Poster Presentations

Poster Presentation (Paper #18)
Tuesday 8 October 2013 – 6:00pm (Hall 2)
Revising the Australian Self-Reported Delinquency Scale and the psychosocial control framework of delinquent behaviour: A stakeholders’ study
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Delinquency and other adolescent problem behaviours, especially problem drinking, are on the increase in Australia, leading to significant concern and justification for early intervention. Despite evidence of empirically tested theories and measures of delinquency, such as psychosocial control theory (Mak, 1990) and the Australian Self-Reported Delinquency Scale (ASRDS; Mak, 1993), there is a need to revise and review their utility in regards to describing and explaining contemporary adolescent problem behaviours. As such the aims of this preliminary study were twofold. Grounded in thematic analysis, the overriding aim was to access information, through focus groups, regarding perceptions of current forms of rule-breaking behaviours and their causes using a theoretically-flexible framework. Participants comprised three separate stakeholder groups: six male adolescents aged 17; seven mental health professionals experienced at working with young people; and six police officers. Comments on the original ASRDS resulted in a number of suggested changes in wording and deletion of out-dated items, as well as the addition of cyber behaviours (e.g., online stalking/trolling, and sexting). Additional items such as purchasing cigarettes, consuming or dealing illicit drugs, cruelty to animals, obtaining or forging a fake identification or other documents, and illegally downloading music and movies were endorsed by all groups. Consensus regarding risk factors for engaging in rule-breaking behaviours was also evident among stakeholders. Risk factors identified included: lack of parental attachment, parental neglect or modelling of inappropriate behaviours, peer attachment, sensation seeking, impulsivity, poor school bonding, lack of perceived seriousness of actions, cultural norms, and mental illness. With the exception of mental illness and cultural factors, these risk factors were consistent with the components of Mak’s (1990) psychosocial control theory of delinquency. The current stakeholder consultations will inform future quantitative research using a revised self-reported delinquency scale and an expanded psychosocial control theory. This new approach may be useful in underpinning interventions aimed at addressing adolescent delinquency, problem drinking, and possibly additional types of problem behaviours.

Poster Presentation (Paper #221)
Wednesday 9 October 2013 – 5:30pm (Hall 2)
Therapeutic Communities – are they effective for substance use treatment? What the evidence tells us
THOMPSON, B. (University of Canberra; ACT Health), MAGOR-BLATCH, L. (University of Canberra; National Drug and Alcohol Research Centre, University of NSW; Psychology and Substance Use Interest Group), BHULLAR, N. (University of New England)
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Therapeutic Communities (TCs) have been established in Australia since the early 1970s, and overseas since the 1950s. Traditionally, TCs work with people with substance use disorders who are considered to be at the severe end of dependency and with a range of co-occurring mental health and psychosocial issues. The aim of this study was to systematically review quantitative research since 2000 on the effectiveness of residential therapeutic communities (TCs) for the treatment of substance-use disorders with reference to substance-use, crime, mental health and social engagement outcomes. A systematic search with broad inclusion criteria resulted in the review of 11 studies. The studies investigated community-based TCs, as well as TCs modified for prisoners, prisoners transitioning to community living, and TCs for individuals with co-occurring substance-use
and mental health issues. Results were analysed by the comparison method used in the study; three investigated within-subjects outcomes, four compared TC treatment with a no-treatment control condition and four compared TC treatment with another treatment condition. Consistent with previous systematic reviews of TCs, outcomes varied across studies but indicated TCs are generally effective in reducing substance-use and criminal activity and increasing mental health and social engagement.

**Poster Presentation (Paper #199)**  
*Wednesday 9 October 2013 – 5:30pm (Hall 2)*  
Data collection processes transforming practice in youth mental health services  
RICKWOOD, D. (University of Canberra)  
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Data collection processes for health service monitoring and reporting are usually considered burdensome by service providers and irksome by clients, and the data provided are invariably found to be poor quality by those who need to use it. Headspace centres have also been plagued by these common problems whereby data processes were not effectively meeting organisational, staff or client needs. In response, Headspace has developed and implemented an innovative data collection process, which has overcome many problems and had multiple additional benefits at many different levels.

