

[POSTER SESSION A](#)

Thursday, January 17, 2013

Authors at their boards: 7:00 pm – 8:30 pm

A40

ACUTE PAIN, ATTACHMENT ANXIETY, & SOCIAL SUPPORT

Charles J. Arayata, Carol L. Wilson

N=42 undergraduates were randomly assigned to view supportive or neutral photographs while wearing an inflated blood pressure cuff. As expected, both the support prime and lower scores on attachment anxiety were associated with lower perceptions of subjective pain. Importantly, attachment was not linked to physiological arousal.

A54

PERCEIVED SOCIAL SUPPORT FOR RELATIONSHIPS AS A PREDICTOR OF RELATIONSHIP WELL-BEING, MENTAL AND PHYSICAL HEALTH IN SAME-SEX AND MIXED-SEX RELATIONSHIPS: A LONGITUDINAL INVESTIGATION

Karen L. Blair, Caroline F. Pukall

What role does approval for intimate relationships play in predicting the quality of relationships and the mental and physical health of the individuals within the relationship? A multi-year longitudinal study investigated this question and found approval to be positively linked to satisfaction, stability, and health in same-sex and mixed-sex relationships.

A90

DISENGAGING YOUR MIND DISTRESSES YOUR BODY: THE NEGATIVE IMPACT OF DISTRACTION ON CORTISOL RESPONSES IN NEWLYWED COUPLES

Erin E. Crockett, Lisa A. Neff, Timothy J. Loving

We tested the short-term and long-term effectiveness of two different types of distraction (i.e., self-distraction and substance use). We found that although using substances was associated with healthier cortisol slopes immediately, it was associated with unhealthy cortisol slopes long-term. Further, the use of self-distraction was never beneficial.

A222

LINGUISTIC INDICATORS OF PATIENT, COUPLE, AND FAMILY ADJUSTMENT FOLLOWING BREAST CANCER

Megan L. Robbins, Matthias R. Mehl, Hillary L. Smith, Karen L. Weihs

We examined how emotional and social language during a breast-cancer-related discussion relates to family adjustment. Results suggest that important information about how a family copes after breast cancer can be obtained by paying attention to sons' and daughters' emotional language and couples' personal pronoun use.

A273

CHICKEN OR THE EGG? THE LONGITUDINAL ASSOCIATIONS BETWEEN MARITAL SATISFACTION AND PHYSICAL HEALTH

Alice Verstaen, Sarah R. Holley, Claudia M. Haase, Robert W. Levenson

We examined links between marital satisfaction and physical health in a 20-year longitudinal study of married couples. Within-spouse results showed bidirectional relationships between health (musculoskeletal and cardiovascular symptoms) and satisfaction for both husbands and wives. Cross-spouse results showed that higher cardiovascular symptoms in wives predicted decreases in satisfaction for husbands.

A339

DO TEXT MESSAGES HELP OR HINDER STRESS REACTIVITY?

Emily D. Hooker, Sarah D. Pressman

To determine the effects of receiving text messages on physiological stress responses, male partners sent either 1) supportive messages, 2) neutral messages, or 3) no messages before his female partner completed a stress task. Females who received neutral messages showed lower SBP than the No Text and Support groups.

A341

EFFECTS OF SOCIAL SUPPORT VISIBILITY ON CARDIOVASCULAR AND EMOTIONAL RESPONSES TO STRESS

Julie A. Kirsch, Barbara J. Lehman

Visible (acknowledged) social support can exacerbate laboratory stress responses. The cost of visible support may be related to negative social evaluation. Negative emotional and cardiovascular responses were measured as participants anticipated a speech task, with visible or invisible support. Unconfounded social support conditions attenuated cardiovascular responses, regardless of support visibility.

A344

EMPTY NEST BUT NOT EMPTY HEART: GIVING EMOTIONAL SUPPORT TO ADULT CHILDREN LOWERS MORTALITY RISK IN OLDER ADULTS

Mary Y. Liu, Sara Konrath, Andrea Fuhrel-Forbis

We examined whether giving and receiving emotional support to children, parents, siblings, other relatives, and friends was associated with mortality risk among older adults. Findings suggest that giving support to adult children lowers mortality risk 17 years later, even after controlling for other support transactions, demographic, health, and risk factors.

A346

SWEAT YOUR WAY TO BETTER HEALTH: SOCIAL INFLUENCES ON REGULAR EXERCISE

Lindsay C. Morton, Rebekah L. Layton, Teresa Faulkner, Annamarie Riviuccio, Mark Muraven

A new measure of social support, as assessed through specific help and hindrance exchanges for exercise, was validated through exploratory factor analysis and confirmatory factor analysis. The relationships between exercise behavior, self-efficacy and self-regulation, and help and hindrance were examined in a third sample.

[POSTER SESSION B](#)

Friday, January 18, 2013

Authors at their boards: 8:00 am – 9:30 am

B15

CONFRONTING BIAS IN THE DOCTOR'S OFFICE: THE ROLE OF PROVIDER BIAS, STIGMA CONSCIOUSNESS, AND HEALTH AGENCY IN PREDICTING HOW HISPANIC PATIENTS ADDRESS DISCRIMINATION IN HEALTH CARE

Meghan G. Bean, Jeff Stone, Rebecca Covarrubias

We examined Hispanics' bias reduction strategy preferences when interacting with a low v. high bias doctor. Participants preferred to facilitate a positive interaction when bias was low but preferred to directly address high bias. Stigma consciousness predicted desire to address bias, whereas agency predicted desire to facilitate a positive interaction.

B74

ARE CIGARETTE SMOKERS BAD PEOPLE? CURRENT SMOKERS, FORMER SMOKERS, AND NON-SMOKERS EVALUATE THE AVERAGE SMOKER

Michael A. Frechen, Mark D. Alicke

Participants made judgments about cigarette smokers. Compared to current smokers, non-smokers and former smokers evaluated the average smoker as disgusting, socially unattractive, and unhealthy, but only non-smokers evaluated the average smoker as immoral. Former smokers judged the average smoker less immoral as the amount of time since quitting smoking increased.

B84

UNJUSTIFIED STIGMA AND INACCURATE PERCEPTIONS OF SEXUAL HEALTH

Kelly C. Grah, Deepti Joshi, Judith Zatzkin, Jes L. Matsick, Amy C. Moors, Terri D. Conley

The present research evaluates whether the stigma surrounding sexually transmitted infections and unprotected sex with a partner of unknown HIV status is warranted. Results suggest that sexual activities are perceived as unduly risky compared to other risky (non-sexual) activities and outcomes (e.g., chances of being in a fatal car accident).

B93

ENGINEERING EQUALITY: HOW NEGATIVE INTERACTIONS UNDERMINE THE HEALTH AND WELL-BEING OF MALE AND FEMALE ENGINEERS.

William M. Hall, Toni Schmader, Elizabeth Croft

The present survey study examined how interpersonal connections in the workplace contribute to professional engineers' health and well-being. Negative interpersonal experiences were the strongest predictor of health symptoms regardless of gender. Among women, but not men, negative interpersonal experiences also predicted lower organizational commitment and life satisfaction.

B127

THE ROLE OF WEIGHT STIGMA IN PATIENTS' HEALTH CARE DECISIONS: PREJUDICE AGAINST OBESE HEALTH CARE PROVIDERS

Kimberly J. McClure Brenchley, Eileen V. Pitpitan, Diane M. Quinn

A series of experiments examined the role of weight stigma in patients' health care decisions. Participants viewed profiles of potential professionals. Overall, obese professionals were less likely to be selected, to have their advice taken, and were viewed as less legitimate than non-obese professionals. Implications for health care are discussed.

B145

#### IS YOUR OPENING DOORS FOR ME HAZARDOUS TO MY HEALTH? BENEVOLENT SEXISM AND HEALTH EFFECTS

Elizabeth A. Pascoe

This research investigated whether benevolent sexism is related to negative health outcomes. Participants completed an online survey assessing their endorsement of and experience with hostile and benevolent sexism, their current psychological and physical health, and their regular participation in health-related activities.

B167

#### STIGMA AND CERVICAL CANCER

Melissa A. Shepherd, Mary A. Gerend

People who know that human papillomavirus (HPV)—a sexually transmitted infection—causes cervical cancer are more likely to stigmatize women with cervical cancer. Participants who read about a patient with cervical cancer caused by HPV rated her as dirty, dishonest, and unwise and felt morally disgusted, "grossed out," and unsympathetic.

B182

#### IMPLICIT STEREOTYPING OF HISPANIC PATIENTS: NONCONSCIOUS EXPECTATIONS FOR MEDICAL NONCOMPLIANCE AND RISKY HEALTH BEHAVIOR

Jeff Stone, Meghan G. Bean, Gordon B. Moskowitz, Terry Badger, Elizabeth S. Focella

Hispanic Americans face disparities in health outcomes compared with Whites. This research found that medical and nursing students explicitly report negative stereotypes about Hispanic patients related to medical noncompliance and risky health behaviors. Further, these stereotypes can be activated outside of conscious awareness upon exposure to Hispanic individuals.

B195

#### DISENTANGLING THE ROLES OF INTERNALIZED STIGMA AND DEPRESSION IN WOMEN'S ENROLLMENT IN HIV CARE IN KENYA

Janet M. Turan, Bulent Turan, Maricianah Onono, Elizabeth A. Bukusi, Abigail Hatcher, Craig R. Cohen

Is HIV-related stigma an important barrier to engagement in HIV care independent of depression? 165 pregnant HIVpositive Kenyan women were interviewed during pregnancy and after the birth. After adjusting for depression and other predictors, internalized stigma remained significantly associated with reduced enrollment into HIV care, while postnatal depression was not.

B212

#### STIGMA, COPING, AND MENTAL HEALTH AMONG SURVIVORS OF RECENT RAPE IN SOUTH AFRICA

Lauren H. Wong, Gail E. Wyatt, Christine Dunkel Schetter

This study investigated the effect of self and public stigma on mental health among South African women (17-50 years) reporting rape within past 6 months (N=173). Higher self- and public stigma was related to both PTSD and depressive symptoms. Greater avoidance coping mediated the relationship between public stigma and PTSD.

