

Psych Matters

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Editor, Jennifer Mailloux, Associate Professor of Psychology

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The Newsletter of the University of Mary Washington Department of Psychology

Dr. Miriam Liss Receives an Outstanding Faculty Award from the State of Virginia

Congratulations to **Dr. Miriam Liss**, Professor, who was selected to receive an Outstanding Faculty Award by the State Council of Higher Education for Virginia (SCHEV). According to SCHEV's website, an Outstanding Faculty



Dr. Miriam Liss

Award is the highest honor a faculty member at a Virginia college or university can receive; the award serves as recognition of the highest level of achievement in teaching, research, and community service. Dr. Liss was addressed by Governor Terry McAuliffe at a ceremony in February at The Jefferson Hotel in Richmond, during which she received her award.

Graduate in Residence Dr. Annie Kleykamp ('02) Discusses Psychology Careers in the 21st Century

by Celeste Kelly, Psychology Student Representative ('15)

Every year, the Psychology Department organizes the return of a UMW Psychology Department graduate. This individual serves as our esteemed Graduate in Residence. The Graduate in Residence's visit provides students with an opportunity to learn from a psychology professional who, not too long ago, faced challenges similar to those faced by current students who are preparing to enter the job market and/or programs of advanced study.

For the few days the Graduate in Residence is on campus, he or she has a very busy schedule. Typically, our guest visits a few classes, lecturing on a topic relevant to the course and aligned with his or her experiences, and meets informally

with students on a few occasions to answer questions and offer advice. The culminating event is a public talk on the Graduate in Residence's current professional experiences and insights.

This year's 20th Graduate in Residence was Dr. Bethea (Annie) Kleykamp, Class of 2002. After graduating from UMW, Dr. Kleykamp went to Wake Forest University from which she earned a master's degree in General Psychology in 2003. At Wake Forest University, her research interests included attention, memory, substance use, and addiction. Dr. Kleykamp continued her education at Virginia Commonwealth University, earning a doctoral degree in Experimental Psychology in 2007. She continued to study substance use issues. Specifically, her dissertation was on the effects of transdermal nicotine on nicotine withdrawal.

In her public talk titled, *And Now for Something Completely Different: Psychology in the 21st Century*, Dr. Kleykamp expressed that, until the completion of her doctoral degree, her career path had progressed as she had expected; however, following receipt of her doctoral degree, things



Dr. Annie Kleykamp ('02)

became unpredictable. Although Dr. Kleykamp had begun a post-doctoral research position at the Behavioral Pharmacology Research Unit of the Johns Hopkins School of Medicine, during which she studied addiction, the recession hit. During her talk, she explained that between 2007 and 2012 research and development spending in the U.S. dropped by about \$22 billion. Although academic institutions continued to

prepare graduate students for careers in academia, the availability of faculty positions (especially research-focused ones) decreased dramatically.

According to Dr. Kleykamp, the decrease in the availability of faculty positions necessitated a shift away from the "typical" psychology career path, that is, from doctoral degree to post-doctoral research position to faculty position, to other paths. Instead of the typical path, young psychology graduate students began looking toward "atypical" career paths in industry, government, business and, possibly,

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“making and selling anklets on the beach” to put it in Dr. Kleykamp’s words!

Far from calling the situation unfortunate, Dr. Kleykamp explained that today’s psychology students have reason to be very hopeful. She cited U.S. Bureau of Labor Statistics from 2014 that predict job growth of 11% in the field of psychology between 2012 and 2022. In addition, the net value of a bachelor’s degree has remained stable for the last 10 years at approximately \$330,000, according to the Bureau. Most importantly, Dr. Kleykamp emphasized the importance and value of a liberal arts degree in today’s world; a psychology degree complimented by the breadth that the liberal arts supplies is a good combination in terms of yielding a well-rounded skill set making one better suited for a wider range of jobs.

Although Dr. Kleykamp continued to prepare for a research-focused academic job by completing a second post-doctoral research position at the National Institute of Drug Abuse’s Nicotine Psychopharmacology Unit, a tight market for academic positions loomed as an undeniably reality. So, she decided to embrace a very different direction following the completion of her second post-doctoral research position.

Dr. Kleykamp took a position as a medical analyst for Hayes, Inc., a firm that researches drugs, medical devices, and medical technologies to provide evidence-based recommendations

for their safe, effective, and efficient use. Dr. Kleykamp used her research and writing skills to supply reports on different technologies. In turn, various agencies (for example, the government, health insurance companies, and health care providers) would use her reports to make decisions about best practices.