This paper describes the Headspace Minimum Data Set (MDS) application, its development and the methods used to support its implementation and uptake in Headspace centres. Development of the new data items and web-based system required considerable collaboration as well as an extensive change management process to ensure uptake of the new system. Multiple benefits have been achieved by the new system, beyond those originally planned. These have included benefits for clients and service providers related to clinical care and client participation in health care. Implementation of the MDS application demonstrates how good data processes can become a valuable tool for transforming practice in youth mental health services.

**Individual Research Papers**

**Individual Research Paper (Paper #91)**  
*Thursday 10 October 2013 – 1:40pm (Meeting Room 1)*  
Working with amphetamine users: Evaluating the effectiveness of a specially-designed treatment intervention  
MAGOR-BLATCH, L. (University of Canberra; National Drug and Alcohol Research Centre, University of NSW; Psychology and Substance Use Interest Group), COPELAND, J. (National Drug and Alcohol Research Centre, University of NSW), HOWARD, J. (National Drug and Alcohol Research Centre, University of NSW).

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An estimated 14.3–52.5 million people worldwide use amphetamine-type stimulants (ATS), increasing to between 38 and 100.1 million when cocaine and Ecstasy are included. ATS use is associated with a range of negative physical and mental health consequences, resulting in substantial costs to the community in health care, criminal justice and other psychosocial factors, including child protection and family support. Although there are few evidence-based treatments for this population group, ATS were the fourth most common principal drug of concern for which treatment was sought in 2009–10 in Australia. This study describes the development and evaluation of a Group Intervention for ATS users (GIATS), which combines Cognitive Behavioural Therapy with Acceptance Commitment Therapy and Mindfulness approaches. Using a quasi-experimental study approach, outcomes for participants undertaking the GIATS (n=125; 83 males) in one of five Australian therapeutic communities were compared with participants receiving Treatment as Usual (TAU) (n=122; 75 males) in matched treatment settings. Participants were interviewed and completed self-report questionnaires of psychosocial measures at baseline (T1) entry to the study and at two follow-up points over 18 months. Results for both groups at T3 (second follow-up) showed statistically significant and clinical improvement over baseline on a number of measures. Differences between the groups did not show
significance, however, results at indicated better outcomes for those receiving the GIATS. At T3, results showed reduced substance use and criminal offending, as well as improvement on a range of psychosocial measures, including mental and physical health, psychopathology and executive function. These findings provide evidence supporting the effectiveness of the GIATS. Aspects considered to be most beneficial include activities based on Acceptance Commitment Therapy (ACT) and Mindfulness. These are notable, given the severe deficits in cognitive functioning and level of comorbid presentations that were evident at baseline, and continuing post-treatment.

Individual Research Paper (Paper #130)
Thursday 10 October 2013 – 10:30am (Hall C)
The influence of online social networking on adolescent girls' body surveillance, internalisation & body dissatisfaction
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Body image is a pressing concern for adolescent girls. The development of girls’ body dissatisfaction has been explained by objectification theory (body surveillance) and internalisation of the media ideal (internalisation). While the relationships between traditional forms of media and body surveillance and internalisation have been established, little research exists on the potential effects the Internet, and in particular online social networking, has on girls' body shame, appearance anxiety, and body dissatisfaction. This study aimed to explore the relationships between social networking, body surveillance, internalisation, body shame, appearance anxiety, and body dissatisfaction, in adolescent girls. It also aimed to explore the mediating effects of body surveillance and internalisation on the relationships between social networking and body shame, appearance anxiety, and body dissatisfaction, respectively. A sample of 65 Australian high school girls (mean age = 12.5 years) completed a self-report questionnaire assessing social networking use, body surveillance, internalisation, body shame, appearance anxiety, and body dissatisfaction. The results indicated that social networking was related to the body image variables; however, statistical significance reduced when analyses using only those that reported using social networking were conducted. Nevertheless, body surveillance and internalisation effectively mediated the relationships between social networking and the body image variables. This research indicates the clear need for future investigation into modern forms of media, and for prevention and intervention programs to address the impacts that online social networking and the Internet have on girls’ body image.