### [POSTER SESSION C](#)

Friday, January 18, 2013

Authors at their boards: 12:30 pm – 2:00 pm

C9

#### PHYSICAL PAIN AND GUILTY PLEASURES

Brock Bastian, Jolanda Jetten

Experiencing physical pain facilitates indulgence in guilty pleasures because concepts of punishment are embodied within the experience of pain. Two studies show that pain leads to self-reward but only when pain is experienced as 'unjust'. Painful experiences allow people to take liberty with pleasures that otherwise arouse feelings of guilt.

C16

#### 1. THIS TOO SHALL PASS: THE EMOTION-REGULATORY BENEFITS OF TEMPORAL DISTANCING FROM STRESSFUL LIFE EVENTS

Emma L. Bruehlman-Senecal, Ozlem Ayduk

Participants who reflected on a recent stressful event from a temporally distant perspective believed the event would have a lesser impact on their future than those who immersed. They also reported less emotional distress and better coping capabilities. This suggests that temporal distancing may serve an important emotion regulatory function.

C20

#### HOW TO OVERCOME THE BLINDING EFFECT OF STRONG HABITS - THE ROLE OF AFFECTIVE STATE

Julia S. Cada, Kuhbandner Christof, Reinhard Pekrun

Humans are often blind for more efficient solutions when less efficient solutions have been practiced before. We demonstrate that affect experienced during a break plays an important role for overcoming blinding effects of habits because happy participants were more likely to gain insight into more efficient solutions than sad participants.

C61

#### AFFECTIVE VARIABILITY ACROSS ADOLESCENCE: A TEMPORARY IMBALANCE BETWEEN HORMONAL AND COGNITIVE DEVELOPMENT?

Kathrin Klipker, Cornelia Wrzus, Antje Rauters, Michaela Riediger

Adolescence is a period with intensified affect experiences. However, little is known about underlying processes. Using a longitudinal study with 158 male adolescents, we investigated whether a temporary imbalance between hormonal changes and cognitive control, results in more within-person affect variability. We present results and implications of this temporary imbalance.

C69

#### IMPACT BIAS IN RECREATIONAL MARATHON RUNNERS

Kristi M. Lemm, Derrick Wirtz

To test impact bias, recreational marathoners predicted how they would feel if they succeeded or failed in a race, and reported feelings post-race. Predicted feelings were more intense than post-race; the difference was stronger for negative emotions. More experienced runners predicted less intense emotions, suggesting runners may learn from experience.

C71

#### A TEST AND ADAPTATION OF THE LONELINESS AND SEXUAL RISK MODEL

Brianna A. Lienemann, Christopher S. Lamb

The Loneliness and Sexual Risk Model (Torres & Gore-Felton, 2007) was adapted to include anxiety. Participants (N=887) completed an online survey. Structural equation modeling determined that the models fit once the path from loneliness to alcohol intoxication was removed and a path from alcohol intoxication to sexual compulsivity was added.

C79

#### INCIDENTAL PHYSICAL ACTIVITY FACILITATES POSITIVE AFFECT (EVEN WHEN EXPECTING THE OPPOSITE)

Jeffrey C. miller, Zlatan Krizan

Two lab studies demonstrated the robust effect of moderate, incidental physical activity -- a brisk, 10 minute walk -- on affect facilitation. Participants manipulated to expect to feel worse after activity experienced the same level of positive affect enhancement as those who were not manipulated compared to a no-activity control group.

C99

#### GRIN AND BEAR IT: THE INFLUENCE OF MANIPULATED FACIAL EXPRESSION ON THE STRESS RESPONSE

Sarah D. Pressman, Tara L. Kraft

This study investigated whether covert experimental facial expression manipulation influences the stress response. Findings revealed that smiling participants showed lower levels of heart rate during stress recovery with a slight advantage for Duchenne smiles. Non-aware smilers also reported less decrease in positive affect during stress.

C126

#### EMOTIONAL AND COGNITIVE OUTCOMES OF TRACKING HAPPINESS-RELATED ACTIVITIES AND COPING BEHAVIORS: EXPERIMENTS IN THE CONTEXT OF DAILY LIFE

Michele M. Tugade, Hillary Devlin, Yuna Shaughnessey, Lauren Mestitz, Madeline Hubbard

We examined outcomes of using mobile technology to track happiness-related activities and coping behaviors. In an experience-sampling experiment, reporting positive (vs. neutral) daily activities resulted in greater positive-emotion complexity and increased dialectical thinking. In a coping-intervention experiment, receiving SMS-text-reminders to use positive (vs. neutral) coping strategies resulted in health improvements.

C148

#### ETHNIC DIFFERENCES IN FATALISM AS A PREDICTOR IN WEIGHT MANAGEMENT EVALUATIONS

Robert M. Adelman, Virginia SY. Kwan

Though fatalism is associated with low self-esteem, anxiety, and aggression, it may not have negative connotations for all ethnic groups. In Asians, higher scores on fatalism predicted greater satisfaction with one's appearance, trying to lose weight more, and more-positive evaluations of a hypothetical individual trying to lose weight.

C155  
THE LATINO PARADOX: HOW ECONOMIC AND CITIZENSHIP STATUS IMPACT HEALTH  
Kelly Campbell, Donna M. Garcia, Christina V. Granillo, David V. Chavez  
We examined economic and citizenship status on health. For Latinos, ES had no effect on objective health. The Latino paradox existed at the lowest ES level for Americans, but not for non-citizens. For objective health, the paradox existed in both Latino groups at low ES, and Americans at mid ES.

C157  
IDIOCENTRICS ARE NOT NERVOUS: MODERATING EFFECTS OF INDIVIDUALISM ON ANXIETY PERCEPTION AND MENTAL HEALTH IN YOUTH UNEMPLOYMENT  
Minjung Cha, So Young Park, Hyun-joo Song, Younhee Roh  
The current study examines the moderating effect of individualism on the relationship between perceived youth unemployment anxiety and unemployment mental health. When the level of perceived youth unemployment anxiety as low, individuals endorsing individualistic values had better mental health than those with low individualistic values.

C158  
CULTURE AND SLEEP: EVIDENCE OF CULTURAL VARIATION IN HOW OUR BODIES SLEEP  
Benjamin Y. Cheung, Kosuke Takemura, Steven J. Heine  
Despite mounting evidence that humans naturally sleep in two short chunks, many in the public still believe that we need eight hours of continuous sleep to be healthy. We provide evidence that our sleep, and subsequently the relationship between sleep and health, may be culturally defined.

C178  
THE ASSOCIATION BETWEEN EDUCATION, PSYCHOLOGICAL STRESS, AND INTERLEUKIN-6 AMONG MEN AND WOMEN IN JAPAN  
Chiemi Kan, Mayumi Karasawa  
The aim of this study was to investigate the effect of education and psychological stress on interleukin-6 (IL-6) among men and women in Japan. Higher IL-6 was associated with lower education only among women and higher psychological stress only among men. These results showed similar patterns in the US findings.

C206  
HEALTH, ETHNICITY, AND ATTACHMENT STYLE  
Meriam Sahak, Kelly Campbell  
We examined the associations between health, ethnicity, and relationship security. We expected relational security to help explain the Latino Paradox, or the finding that Latinos demonstrate better health than other groups. European Americans reported the best health across groups. Relational security did not provide an explanation for the Latino paradox.

C214  
CULTURAL DIFFERENCES AND SOCIAL SUPPORT PATTERNS AND ITS RELATIONSHIP WITH WELL-BEING.  
Sugino Juri, Krasawa Mayumi  
In this study, we investigated 6 pattern of social support from spouse, friends, and family and its relationship to well-being. Results showed that diverse social support group is highest in well-being while isolated group is the lowest in both cultures. In addition, cultural differences in independent well-being subscale are found.

C220  
SHIFTING NORMS AROUND SEX AND SEXUAL HEALTH IN NEPAL: EXPLORING WOMEN'S ATTITUDES AND BEHAVIORS  
Olivia F. Vila, Lauren M. Menger, Michelle Kaufman, Jennifer J. Harman, Deepti K. Shrestha  
Interviews with women in Kathmandu were conducted to understand how attitudes and beliefs about sex and sexual health are developed, communicated and maintained. Results show limited knowledge regarding sex and sexual health, and discomfort communicating about these topics. Increased education is required to prevent adverse outcomes of shifting sexual norms.

C227  
WESTERN AFFECTIVE REPRESENTATIONS OF ILLNESS COLLIDE WITH ASIAN AMERICANS' AFFECTIVE INDICATORS OF ILLNESS  
Henry R. Young, Tamara L. Sims, Alexia Charles, Jeanne L. Tsai

Western conceptions of illness focus more on low arousal than high arousal negative states. American medical students exhibited this same bias. However, while LAN predicts worse health among European Americans, HAN predicts worse health for Asian Americans. We discuss our findings for improving the assessment and treatment of Asian Americans.

C229

SOMATIZATION TENDENCY AMONG SOUTH KOREANS: RELATIONS WITH PERSONALITY, CULTURAL VALUES, AND SYMPTOM PRESENTATION

XIAOLU ZHOU, JESSICA DERE, YUNSHI PENG, SHUN PENG, ANDREW G. RYDER

The current study extends the two-factor model of somatization tendency among Chinese to South Korea. 209 South Korean outpatients completed personality, cultural values, and symptom questionnaires. Results show that the two actors of somatization have unique sets of predictors, supporting their extension to the South Korean context.

C238

PRECARIOUS MANHOOD AND DIET

Timothy A. Caswell

In the current research, we investigated the relationship between gender norms and diet. Perceived masculinity of food items predicted men's, but not women's, food preferences and eating behavior. Men who publicly endorsed a stereotypically feminine, but not masculine, diet showed greater approval for gender-typed jokes and interest in masculine activities.

C245

FLOWER POWER: FEMININE PRIMES REDUCE PERCEPTIONS OF WEAKNESS AND PAIN TOLERANCE

Stephanie L. Fowler, Chelsea Wymer, Jessica Servick, Jill Brown, Andrew L. Geers

We examined if priming femininity would reduce pain tolerance for feminine men and if perceptions of weakness was a mediating variable. Relative to the other cells, feminine men primed with femininity were least likely to rate early withdrawal from pain stimuli as a sign of weakness and displayed lower tolerance.