Currently, Dr. Kleykamp is employed as a scientist at Pinney Associates in Bethesda, Maryland. Similar to her position at Hayes, Inc., she writes evidence-based literature reviews requiring the interpretation and synthesis of data from numerous sources. Due to her education, experience, and interests, Dr. Kleykamp works on reviews in areas related to psychopharmacology, including clinical pharmacology, pharmaceutical risk management, and abuse potential assessment and deterrence. Although her career is not considered “typical,” she finds the work rewarding because she is using the skills she garnered as a research-focused psychologist every day.

In addition to her job with Pinney Associates, Dr. Kleykamp is an adjunct professor at the University of Maryland. She teaches a course titled, Writing in the Health Professions, that focuses on developing students’ medical and scientific writing skills. The course is a nod to her commitment to a liberal arts education, illustrating a respect for basic skills such as critical thinking, information synthesis, and writing.

Dr. Kleykamp believes her success in an atypical career path is due in large part to the undergraduate training she received not only in psychology, but also in the liberal arts. Specifically, she credits the UMW curriculum for emphasizing “critical and analytical thinking; seeking answers to complex, transdisciplinary issues; and communication.” She credits the psychology department for “knowledge of statistics and research methods as well as an understanding of human behavior.” When it comes to pursuing a career applying psychology, whether typical or atypical, such skills are very valuable.

Toward the end of her visit, Dr. Kleykamp expressed her gratitude to UMW and to the Psychology Department, not only for the foundation for a successful, if unexpected, career, but also for the invitation to return to UMW to share her experiences. We, in turn, extend our gratitude to her for her wise, encouraging, and inspiring messages. Continued successes, expected and unexpected, to you, Dr. Kleykamp!



Dr. Annie Kleykamp Beginning her Presentation

Psi Chi Inducts New Members

In the fall of 2014, a number of psychology majors were welcomed into the UMW chapter of Psi Chi, the National Honor Society in Psychology. The inductees were: **Elizabeth Carroll, Latarsha Demmie, Melissa Dorna, Quinn Doyle, Robyn Ellis, Sarah Etherton, Shawn Fraine, Rebecca Gottfried, Lindsey Green, Katelyn Hedrick, Abigail Heller, Sara Hickey, Rachel Karkane, Gabriela Lopez, Claire Merenda, Raven Osei, Amanda Patterson, Alicia Sadler, Alyssa Stewart, Jordan Williams, and Cara Wimberley.**

The Many Directions of Psychology Department Research

By Jennifer Mailloux, Associate Professor of Psychology

Part of the mission of the psychology department, as stated in the Psychology Department Brochure, is to provide students with a broad background in academic psychology along with rigorous training in research techniques, statistics, and experimental psychology, which students apply to their own research projects. Ultimately, the goal is to have students present their work at local, regional, and national conferences and, perhaps, publish their work.

Many upperclassmen work closely with each other and with faculty members to complete original research projects. Formally, this experience is known as the Psychology 491 and 492 courses, which are taken in the fall and spring semesters, respectively. The participating faculty and students conduct their research and then, in April, the students present their research at the departmental Psi Chi Symposium; often, students present their research at the university-wide Research and Creativity Day as well. Furthermore, the students present their research at the Virginia Psychological Association (VPA) meeting to be held in Virginia Beach this year, and some students will present their research with their faculty advisor at national meetings of, for example, the American Psychological Association or the Association for Psychological Science.

In addition, sometimes faculty members recruit undergraduates to assist in the completion of the faculty member's personal research. These students enroll for Undergraduate Research 197 and complete all sorts of tasks, such as searching the literature and collecting data. In addition, these students complete a project at the end of the semester, which could be a written report or a presentation at Research and Creativity Day.

The research topics being investigated this year are diverse. Drs. Mindy Erchull (Associate Professor) and Miriam Liss (Professor) and

their students are continuing work on the objectification of women. This phenomena has to do with focusing on how others look rather than what they can do and who they are. This year, they are exploring the relationship between objectification and perceptions of one's own and others' leadership skills. In one study, they are presenting participants with images of women and tracking what parts of the image the participants look at and for how long with a device called an eye tracker.

