

# Book of Abstracts

Asian Association of Social Psychology 2019  
Small Group Conference



Serving the Underserved in the Tropics:  
Making a Difference with Positive Psychology

JamesCook University  
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## The effect of work stressors, stress recovery and work-family conflict on employee wellbeing and burnout.

Martina Mae Schlittler & Doctor Divjyot Kaur  
James Cook University, Singapore

With the development of information technology and growing competition in many industries, employees are often expected to work regardless of time or place, with lines between work and nonwork becoming increasingly blurred and causing greater strain, less wellbeing and increasing the risk for burnout. While the topic of work stress and its stressors has been widely explored, there is a gap in literature exploring the role of stress recovery on wellbeing and burnout, as well as the work-family conflict that is often experienced. In view of this, the present study conducted among 201 Singaporean working adults (21 to 64 years) employed



## Understanding the Underserved through an Action Learning Project.

Associate Professor Wendy Li, Megan Balue, Renee Ericksen & Danielle Smallacombe  
James Cook University, Townsville, Australia

Prominent psychologist Kurt Lewin coined the term 'action research' to describe research aimed at solving social problems. Action teaching is the educational counterpart to action research. Just as Lewin developed action research to address social issues, action teaching not only teaches about a subject topic but contributes to the greater good. This presentation showcases the innovative approach to action teaching using CAR (Concept, Action & Reflection) to assist students to understand the underserved through their action learning.

The philosophy of experimentalism developed by John Dewey has been regarded as a theoretical root of action learning. Dewey's experimentalism emphasises on the principles of experience, inquiry and reflection. Inspired by Lewin's action research and Dewey's experimentalism, CAR adapts the experiential paradigm for the design of the CAR assessment. Specifically, three theories are employed to guide the design of CAR: Situated cognition theory, instructional scaffolding and discovery learning.

Situated cognition is a theory that emphasises that people's knowledge is constructed within and linked to the activity, context, and culture in which it is learned. Thus, learning is inseparable from doing and should be situated in activities bound to social, cultural and political contexts. Instructional scaffolding is a learning process that is designed to promote a deeper level of learning with sufficient support provided to learners to help learners achieve their learning goals



## Systematic Review and Meta-analysis of risk factors of the forgotten parent.

Doctor Jasleen Chhabra, Associate Professor Wendy Li, Professor Brett McDermott  
James Cook University, Townsville, Australia

Transitioning to parenthood is an important event in one's life. Arrival of a new family member is often portrayed as a joyful and happy experience. However, this transition can also be a stressful period in the new parents' life because of various changes to their lifestyle and increase in responsibilities. The stress during this period may manifest as depression and anxiety in the parents. Several studies have published a positive relationship between maternal depression and anxiety during pregnancy and childbirth, however, the other parent, the father, has been forgotten. The aim of the current study was to systematically review and analyze the risk factors associated with perinatal depression and anxiety in fathers. Five databases (CINAHL, Medline, PubMed, PsychInfo and Scopus) were used to extract studies reporting paternal perinatal depression and anxiety. The study followed Preferred Reporting Items for Systematic Review and Meta-Analyses (PRISMA). In total 58 studies with 37,4789 participants were included in the final meta-analysis. The risk factors included maternal depression, gender roles, sociodemographic factors (age, education, parity, employment history) and marriage related factors. The study highlights the presence of depression and anxiety in fathers simultaneously identifying the associated risk factors which may help in developing an effective screening and treatment plan that will not only help the fathers but their partner and children as well.



## Positive psychology for the underprivileged: Lessons from the tropics.

Professor Annalakshmi Narayanan  
Bharathiar University, India

Studies on underprivileged population have largely employed deficit model that examines consequences of living in ~~at~~ risk backgrounds. There is, however, a recent growing interest across the globe in exploring this population using a strength model. A variety of factors at multiple levels, viz., individual, family, school, and community appear to serve ~~as~~ protective factors for those coming from ~~at~~ risk backgrounds. In this keynote, we will show the protective factors and processes that nurture resilience in this target group. This presentation will provide an opportunity to explore agencies and pathways ~~to~~ resilience in underprivileged population