C259

TRADITIONAL GENDER ROLE ATTITUDES MAY UNDERMINE MEN'S HEALTH

Mary S. Himmelstein, Diana T. Sanchez

This study examines barriers to health based on belief in gender roles and contingencies of self-worth. Belief in gender roles predicted contingencies of self-worth, which predicted multiple barriers to help seeking including distrust of doctors and minimization of health issues. Barriers to help seeking predicted less use of preventative healthcare.

C301

RISK-TAKING AS A MODERATOR OF STEREOTYPE THREAT ON STEM WOMEN'S HEALTH

Delisa N. Young, Bettina C. Casad

Risk-taking served as a moderator of stereotype threat on cardiovascular reactivity. Results revealed that among women in the stereotype threat condition, high risk-takers showed a healthier physiological reaction compared to low risk-takers and the control condition. Risk-taking may serve as a buffer to physiological and performance threats.

C303

EXAMINING EXPECTED AND ACTUAL ENJOYMENT WITH EXERCISE AMONG SEDENTARY AND ACTIVE INDIVIDUALS

Austin S. Baldwin, Valerie G. Loehr

People expect to enjoy exercise less than they actually do, and this is thought to undermine exercise intentions. Before a workout, sedentary and active adults reported their expected enjoyment; afterwards they reported enjoyment and future exercise intentions. Findings suggest enjoyment influences intentions for sedentary people, but not for regular exercisers.

C304

THE RELATIONSHIP BETWEEN BMI AND IMPULSIVITY

Raena M. Beetham, Alita J. Cousins

In light of concern about increasing obesity rates, this study investigated Body Mass Index (BMI) and impulsivity, specifically urgency and lack of perseverance. A correlation between BMI and lack of perseverance was found. This provides insight to weight-loss program clinicians, though future research could benefit from including more overweight/obese participants.

C305

AN OPTIMISTIC METABOLISM: THE ASSOCIATION BETWEEN OPTIMISM AND LIPIDS IN MIDLIFE

Julia K. Boehm, Laura D. Kubzansky

This research examined optimism's relationship with total cholesterol, high density lipoprotein (HDL) cholesterol, low density lipoprotein (LDL) cholesterol, and triglycerides. Participants were 998 mostly white middle-aged men and women. Results suggested that greater optimism was associated with increased HDL cholesterol and decreased triglycerides, but not LDL or total cholesterol.

C306

#### ACCULTURATION DETERMINES THE EFFECTIVENESS OF FRAMED ORAL HEALTH MESSAGES

Brick Cameron, Kevin R. Binning, David K. Sherman, John A. Updegraff, Roy E. Mintzer

Theories of motivation and culture can improve health message communication. 944 Americans were shown a gain- or loss-frame persuasive oral health message. Flossing at two months was predicted by acculturation to America and frame: high acculturation participants flossed more after gain-frame, and low acculturation participants after loss-frame ( $p = .004$ ).

C307

#### DOES BEING VICTIMIZED AFFECT YOUR PHYSICAL HEALTH?: INFLUENCE OF 5HTTLPR ON VICTIMIZATION AND HEALTH

Kayleigh Chapman, Priya A. Iyer, Samantha Steere, Allyson Arana, Maria Guarneri-White, Lauri A. Jensen-Campbell

This study examined the influence of a genetic polymorphism in the serotonin transport gene (5HTTLPR) on the victimization-health link. For adolescents with the S-S or S-L variant, victimization was positively related to poorer health. No relationship between victimization and poor health was found for children with the L-L variant.

C308

#### USING THE THEORY OF PLANNED BEHAVIOR TO EXPLAIN THE GENDER DIFFERENCE IN FRUIT AND VEGETABLE CONSUMPTION

Amber S. Emanuel, McCully N. Scout, Kristel M. Gallagher, John A. Updegraff

We assessed the extent to which gender differences in fruit-and-vegetable intake (FVI) are attributable to gender differences in Theory of Planned Behavior constructs. Females reported more favorable attitudes and greater perceived behavior control and these mediated the gender difference. Males reported greater perceived norms, but norms did not predict FVI.

C309

#### PHYSICAL ACTIVITY AND DEPRESSIVE SYMPTOMS INTERACT TO PREDICT EXECUTIVE FUNCTIONING AMONG COMMUNITY DWELLING OLDER ADULTS

Daniel R. Evans, Suzanne C. Segerstrom

Self-reported physical activity, depression symptoms, and executive functioning (EF) were measured in a longitudinal sample of healthy older adults. Increased physical activity—relative to each individual's average—exerted a larger effect on EF during periods of relatively greater depression symptoms, providing more protection when EF is more vulnerable.

C310

#### LIKE A SITTING DUCK: EMBODIMENT AND PERCEIVED VULNERABILITY IN A MEDICAL SIMULATION STUDY

Arezou Ghane

Medical interactions can induce feelings of powerlessness and anxiety in patients. An experimental study examined whether physical positioning (embodiment) of the patient can reduce these feelings and found that seating position (open vs. defensive) influenced patients' psychosocial responses to a medical simulation.

#### C311 MISMATCHED PRIMARY AND SECONDARY CONTROL STRIVING: IMPLICATIONS FOR ELDERLY ADULTS' 3-YEAR PHYSICAL HEALTH

Jeremy M. Hamm, Judith G. Chipperfield, Raymond P. Perry, Corey S. Mackenzie, Jutta Heckhausen

Our analyses demonstrated that primary control striving predicted 3-year health outcomes among older adults who highly valued their health, although only when it was paired with high secondary control. Most interestingly, findings implied that there is a health risk for adults with mismatched primary (low) and secondary (high) control.

C312

#### THE HEALTH PROTECTIVE FUNCTION OF THE AGING POSITIVITY EFFECT

Elise K. Kalokerinos, William von Hippel, Julie D. Henry

Older adults attend to and recall more positive information than younger adults. This positivity effect might reflect a strategy to use positivity to combat health challenges. In line with this possibility, older (but not younger) adults who reported more illness symptoms also demonstrated a greater positivity effect in their recall.

C313

#### SOCIAL CONNECTEDNESS AND QUALITY OF LIFE IN CHRONICALLY ILL PATIENTS

Inna Kleynshteyn

The present study investigated social connectedness and quality of life in 179 patients with ongoing symptoms of chronic illness. Hypotheses were supported, with greater feelings of isolation predicting poorer quality of life. Addressing factors that improve social connectedness in patients with chronic illness may improve health and functioning.

C314

#### THE EFFECT OF MEDICAL LABELS ON PERCEPTIONS OF ILLNESSES AND SUFFERERS

Jessica Lasaga, Kevin Lanning

We examined the hypothesis that labels affect perceptions of illnesses. Eight case studies, two each for four diseases, were presented either by full names (e.g., Chronic Fatigue Syndrome), abbreviations (CFS), or eponyms (Florence Nightingale Disease). Diseases were rated as more severe when labeled by eponyms, and when victims were male.

C315

#### SOCIAL REWARD ASSOCIATED WITH DESIGNATED SMOKING AREAS ON CAMPUS

Stephanie L. Lochbihler, Daniel A. Miller, Paul Etcheverry

Two studies show that social interaction experienced in smoking areas on campus (as compared to smoking alone) significantly increased visitation of smoking areas and smokers' connection with the university. These effects were mediated by rewards associated with smoking. The effects of smoking areas on student health and retention are discussed.

C316

#### THE EFFECT OF CHANGING ATTITUDES, NORMS, OR SELF-EFFICACY ON HEALTH INTENTIONS AND BEHAVIOR: A META-ANALYSIS

Alexander Maki, Erika Montanaro, Annie E. Caldwell Hooper, Angela D. Bryan, Alexander J. Rothman, Paschal

To what extent does changing attitudes, norms, or self-efficacy elicit changes in health-related intentions and behavior? A meta-analysis of 129 experiments demonstrates that whereas changes in attitudes, norms, or self-efficacy lead to small-to-medium changes in intentions, changing attitudes and self-efficacy had larger effects on behavior than changing norms.

C317

#### FINDING MEANING IN UNCERTAIN CIRCUMSTANCES: RELATIONS BETWEEN SOCIAL SUPPORT, COPING, STIGMA AND POST-TRAUMATIC GROWTH AMONG WOMEN WITH UNEXPLAINED ILLNESSES

Opal A. McInnis, Kimberly Matheson, Hymie Anisman

Women with CFS/fibromyalgia reported higher stigmatization and depression relative to women with an autoimmune condition. Support and unsupport ameliorated or exacerbated (respectively) feelings of stigma among women with CFS/fibromyalgia only. Benefit finding was tied to certain coping strategies in women with an autoimmune condition, but not in those with CFS/fibromyalgia.

C318

#### LIFE AFTER COERCED-SEX EXPERIENCES: THE ROLE OF SELF-EFFICACY AND HOPELESSNESS IN CONTRACEPTIVE USE

Jennifer Mendiola, Anna V. Song

Previous literature has found associations between coerced sex, STDs and pregnancy. In a national study, we found that self-efficacy and hopelessness mediated the relationship of coerced sex and oral contraceptive use. Understanding attitudes and perceptions may be a key to developing effective interventions for at-risk groups.

C319

#### SELF RATINGS OF FACTORS INFLUENCING HEALTH-RELATED BEHAVIORS

Megan M. Miller, Laura A. Brannon

"Personal preference" was rated as more influential for decisions concerning unhealthy versus healthy behaviors. Health impact, physical appearance, and others' behavior were rated as more influential for healthy behaviors. Attempts to influence unhealthy behaviors may be unsuccessful because they do not address the reasons for the behavior. Implications are discussed.

C320

#### HOW THE MAINTENANCE OF MASCULINITY LEADS TO HEALTH DISPARITIES BETWEEN MEN AND WOMEN

Sandra K. Nakagawa, Christopher Frank

We argue that men's work to maintain their sense of masculinity leads to poorer health outcomes. Using a laboratory experiment, we demonstrate that men who experience a threat to their masculinity have higher blood pressure and how a preference for less healthy dietary and exercise choices.