Dr. Steve Hampton (Associate Professor) and his students are investigating the processing of human faces, including processing characteristics such as the age, gender, race, and attractiveness of faces. Dr. Virginia Mackintosh (Associate Professor) and her students are studying intensive parenting, a multifaceted construct including, but not limited to, the belief that children's needs should be a family's top priority. Specifically, Dr. Mackintosh and her students are investigating how individuals' intensive parenting attitudes and beliefs are influenced by the characteristics of their children.

Dr. Chris McBride (Professor) is continuing her research on eating behavior. Specifically, Dr. McBride and her students are exploring whether mindfulness, i.e., the ability to focus on the present moment and accept one's thoughts and feelings without judgment, can mitigate stress-induced eating. Dr. W. David Stahlman (Assistant Professor) and his students are examining learning in non-human animals. Specifically, he and his students are investigating the effects of different types of reinforcement and levels of motivation on spatial navigation in hermit crabs and rats. In addition, Dr. Stahlman, a faculty collaborator in the biology department, and an undergraduate research student are studying dominance hierarchies in mice.

Dr. Debra Steckler (Associate

Professor) and her students are investigating whether having a tattoo makes someone appear more or less attractive to others. Currently, they are focusing on whether location of the tattoo has a particular influence on attractiveness ratings. Dr. Laura Wilson (Assistant Professor) and her students are examining factors that impact outsiders' perceptions of sexual assault. Specifically, they are testing several variables, including participants' perceptions of sexual intercourse and attitudes towards individuals that identify as gay or lesbian, to determine why genders of the victim and perpetrator appear to influence how others interpret a sexually violent incident.

Dr. Hilary Stebbins (Assistant Professor) and a couple undergraduate research students are investigating how individuals with high sensitivity to rejection respond to threatening social stimuli, like angry human faces. When pairing a loud noise with an angry face, they hope to demonstrate a high galvanic skin (i.e., sweating) response. Furthermore, they believe the response will be particularly lasting in individuals who have high sensitivity to rejection. Last, an undergraduate research student, former student Danielle DeVille ('14), Dr. Mindy Erchull, and I (Dr. Jennifer Mailloux, Associate Professor) are studying variables that moderate the negative relationship between sensitivity to internal body sensations (that is, heartbeats) and eating disorder risk.

As mentioned, many students will present their research at the departmental Psi Chi Symposium. This year, the symposium will take place on April 23 and 24 in Lee Hall, Room 411. The symposium is open to the public, so feel free to attend! The university-wide Research and Creativity Day is open to the public also, and will take place in April. Last, if you are in attendance, check out our students' presentations on April 17 at the VPA meeting!

Faculty-co-authored Book on Work-family Life Published!

Drs. Miriam Liss, Professor, and **Holly Schiffrin**, Associate Professor, published a book titled, *Balancing the Big Stuff: Finding Happiness in Work, Family, and Life* in August of 2014. In the book, Drs. Liss and Schiffrin advocate for people to strive for work-family balance and a meaningful and satisfying life. The book was published by Rowman & Littlefield Publishers based in Lanham, Maryland.



A Moment in the History of the Psychology Department

Historical information courtesy of Dr. Tom Moeller, Emeritus Professor of Psychology

In '91, the psychology department faculty voted to make participation in research as subjects a requirement for students enrolled in General Psychology. Prior to the vote, participation in research was on a volunteer basis and students received extra credit only; however, the rate of volunteerism was low. Today, the research participation requirement is still in effect for General Psychology. The number of studies in which students must participate is different from semester to semester; it depends on the number of research projects being planned. Also, students are allowed to opt out of the requirement by completing an alternative assignment if they are unable or unwilling to participate. One of the greatest benefits of the requirement that fledgling psychology students participate as subjects in department-sponsored research is that, if they major in psychology, their research experience will come full circle. Someday, they will be the ones collecting the data and they will likely reflect upon their experience of having provided data! In the meantime, thanks to all the General Psychology students (past, present, and future) who have or will contribute to psychological research at the University of Mary Washington.

Faculty News

Dr. Mindy Erchull, Associate Professor, was elected to a three-year term as member-at-large of the Society for General Psychology, a division of the American Psychological Association, and she received a Committee for Women in Psychology Leadership Award. In addition, Dr. Erchull was a discussant in a symposium titled, "Exploring and measuring the 'F-word': Empirical examination of feminist identity, attitudes, and beliefs," and a presenter in a structured discussion titled, "Navigating the academic job search process: A feminist survival guide" at the meeting of the Association for Women in Psychology last March. Dr. Erchull presented two posters at the meeting of the Association for Psychological Science meeting last May titled, "Women's experiences of sexual objectification and justifying beliefs predict fear of rape and rape avoidance behavior" and "Is everybody doing it? Sex in the college freshmen male population." Dr. Erchull presented another poster at the American Psychological Association meeting last August titled, "It's not you, it's my body shame: Self-objectification and relationships." Last, Dr. Erchull published a book review titled, "Pop culture gets its period: Is this a good thing?" in *Women's Reproductive Health*.