Individual Research Paper
(Paper #197)
Wednesday 9 October 2013 – 2:15pm (Hall D)
Australia's innovation in youth mental health service delivery – impacts for headspace clients
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headspace youth mental health centres were initiated in 2006 as the Australian Government's response to high levels of need for mental health care and low levels of service use among adolescents and young adults aged 12-25 years. Services are being progressively rolled out across the nation, to achieve a total of 90 headspace centres by 2015. headspace represents an innovative reorientation of youth mental health service delivery, designed as highly accessible, youth-friendly, integrated service hubs and networks providing evidence-based interventions. The core service elements are mental health, alcohol and other drugs, general health and vocational support. Access to allied health services, often provided by psychologists, is a fundamental component of the model. This presentation aims to consider whether headspace is achieving its objectives related to improving young people’s service access and mental health and wellbeing. It presents the first data available from a new data system collection that was implemented at the start of 2013. Information on all headspace clients from January to June 2013 is used to describe the characteristics of young people who are presenting to headspace centres and the reasons for their attending. It also examines outcomes in terms of changes in levels of psychological distress, life satisfaction, and wellbeing for headspace clients. Results show that headspace centres are responding to high levels of need and that services are being provided to young people at all stages of mental ill health, although the majority are appropriately targeted as early intervention. Outcomes are being achieved in many relevant domains for most clients, although there are areas where there is need for improvement. Overall, however, Australia’s commitment to youth mental health through this substantial government investment is making a significant difference to large numbers of young people.
headspace was set up in 2006 to improve help-seeking options for young people in Australia by providing youth-friendly, in-person mental health service centres across Australia. In 2011, it added an online platform—eheadspace—to increase its reach and make seeking help from headspace even more accessible to young people. This presentation compares the characteristics of young people accessing the different service options in terms of their demographics, presenting problems, risk factors and other variables affecting help-seeking behaviour. The aim is to determine whether the online option is an extension of in-person service access or whether a different type of client is attracted to this form of service delivery. Data were obtained through the revised minimum data set applications used to collect information on all headspace and eheadspace clients between January and June 2013. Results show that there are some quite striking differences between clients accessing the in-person headspace services compared with those going online. In particular, relatively more young women go online, compared with young men who are more likely to attend in person. Levels of psychological distress on presentation are significantly higher for those accessing online services compared with those visiting a centre. The reasons for these differences are considered as well as the implications for increasing young people's help-seeking behaviour through the use of technology.

Symposia

Symposium (Paper #143)

Psychological perspectives on the decision to commit anti-doping violations

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Overarching abstract

In the last few years there has been a significant increase in social science research into performance enhancing drug (PED) use. This corresponds with a recognition that prevention, rather than detection, may be the best strategy for eliminating PED use in sport. This surge in research has produced some interesting insights into the processes shaping athletes’ attitudes towards PED use. Broadly speaking, there are internal factors (characteristics of the athlete) such as personality, goal orientation, and morality; and external factors (characteristics of the athlete’s sport, and social environment), such as type of sport (e.g., individual vs. team sport) and the attitudes/norms of peers, teammates, coaches, parents etc. This symposium brings together some of the latest Australian research on understanding the motives for PED use. The symposium begins with a review of theoretical models of substance use, highlighting the different challenges faced by athletes and non-athletes. The second paper reports on an empirical study comparing both athletes and non-athletes, showing how morality (specifically, Bandura’s process of moral disengagement) influences attitudes towards PEDs. The third paper, also drawing on empirical data, offers a psychological profile of athletes who intend to use PEDs.