## Exploring Explicit & Implicit Attitudes towards Mental Illness: A Study of Psychology and Non-psychology students.

Sri Valli C & Doctor Smita Singh  
James Cook University, Singapore

Mental illness has a high stigma. Apart from the general population, research has indicated the presence of stigma among mental health professionals and health care workers too. This can have a detrimental effect on patients seeking help. Hence, there are two main objectives of the study. First, the study will investigate attitudes towards mental illness among psychology and non-psychology university student population. To date, no study has investigated attitude towards mental illness by using both explicit and implicit measures. This study aims to evaluate the limitations and strengths of each of these approaches and draw conclusions based on comparative analysis. Second, we aim to study the significant correlates of attitude measures by drawing data from both psychology and non-psychology student population in Singapore. Explicit attitude is measured via the Attitudes towards Mental Illness Singapore (AMISG) scale, consisting of 20 items. The measure of implicit attitudes, Implicit Attitude Questionnaire (IAQ), is patterned after the Denial of Continuing Discrimination subscale of the Modern Racism Scale. The present study aims to recruit 250 participants (125 psychology and 125 non-psychology students) from James Cook University Singapore. Firstly, an Exploratory Factor Analysis will be conducted to establish construct distinction between the two attitude measures. Multivariate Analyses will be conducted to test the following hypotheses. The expected results are psychology students should score significantly higher on both AMISG and IAQ than non-psychology students, reflecting more positive attitudes towards mental disorders. Second, there will be a significant difference in the overall responses of explicit and implicit attitude measures. The implications of this present research would help in improving acceptance towards the mentally ill and how undergraduate psychology training can be further improved to reduce such stigma.







Understanding Chinese Dying in North Queensland: Developing a Chinese Palliative Care Cultural Competence Education Resource Toolkit.



## Refugee mental health and community attitudes towards refugees.

Associate Professor Wendy Li  
James Cook University, Townsville, Australia

The presentation showcases a series of studies, conducted by my research team, on refugee mental health of and community attitudes towards refugees living in Australia. The past decades have witnessed high numbers of people seeking refugee status globally according to the United Nations wwo9ytsl



# Testing the newly developed Relationship Sabotage Scale on a sample of English-speaking Asians.

Raquel Peel, Associate Professor Nerina Caltabiano, Doctor **B**uckby, & Doctor Kerry McBain  
James Cook University, Townsville, Australia

Research looking at adult attachment and self-sabotage provides some answers for why some people cannot maintain romantic relationships. Self-sabotage is a strategy people use to protect themselves and saboteurs typically hold insecure views of romantic relationships often due to having a history of difficult relationships with either parents, peers, or romantic partners. However, no instrfic(t)-2 (r)-2 (f)3 (i)-2(i)3 (th (ot)-2sTJ 0 F3d die0 Tw (-)1 ( pa)-1 ((t)-1(r)-2 l.th3 (i)-2



## A Literature Review– The Challenges Faced by International University Students: Retention, Mental Health, and Related Factors.

Doctor Timothy Leow  
Townsville Hospital, Australia

Australian university enrolments have increased over the recent years (ABS, 2013). Various factors can be attributed to this, such as the ease of entry into courses, generous 'trial' period, and an overall growing population (Norton et al, 2018). In 2009, there were approximately 61,000 International students enrolled in Australian Universities. This accounts for 1 in 5 students (ABS, 2011). A significant point of difference however between Australian and International students is that International students are required to pay upfront fees estimated to be \$15,000 per semester, prior to commencing their studies with no 'trial' period allowed (Monash, 2018). Of the students enrolled in an Australian university, 30 per cent will not complete their degrees within 4 years (Norton et al, 2018), opting instead to defer or cease their studies. Factors contributing to this substantial rate of non-completion include: mental health issues, financial stressors and socio-cultural-demographic features. The primary aim of this literature review is to evaluate the relevance of the above factors on the completion rates of tertiary students and to ascertain if there is a difference in completion rates between Australian and International students. If such a difference exists, the reasons accounting for this will be explored. A comprehensive search of PubMed was completed utilising MeSH keywords as





## Non-Fatal Deliberate Self-Harm in three remote Indigenous communities of Far North Queensland.

Chris Rouen

James Cook University, Cairns, Australia

Aboriginal and Torres Strait Islander (Indigenous) peoples experience a suicide rate over twice that of the general Australian population. With ~~fatal~~ deliberate self-harm (DSH) being the single most important risk factor for future suicide, understanding the incidence and characteristics of DSH is essential. A clinical file audit investigated injury in three remote Indigenous communities in Far North Queensland for the ~~year~~ period 1<sup>st</sup> January 2006 to 31<sup>st</sup> December 2011 and provided an opportunity to examine Indigenous DSH in a primary healthcare setting. A DSH presentation rate of 1,638 per 100,000 population was found within the communities. Rates were higher in age groups ~~24-5~~ and 25–34, varied between communities, and were not significantly different between genders. Sixty percent of DSH

