

sju Psychology News & Notes

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Saint Joseph's University Department of Psychology

The Chair's Corner



It is with very mixed feelings that I announce the retirement of Mrs. Clare McAneny, administrative assistant *par excellence*. As anyone reading this newsletter likely knows, Clare has been the smiling face of the Saint Joseph's Department of Psychology for many years. Generations of our undergraduate and graduate students have been greeted by Clare whenever they set foot in the Department. Almost all of them received help from her in matters academic and personal at one time or another. Clare leaves some big shoes to fill, and she will be missed by faculty and students alike. Look for an appreciation of Clare's many years of service to Saint Joseph's elsewhere in this newsletter.

The Department continues to expand its programmatic offerings, in pursuit of *magis* and a richer experience for our students. Recently, the Department initiated a new clinical concentration as part of its curricular offerings. The purpose of the concentration is to support those Saint Joseph's Psychology majors who are interested in pursuing careers in clinical psychology or counseling psychology. It is a cluster of courses that Psychology majors should take if they wish to be successful in applying for admission into clinically-oriented graduate Psychology programs. The concentration will provide these students with the knowledge base that they need to be successful in clinical programs.



From left to right: undergraduate research assistants Kristen Boyle, Megan Strickland, Erin Mulholland, Tori Perko, and Ariana Palma.

Entitlement Leads to Depression?

According to psychologist Jean Twenge, today's young people feel more entitled than ever before – yet, she claims, they are also “miserable,” implying a link between psychological entitlement (the feeling that one “deserves more than others”) and depression.

Dr. Phyllis Anastasio, and undergraduate research assistants Kristen Boyle, Erin Mulholland, Ariana Palma, Victoria Perko, and Meghan Strickland, are investigating that potential link. It is quite possible that those who score high in psychological entitlement experience events differently than those who score low. For instance, many students have to look for new housing for the following semester. One student may describe it as “fun to look at the potential houses we could rent” while one who is high in entitlement could describe the same event as “stressful.”

The courses that make up the concentration include:

- Developmental Psychology (PSY 231)
- Abnormal Psychology (PSY 232)
- Clinical Psychology (PSY 300)
- Psychological Assessment (PSY 301)
- Internship (PSY 390)

-Donald S. Leitner, Ph.D.

Entitlement Leads to Discussion? continued...

Several years ago, in another research project conducted by Dr. Josephine Shih, 80 undergraduate students were asked to briefly describe five events per week over an 8-week period; those events could be positive or negative. In addition to the weekly-recorded events, weekly depression scores were collected, and students' levels of psychological entitlement were measured prior to the start of the project. Dr. Anastasio's research team is currently coding the description of each recorded event (5 events per week over 8 weeks, across 80 students = 3200 descriptions!) for how each was interpreted by the person reporting it. The research team works closely together in order to come to an agreement about how each event was interpreted. They will then investigate whether those who scored high on entitlement described events more negatively than those low in entitlement; if so, they will also look at whether these descriptions triggered higher depression scores for that week. Should a link be found between entitlement and depression, it will be the first study of its kind to scientifically establish something that has been in the popular press for years.

Student Profile: Courtney Padrnos

Many psychology majors work hard to get the most out of their college experience. They get involved with busy class-related and life-related experiences, take on extracurricular activities, target interesting and challenging courses, and spend what free hours they have left volunteering their time working in one of the faculty member's laboratory. Courtney Padrnos is one such student that seems to be able to do it all and is able to maintain one of the highest GPAs in Psychology as well as her sanity. Besides her busy courses, on the academic side, Courtney has done internships, volunteered in Dr. Alex Skolnick's Emotion-Health Laboratory, and conducted her own Independent Research Project in his lab that she will present at research conferences later this spring. Beyond academics, Courtney spends many of her off-campus hours taking care of her active 4-year-old cousin. Courtney said that, *"(T)his family time also provided me with the opportunity to put much of my behavioral and developmental coursework in context."*



One thing that has been driving Courtney these 4 years is her singular concrete goal: **Courtney Padrnos and her cousin, Sage.** successfully compete in the crowded field looking to get into advanced degree programs in clinical or counseling psychology. Courtney has had this career idea for four years, and has been smartly targeting certain courses and internships, and research experiences to get into her choice clinical masters program (which she did!). Courtney on her career goals: *"The experiences I have come to accumulate at SJU have given me the ability to see where I want my life to go. My academic goal to pursue a master's degree in clinical counseling, and ultimately my doctorate, will lead me to my professional goal of becoming a practicing therapist."*

