The Department of Individual, Family and Community Education

Research Showcase 2015

November 12, 2015
Travelstead Hall
UNM
Welcome to the Department of Individual, Family and Community Education Research Showcase 2015!

The cover photo is a clever reminder of the paradox that, while we each inhabit our own world, there is truly only one world. As we each draw from our own worlds, enlighten each other, and work together, we can make the world a better place. At this our fifth consecutive IFCE Research Showcase, I hope you’re able to spark a conversation, have an idea, find someone to work with and contribute to a better world!

Given the diversity of topics researched in the department, researchers from all parts of campus and the community may well find collaborators in IFCE. Department faculty have worked on funded projects at the Health Science Center, the School of Engineering, and the College of Arts and Sciences to name a few.

We are always willing to work together with other UNM colleagues and community partners to meet the needs of New Mexico and beyond.

Let us know how we can help.

Jay Parkes, Ph.D.
Department Chair
Creating Opportunity When “It Doesn’t Exist”

Carolina Belmares Ortega, Counselor Education Program, UNM

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This poster encourages individuals to consider the consequences, feelings and qualifying statements in terms of missed opportunities and one's unique adversities by eliciting cognitive dissonance to challenge one’s thinking, stating that these cognitive qualifiers are not definitive of one’s character, identifying personal strengths, and recognition that one can always move forward beyond his/her circumstances.

Keywords: resilience, Opportunity, Strengths, Education, Counseling

The Importance Of Self-Care In The Counseling Profession

Jemima Organ, Counselor Education Program, UNM

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Master’s level (LMHC) practitioners who graduated from Counselor education CACREP accredited programs and are working in clinical mental health are not immune to the effects of distress due to the nature of their work. They are susceptible to burnout, vicarious traumatization and impaired competence. Even with a good support system and an adequate supervision, it is well known that counselors are vulnerable to distress because of the nature of work that they do (Cummins, Massey & Jones, 2007). The purpose of this study is to explore the perceived wellness of CACREP Masters practitioners who have been working in the field consistently for 5 years.

**Keywords:** Wellness, Masters Level, Practitioner, Counseling impairment

#2121657

**Comparing Current Leadership Praxis and Personally Held Leadership Values to the Field’s Leadership Principles Established by Chi Sigma Iota, as Self-Reported by a Random Sample of Counseling Association Division Presidents**

Aaron James Smith, Counselor Education Program, UNM

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This presentation explores a qualitative research study that will attempt an exploration of whether or not current leadership practices and personally-held values, as self-reported by a random sample of ACA division presidents, reflect Chi Sigma Iota’s (1999) Leadership Principles and Practices. Applications include assessing appropriateness of
principles for counseling leaders as well as in the evaluation of counseling leadership’s current adherence as evidenced in reported praxis.

*Keywords:* Leadership, Professional Identity, Counseling

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*Counseling professionals conducting suicide risk assessments in New Mexico*

Christine Abassary, Counselor Education Program, UNM

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The purpose of this study is to examine what counselors reveal about their background and experiences in relationship to the unique and complex phenomena of conducting suicide risk assessments for youth. Furthermore, the challenges counselors experience may include vicarious trauma and/or alternatively posttraumatic growth. Implications for the counseling profession may encompass enhanced educational practices, supervision, training and preparation for counselors to conduct this meaningful work.

*Keywords:* Counselors, suicide risk assessments, vicarious trauma, posttraumatic growth

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*Maternal and Paternal Reports of Fathers’ Involvement with Children in Mexican Immigrant Families*

Ziarat Hossain, Family Studies Program, UNM

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The objective of this study is to examine whether mothers and fathers differ in their assessment of fathers' involvement with their children’s care and school work. Mothers and fathers from 79 two-parent Mexican immigrant families with a second- or third-grade child participated in the study. Compared to mothers’ assessment, fathers significantly overestimated their involvement in children’s basic care, care on demand, home-based academic work, and school-based academic work than fathers. Findings will be discussed in light of the differences between fathers' self estimates and wives' reports of husbands' involvement with their children.

