Psychological Science III
JAAC 5008

7:00 p.m.-7:15 p.m.
The Good Judge: Personality Judgement Accuracy on Instagram and Twitter
Rachel Holloway, Ragan Wilson, Daisha Cane, & Rose Prophete
Faculty Advisor: Patrick Morse, Ph.D.

First impressions and personality judgements are made every day of our lives. In an increasingly online world, the way we meet people is often through social media. This study looks to assess the accuracy of personality judgements based on information from Instagram and Twitter while considering personality qualities that make a good judge. In order to explore the qualities that make a good judge, participants completed a self-report Big Five Personality Inventory (John & Srivastava, 1999) assessment before viewing a target's Instagram and Twitter posts. After viewing each medium respectively, the participant judged the target's personality. Their ratings were correlated with the target's self-report answers to assess judgement accuracy. It is anticipated that both mediums will elicit accurate results, but the Instagram condition will elicit greater accuracy. It is also anticipated that judges who score higher on conscientiousness will be better judges across mediums. We hope to find that online personality judgements can be accurate and helpful in an age of social media, suggesting that the judgements we make online can in fact be accurate and help our interpersonal relationships.

7:15 p.m.-7:30 p.m.
The Impact of Lighting on the Relationship Between Mental Imagery and Pupil Diameter
Ragan Wilson, Allie Holmes, Lizzie Weintraub, and Faizi Crofts
Faculty Advisor: Lonnie Yandell, Ph.D.

Research shows that mental imagery produces physiological changes in the eye (Laeng and Sulutvedt, 2013), but to understand how this relationship works, it is important to understand how it could be impacted by outside factors. This current study explores how levels of light in the environment could affect the relationship between mental imagery and pupil diameter. Approximately 55 Belmont University students, who were randomly assigned to one of three laboratory lighting conditions: a darkened room , medium light room, or bright light room. Participants were then brought into the appropriately lighted lab to complete a mental imagery task, a PowerPoint consisting of 7 slides with words that were designed to lead the participants to think of scenes or objects possessing either dark or bright levels of illuminance. For the duration of the task, participants' pupil diameters were measured using an eye tracking device. This study contains two hypotheses. First, we hypothesize that bright mental imagery will result in smaller pupil diameters than dark mental imagery. Second, we hypothesize that the bright light environment will produce the smallest pupil sizes compared with the other two lighting conditions. This study is important because, when it comes to investigating physiological

reactions to cognitive processes, it is important to understand all of the factors that could possibly go into that reaction.

7:30 p.m.-7:45 p.m.
Assortative Mating As a Function of Personality-Relevant Faces
Piper Cleveland, Ashtin Faulkner, Allie Holmes, & Cille Taylor
Faculty Advisor: Patrick Morse, Ph.D.

First impressions help people to infer the personalities of others, and first impressions are often made based on people's facial appearance alone, which research shows can convey personality traits. Assortative mating and attraction have been suggested to be functions of personality considering that people are attracted to similar others in terms of physical, behavioral, and psychological characteristics (Lutz, 1905). Some studies show, however, that regardless of one's personal level of extraversion, people are generally more attracted to people with facial features associated with extraversion (Fink, Neave, Manning, & Grammer, 2005). It is important to study personality judgment based on appearance because these snap judgments can impact relationships. For example, people have a tendency to choose partners who are similar to them in appearance and personality (Little, Burt, & Perrett, 2005). The present study aims to investigate whether or not assortative mating will occur when judging different personality-relevant faces. We hypothesize that participants will rate personality-relevant faces as more attractive when the face corresponds with their own score on each of the big five personality traits. We also hypothesize that regardless of each participant's score on extraversion, all participants will rate the face associated with high extraversion as more attractive than the low extraversion face. In order to test these hypotheses, the experimenters asked participants, fifty college males and females ages 18 to 22, to complete an online survey in which they described their personality and chose the more attractive face from a pair of personality-relevant faces.

7:45 p.m.-8:00 p.m.
The Impact of State and Trait Anxiety on Emotional Interpretation
Ragan Wilson
Faculty Advisor: Lonnie Yandell, Ph.D.

Writing, in the form of text messages, is a common and growing communication medium (Duggan, 2013). This form of media requires for the receiver to try to understand the emotions behind the words, a process called emotional interpretation (Mathews & Mackintosh, 2000). The current study seeks to explore the impact temporary state anxiety and personality trait anxiety (Meijer, 2001) has on emotional interpretation of written text. Prior to arriving in the lab, approximately 45 Belmont University students were randomly assigned into either a state anxiety or a control condition. All participants then completed a trait anxiety questionnaire disguised as a personality assessment. They then completed a task that involved looking around at a completely blank, gray environment in virtual reality to get the participants used to being in virtual reality.