C321

#### MOTIVATION FOR HEALTH-RELATED BEHAVIORS AND THE 2X2 MODEL OF HEALTH GOALS

Ryan E. O'Loughlin, James W. Fryer

The current investigation linked the 2x2 measure of health goals (O'Loughlin & Fryer, 2011, 2012) to several health-related outcomes, including eating behaviors, dieting beliefs, body dissatisfaction, exercise habits, and motivation for exercise. Unique motivational profiles emerged for each of the four goals, providing further validation for the 2x2 model.

C322

#### WEIGHT STIGMA AND HEALTHCARE: EXPLORING PATIENT SATISFACTION AND UTILIZATION

Susan Persky, Hendrik de Heer

Evidence is mixed as to the relationship between weight stigma, healthcare satisfaction and utilization. This may be due to dimensions of satisfaction measured and sample characteristics. We assessed the influence of weight, gender and race on satisfaction and utilization among young adults. Weight predicted men's satisfaction, satisfaction predicted women's utilization.

C323

#### THE STIGMA OF CLASS BACKGROUND, INTERPERSONAL INTERACTIONS, AND HEALTH

Ryan M. Pickering, Shannon K. McCoy

The impact of socioeconomic status (SES) background on cardiovascular reactivity during interclass interactions has important health implications. My study finds that individuals from low-SES backgrounds interacting with someone from a high-SES background show significant increases in blood pressure. Interacting with someone from a similar background resulted in decreased

C324

#### APPLYING PROTECTION MOTIVATION THEORY TO EXAMINE HEALTH RISK PERCEPTIONS AND EXERCISE IN LATER LIFE

Joelle Ruthig, Brett Holfeld, Rachel Smerer

Protection Motivation Theory (PMT) was applied to examine the relationship between perceived risk of acute health crises and intention to engage in regular exercise among 358 community-living older adults. A multi-group structural equation model revealed that older men and women differed in which components of PMT predicted intention to exercise.

C325

#### GENDER AND ETHNIC DIFFERENCES IN SOCIAL AND BEHAVIORAL FACTORS RELATED TO HUMAN PAPILLOMAVIRUS VACCINATION AMONG A COMMUNITY SAMPLE

Julie A. Schommer, Tara Blalock Hughes, Rachel A. Reimer

This study aims to identify sociocultural influences on human papillomavirus (HPV) vaccination rates among White and Latino men and women by examining gender and ethnic differences with measures such as knowledge and awareness of the HPV vaccine, interest in receiving the vaccination, and perceived norms.

C326

#### MORE THAN JUST POLITICAL IDEOLOGY: RACIAL PREJUDICE AS A PREDICTOR OF OPPOSITION TO UNIVERSAL HEALTH CARE

Megan J. Shen, Jordan P. LaBouff

Two experiments showed reading about a Black individual (vs. White) receiving UHC benefits led to less support of UHC (Studies 2 and 3). This racial bias was removed by giving information about the degree to which individuals were in need of or taking advantage of UHC (Study 4). Finally, UHC

C327

#### EXPERIENTIALITY AND THE AMBIVALENT LIKING OF HEALTHY FOODS: A POTENTIAL FACTOR FOR CONTRIBUTING TO OBESITY

Mitsuru Shimizu

This study examined if participants high in experientiality liked healthy or unhealthy foods and how quickly they made their choices. The association between liking of healthy foods and reaction time was moderated by experientiality such that those high in experientiality took more time reporting their liking of healthy foods.

C328

#### WATCHING WHAT YOU EAT (AND DO): HOW CLOSE OTHERS MAY INFLUENCE DIET, EXERCISE, AND SELFPERCEPTIONS

C. Veronica. Smith, Julia A. Brunson, Camilla S. Overup, Mai-Ly Nguyen, Sarah A. Novak

Students completed measures assessing perceptions of body image, body dissatisfaction and sources of social control. Results indicate that parental social control was significantly associated with poorer body image and greater body dissatisfaction. Parents may have a greater influence on their child's past, present, and future body perceptions and health-related behaviors.

C329

#### VOLUNTEERISM IS PROSPECTIVELY ASSOCIATED WITH PSYCHOLOGICAL WELL-BEING AND HYPERTENSION AMONG OLDER ADULTS

Rodlescia S. Sneed, Sheldon Cohen

We did a prospective analysis of the health effects of volunteerism in a 4-year follow-up of a representative U.S. sample of older adults. Volunteering 100 hours or more was associated with greater increases in well-being than found among nonvolunteers. Volunteering 200 or more hours was associated with lesser hypertension risk.

C330

ALTERING GENETIC DISEASE RISK: WHO BELIEVES BEHAVIOR MATTERS?

Tammy K. Stump, Lisa G. Aspinwall, Rebecca L. Stoffel

To examine perceptions that behavior modifies genetic risk, we asked university students to estimate disease risk of targets with varying behaviors and genetic risks. Even at high genetic risk, both healthy and unhealthy behaviors modified risk estimates. Among participants with stronger beliefs that genes determine outcomes, health behaviors were less influential.

C331

DO WE CONTROL OUR OWN HEALTH? AN EXAMINATION OF THE ROLE OF HEALTH BEHAVIORS IN MEDIATING THE EXTRAVERSION-HEALTH LINK

Susan K. Whitbourne, Catherine A. Sanderson

We tested the role of health behaviors in mediating the links between personality and perceived health in an online survey of adults ages 18 to 84 (N = 705). Extraversion was positively associated with weekly exercise frequency, willingness to walk upstairs, alcohol use, and perceived current health, and negatively associated with

C333

CARDIOVASCULAR IMPLICATIONS OF POSTURE AND ENVIRONMENT

Jessica Cornick, Debra Bunyan, James Blascovich

This research examined whether posture and environment impacted cardiovascular responses. Cardiovascular responses were collected while sitting, lying, or lying while immersed in a virtual fMRI scanner. Lying while immersed induced cardiovascular reactivity profiles of threat while no significant differences in the non-immersed lying and sitting conditions were found.

C335

PSYCHOLOGICAL RESPONSES TO GENETIC TESTING FOR AN INHERITED CANCER SYNDROME: THE IMPACT OF FAMILY MEMBERS' TEST RESULTS

Dina Eliezer, Donald W. Hadley, Laura M. Koehly

We examined how the family environment shaped psychological responses to genetic testing for an inherited cancer syndrome (Lynch syndrome). Overall, results suggested that participants who carried a cancer predisposing mutation experienced the most distress when a high proportion of their family did not carry a cancer predisposing mutation.

C338

SATISFACTION WITH SOCIAL NETWORK SUPPORT MODERATES THE EFFECT OF DAILY SPOUSAL CONFLICT ON DIURNAL CORTISOL

Elizabeth Keneski, Taylor A. Morgan, Lisa A. Neff, Timothy J. Loving

Newlyweds completed a measure of satisfaction with their social network support, reported daily marital conflict, and provided daily waking and evening saliva samples for assessing cortisol. Spouses who were more (versus less) satisfied with network support experienced healthier diurnal cortisol slopes on days in which they experienced greater marital conflict.

[POSTER SESSION D](#)

Friday, January 18, 2013

Authors at their boards: 6:30 pm – 8:00 pm

D6

APPLICATION OF NUTRITIONAL KNOWLEDGE AND CONSCIOUSNESS HELPS IN SELECTION OF FEWER CALORIES FROM A MOCK MENU

Ashley C. Baker, Classen Natalie, Quilici Jill

We examined the relationships between total calories chosen from a mock menu and the following predictors: nutritional knowledge, application of that knowledge and awareness of such knowledge. Participants who utilized nutritional knowledge and were aware of applying it during their food choice subsequently selected fewer calories from the menu.

D53

MORALIZATION, RISK PERCEPTION, AND SMOKING CESSATION AMONG DANISH AND U.S. SMOKERS

Marie Helweg-Larsen

Representative and longitudinal samples of US and Danish smokers showed that moralization (@T1) was a stronger predictor of change in perceived risk (@T2) rather than the reverse. Furthermore for Danes (but no effects for Americans) moralization (@T1) and risk perception (@T1) predicted smoking behaviors (@T2) but not quitting intentions (@T2).

D88

SELECTIVE TESTING OF POSSIBLE CAUSES OF RELATIONSHIP PROBLEMS: EFFECTS ON TREATMENT INTENTIONS

Shannon M. Moore, David M. Sanbonmatsu, Justin B. Hill, Arwen Behrends, Bert N. Uchino

In explaining their relationship woes, participants overestimated the responsibility of the possible cause they were randomly assigned to judge. They subsequently reported stronger intentions to treat the judged cause than alternative causes of their relationship problems, indicating that the selective consideration of the cause biased their personal treatment plans.

D112

THE "NUTRITIONISM" EFFECT: PRIVILEGING NUTRIENTS OVER THE FOODS THAT CONTAIN THEM

Jonathon P. Schuldt, Adam R. Pearson

Exploring diet's role in impression formation, targets were deemed less vulnerable to diet-related diseases (e.g., heart disease, cancer) when described as eating nutrients (potassium, iron) versus whole foods that contain them (bananas, spinach). This "nutritionism" effect was more pronounced when psychologically near (versus distant) targets were judged by health-conscious eaters.

D259

THE PRESENT PROJECTS PAST BEHAVIOR INTO THE FUTURE WHILE THE PAST PROJECTS ATTITUDES INTO THE FUTURE: HOW VERB TENSE MODERATES PREDICTORS OF DRINKING INTENTIONS

Pilar Carrera, Amparo Caballero, Dolores Muñoz, Itziar Fernández, Dolores Albarracín

Experiment 1 revealed stronger influence of past behaviors on intention when participants self-reported an episode of excessive drinking using present tense, but stronger influence of attitudes toward intention when the report was in past tense. Experiments 2 and 3 suggested that this effect is explained by changes in construal level.

D315

APPLYING REGULATORY FOCUS THEORY TO CHANGE ATTITUDES TOWARD BREASTFEEDING: REACHING WOMEN WHO OTHERWISE MIGHT NOT BREASTFEED.

Jessica Parks, Aaron L. Wichman

We tested how breastfeeding advocacy messages could be constructed to improve attitudes toward breastfeeding. Women varying in their breastfeeding confidence were exposed to messages varying in regulatory fit. Women with low breastfeeding confidence were most persuaded by prevention focused, loss-framed messages, expanding on previous findings demonstrating regulatory fit effects.