Keywords: Father Involvement, Children’s care and academic work, Mexican-Immigrant families

Re-examining Achievement Goal Instrumentation: Convergent and Predictive Validity of AGQ and PALS

Krystal L. McCutchen, Educational Psychology Program, UNM

Tara S. Hackel, Educational Psychology Program, UNM
Questions persist about the validity of the two most widely used achievement goal instruments (Patterns of Adaptive Learning Scales, PALS; and the Achievement Goals Questionnaire, AGQ). This study uses structural equation modeling to examine both convergent and predictive validity of the AGQ and PALS within a sample of high school students (N = 333). A convergent validity test and predictions of school engagement indicators provide evidence that the two instruments may similarly operationalize mastery-approach goals, but differentially measure performance goals. Altogether, findings underscore the need to further examine performance goal assessment between the AGQ and PALS.

*Keywords*: achievement goals, instrumentation, validity

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Depression and An Aging American Population: The Phenomenon of Unmet Needs

Diane Chavez, MA, LPCC, Counselor Education Program, UNM

Christopher Gunnare, M.Ed., Counselor Education Program, UNM
The baby boomer generation remains a predominant force in American culture, however, little research exists concerning topics of depression within this population. Such research is necessary when considering the increasing suicide rate within this population. This research study proposal intends to use mixed methods of research, phenomenological and survey scale, to explore the lived experience of depression.

*Keywords:* Phenomenological, Depression, Aging, Middle-Aged

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*Perception is a bad reality: Academic self-efficacy calibration in students with learning disabilities*

Martin H. Jones, Educational Psychology Program, UNM

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Students with learning disabilities are often seen as at-risk for low academic motivation, achievement, and educational attainment. Academic calibration—the accuracy of efficacy when compared to achievement—has been identified as a key component of successful future achievement in general education students. This process has not been explored longitudinally among students with learning disabilities. Our study used two waves of data from the NICHD Study of Early Child Care and Youth Development to examine how academic calibration in sixth grade predicts ninth grade achievement and
educational aspiration in students with and without learning disabilities.

*Keywords: Academic motivation, learning disabilities, academic performance*

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**Motivational characteristics of American Indian Students at a Tribal College**

Rebecca L. Izzo, Educational Psychology Program, UNM

Terri Flowerday, PhD, Educational Psychology Program, UNM

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The proposed poster will provide demographics and motivational characteristics of American Indian students attending a Tribal College in the Southwest. The motivational characteristics of students with self efficacy, self determination, and American Indian values will be examined to determine a relationship with academic achievement.

*Keywords: American Indian students, student motivation, American Indian values, academic achievement, tribal college*

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**Relations between Frequency of Bullying and Sleep Problems in Middle Childhood: A Proposed Study**
Bullying frequency is linked to many negative effects for children. However, few studies have investigated the influence of bullying on bioregulatory systems including sleep. Addressing this gap, we sought to examine sleep problems within the context of bullying frequency among school-aged children. A total of 130 children (65 boys and 65 girls) and their mothers and fathers will participate in this study. The mean age of the children will be 12 years old. Wrist actigraphy will be used to assess children’s sleep over 7 consecutive nights. The frequency of bullying will be assessed with parent and child reports. Overall, toward gaining a more in-depth understanding of the influences that social processes have on children’s bioregulatory functioning, we will assess the extent to which bullying forecasts disruptions in children’s sleep.

*Keywords:* Bullying, Children, Sleep Problems

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**Methodological challenges *'doing ethnography'*

Tenley Ruth, Educational Psychology Program, UNM

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I discuss four methodological challenges in my research understanding relationships among teachers beliefs and practice in rural Nicaragua: 1) Researcher positionality; 2) Balancing a monocultural IRB with local ways of seeing and
doing; 3) Cultural perspectives on interviewing; and 4)
Participants' ways of thinking and knowing.