The research she is conducting in Dr Skolnick's Lab is also worth mentioning. The study tests the hypothesis that men more than women might not report their actual feelings when those feeling involve disgust. To address this hypothesis, Courtney tests men and women in two different conditions, a control situation where she records their heart rate at first but then disconnects them from the device and lets them rate their disgust of gross pictures. However, in the experimental condition, Courtney records their heart rate throughout the session and tells them that the physiological measure allows her to know the truth of their feelings while they rate the same gross pictures. Preliminary results show that only men are influenced by the experimental condition, in which they report their disgust more in-line with their disgust feelings than men in the control condition. *"Becoming an active participant in research gave me an opportunity to gain first hand experience with a respected professional in the field and provided me with the foundation I needed in order to conduct my own study. As a result of my involvement in research, I became a stronger candidate for graduate school as well."* Courtney will present this study at the upcoming Philadelphia Regional Psi Chi Conference at Temple University and at the Sigma Xi Conference here at SJU.

Courtney Padrnos will graduate this spring and in the fall will begin the master's program in Clinical Counseling Psychology at La Salle University.



Faculty Profile: Dr. Jodi A. Mindell



Dr. Jodi A. Mindell, Professor of Psychology and Director of Graduate Psychology at Saint Joseph's University in Philadelphia, is a clinical psychologist specializing in pediatric sleep medicine. Her specific research interests are in the assessment and treatment of behaviorally-based sleep disorders, pharmacologic treatment of pediatric sleep disorders, and cultural issues impacting sleep. Dr. Mindell has written extensively on pediatric sleep disorders and presented over 300 papers at national and international conferences. She is the author of *Sleeping Through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep* (HarperCollins, 2005), *Sleep Deprived No More: From Pregnancy to Early Motherhood - Helping You and Your Baby to Sleep Through the Night* (Marlowe, 2007), and co-author of *A Clinical Guide to Pediatric*

Sleep: Diagnosis and Management of Sleep Problems (Lippincott Williams & Wilkins, 2010) and *Take Charge of Your Child's Sleep: The All-in-One Resource for Solving Sleep Problems in Kids and Teens* (Marlowe, 2005).

Additionally, Dr. Mindell is the associate director of the Sleep Center at the Children's Hospital of Philadelphia. She was vice-chair of the Board of Directors of the National Sleep Foundation and on the Board of Directors of the Sleep Research Society. She co-founded and co-chairs the annual international Pediatric Sleep Medicine conference (www.pedsleepmedconference.com). Dr. Mindell has made over 300 radio and television appearances discussing children's sleep disorders. Furthermore, she is on the Advisory Board of Johnson's Baby and on the Board of Advisers of Parents magazine.

Brain Awareness Week

This March, Saint Joseph's University hosted its first Brain Awareness Week under the direction of Dr. Elizabeth A. Becker and with support from the SJU Office of Mission and Identity. More than 100 5th and 6th grade students from Gompers Elementary came to campus to learn about the brain through hands-on activities. Among the most popular activities were building neurons out of candy and seeing a real human brain. Brain Awareness Week is an international campaign that aims to raise public awareness of brain related research. Our goal in working with students from Gompers was to bolster enthusiasm for the sciences in young kids from our Philadelphia community. Eight Saint Joseph's University graduate and undergraduate students participated as teacher's in this year's event which was held during spring break.

Congrats to Clare McAneny on her Retirement!

At the completion of the spring semester, the SJU Psychology Department family will be saying goodbye to one of its most beloved members. Our amazing Administrative Assistant, Clare McAneny will be retiring after 17 years of service to Saint Joseph's University. Clare joined the university community in 1997 and working the Financial Aid Office and the College of Arts and Sciences Dean's Office prior to joining the Psychology Department in 2001. She is the proud mother of two SJU alumni, and her warmth, humor, and tireless efforts on behalf of SJU students and faculty have made her an irreplaceable member of the SJU family. We congratulate her on her retirement and will miss her dearly.



Teaching Innovation Fund Grant

Elizabeth A. Becker, PhD, assistant professor of Psychology, was a 2013-2014 recipient of a Teaching Innovation Fund Grant. With the grant, she procured iPads for use in her Behavioral Neuroscience Course. Students were asked to document their progress on a semester-long, self-designed research project with photos and videos using the iPads. Weekly research updates were shared with local high school partners via educational blog posts created by the students. For their final assignment, students produced a 8-10 minute educational video on the research process from design to data collection and analysis. In a presentation entitled "Integrate iPad Technology into the Classroom: It's not Brain Surgery," Dr. Becker shared her experience with the class to the Saint Joseph's University community.