Drs. Mindy Erchull and Miriam Liss, Professor, published two papers together, including: "Desire for marriage and children: A comparison of feminist and non-feminist women" in *Gender Issues*, and "Fathers, daughters, and self-objectification: Does bonding style matter?" in *Body Image*. In addition, Drs. Erchull and Liss

presented a few posters together. Two were presented at the Association for Psychological Science meeting last May and were titled, "The dark side of romance: Romantic beliefs predict intimate partner violence" and "Exploring the sexual double standard through 'slut shaming' on Facebook." Drs. Erchull and Liss presented another poster titled, "Daughters and self-objectification: Does parental bonding matter?" at the meeting of the American Psychological Association last May, and another poster titled, "Believing that jealousy is good: Correlates and sex differences" at the meeting of the Association for Women in Psychology last March.

Dr. Chris Kilmartin, Professor, published the fifth edition of a book titled, *The Masculine Self*, and the second edition of a book titled, *Overcoming Masculine Depression: The Pain Behind the Mask*. Also, he published chapters in three different books: "Using humor and storytelling in men's work" in *Breaking Barriers in Working with Men: Insights and Innovations*, "Working with men to prevent sexual violence" in *A Counselor's Guide to Working with Men*, and "Men's violence against women: An overview" in *Religion and Men's Violence Against Women*. Dr. Kilmartin published three papers, one in *Gender Issues* titled, "A behavior intervention to reduce sexism in college men;" one in the *Journal of Faculty Development* titled, "Connecting the dots: The decline in meaningful learning;" and one in *Violence and Gender* titled, "Sexual assault in the military: A discussion of current status and future directions." In addition, he published a review of a

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book titled, *The Narcissist Next Door* in *Contemporary Psychology*, and an article in the *Free-Lance Star* titled, "Solving the problem requires the work: Preventing sexual assault requires busting its myths."

Dr. Kilmartin participated in a few activities at the American Psychological Association meeting last May. In symposia, he presented papers titled, "Intersectionality in teaching the psychology of men" and "Men's violence against women: Theory and prevention." Also, he presented a webinar titled, "Ethical issues in working with male sexual assault offenders" to a couple of divisions of the American Psychological Association. Dr. Kilmartin was invited to present a number of other talks, including: "I'm no rapist, so why am I here? (because you're a man)" at the National Association of Student Personnel Administrators National Violence Prevention conference; "Sexual assault prevention: The role of leadership" at Fort Meade Army Base; "Using humor and storytelling in men's work" at the National Psychotherapy with Men conference; "A gender-aware approach to understanding men in the context of domestic violence" at the Colorado Coalition on Domestic Violence; "Is chivalry dead?" at Colorado College; "Sexual harassment: Strategies for trainers and performers," a webinar, for Catharsis Productions; "Gender basics" at the United States Institute of Peace; "Brainstorming for military sexual violence research" at the Army Research Institute; and "Building diversity on campus" at Germanna Community College. Last, Dr. Kilmartin served as chair of a grant review panel charged with distributing funds for men's health promotion in Canada for the Movember Foundation.

Drs. Virginia Mackintosh, Associate Professor, **Miriam Liss**, and **Holly Schiffrin**, Associate Professor, published a book chapter titled, "Using a quantitative measure to explore intensive mothering ideology" in *Intensive Mothering: The Cultural Contradictions of Modern Motherhood*. In addition, they presented a paper

titled, "The intensive parenting questionnaire" at the Museum of Motherhood Conference last March.

Dr. Jennifer Mailloux, Associate Professor, published a paper titled, "Effects of heartbeat feedback on beliefs about heart rate and heartbeat counting: A cautionary tale about interoceptive awareness" in *Biological Psychology*.

Dr. Christine McBride, Professor, presented a poster titled, "Turning to food under stress: The roles of attentional focus and social norms" at the Association for Psychological Science meeting last May.