*Keywords:* Ethnography, interviews, researcher positionality

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**Surveying the Public’s Perception of Mental Health Professionals**

Gene Crofts, Counselor Education Program, UNM

Cortny Stark, Counselor Education Program, UNM

Diane Lacen, Counselor Education Program, UNM

Alfredo Palacios, Counselor Education Program, UNM

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The purpose of this national study is to explore the public’s
comparative perception of the scope of practice of five
specific mental health professions. Increased awareness of the
public’s conceptualization of professional counselors’ identity
may contribute to the evolving foundation of research
supporting the 20/20 Vision for the Future of Counseling, and
counselor education and training. The outcomes should result
in implications for advocacy action in the areas of counselor
education, intra-professional issues, inter-professional issues,
wellness, research, and marketing recognition. Through
further understanding of the ways in which consumers
understand mental health services, advocacy toward
professional identity may be more finely tuned.

*Keywords:* Public perception, mental health professions,
counselor identity, counselor education
Piloting and Evaluating Diversity Dialogues to Improve Facilitation, Process, and Outcomes

Thomas Anthony Chávez, Ph.D., Counselor Education Program, UNM

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Race, ethnic, and culture-based tensions are historically rooted and affect our perspectives of others and ourselves in daily interactions. Structured intergroup dialogue interventions can affect change in conflictual behaviors, biases, stereotypes, and attitudes. Such interventions promote the goals of exploration, conflict transformation, decision making, and collaborative action. The purpose of this study is to pilot and evaluate an intergroup dialogue intervention called “Diversity Dialogues” (DD). The results of mixed-method evaluation is expected to produce further data to develop specialized DD groups that meet local needs, as well as improve DD facilitation processes and outcomes, such as sense of belongingness, perspective taking, and positive identities.

Keywords: Intergroup dialogue, group conflict, group process and outcomes, social climate, mixed-method evaluation

American Indian elementary and middle school students: Beliefs about, and motivation for school and mathematics
The current study explores relationships between academic motivation, math motivation, socio-economic factors and math achievement in a sample of American Indian fourth and fifth grade students attending minority-majority schools in the southwest. Our first question was to determine if motivation towards school and math could predict student math achievement. Our second research question was to examine how motivation and mathematic achievement changes over time (4th grade to 5th grade). Finally, we wanted to know if the relationship between motivation and math achievement is mediated by socio-economic variables.

Keywords: Academic Motivation, American Indian students, Beliefs about education, Mathematics

#2137720

Dating Aggression and Sleep Problems in Emerging Adulthood

Jacob Gordon, Family Studies Program, UNM

Ryan J. Kelly, Family Studies Program, UNM

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Using a multi-method approach, we examined relations between psychological and physical dating aggression (both perpetration and victimization) and sleep in emerging adulthood. Participants were 108 heterosexual dating couples from diverse ethnic and educational backgrounds (n = 216 individuals, ages 18-29 years old; 49% were cohabiting). Women and men reported on the frequency of dating aggression in their relationships. Sleep was assessed objectively with actigraphs over 7 consecutive nights and three parameters were derived: sleep duration, sleep efficiency, and long wake episodes. Participants also self-reported on their cognitive and somatic pre-sleep arousal. After controlling for influential covariates, actor-partner interdependence models revealed that the perpetration and victimization of dating aggression (particularly psychological aggression) were related to many actigraphy and self-reported sleep problems among men and women. Findings build on this scant literature and demonstrate relations between a prevalent social stressor and a fundamental facet of emerging adults’ health.

**Keywords:** Dating aggression, sleep, couples

#2137940

*Math and Reading Growth Effects as Mediated by Middle School Students’ Executive Functioning & Feelings of Connectedness After Exposure to the SSS Program*

Matthew Lemberger-Truelove, Counselor Education Program, UNM

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The presenter examined the effects of the Student Success Skills program on executive functioning, feelings of connectedness, and academic achievement of a sample of 193 middle school students in a predominantly Hispanic and economically challenged school district in the southwestern United States. Using multilevel regression analyses in a two-level randomized design, the authors found treatment effects for multiple executive functioning scales, feelings of connectedness to classmates, and mathematics and reading achievement.