[POSTER SESSION E](#)

Saturday, January 19, 2013

Authors at their boards: 8:00 am – 9:30 am

E20

SELF-AFFIRMATION REDUCES THE STRENGTH OF THE RELATIONSHIP BETWEEN PROCESSING OF A THREATENING MESSAGE AND INDICATORS OF SELF-THREAT

Jennifer L. Cerully, Claire Lyons, William M. P. Klein

We predicted that self-affirmed participants would extract the gist of a threatening health message more easily than non-affirmed participants. Self-affirmation led to reduced correlations between gist and measures of self-threat, but did not generally facilitate the extraction of the gist.

E29

THE "LIGHT WEIGHT": THE INFLUENCE OF SOCIAL OSTRACISM ON DRINKING AS A SOCIAL IDENTITY AMONG WOMEN IN COLLEGE

Danielle D. Dickens, Jennifer J. Harman

The current study extended the social identity theory to examine whether college women's drinking behaviors are associated with a group identity (light or heavy drinker), and whether they are likely to identify with their in-group and derogate out-group members when faced with social ostracism using an online experiment.

E46

## STIGMA MEDIATES THE RELATIONSHIP BETWEEN BMI AND WELLBEING

Jeffrey M. Hunger, Brenda Major

Higher BMI is linked, often directly, to poorer psychological and physical wellbeing. However, weight stigma may explain much of this relationship. In a community sample stigma mediated the relationship between BMI and both psychological and physical wellbeing. Thus, reducing weight stigma may also reduce negative outcomes associated with weight.

E108

## BODY TALK AMONG UNDERGRADUATE WOMEN: WHY CONVERSATIONS ABOUT EXERCISE AND WEIGHT LOSS DIFFERENTIALLY PREDICT BODY APPRECIATION

Louise Wasylikiw, Nicole A. Butler

Undergraduate women (N = 143) reported more conversations about weight-loss versus exercise and talk type differentially predicted body appreciation. The positive relationship between exercise talk and body appreciation was mediated by the object-process dichotomy whereas the inverse relationship between weight-loss talk and body appreciation was not explained by object-process orientations.

E126

## BEHAVIORAL INHIBITION AND APPROACH SENSITIVITY PROFILES AND SMOKING BEHAVIOR AMONG COLLEGE STUDENTS

Michael R. Baumann, Raymond T. Garza, Stella Lopez

In the United States, nearly 41% of 18-25 year olds are current tobacco users (SAMHSA, 2011). We compared Behavioral Inhibition and Behavioral Approach System sensitivity (BIS / BAS) among current smokers, former smokers, and those who have never smoked, and found different profiles for each group.

E128

## TYPE D PERSONALITY PREDICTS LEVEL OF ALCOHOL DEPENDENCE BUT NOT WEEKLY CONSUMPTION IN THE GENERAL POPULATION

Gillian Bruce, Graham G. Scott, Lynn Williams

This study investigated the relationship between Type D personality (which is characterized by the conjoint effects of negative affect and social inhibition) and alcohol use in the general population. We found that while Type D predicted level of alcohol dependence it did not predict weekly alcohol consumption.

E176

## "I DON'T KNOW WHY I FEEL THIS WAY SO I'LL IGNORE IT": CAUSAL UNCERTAINTY AND DENIAL OF HEALTH PROBLEMS

Stephanie J. Tobin, John A. Edwards, Qian Lu

Two studies revealed that uncertainty about the causes of health problems (health CU) is positively associated with ignoring one's health problems via denial and substance use coping. Initial levels of health CU also predicted increases in denial and substance use coping over time. These strategies likely minimize CU-related distress.

E202

## PERSONALITY CHANGE PRE- TO POST- LOSS IN SPOUSAL CAREGIVERS OF PATIENTS WITH TERMINAL LUNG CANCER

Michael Hoerger, Benjamin P. Chapman, Paul R. Duberstein

Using a case-control design (N = 124), we found that from pre- to post- loss, spousal caregivers of patients with terminal lung cancer experienced changes in each of five established domains of personality – neuroticism, extraversion, openness, agreeableness, and conscientiousness – whereas a comparison group of primary care patients did not.

E214

## PERFECTIONISM AND HEALTH IN COUPLES: A DYADIC APPROACH TO DISENGAGEMENT AND DISCONNECTION

Danielle S. Molnar, Gordon L. Flett, Stan W. Sadava, Paul L. Hewitt

Perfectionism, relationship engagement, and health were examined in a community sample of couples. Socially prescribed perfectionism (SPP) was associated with poorer health in men and women while self-oriented perfectionism was linked with better health. Women's SPP was associated poorer health and less relationship engagement in men.

E218

## I AM RUBBER AND YOU ARE GLUE: SENSITIVITY TO CRITICISM AND SMOKING BEHAVIOR

Sara K. Richardson, Helen C. Harton

Are smokers less sensitive to criticism than people who don't smoke? This study examined the relationship between personality traits, perceived stigma against the self (for self-identified smokers), perceived stigma against smokers by others (for self-identified non-smokers), and sensitivity to criticism in both United States citizens and non-United States citizens.

E224

## PERFECTIONISM, STRESS, AND HEALTH: A META-ANALYTIC APPROACH

Fuschia M. Sirois

This paper extends research on perfectionism and health by testing the associations between perfectionism dimensions and health-related outcomes in eight samples. A meta-analysis of the effects revealed that maladaptive but not personal standards perfectionism was consistently linked to stress, poor wellness behaviors, and health problems.

E333

## ATTRIBUTING HEART ATTACK/STROKE TO 'OLD AGE:' IMPLICATIONS FOR HEALTH OUTCOMES

Tara L. Stewart, Judy G. Chipperfield

Stereotypes about older adults lead to the belief that "illness is a natural part of aging." This study examined health-related consequences for older adults (ages 73-98) who attribute heart attack/stroke to "old age." Longitudinal findings suggest a negative relationship between "old age" attribution and objective health outcomes (physician visits; hospitalization).

## [POSTER SESSION F](#)

Saturday, January 19, 2013

Authors at their boards: 12:30 pm – 2:00 pm

F10

## INTRINSIC MOTIVATION IS ALWAYS BETTER... ISN'T IT? CONTRASTING EXTRINSIC AND INTRINSIC MOTIVES TO EXERCISE

Silvio Borrero, Harish Sujan

Self-determination theory suggests that people are better motivated by competence than by recognition. However, we find that with sedentary students, recognition is actually a more powerful motive to initiate exercise than competence, because exercising is an intrinsically appealing behavior only to those who are already engaged in active exercising.

F13

## FUTURE FOCUSED THOUGHT AND WELLBEING: WHAT ARE THE DIFFERENT EFFECTS OF PLANNING VERSUS FANTASY THINKING?

Kelsey E. Brooks, Frederick M.E. Grouzet, Elliott S. Lee

Two forms of repetitive thought, planning and fantasy thinking were examined as predictor of daily wellbeing. Individuals instructed to fantasize reported immediately higher levels of hope, happiness and perceived meaning, but higher levels of daily negative affect overall. While fantasizing has immediate benefits it also has negative long term consequences.

F15

## "HEALTH AT EVERY SIZE" MESSAGE: BENEFITS FOR BODY IMAGE BUT COSTS FOR EATING BEHAVIOR?

Jeni L. Burnette, Lisa A. Auster-Gussman, Eli J. Finkel

We examined how entity, incremental and health-at-every-size (HAES) messages affect eating behavior. Participants in the HAES condition reported better body-image, but they also ate more calories. The effect of the HAES message on calorie consumption was mediated through positive body image. Results are discussed in terms of goal systems theory.

F34

## THE EFFECTS OF GENDER AND PRIMING ON HAND-WASHING BEHAVIOR

Sally D. Farley, Erin Coolahan, Katie Lewis, Elysia Amoroso

The purpose of this field experiment was to determine the extent to which disease-prevention priming influences healthy behavior. Bathroom visitors exposed to an educational flyer about the spread of germs spent significantly more time washing their hands than did those in a control condition. Women washed for longer than did men.

F36

## HELPING OLDER ADULTS SUSTAIN THEIR GAINS: A THEORY-BASED INTERVENTION TO PROMOTE ADHERENCE TO HOME EXERCISE FOLLOWING PHYSICAL THERAPY

Kristel M. Gallagher, John A. Updegraff

A theoretically-grounded approach to promoting exercise adherence following physical therapy was tested. Older adults received one of two messages informed by socioemotional selectivity theory (SST). Two-week adherence was measured. There were no differences in adherence, but differences in additional exercise. SST may be a useful tool in health behavior change.

F38

## LUST IS BLIND: PHYSICAL ATTRACTION, SEXUAL INTENTIONS, AND INFORMATION AVOIDANCE IN SEXUAL RISK-TAKING

Carlos O. Garrido, James A. Shepperd

In two studies we show that physical attraction promotes avoidance of sexual risk information among straight (N = 358) and gay (N = 162) men. Sexual intentions partially mediated the effects: the greater sexual intentions the men had, the less likely they were to ask about sexual risk behavior.

F52

## HEALTH (TOO) IS A TRUISTIC VALUE: THE EFFECTS OF THINKING ABOUT HEALTH ON EXERCISE AND DIET

Gabriela M. Jiga-Boy, Katy Tapper, Geoffrey Haddock, Gregory R. Maio, Carmen Valle

Experiment 1 found support for the hypothesis that health values function as truisms, using a paradigm that examined the effects of analysing reasons for health values. Experiment 2 found that the addition of cognitive support for health values increased vigorous exercise and decreased food intake one week later.

F70

## GRAPHICAL ANALYSIS OF EXERCISERS' MOTIVATIONAL PROFILES USING R AND GGLOT2

Paule Miquelon, Pier-Eric Chamberland, Laurence Dumont

Using R and ggplot2, the goal of this study is to provide visual insight on specific motivational profiles of exercisers, combined with different levels of intention, perceived behavioural control, barrier self-efficacy, implementation intentions, coping planning and habit. Results will assist clinicians and researchers in understanding behaviour change mechanisms.