Upcoming Conferences & Events:

- 122nd Annual Convention of the American Psychological Association: August 7-10, 2014: Washington, DC
- 26th Annual Convention of the Association for Psychological Science: May 22-25, 2014: San Francisco, CA
- 55th Annual Meeting of the Psychonomic Society: November 20-23, 2014: Long Beach, CA
- 51st Annual Meeting of the Animal Behavior Society: August 9-14, 2014: Princeton, NJ
- 48th Annual meeting of the Association for Behavioral and Cognitive Therapies: November 20-23, 2014: Philadelphia, PA
- 44th Annual meeting of the Society for Neuroscience: November 15-19, 2014: Washington, DC
- 34th Annual Meeting of the National Academy of Neuropsychology: November 12-15, 2014: Fajardo, Puerto Rico
- 3rd International Flamingo Symposium: October 5-9, 2014: San Diego, CA



Dr. Eldar Shafir (Princeton University) delivering this year's Hyatt Lecture on Feb 27, 2014 on 'The Psychology of Scarcity' in the Mandeville Teletorium

Congratulations to the 2014 Psi Chi (International Honor Society in Psychology) Inductees

Alyssa Lipari, Jayson Cruz, Julie Smth, Emily Hachey, Stephanie Rescigno, Emily Rush, Michael Piombino, Meghan Jones, Esteban Valencia, Timothy Hilty, Sarah Mackell, Courtney Padrnos, Nicole Gallagher, Mary Hagar, Angelica Rocco, Kayla Kopchak, Alexandra Pappas, Alyssa Hertz, Francesca Gatti, Kathryn Mitchell, Stephanie Criniti, Charles Ferris, Julie Boyle, Croy Laughlin, Rebecca McCulloch, Emily Grossner, Emmanuel Anderson, Brittany Boyd

Alumni Notes:

Sarah DeYoung (MS '09) has earned a Ph.D. in Psychology and Public Interest from North Carolina State University.

Sarah Jablonski (MS '08) has earned a Ph.D. in Psychology with a specialization in Behavioral Neuroscience from the University of Delaware.

Stephen La Monica (BS '00, MS '01) is a Project Manager at ERT, a leading provider in patient safety and efficacy endpoint data collection solutions for use in clinical drug development. He currently focuses on the management and implementation of electronic Patient Reported Outcomes (ePRO) solutions designed to collect Quality of Life and Suicide Risk assessments across a broad range of pharmaceutical clinical trials and drug indications.

Are you a graduate of the SJU Psychology BS or MS programs? We would love to hear from you and share your news with others in Alumni Notes. Please direct your news and updates to Dr. Matthew Anderson at mander06@sju.edu. Be sure to indicate the year you graduated and which program you were enrolled in. If you would like to prepare a longer 'Alum Profile' we would be happy to consider it for inclusion as well.

Psychology Seen & Heard:

- Dr. Jodi Mindell appeared on Radio Times on NPR, April 1, 2014

Got News or Suggestions?

Contact the editors:

Matthew J. Anderson, Ph.D.
mander06@sju.edu

Philip Schatz, Ph.D.
pschatz@sju.edu



Recent Publications:

- Anastasio, P. A., & Rose, K. C. (2014). Beyond deserving more: Psychological entitlement also predicts negative attitudes towards personally relevant out-groups. *Social Psychological and Personality Science*, doi: 10.1177/1948550613519683.
- Anderson, M. J., & Ialleggio, D. M. (2014). Behavioural Laterality as a Predictor of Health in Captive Caribbean Flamingos (*Phoenicopterus ruber*): An Exploratory Analysis. *Laterality: Asymmetries of Body, Brain and Cognition*, 19, 12-36.
DOI:10.1080/1357650X.2012.753453.
- Kellman, P.J., Mnookin, J.L., Erlikhman, G., Garrigan, P., Ghose, T., Mettler, E., Charlton, D., & Dror, I.E. (2014). Forensic comparison and matching of fingerprints: Using quantitative image measures for estimating error rates through understanding and predicting difficulty. *PLoS One*, 9(5), e94617.
- Mindell, J. A., & Moore, M. (2014). The impact of behavioral interventions for sleep Mindell, J. A., & Meltzer, L. J. (2014). Pediatric sleep. In M. C. Roberts, B. S. Aylward, & Y. P. Wu (eds). *Clinical Practice of Pediatric Psychology: Cases and Service Delivery*. New York: Guilford.
- Peluso, A. I., & Anderson, M. J. (2014). The role of lateralization in feeding behavior and scratching preference in relation to social behavior in captive Caribbean flamingos (*Phoenicopterus ruber*). *Animal Behavior and Cognition*, 1, 51-65.
- Royer, E. A., & Anderson, M. J. (2014). Evidence of a dominance hierarchy in captive Caribbean flamingos and its relation to pair bonding and physiological measures of health. *Behavioural Processes*, 105, 60-70.
- Lichtenstein J., Moser, R.S., Schatz, P. (2014). Age and test setting affect the prevalence of invalid baseline neurocognitive test scores. *Am J Sports Med*, 42(2), 479-484.



Post Hall, Home of the SJU Department