Keywords: school counseling, academic achievement, executive functioning

Gestational weight gain in women receiving prenatal care in rural midwifery clinics

Diana M. Gonzales-Pacheco, DCN, RD, Nutrition Program, UNM

Kim Cox, PhD, CNM, College of Nursing Program, UNM

Cristina Murray-Krezan, MS, CTSC Program, UNM

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Gestational weight gain (GWG) impacts maternal and fetal outcomes and is the most significant predictor of postpartum weight retention. Excessive GWG and postpartum weight retention is associated with increased abdominal adiposity and may increase a woman's risk for cardiovascular and metabolic disease. The objective of this study was to describe GWG in
women receiving prenatal care provided by Certified Nurse-Midwives (CNM) in an individual care setting or group care setting and compared their weight changes to the 2009 Institute of Medicine (IOM) GWG standards. Data for 18 women were included in the analysis. Median weight gain by BMI category exceeded the 2009 IOM recommendations with the exception of the overweight individual care group.

*Keywords:* Gestational weight gain, prenatal, midwifery care

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**Preliminary Characterization of Pediatric Oncology Patients Comparing Traditional Nutrition Assessment to Subjective Global Nutrition Assessment (SGNA)**

Kirsten Watts, MS, RD, UNM Dept of Pediatrics, UNM

Diana Gonzales-Pacheco, DCN, RD, Nutrition Program, UNM

Shirley Abraham, MD, Dept of Pediatrics, UNM

Craig Wong, MD, Dept of Pediatrics, UNM

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Subjective Global Assessment (SGA) is a method for evaluating nutritional status based on a particular clinical judgement encompassing historical, symptomatic, and physical parameters. A pediatric version, Subjective Global Nutrition Assessment has recently been validated and demonstrated to identify malnourished children. The objective of this study was to compare the SGNA tool with traditional
measures of nutritional status in a cohort of pediatric oncology patients. Results demonstrate that the SGNA tool identified nutrition risk not shown by traditional nutrition markers. SGNA is a feasible non-invasive nutrition assessment tool easily used in the clinical setting and was positively received by the pediatric oncology patients.

Keywords: Subjective Global Nutrition Assessment, Pediatric Oncology, Malnutrition

Mothers’ Interactions with their Preschool Children and Its Links to their Satisfaction with Childcare Arrangement and Parental Sense of Self Competence

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Victor Recalde, Family Studies Program, UNM

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As Mothers’ entry into the workforce has increased, the numbers of children experiencing both non-maternal and/or non-parental care has steadily increased especially in Western societies. Although parental usage and type of care used has been widely investigated, there remains a lack of research on parental satisfaction with the chosen child care arrangement. In view of the assertion that both socioeconomic and contextual factors (e.g., income, education, job demands, child characteristics) influence parental choice of child care arrangement for their preschool-age children, the current research aims to fill a gap by linking parental satisfaction with child care arrangement to parental sense of self competence,
community support and different dimensions of parenting interactions that promote children’s development. The specific objectives of the study include (1) To determine the levels of mothers’ satisfaction with childcare arrangement and maternal sense of competence in parenting; (2) To examine the influence of SES and social support on mothers’ satisfaction with childcare and maternal sense of competence; (3) To describe the extent to which mothers’ demonstrate affection, responsiveness, encouragement and teaching in their interactions with their children and its relationship to parental satisfaction with child care and maternal sense of competence; and (4) To find out whether mothers’ affection, responsiveness, encouragement, and teaching behaviors toward their children vary as a function of mothers’ SES groups (e.g., low, middle, and high income). Mothers from 120 conveniently sampled two parent families with a preschool child in Albuquerque, New Mexico will participate in the study. A subsample of 36 mothers (12 from each of the three socioeconomic groups) will be selected for collecting additional data on mother-child interactions through observation in the home.

Keywords: Childcare beyond parental care, mothers' satisfaction with child care, Mothers' Sense of Self Competence, Preschools Interactions with mothers

A survey of gastroenterologists and registered dietitian nutritionists to evaluate knowledge of the gluten-free diet and follow-up care in the treatment of celiac disease

Renee Euler, Nutrition Program, UNM
This study proposes to evaluate the knowledge of gastroenterologists and registered dietitian nutritionists (RDN) who practice in the US regarding the gluten free diet and recommended follow-up care as required for the treatment of celiac disease according to the Academy of Nutrition and Dietetics and American Gastroenterological Association.