F76

## THE ROLE OF RELATIONSHIPS AND PERSONALITY IN PERSONAL PROJECT STATUS DURING EMERGING ADULTHOOD

Dianne K. Palladino, Vicki S. Helgeson

Personal project analysis was used to examine the association of parent and friend relationships and personality with project completion and dimensions after one year for 138 emerging adults with and without type 1 diabetes. Several personality factors and relationships with parents, but not with friends, were related to project status.

F88

## THE INFLUENCE OF INTERPRETATIONS OF DIFFICULTY ON ENGAGEMENT WITH ACADEMIC AND HEALTH BEHAVIORS

George C. Smith, Daphna Oyserman

Identity Based Motivation (Oyserman, 2007) proposes that for identity congruent tasks, difficulty signals importance and people persevere, whereas identity incongruence signals the futility of effort. We test this across school and health domains, demonstrating that those who interpret difficulty as importance as congruent with their identity show more effort.

F90

## SELF-DETERMINATION THEORY IN AN EXERCISE CONTEXT: IS INTRINSIC MOTIVATION OPTIMAL?

Adam M. Sondag, Steven R. Wininger

Intrinsic motivation (IM) has been viewed as the optimal regulation subtype on the SDT continuum. Does the IM subtype explain the most variance in exercise? A quantitative synthesis of SDT regulation subtypes with exercise as an outcome variable was conducted. Four subtypes accounted for important levels of variance for exercise.

F108

## BETTER LATE THAN NEVER? THE RELATIONSHIP BETWEEN ADAPTIVE AND MALADAPTIVE PROCRASTINATION STYLES, ALCOHOL USE, AND ACADEMIC PERFORMANCE

Erin C. Westgate, Stephanie V. Wormington, Kathryn C. Oleson, Kristen P. Lindgren

Undergraduates completed measures to identify maladaptive and adaptive procrastination styles, along with measures of alcohol use and GPA. Procrastination profiles, created using cluster analysis, predicted alcohol and academic outcomes. Non-academic mixed (productive and unproductive) procrastinators reported more hazardous drinking, and non-academic mixed procrastinators and unproductive procrastinators reported lower GPAs.

F110

## INTERPERSONAL INFLUENCES ON SELF-EFFICACY FOR PORTION CONTROL: IF MY PARTNER EATS LESS DOES THAT MEAN I CAN HAVE SECONDS?

Jhon Wlaschin, Jeni L. Burnette, Jennifer J. Harman, Lindsey Harkabus

50 romantic couples reported their self-regulation strategies three times during a 12 week weight loss attempt. Perceived partner support tended to increase self-efficacy for portion control but the more individuals restricted their diet, ate healthier and weighed themselves, the more their partners' own portion control efficacy decreased.

F128

PAIN AND SELF-REGULATION: EATING THE PAIN AWAY?

Kathleen E. Darbor, Heather C. Lench

Aversive states, such as pain, have the ability to affect behavior in unrelated domains. Participants pain or no pain, and their consumption of cheesecake was measured. Pain resulted in greater consumption, reflecting impaired regulation. The findings demonstrate the importance of physically aversive states in decision making.

F134

ENTITY THEORIES OF SELF-CONTROL PREDICT BIAS AGAINST SMOKERS

Nicholas Freeman, Dikla Blumberg, Mark Muraven

Participants with entity theories of self-control made harsher judgments towards smokers and expressed greater support for policies that discriminate against smokers, even when controlling for more general lay theories. These results suggest that lay theories about self-control predict bias directed at those who have failed in a self-control domain.

F138

HEALTH THREATS PROMPT SELF-SERVING BIAS: WHEN RISK PERCEPTION IS REDUCED AND HEATH SELF ESTEEM INCREASED

Hannah Greving, Kai Sassenberg

Health threats elicit a defensive preference for self-serving content. We investigated how this preference affected healthrelated Internet searches and mental representations of health. In three studies (experimental and longitudinal), health threats elicited a preference for information promising improvements and, thereby, distorted representations of health threats but increased health self-esteem.

F145

"SOUL" FOOD: HOW ANTHROPOMORPHIZATION AFFECTS SELF-CONTROL

Julia D. Hur, Wilhelm Hofmann, Minjung Koo

Two experiments demonstrated that anthropomorphizing temptation hampers goal-conflict identification and impairs selfcontrol. Participants evaluated high-calorie cookies which were either anthropomorphized (anthropomorphism condition) or not (control). Participants in the anthropomorphism condition displayed lower levels of goal-conflicts and were more likely to give in to temptation than those in the control condition.

F150

NUCLEUS ACCUMBENS ACTIVITY IN RESPONSE TO APPETIZING FOOD CUES PREDICTS FAILURE TO RESIST FOOD DESIRES IN EVERYDAY LIFE

Richard Lopez, Wilhelm Hofmann, Dylan Wagner, William Kelley, Todd Heatherton

In a combined fMRI and experience sampling study, nucleus accumbens (NAcc.) activity during exposure to appetizing food cues predicted enactment of food desires in everyday life. It is possible that food specific reward signals in the NAcc. make it more difficult for some people to resist their food desires.

F153

WILL MY IMPLICIT ASSOCIATIONS MAKE ME FAT? REDUCING CHOCOLATE CONSUMPTION USING IMPLEMENTATION INTENTIONS

Eleanor Miles, Paschal Sheeran, Thomas L. Webb, Peter R. Harris

Could forming an if-then plan to eat less chocolate help people to overcome their automatic approach tendencies? Participants without plans ate more chocolate when their implicit tendencies favored chocolate, regardless of their explicit attitudes. However, when participants formed plans, explicit attitudes predicted chocolate consumption, and less chocolate was consumed.

F155

THE INFLUENCE OF MONITORING HEALTH STATUS ON SELF-REGULATION

Emi Niida

Recent research showed that healthy eating increases hunger because it signals that the health goal is met. We predicted that healthy drinking makes one hunger only when motivation for monitoring health status is low. As predicted, healthy drinking increased hunger only when the motivation was low.

F157

BODY-FOCUSED NARRATION OF SEDENTARY ACTIVITY REDUCES SUBSEQUENT CALORIC INTAKE

Monisha Pasupathi, Frank A. Drews, Jeanine Stefanucci, Cecilia Wainryb

Do different ways of narrating mental work and seated rest influence subsequent caloric consumption? Across two sessions, participants engaged in mental work and seated rest, and narrated these activities with either a mental or physical focus. Those narrating with a physical focus consumed fewer calories.

F158

#### VALIDATION OF THE SITUATIONISM SCALE AND PREDICTIVE CONSEQUENCES FOR EATING AND ALCOHOL USE

Megan E. Roberts, Frederick X. Gibbons, Meg Gerrard

The term situationism refers to an individual's belief in the importance of a behavior's context. This study describes the creation and validation of the first Situationism Scale, and results support its psychometric validity and predictive utility under both self-report and laboratory conditions.

F166

#### THE EFFECTS OF PERCEIVED SELF-ESTEEM AND SELF-CONTROL ON JUDGMENTS OF OTHERS' HEALTH RISK

Juliann Stalls, John Granecki, Heather Deckelman, Derrick Wirtz

Do people associate self-esteem or self-control with good health? Perceptions of another person's self-esteem and self-control were experimentally varied before participants rated the person's cancer risk. A person high (vs. low) in self-esteem was viewed as having a lower cancer risk only when also perceived to be high in self-control.

F171

#### THE ROLE OF MINDFULNESS IN REDUCING IMPULSIVE AND UNHEALTHY FOOD CHOICE

Wan Wang, Christian Jordan

We explored whether mindfulness reduces impulsivity in choosing snacks. Results revealed that less mindful people chose snacks more quickly when they implicitly preferred sweets to fruit and were more likely to choose sweets. More mindful people did not show these patterns. Mindfulness may thus reduce impulsivity and promote healthful eating.

F178

#### DOES EUDAIMONIA BUFFER AGAINST HIGH RATES OF STUDENT BINGE-DRINKING?

Tyler M. Carey, Frederick M.E. Grouzet, Kenneth E. Hart, Phillip A. Ianni

We tested whether eudaimonia (e.g. personal expressiveness) buffers against university student binge-drinking. A total of 290 undergraduates completed eudaimonia and weekend binge-drinking measures during September and December. Findings from a cross-lag analysis (SEM) showed that early eudaimonia predicts reductions in weekend binge-drinking during the semester.

F181

#### DEFINING STRESS OPERATIONALLY FOR DIVERSE WOMEN: A STRUCTURAL EQUATION MODELING APPROACH TO PRENATAL MATERNAL STRESS

Ceylan Cizmeli, Marci Lobel, Audrey Saftlas

We examined the validity of a multivariate stress model in a sample of 2,709 pregnant women diverse in education, income, ethnicity, age, gravidity, employment, and pregnancy intendedness. Using structural equation modeling, the model was shown to be invariant across groups and enabled meaningful tests of hypothesized group differences in stress.

F183

#### TRYING TO BE HAPPIER REALLY CAN WORK: TWO EXPERIMENTS

Yuna L. Ferguson, Kennon M. Sheldon

Whether the explicit attempt to be happier facilitates or obstructs the actual experience of happiness is being debated among researchers. Two experiments show that trying to feel happy actually facilitates positive mood when listening to positively valenced music (Study 1) and increases subjective happiness over a 2-week period (Study 2).

F187

#### THE EFFECTS OF MINDFULNESS MEDITATION ON STRESS AND COPING IN COLLEGE STUDENTS

Ellen A. Gott, Makenzie Ellsworth, Kelley Fitzpatrick, Jake Mamer, Meredith Minear

We tested whether a short 6 week mindfulness meditation course would affect levels of stress, anxiety, positive and negative affect, trait mindfulness, coping and hope in undergraduates. We found greater decreases in stress and avoidance coping in students participating in mindfulness meditation group than in a yoga control group.

F210

#### GIVE ME LIBERTY AND GIVE ME HEALTH: GENDER DIFFERENCES IN CIVIL LIBERTIES PREDICTING AUTONOMY AND HEALTH IN 76 COUNTRIES

Brett W. Ouimette, William S. Ryan, Netta Weinstein

Living in a country with limited civil liberties is associated with deficits in autonomy and health-related outcomes. This relationship is particularly strong in women, such that they experience greater deficits to autonomy and health than do men. Autonomy support mediates this relation between civil liberties and health.