Presentation 1

Sports people behaving badly: The use of licit and illicit drugs

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Athletes use drugs for a variety of reasons – some intentionally for medical or recreational purposes, and some inadvertently. Some athletes will use drugs deliberately - either on their own initiative or at the behest of others - to cheat, to gain an advantage over others by artificially improving their advantage in order to win. Some sports people use drugs, including both legal drugs, such as alcohol, as well as illegal drugs, recreationally. Alcohol enjoys a strong association with sport in Australia at all levels. Athletes, coaches and officials are often captured in the media celebrating a win with alcohol. Major brewing companies sponsor sporting events and numerous high-profile sporting teams are
affiliated with brewing companies via sponsorship agreements. This relationship is particularly cemented in many high-profile, male team sports that receive wide media exposure. Drug use in sport continues to change. The drugs favoured by coaches and athletes are subject to fashion and to efforts by the unscrupulous and sophisticated to avoid detection. Recreationally, there is another question, do athletes disproportionately misuse alcohol and other social drugs compared with their non-athlete counterparts? This presentation reviews the literature surrounding substance use and sport with reference to the models which underpin alcohol and other drug use and the expectations of competitors, sponsors, the media and spectators.

**Presentation 2**

**The relationship between moral disengagement, participation in sport, and attitudes towards performance enhancing drugs in young people**

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One of the factors that is emerging as central to understanding why some athletes use performance enhancing drugs (PEDs) is that of moral development. Morality can be conceptualised in a number of different ways, largely reflecting differing theoretical orientations and/or contexts. One of the most promising conceptualisations of morality for an understanding of PED use is that of moral disengagement (Bandura, 1991). Bandura proposes that those engaging in immoral action create ‘excuses’ for their behaviours. In this study we assessed the relationship between endorsement of moral disengagement mechanisms and attitudes towards performance enhancing drugs amongst junior athletes and non-athletes. 876 participants from three age groups (12-13; 14-15; and 16-17 years) stated the extent of their endorsement to six moral disengagement items in the context of doping (e.g., *In comparison to the damaging effects of alcohol and tobacco, the use of performance enhancing drugs is not so bad*). Participants also completed the Performance Enhancement Attitude Scale and were asked whether they intended to use PEDs in the next 12 months (athletes only). There were clear links between moral disengagement and attitudes to PEDs, with athletes who displayed the strongest levels of moral disengagement expressing the strongest pro-PED use attitudes (although still below the mid-point on the scale). Overall, the respondents (both athletes and non-athletes) showed high levels of moral disengagement, with PED use being justified most strongly because they ‘don’t hurt anyone’ and they help ‘to overcome one’s limits’. The findings of the present research show that there is a clear link between moral disengagement and attitudes towards PEDs. Findings are discussed in relation to the development of athlete education programs that aim to deter future drug use.

**Presentation 3**

**Psychological profiling of elite athletes intending to use performance enhancing drugs**

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The aim of this research was to profile the psychological characteristics of junior and adult athletes who were planning to use performance enhancing drugs. Two studies were conducted, the first with 436 elite development athletes (12-17 years of age), the second with 78 adult elite athletes. In the first study athletes completed a questionnaire which included sport specific measures of: attitudes to performance enhancing drugs; moral functioning; perceptions of drug use; socio-moral atmosphere and perceived motivational climate; intention to use performance enhancing drugs; and demographic information. In the second study, athletes also completed measures of the personality traits of conscientiousness, Machiavellianism and risk-taking. In the first study athletes were divided into groups based on their intentions to use performance enhancing drugs. There were 34 (7.8%) intending to use, 38 (8.7%) undecided, and 364 (83.5%) not intending to use. Statistically significant differences were found on measures of attitudes to drugs, perceived incidence of drugs use in sport, moral functioning, socio-moral atmosphere, and perceived motivational climate (performance sub-scale only). All differences were in the predicted directions. For example, athletes who were undecided and those intending to use drugs saw much higher rates of prevalence of drug use in sport than those not intending to use (a possible false consensus effect). They also see their teammates and coaches as endorsing such practices. In the second study conscientiousness was found to be significantly negatively related to athletes’ attitudes towards doping: athletes who presented higher on conscientiousness were less likely to have pro-doping attitudes. Machiavellianism and risk-taking
were not significantly linked to attitudes towards drugs. Taken together, the studies show that there are psychological differences between athletes who intend/don’t intend to use performance enhancing drugs. It may thus be possible to identify athletes with a psychological propensity to use performance enhancing drugs.