*Keywords:* celiac disease, gluten free diet

Ethical Decision-Making and Approaches in School Counseling

Kristopher M. Goodrich, Counselor Education Program, UNM

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This session will present findings from a national study of 897 professional school counselors that examined their approaches to ethical decision-making. Using both didactic and interactive elements, presenters will discuss the how participants’ approaches related to the Intercultural Model of Ethical Decision-making (IMED). As the IMED is an ethical decision-making framework that was designed to specifically assist school counselors in ethically responding to cultural, religious, and worldview tensions within a school counseling context, it supports the conference theme as a cultural relevant pedagogy and practice.

*Keywords:* Ethics, School Counseling, Decision Making
Effects of Plant Protein Consumption on Variation in Plasma Concentration Ratios of Large Neutral Amino Acids – A Pilot study

Nicole Marie Chavez, Nutrition Program, UNM

Peter Pribis, Nutrition Program, UNM

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Tryptophan (TRP), is of special interest to neuroscientist because of its role as precursor to the neurotransmitter serotonin and to the pineal hormone melatonin. Brain TRP concentrations and the flux of TRP from blood to brain; depend, in turn partly on plasma TRP and partly on plasma concentrations of other large neutral amino acids (LNAA) which compete with TRP for blood-brain barrier transport. The changes in brain serotonin have been proposed as the underlying mechanisms for seasonal depression and other cognitive and mood disorders. In our pilot study we would like to determine the best composition of a test meal - breakfast cookie or shake made from almond, soy and banana - which would lead to the most optimal plasma ratio of TRP concentration to the sum of the concentrations of the LNAA.

Keywords: tryptophan, serotonin, melatonin, mood, depression

Culturally-Relevant Social Marketing and Intake of Fruits and Vegetables in Elementary Aged Children
Erin Lamers-Johnson, Nutrition Program, UNM

**Corresponding Author:** Erin Lamers-Johnson

This study will evaluate the effectiveness of a culturally-relevant social marketing campaign aimed at increasing the consumption of fruits and vegetables in 8-10 years old children living in Albuquerque where Spanish is the primary language used to communicate between parents and children within the home.

*Keywords:* Social Marketing, Diet Intervention, Spanish

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#2140959

**Does the design of an inpatient hospital menu that includes nutrition information increase nutritional knowledge and adherence to a prescribed cardiac diet?**

Natalie Halphen, Nutrition Program, UNM

Dr. Debrah Cohen, Nutrition Program, UNM

**Corresponding Author:** Natalie Halphen, nhalphen@unm.edu

Does an inpatient hospital menu design that includes nutrition information increase the nutritional knowledge and adherence to a prescribed cardiac diet at 2 weeks after hospital discharge,
in adults ages 45-64, who are admitted for a myocardial infarction and who are prescribed a cardiac diet?

*Keywords:* cardiac, diet, adherence, inpatient hospital education

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**Examining maltreatment-related factors and academic achievement**

Mary A. Hershberger, Educational Psychology Program, UNM

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Children who have suffered maltreatment consistently perform lower in educational outcomes than their non-maltreated peers. More work needs to better isolate maltreatment factors that affect educational outcomes in order to understand how they interact and differentially relate. This study will examine how maltreatment-related factors relate to academic outcomes among maltreated children. Maltreatment-related factors include variables such as age at beginning of each separate maltreatment incident, length of each separate maltreatment incident, type(s) of maltreatment, perpetrator’s relationship to the child, total number of separate incidents, number and type of out-of-home (OOH) placements, and if indicated, termination of parental rights.

*Keywords:* maltreatment, academic achievement, foster care
A Viable and Healthy Workforce: Reducing Absenteeism of Behavioral Health Providers Impacted by Vicarious Trauma

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Behavioral health professionals providing services for clients impacted by traumatic material are vulnerable to vicariously experiencing emotional aspects of their clients’ disclosures. This vicarious experiencing, a phenomenon known as vicarious trauma, includes symptoms such as isolation, depression, and depersonalization all of which can impact behavioral health providers’ delivery of services. This purpose of this proposed study is to develop a program designed to reduce symptoms of vicarious trauma in behavioral health professionals. Such a program could help reduce workplace absenteeism and workforce turnover rates in areas of behavioral health focused on trauma services.