F214

FIVE-FACTOR PERSONALITY IN OLDER ADULTS: IMPLICATIONS FOR CAREGIVER SUBJECTIVE HEALTH

Catherine Riffin, Corinna E. Löckenhoff, Karl Pillemer, Bruce Friedman

This study investigated associations between care recipients' five-factor personality traits and caregivers' physical and emotional health. Analyses of 269 dyads of older adults and their informal caregivers found that care recipient agreeableness was associated with better caregiver physical health, as were the personality styles "easygoing" and "wellintuited" but not "leadership."

F217

LEADERSHIP IS ASSOCIATED WITH LOWER LEVELS OF STRESS

Gary D. Sherman, Jooa J. Lee, Amy J. C. Cuddy, Jonathan Renshon, Christopher Oveis, James J. Gross, Jennifer S. Lerner

We explored the relationship among leadership, sense of control, and stress. Leaders had lower cortisol and less anxiety than non-leaders. In a second study, leaders holding more powerful positions felt a greater sense of control and consequently had lower cortisol and less anxiety than did leaders holding less powerful positions.

F242

THE IMPACT OF AMBIVALENCE ON CUE-REACTIVITY IN CIGARETTE SMOKERS

Sarah E. Henderson, Catherine J. Norris

Smokers were shown pleasant and unpleasant smoking images paired with positive or negative text while undergoing fMRI. Activity in the nucleus accumbens to pleasant/positive-pairings decreased as participants reported greater ambivalence about their smoking habits, and this greater ambivalence was also correlated with higher ratings of ambivalence for the pleasant/positive category.

F243

ALCOHOL PLACEBO EFFECTS ON COGNITIVE CONTROL OF RACE BIAS: INVESTIGATING NEURAL MECHANISMS

Joseph B. Hilgard, John G. Kerns, Bruce D. Bartholow

Participants consumed placebo alcohol or a control beverage and then performed the Weapons Identification Task (Payne, 2004) while brain activity was measured using fMRI. Placebo participants demonstrated a chronic increase in control and increased reactions to errors, recruiting areas such as anterior cingulate cortex and lateral prefrontal cortex.

F270

SMOKING MOTIVES: THE RELATIONSHIP BETWEEN ETHNICITY AND QUIT ATTEMPTS

Iris Y. Guzman, Guadalupe A. Bacio, Jenessa R. Shapiro, Lara A. Ray

We examined whether smoking motives explains differences in quit attempts between Black and White smokers. Results showed that Black compared to White smokers, reported less motivation to smoke and that this partially explained the relationship between race and quit attempts. Findings suggest that race should be addressed in cessation interventions.

F271

PERCEIVED FAMILY SUPPORT, CORTICOTROPHIN RELEASING HORMONE (CRH), AND DEPRESSIVE SYMPTOMS POSTPARTUM (PPD): A BIOLOGICAL MEDIATION MODEL

Jennifer Hahn-Holbrook, Christine Dunkel Schetter, Chander Arora, Hobel Cal

It is unknown whether social support influences stress hormones during pregnancy or what mediates the effects of social support on PPD. Perceived family support at 29 weeks gestation reduced the increase in the stress hormone pCRH between 29-37 weeks in 187 women, and mediated the effects of support on PPD.

F273

THE MEDIATING ROLE OF APPRAISAL AND COPING STRATEGIES IN RELATION TO ANXIETY AND DEPRESSION

Jesse W. Howell, Robert Gabrys, Hymie Anisman

As emotional responses to stressful situations may result from the appraisal and coping strategies employed, emotions may also influence cognition and coping strategies. Our findings suggest that anxiety influences threat appraisals and coping methods sequentially in response to potential stressors that, in turn, might favor the development of depressive symptoms.

F278

PERSONALITY TRAITS AND THE CHARACTERISTICS OF AND MOTIVATIONS FOR SUICIDE ATTEMPTS

Alexis M. May, E. David Klonsky

Personality traits, such as Mistrust, Exhibitionism, and Negative Temperament, predict some characteristics of suicide attempts (i.e. age of onset, intervention likelihood) and help explain why an individual attempts (i.e. to escape, to communicate). Understanding the relationship between personality traits and suicide attempts may improve interventions and inform theories of suicidality.

F283  
MORE THAN JUST CONTRACEPTION: BIRTH CONTROL PROTECTS AGAINST RISK FOR SUICIDE  
April Smith, Saul Miller  
Controlling for relevant variables, Study 1 found that women on birth control are less likely to have attempted suicide than women not on birth control ( $p = .04$ ). Study 2 found a significant, negative relationship between both progesterone and prolactin and burdensomeness ( $p$

F289  
DIFFERENTIATING BETWEEN SPIRITUALITY AND RELIGIOSITY: IMPLICATIONS FOR SELF-REGULATION AND HEALTH  
Haley Cole, Jenna Wheaton, R. Brian Giesler  
A questionnaire containing measures of spirituality, religiosity, self-regulatory ability and physical health was administered to a sample of young adults. Self-regulatory ability was found to partially mediate the significant religiosity-health and spirituality-health associations. Although spirituality and religiosity were correlated, spirituality appeared to play a more significant role in these relationships.

F325  
SLEEP REACTIVITY IN CHRONIC INSOMNIA  
Brook M. Sims, Adriane M. Soehner, Allison G. Harvey  
The study investigated differences in insomnia course, severity, sleep characteristics, and cognitive maintaining mechanisms between High and Low Sleep Reactive groups. Groups did not substantially differ in sleep characteristics, severity or insomnia course. The high sleep reactivity group exhibited poorer sleep efficiency, greater sleep-related impairment, and severe cognitive mechanisms maintaining insomnia.

#### [POSTER SESSION G](#)

Saturday, January 19, 2013

Authors at their boards: 6:15 pm – 7:45 pm

G3  
LONELINESS, SOCIAL CONTEXT, AND HEALTH BEHAVIOR: THE INFLUENCE OF GENDER AND PERCEPTIONS OF SUPPORT ON RESPONSES TO DAILY LONELINESS  
Sarah N. Arpin, Cynthia D. Mohr, Debi Brannan  
This study utilized a daily diary methodology to investigate context-specific responses to loneliness ( $N=49$ ). Results indicated that loneliness predicted increases in subsequent solitary consumption, decreases social consumption, and decreased time spent interacting with others. Further, these within-person associations were significantly influenced by gender and perceived social support.

G8  
TRAINING PERCEIVERS TO LOOK BEYOND A PARALYZED FACE WHEN FORMING IMPRESSIONS  
Kathleen R. Bogart, Linda Tickle-Degnen, Nalini Ambady  
We examined whether perceivers could be trained to improve their impressions of people with facial paralysis (PWFP). Perceivers watched clips of PWFP and rated their extraversion. Instructing perceivers to attend to nonface channels lead them to consciously reduce their bias but did not improve accuracy, a more implicit task.

G11  
THE ASSOCIATION BETWEEN EARLY SEXUAL INITIATION AND RISKY SEXUAL BEHAVIOR IN AFRICAN AMERICAN WOMEN  
Alison E. Burgujian, Kristina Hood, Natalie J. Shook  
Fairleigh Dickinson University;  
The present study examined whether age of sexual initiation predicted risky sexual behavior in African American women. Women who initiated sex earlier had less intent to use a condom after controlling for sexual activity, HIV testing, and attitudes. These results show that age of first sex influences later sexual behavior.

G12  
I'LL HAVE ANOTHER HELPING: PROMOTING HEALTHY FOOD CHOICE WITH VARIETY AND EXPLORING CHOICE JUSTIFICATIONS

Rachel J. Burns, Alexander J. Rothman, Sarah Mott

After having eaten a piece of fruit earlier in the day, participants who were offered a different fruit, relative to those offered the same fruit, were more likely to choose fruit over candy. Participants who chose the same piece of fruit offered particularly strong nutrition-related justifications for their choice.

G13

WHEN EATING WRONG FEELS RIGHT: PREFERENCE FOR UNHEALTHY FOOD IN A HEALTHY ENVIRONMENT

Anthony Butler, Joshua Hahn, Caleigh Rhew, Katherine Timberlake, Steve D. Seidel

Researchers hypothesized that in absence of external justification, participants eating less healthy food (chocolate) in an environment promoting health (fitness center) would experience guilt and report that the food tasted better to relieve dissonance. Resulting data confirmed the researchers' expectations.

G25

SELECTIVE ATTENTION TO STIGMATIZING HEALTH INFORMATION AMONG DISENFRANCHISED GROUPS

Allison Earl, Dolores Albarracin

Two studies examined selective attention to stigmatizing (versus control) health information for members of disenfranchised groups. Study 1 used unobtrusive observation in a public health department waiting room. Study 2 used ERP. Both studies indicate that disenfranchised groups pay significantly less attention to stigmatizing compared to control health information.

G37

INCREMENTAL MESSAGE OF BODY-WEIGHT VIA GAMING: BENEFITS FOR SELF-REGULATION?

Kelsey Greenfield, Dylan Vavra, Elizabeth Crawford, Jeni L. Burnette

Building on implicit theories, we examined if an avatar influenced self-regulation. Participants in the incremental (avatar's weight changed), relative to entity (avatar's weight was fixed) condition reported a more incremental theory and subsequently greater goal engagement after hypothetical dieting setbacks, but only with a message included. We discuss intervention implications.

G38

A CROSS-SECTIONAL AND LONGITUDINAL EXAMINATION OF THE PHYSICAL ACTIVITY-ALCOHOL RELATIONSHIP IN COLLEGE STUDENTS: ACTIVITY TYPE MATTERS

Lindsey C. Harkabus, Jennifer J. Harman

Research has demonstrated an incongruous positive relationship between alcohol consumption and physical activity concurrently among college students (Lisha & Sussman, 2010; Musselman & Rutledge, 2010). This study examined the relationship between alcohol use and multiple forms of physical activity (cross sectionally and longitudinally); both positive and negative relationships were found.