Dr. Holly Schiffrin presented a paper titled, "Intensive parenting: When good intentions go awry" at the meeting of the Virginia Psychological Association last October.

Drs. Holly Schiffrin and **Miriam Liss** presented a paper together at the Museum of Motherhood conference last March titled, "Mothering guilt and shame."

Drs. Holly Schiffrin, **Miriam Liss**, and **Mindy Erchull** published two papers together in the *Journal of Child and Family Studies* titled, "Intensive parenting: Does it have the desired impact on child outcomes?" and "Helping or hovering? The effects of helicopter parenting on college students' well-being."

Dr. W. David Stahlman, Assistant Professor, published two papers in the *International Journal of Comparative Psychology* titled, "Modulation of variation by response-reward spatial proximity" and "Selections on the empirical and theoretical investigations of behavioral variability: An introduction to the special issue." Furthermore, he served as co-editor of the aforementioned special issue. In addition, Dr. Stahlman published a paper titled, "Reward expectation modulates variability in path choice in rats" in *Animal Cognition*. Last, he gave a talk titled, "Respondent variability and its possible relation to creative behavior" at the meeting of the Association for Behavior Analysis International last May, and another talk titled, "Modulation of variability in path

choice by reward expectation in rats" at the meeting of the Comparative Cognition Society last March.

Dr. Hilary Stebbins, Assistant Professor, presented a poster titled, "The importance of stimulus characteristics in revealing the anger superiority effect" at the Association for Psychological Science meeting last May, and a poster evaluating the introduction of active learning techniques in a biological psychology course at the National Institute on the Teaching of Psychology last January. In addition, Dr. Stebbins became chair of the Psychology Division of the Virginia Academy of Science.

Dr. Laura Wilson, Assistant Professor, participated in a number of activities at the Association for Psychological Science meeting last May. She was chair of a symposium titled, "Public mass shootings: What can we learn from psychology?," a presenter in a symposium titled, "Professional development challenges and undergraduate research opportunities at teaching-first universities," and a discussant for a panel titled, "The Naked Truth Part III: Navigating the job market after graduate school." In addition, she presented a talk titled, "The psychological effects of surviving a mass shooting" at the Virginia Psychological Association convention in April. Also, she published five journal articles, including: "Mass shootings: A meta-analysis of the dose-response relationship" in the *Journal of Traumatic Stress*; "The Critical Warzone Experiences (CWE) Scale: Initial psychometric properties and association with PTSD, anxiety, and depression" in *Psychiatry Research*; "Sexual victimization history, depression, and task physiology as predictors of sexual revictimization: Results from a 6-month prospective pilot study" in the *Journal of Interpersonal Violence*; "Do child abuse and maternal care interact to predict military sexual trauma?" in the *Journal of Clinical Psychology*; and "Disinhibition as a mechanism in sexual victimization: A prospective study" in the *Journal of Aggression, Maltreatment & Trauma*.



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Announcements

The Department of Psychology is looking for alumnae and alumni who are willing to discuss their careers and career paths with current psychology majors. Our goal is to create a list of graduates and their occupations to illustrate the variety of opportunities for individuals with a psychology degree and to provide a point of contact so that current students could gain advice and ask questions. The list, including name and occupation, would be posted on our webpage; however, contact information would be made available to current undergraduates by request only. If you are a willing alumna or alumnus, please contact Dr. Virginia Mackintosh, Associate Professor, at vmackint@umw.edu. Send her your name, occupation (including a brief description of your regular activities, if you desire) as well as your current email address and, if you desire, a phone number at which interested students may contact you. We would appreciate your help in providing a valuable resource to current psychology majors. Thank you in advance!

Please consider recognizing the Department of Psychology with a monetary contribution. Please make checks payable to the **University of Mary Washington Foundation**, and specify that the donation is for the **Psychology Department**. Please send checks to the following address: University of Mary Washington Foundation, Jepson Alumni Executive Center, 1119 Hanover Street, Fredericksburg, VA 22401-5412. Your donation would be used to support student scholarships and student presentations at conferences. We would appreciate your support!

Find our new and improved psychology department website at cas.umw.edu/psychology Recent faculty news and upcoming events are posted to the site. Our current students will find information on, for example, program requirements, experiential learning opportunities, and Psi Chi happenings. Furthermore, alumni can keep in touch by providing updates. Check it out!



Keep in touch with your psychology department and fellow graduates. Join the **UMW Psychology Majors** group or the **UMW Psychology Department Alumni** group on Facebook!