Keywords: Vicarious trauma, workforce absenteeism

Incident stress and its effect on the rate of metabolic syndrome in the Emergency Medical Technician.

Karla Puaria, Nutrition Program, UNM

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Long term stress has been proven to negatively affect an individual’s overall health. Emergency medical technicians (EMT’s) encounter several different types of stress in their job. Current research had identified an elevated level of cardiovascular disease, depression and diabetes within the Emergency Medical System (EMS) 1-2. These health disparities increase the level of turnover and the overall strain on the medical system. Metabolic syndrome identifies increased risk factors for cardiovascular disease, diabetes and cancer. By identifying this possible escalation in of metabolic syndrome, we can address possible solutions for improving the health of our medical care workers. The objective of this study is to identify a possible increase in metabolic syndrome in EMT’s on mobile transport units due to increased levels of stress.

Keywords: Incident stress, Metabolic syndrome, Emergency Medical Technician

Eradicate Disease & Save the Planet!

Gabriel Gaarden, Nutrition Program, UNM
Matthew Yarbrough, Nutrition Program, UNM
Amanda Skotchdopole, Nutrition Program, UNM
Keisha Cunico, Nutrition Program, UNM

Corresponding Author: Matthew Yarbrough, myarbrough@unm.edu
Our presentation will highlight the effects of a plant-based diet, not only on the human body, but also on the planet. The presentation will point out statistics regarding the heart health (and overall health) of vegetarians versus omnivores. Additionally, questions of environmental sustainability will be raised.

*Keywords*: heart disease, environmentalism, vegetarian, nutrition health

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*Why is New Mexico rank so low in education? A link between children that have behavioral problems and overall support*

Melanie Maestas, Family Studies Program, UNM

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In this study I interviewed seven teachers from the Albuquerque public schools. I asked a series of questions about their experience in education and changes that have impacted their way of teaching. Lastly, I focused on the challenges children with behavioral problems face in a classroom.

*Keywords*: Education, Resources, Behavioral problems, Support

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*The Importance of Adult Play in Bidirectional Relationships*
Many people focus on the importance of play during early childhood, but play is important during all stages of life. This study aims to getting a better understanding of the affects adult play has on mood and how these changes affect personal and business relationships.

*Keywords:* Adult play, Mood, Relationships

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**Detecting and Defining Assessment Micro-Climates from the Students’ Perspective**

Jay Parkes, Educational Psychology Program, UNM

Almut Zieher, Educational Psychology Program, UNM

Julie Sanchez, Honors College Program, UNM

Tyler Weldon, College of Education and Professional Studies Program, University of Central Oklahoma

Vanessa Harris, Educational Psychology Program, UNM

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Stiggins and Conklin (1992) first introduced the concept of Classroom Assessment Environment, and, based on all of the educational psychology concepts which have subsequently developed, others have refined that concept (Alkharusi, 2010; Brookhart, 2001; Stiggins & Bridgeford, 1985). Now there is a
theoretically rich, if not highly empirically demonstrated, concept of Classroom Assessment Environment. This study is an initial attempt at doing three things: 1) pulling both the teacher practice variables and the student learning variables mentioned in this literature together to see if they form some coherent pattern; 2) to do so from the student perspective; 3) and to do so in higher education classrooms.

*Keywords*: classroom assessment, higher education

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**Protective Factors in the Teen Mother-Child Relationship**

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For a better understanding of this phenomenon we will work with the Family Development Theory and Conflict and Critical Theory. The final paper seeks to identify risk and protective factors within teenage mothers and their child in order to create support programs that meet the family needs for a better development that will impact across society.