Depending on the condition, the participants completed a counting task in either a horror (anxiety priming) or a relaxation virtual reality experience. After both tasks, all participants completed a state anxiety questionnaire and an emotional interpretation questionnaire in counterbalanced order. I am predicting that across both groups of high trait and low trait anxious participants, those exposed to the anxiety primer should interpret ambiguous text more negatively than those in the relaxation condition. This study is important because it is examining the role that state anxiety and trait anxiety play in interpreting emotion expressed in writing.

8:00 p.m.-8:15 p.m.
Personality Perception on Professor Preference
Sydne Richardson, Maeve Fitzpatrick, Christian Candler, Ellyn Webster
Faculty Advisor: Patrick Morse, Ph.D.

Each student encounters many teachers in their time in school, and previous research has suggested that teacher student relationships, and the extent to which their personalities align, is a key predictor of academic performance, student achievement, and self-efficacy (Abrami, Perry, & Leventhal, 1982). In this study, we are testing whether the extent to which a student's personality aligns with a past professor's personality is related to their level of preference for that professor. Previous research has shown that similar personalities can bring people together, and within academia, specific traits are desirable depending on the topic at hand. However, there is a distinct lack of research examining the effects of differences in student personality related to professor personality. Our hypothesis states students will prefer professors with similar personality traits to themselves. Sixty-two undergraduate students ranging in age from 18 to 42, enrolled in an Introductory Psychology Course, were given multiple surveys. Participants completed two 44-item Big Five Inventory (BFI) surveys, one to describe themselves and one to describe a professor who has stood out to them. They also completed a 20-item likability survey regarding the same professor. We will expect our results to support our hypothesis that students prefer professors with similar personality traits to their own. With the present study, we hope to add to existing literature on personality match between students and teachers, seeing if students' choices reflect their personality traits.

8:15 p.m.-8:30 p.m.
Assessment of Physical Fitness and Physical Self Esteem
Hunter Foltz, Jasmine Niazi, Seema Patel, Austin Townsend
Faculty Advisor: Linda Jones, Ph.D.

The present study investigates the impact of physical fitness on a participant's perception of their physical appearance and physical self-esteem. Research suggest that there is continuity between the way people feel about their physical self-esteem and physical appearance, but does not correlate with people's actual level of physical fitness. This research tested the validity and reliability of the Fear of Negative Appearance Evaluation Scale (FNAES) and Physical Appearance State and Traits Anxiety Scale (PASTAS). In order to examine the participants on their physical fitness, physical appearance, and physical self-esteem, we used a BMI scale, along with a sit-and-reach test, 1-minute sit up test, a 1-minute push-up test, and a 3-minute VO2 max

step test. We hypothesized that individuals who score lower on their initial physical test compared to the established norms will exhibit a lower or negative perception of their physical appearance and physical self-esteem

8:30 p.m.-8:45 p.m.
Synchronization of Pace to Music Tempo
Cassandra Canaday, Denisha Morris, Deja Shaikhutdinov, Janai Todd
Faculty Advisor: Linda Jones, Ph.D.

Synchronization is when multiple things happen or operate at precisely the same time or pace. Music plays a role in our everyday lives and is all around us, but music has also been seen as a motivator when exercising. We see it used throughout the sports training and competition world. Music can influence our performance in multiple ways: it can enhance performance, distract from perceived exertion, cause dissociation, and encourage synchronization (U.S. Academy, 2012). The purpose of our study is to contribute to the field of health psychology by examining if music has an effect on an individual's pace while using a treadmill. We define the term pace by running, walking, or jogging. In doing so, we aim to see if the number of steps a person takes corresponds with the beats per minute of the music tracks**.** Our first hypothesis is that change in music tempo corresponds to synchronization of pace. The second hypothesis is the number of steps a person takes will correlate with the beats per minute on each music track, indicating synchronization of pace. On slower tracks with fewer beats per minute we predict that an individual will take more steps, while on faster tracks the steps will match the beats per minutes. We will also examine if the individuals reach their target heart rate.

8:45 p.m.-9:00 p.m.
Investigating the Role of Aerobic Fitness and Its Effects on Stress Management
Andrew Dudley, Puti Wen, Carolyn Stewart, Faith Gipson
Faculty Advisor: Linda Jones Ph. D.

In February 2017, American Psychological Association showed a significant increase in reported stress for the first time in 10 years. Dawson et al (2014) showed the effectiveness of a somatic and cognitive audio script in reducing stress, but current research gives conflicting information for the relationship between aerobic fitness level and stress reduction. This study examined the relationship between stress reduction and aerobic fitness level to further our understanding of stress and coping. A YMCA step test was done to determine aerobic fitness level, and participants were exposed to one of three treatments: somatic script(deep breathing), cognitive script (guided visual imagery) or a control group of birds in nature. We hypothesized that regardless of the treatment, participants with better aerobic fitness will respond more effectively to the coping methods than those who do not have good aerobic fitness. We also hypothesized that participants in the somatic treatment group will show greater reduction in stress compared to the cognitive treatment group and control group.