Symposium  
*Friday 11 October 2013*  
**Internationalising the Psychology Curriculum**  
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Many Australian Universities are now emphasising the need to internationalise their curricula in order to prepare their students for global work, and to enhance intercultural understanding and international approaches to global issues. For psychology students such an international approach is particularly important as human behaviour is so influenced by sociocultural factors. In this symposium four papers will examine different aspects of internationalisation in relation to psychology. Papers 1 and 2 report on a study abroad program in which a group of Australian students spent two weeks at the University of Macau. The first paper looks at the experience from the visiting Australian students’ perspective while the second paper is from the host institution’s perspective. Papers 3 and 4 then examine the approach of internationalising the psychology curriculum “at home” in order to make the internationalisation experience available to all students. The third paper provides a specific example of using this approach in a social psychology unit and the final paper examines the lessons learnt and academics reflections following the implementation of such internationalised units.

**Presentation 3**  
**Teaching intercultural competencies within the social psychology curriculum: An example of internationalising domestic students’ experience**  
**BROWN, P. M.** (University of Canberra), **MAK, A.S.** (University of Canberra), & **NEILL, J. T.** (University of Canberra)  
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This paper describes innovations introduced into a final year social psychology unit which aimed to enhance students’ intercultural awareness and competencies, while also highlighting the importance of cultural factors to an understanding of key topics in social psychology such as self-concept formation, group identity and helping behaviour. Two tutorial activities are described which drew upon the first two stages of teaching cultural competency described in the EXCELL program (Excellence in Cultural Experiential Learning and Leadership; Mak, Westwood, Ishiyama, & Barker, 1999); namely Alliance Building (activity 1) and Cultural Mapping (activity 2). The first activity involved students sharing the ‘story’ of their names within their introductory tutorial groups, with an emphasis on any cultural significance attached to their names. Students also created ‘maps’ which represented their self-schemas and discussed the cultural influences on the development of their self-concept and identity. In the second activity, conducted in tutorials four weeks later, students engaged in cultural mapping of requesting help. Two scenarios were mapped; one involved adopting the perspective of an international student asking for help, and one where students mapped themselves requesting help in an unfamiliar culture. This was followed by a discussion of situations where help could be offered and perceived cultural barriers to offering help. Students recorded their reflections on these activities via three reflective learning journal entries. In addition 51 students completed a measure of cultural learning at the end of semester, with over 80% of respondents agreeing that they had developed a greater understanding of cultural diversity and of cross-cultural interpersonal skills. A sub-sample (n = 37) indicated significantly higher levels of cultural learning in this unit compared to another final year psychology unit without cultural learning activities (p<.001). The potential benefits of these curriculum changes are discussed along with the challenges faced in teaching intercultural competencies to domestic students.

**Presentation 4**  
**Internationalising Psychology Education at Home**  
**MAK, A. S.** (University of Canberra), **BROWN, P. M.** (University of Canberra), **KNOTT, V. E.** (University of Canberra), & **NEILL, J. T.** (University of Canberra)  
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In response to economic globalisation and the high costs of student mobility programs, an educational movement called “Internationalisation at Home” (IaH) emerged in European higher education in the late 1990s. IaH action plans are directed towards developing curricula (in the home university) designed to cultivate international and intercultural perspectives in ALL students without requiring study-related travel (Crowther et al., 2001). At the University of Canberra, a successful trial of embedding intercultural competence development in the teaching of health psychology (Mak, 2012) has prompted the design of an Australian Government Office for Learning and Teaching Project titled “Internationalisation at Home: Enhancing the Intercultural Capability of Teachers, Students, and Curricula” (PP10-1810). The multi-disciplinary project aims to internationalise the learning and teaching practices in several fields of study - business, nursing, psychology, and pharmacy. The IaH innovations undertaken in an introductory psychology unit and a social psychology unit have been reported in Knott, Mak, and Neill (2013) and Brown, Mak, and Neill (2013), respectively. In this paper, we will reflect on the lessons learned from designing and implementing IaH in diverse units. Our discussion will draw on the opportunities and challenges presented by the University of Canberra’s Strategic Plan 2013-18, the demographics of the Australian psychology student population, and the Government’s white paper on Australians in the Asian Century.