G42

"DOCTORSHIP" STYLES: CLINICIANS' PATTERNED APPROACH TO PATIENT CARE EXAMINED IN A CLINICAL SETTING

Ho P. Huynh, Kate Sweeny, Sunil Saini

Research suggests that clinicians must motivate their patients to adhere to treatment recommendations. We examined how leadership theories can help clinicians improve on this facet of care. Our findings suggest that patients can distinguish variations in motivational "doctorship" styles, and these styles differentially predict important patient outcomes.

G43

LGBT PATIENTS' COMMITMENT TO PRIMARY CARE PHYSICIANS: AN INVESTMENT MODEL ANALYSIS

Michael Ioerger, Justin J. Lehmler

This study examined LGBT patients' commitment to their primary care providers using a modified version of Rusbult's (1980) Investment Model Scale. Satisfaction, investments, and alternatives were each significant and unique predictors of patient-provider commitment and accounted for a large portion of the variance, consistent with other Investment Model applications.

G48

ELONGATION REDUCES CALORIES? : SHORT AND WIDE SHAPED FOODS ARE PERCEIVED TO HAVE GREATER VOLUME AND CALORIES THAN LONG AND LEAN ONES.

Dongeun Kim, Hyunjin Song, Eunkook M. Suh

The present research demonstrated that people perceive short and wide hexahedron-shaped food items as heavier and having more calories than long and lean ones of the same volume. This phenomenon may be explained by metaphoric association between shape of foods and shape of human body.

G56

RACIAL IDENTIFICATION AND RACIOETHNIC SIMILARITY AS MODERATORS OF THE RELATIONSHIP BETWEEN INSTITUTIONAL WORKPLACE DISCRIMINATION AND PHYSICAL HEALTH SYMPTOMS AMONG RACIOETHNIC MINORITIES

Benjamin Liberman

This study examined the moderating effects of racial identification and racioethnic similarity on the negative relationship between institutional workplace discrimination and physical health symptoms among racioethnic minorities. Data revealed interaction effects on physical health symptoms, suggesting that these variables ameliorate the negative effects of institutional discrimination on physical health symptoms.

G57

SPRING BREAK VERSUS SPRING BROKEN: PREDICTIVE UTILITY OF SPRING BREAK ALCOHOL INTENTIONS AND WILLINGNESS AT TWO LEVELS OF EXTREMITY

Dana M. Litt, Melissa A. Lewis, Lindsey Rodriguez, Clayton Neighbors

The present study evaluated the predictive utility of willingness and intention, two important constructs within the Prototype Willingness model, in relation to Spring Break drinking when assessed at both high and low levels of alcohol-related risk.

G74

SOCIAL COMPARISON AND HEALTH RISK

Barbara J. Nagel, Jason P. Rose

In making health decisions, there is a wealth of information to consider. We suggest that people will seek social comparative information even when more relevant information is available. A process tracing study revealed that participants searched for comparison information as long as more objective information following a health risk scenario.

G75

TYPICAL CONTEXTUAL CUES IN HEALTHCARE SETTINGS CAN PRIME STIGMA TOWARD ILLNESS

Karen Z. Naufel, Kathryn Cook, Jeff Klibert

The present study investigated if contextual cues, such as a doctor's privacy guidelines, activate stigma for an illness. People who reviewed information about privacy in healthcare settings were more likely to stigmatize an illness than those who did not review such information, suggesting that healthcare practices may elicit stigmatizing beliefs

G84

MEDIA EXPOSURE AND PAST SEXUAL EXPERIENCE: COLLEGE STUDENTS' WILLINGNESS TO ENGAGE IN SEX UNDER THE INFLUENCE OF ALCOHOL

Laurel M. Peterson, Michelle L. Stock

College students viewed television depicting sex under the influence of alcohol, television without this behavior, or no television. Willingness to have sex under the influence was highest among participants who had recently engaged in sex under the influence who viewed this televised behavior, suggesting that past behavior moderates media impact.

G92

EFFECTS OF IMPLICIT AND EXPLICIT HEALTH MESSAGES ON FOOD CHOICE

Heather Scherschel, Maryhope Howland, Traci Mann

In two field studies, we manipulated food signs so that they explicitly stated the food was healthy, implicitly suggested it, or did not mention health. In both studies, participants were more likely to choose the healthy option when it was labeled implicitly compared to explicitly or with a control message.

G96

IDEAL AFFECT SHAPES EVALUATION OF EMOTIONALLY FRAMED HEALTH CARE OPTIONS

Tamara Sims, Jeanne L. Tsai, Birgit Koopmann-Holm, Ewart A.C. Thomas, Mary K. Goldstein

Is how people actually feel ("actual affect") or how they ideally want to feel ("ideal affect") more relevant to evaluating health information? Across three studies participants' ideal affect predicted preferences for emotionally-framed healthcare options, while actual affect did not. Considering ideal affect may enhance patient receptiveness to health information.

G99

BELIEFS ABOUT MOOD-ENHANCING BENEFITS OF SUN EXPOSURE PREDICT BEHAVIOR AMONG ADULTS AGED 18 TO 88

Jennifer M. Taber, Lisa G. Aspinwall

We examined attitudes underlying sun exposure among 337 adults. Factor analysis yielded six factors of appearance, health, and mood costs and benefits. Although appearance benefits was the strongest predictor of sun exposure, perceived mood benefits also independently predicted sun exposure. Future interventions might target beliefs that sun exposure improves mood.

G104

IMPROVING ORAL HEALTH BEHAVIOR WITH MESSAGE FRAMING

John A. Updegraff, David K. Sherman

Tailoring the gain vs. loss frame of a health message to people's perceptions of health risk increases its effectiveness. This conclusion comes from a large, ethnically diverse, longitudinal field study of Americans who viewed framed oral health videos over the internet, with oral health behavior assessed across 6 months.

G111

EATING DURING SLEEP LOSS IS MODERATED BY ROMANTIC RELATIONSHIP INTERDEPENDENCE, CLOSENESS, AND SELF-EXPANSION

Xiaomeng Xu, Suzanne Riela

Thirty-one undergraduates (in relationships >1yr) were sleep deprived for 12 hours; ad libitum eating was covertly measured. Caloric consumption was negatively correlated with commitment, satisfaction, investment size, closeness, and self-expansion, and positively correlated with quality of alternatives. Results remained significant after partialling out age, sex, BMI, relationship length, and mood.

G259

RELIGION AND ITS EFFECT ON ORGAN DONATION INTENTIONS

Rafaella Sale, Erin Dobbins, Courtney Rocheleau

The study aimed to distinguish Fundamentalist Christians from Progressive Christians. The effects of Christian Absolutism (CA) and religious orientation on intentions to donate organs were examined. In a series of multiple regressions, intentions were regressed onto CA, each orientation, and their interactions. Findings aid intervention construction to promote organ donation.

G273

SEX, ALCOHOL, AND EXERCISE: HOW IGNORANCE IMPACTS COLLEGE STUDENTS' HEALTH

Brooke Ammerman, Helen C. Harton, Nicholas Schwab

Undergraduates completed surveys twice during a semester and reported becoming more accepting of risky behaviors (i.e., drinking, casual sex), but engaging less in healthy behaviors, such as exercising. Gender and personality were not related to these changes. First year students demonstrated greater change than upperclassmen, which may indicate pluralistic ignorance.

G279

THE ROLE OF GROUP SIZE AND CONTEXT-SPECIFIC NORMS IN ALCOHOL CONSUMPTION AND COMPLIANCE DRINKING DURING NATURAL DRINKING EVENTS

Jerry Cullum, Megan O'Grady, Stephen Armeli, Howard Tennen

We examined how group size and context-specific drinking norms corresponded to conformity and compliance alcohol consumption using experience sampling methods. 397 college students reported on their alcohol consumption during natural social drinking events. Context-specific norms moderated the effect of group size on both conformity and compliance drinking levels of alcohol.

G280

MEDICAL DEBT CRISIS AND SOCIAL INFLUENCE: CAN NORMATIVE CUES MITIGATE BAD DEBT AND MEDICAL BANKRUPTCY?

Jonathon RB. Halbesleben, Rosanna E. Guadagno, Matthew PM. Cybulsky

Patient-consumers were sent billing correspondence (i.e., an invoice) that included various normative cues suggesting the amount and time-frame in which to make payment on medical bills. Subjects receiving letters including the normative cues were significantly more likely to pay compared to no normative cue controls

G282

GREEN WITH JEALOUSY: DRINKING PROBLEMS AS A FUNCTION OF JEALOUSY AND DRINKING TO COPE.

Angelo M. DiBello, Camilla S. Øverup, Teri M. Preddy, Lindsey M. Rodriguez, Clayton Neighbors

Students responded to a series of questions regarding feelings of jealousy in their close interpersonal relationships, motivations for drinking, and alcohol related problems. Results indicated that jealousy significantly predicted negative drinking outcomes. Further, results indicated the relationship between jealousy and problem drinking was partially mediated by drinking to cope.

G291

NONVERBAL BEHAVIOR IN ALCOHOL ADVERTISEMENTS INFLUENCES ALCOHOL ATTITUDES AND INTENTIONS TO DRINK

Annemieke Lagerwaard, Max Weisbuch

We predicted and found that alcohol advertisements featuring positive nonverbal behavior influenced viewers' subjective norms towards drinking alcohol and—among viewers with strong affiliation needs—increased drinking intentions. We discuss these results as an example of nonverbal influence.

G292

#### USING VALUES AFFIRMATIONS TO DIMINISH THE EFFECT OF CAMPUS DRINKING NORMS

David J. Lane, Michelle L. Stock

This study examined the potential for values affirmations to weaken the association between drinking norms and behavior. 184 college students reported drinking norms and either affirmed academic values or did not. Perceiving drinking as normative predicted greater willingness to drink, but affirming academic values attenuated that relationship.

G299

#### IT'S ALL ABOUT THE RISK: FACEBOOK POSTS AND DRINKING IDENTITY IN COLLEGE STUDENTS

Lindsey M. Rodriguez, Dana Litt, Angelo DiBello, Clayton Neighbors, Camilla Overup

The current study evaluated the role of alcohol-related Facebook posts and drinking identities in alcohol consumption. Undergraduates' Facebook profiles were coded for alcohol-related information; drinking identity and alcohol use were assessed online. Increased alcohol-related Facebook posts were associated with increased drinking levels, particularly for those with lower drinking identities.