage the use of the board are discussed. Short handouts and mini-contracts will be provided.

Detecting dementia: The value of qualitative aspects of verbal fluency

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Early diagnosis can assist the person with dementia, the family, health professionals, and the health budget but detection can be difficult. Concerns about memory loss are the most common reason for referral to specialist diagnostic services. However, with many older people with complex comorbid conditions an abbreviated assessment is required. Verbal fluency tests are frequently part of any such assessment, often the number of animals named within a 60 second period. By examining the number of words provided in each of the 15-second blocks additional significant information is obtained, often pinpointing strategy generation deficits. By also requesting as many animals in increasing size, sequencing, cognitive flexibility and organisational deficits can also be detected. The norms for this sequencing task appear to have little variation amongst cognitively intact people but it is sensitive to deficits. Combining this task with brief memory, constructional, and visual reasoning tasks helps to detect deficits, especially amongst higher functioning people.

Implicit behavioural mimicry: Investigating the impact of group membership

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Two experiments investigated the impact of group membership on non-conscious behavioural mimicry. Female participants viewed videotapes of female confederates who rubbed their faces whilst describing a picture. The extent to which the participant mimicked this face rubbing behaviour was assessed from video footage taken using a hidden video camera. Experiment 1 showed greater mimicry of a member of an in-group than of a member of an out-group. Experiment 2 showed both explicit and implicit liking of a target group to predict the extent of mimicry of a member of that group. There was a positive relationship between implicit liking and mimicry but a negative relationship between explicit liking and mimicry. Results are discussed in terms of processes underlying mimicry.

Mental health and well-being of refugee children and adolescents in South Australia

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The mental health status of refugee children and adolescents has received scant scholarly attention despite the fact they are at high risk of developing mental health problems. This lack of research greatly hinders the ability of mental health planners and service providers to address unmet needs. To the authors' knowledge, the present study is the largest of its kind undertaken in Australia. Approximately 800 children and adolescents aged between 4 and 17 years from Africa, Asia, Eastern Europe and the Middle East will participate in the research. The study will be conducted over three years and will combine quantitative and qualitative approaches. A range of outreach strategies in multiple settings such as homes, schools and community, will be employed to access participants. Cross-informant information gathered from children, parents and school teachers will provide important insights into the prevalence and nature of refugee child and adolescent mental health problems. In addition to problem identification, the study will explore resilience characteristics that enable children and adolescents to cope in the face of difficulties. The findings will provide mental health planners and service providers a comprehensive knowledge base from which to develop more effective and culturally responsive services. This paper reports on the progress to date and learnings from this innovative project.