*Keywords*: Latina, Teenager, Mothers
Use of Text Messages to Extend the Reach of Therapy for Weight Loss in Veteran Men

Jake Perret, Nutrition Program, UNM

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Veterans are especially at risk for development of Type 2 diabetes due to higher rates of overweight and obesity. Rates as of 2008 suggest 73.3% of veteran men have BMIs over 25 and 23.3% have BMIs over 30. Weight loss is associated with a reduction of risk and even the reversal of diabetic and prediabetic conditions. The use of text messages has shown promise in extending the reach of nutrition therapy promoting weight loss. Can text messages be used to promote greater weight loss among obese, prediabetic, veteran men seen at our local VA?

Keywords: obesity, prediabetes, mHealth, text messages

Nutrition Education and Fruit and Vegetable Consumption in 4th Graders

Cayla Price, Nutrition Program, UNM

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This proposed study aims to determine the impact of Nutrition Education during school hours on the fruit and vegetable consumption behaviors of fourth grade students in Rio Rancho Public Schools as measured by recorded plate waste during the school lunch period.

*Keywords*: Nutrition Education, Elementary schools, students

#2142427

**The impact of experiential classroom cooking and tasting lessons on overweight and obesity in elementary school children**

Renee Conklin, Nutrition Program, UNM

Peter Pribis, Nutrition Program, UNM

Andrea Cantarero, Nutrition Program, UNM

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The objective of this graduate research study is to determine if the hands-on cooking and tasting lessons provided by the Kids Cook! program in Albuquerque, NM have an effect on the BMI z-scores of participants ages 5 to 11. While there are studies that examine the effect of cooking classes on children’s food preferences (likelihood of trying new fruits and vegetables, for example), there is almost no research that studies the long-term effect exposure to experiential food and nutrition classes has on children’s weight. Because Albuquerque Public Schools has been collecting height and weight data on all K, 3rd, 5th, and 8th grade students since 2007, we will have access to this data for thousands of children in APS. This is currently a research proposal. Data
analysis is estimated to begin in 11/2015, and study is anticipated to be completed in 3/2016

*Keywords:* Pediatric obesity, nutrition education, cooking

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#2142549

*Is there a relationship between a reduction in neck circumference and A1C levels in overweight and obese adults after participating in a group weight loss program over a 16 week period at the Veteran Hospital Administration in Albuquerque, NM?*

Kemberly Joyce, Nutrition Program, UNM

*Corresponding Author:* Kemberly Joyce, kajoyce@unm.edu

It shows the financial and health impact of type 2 diabetes. Also that weight loss reduces the risks of comorbidities of diabetes and to see if there is a relationship between a reduced neck circumference, a measurement of upper body obesity and A1C after a 16 week weight reduction program.

*Keywords:* diabetes, neck circumference, weight loss, A1C, veterans

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#2142707

*‘Eat Smart to Play Hard’: a social marketing intervention strategically designed to increase consumption of fruit and vegetables among 8-10 yr. olds in New Mexico.*
Jennifer Johnston, Prevention Research Center Program, UNM

Corresponding Author: Jennifer Johnston

The UNM PRC has developed a team of experts with both nutrition and social marketing experience and created a specifically designed intervention aimed at the 53% of 3rd grade students in New Mexico that are overweight or obese, does the “Eat Smart to Play Hard” Social Marketing intervention produce outcomes that are effective tools that could be used to influence positive health behavior and social change among 8-10 yr. old elementary school students in New Mexico? The purpose of the proposed research study is to evaluate whether the fully developed strategies and implementation process of the “Eat Smart to Play Hard” eight week Social Marketing intervention during both 3rd, 4th and 5th grade will produce outcomes that are effective tools that could be used to create positive health behavior and social change among 8-10 yr. old elementary school students in New Mexico compared to 8-10 yr. old elementary school students in New Mexico that received no intervention.

Keywords: social marketing, health, obesity, intervention

The Influence of Social Relationships on Navajo Secondary Student Motivation

Veronica Lane, Educational Psychology Program, UNM
This research examines the influence of social relationships on motivational goals with Navajo students living in a very rural area of the Navajo reservation in northern Arizona. The present study explores the relationship between perceived social support for education from a student’s social relationships (parents, friends, and teachers) and the rating of a student’s value of education for their future. Using multiple regression analysis, findings indicate that perceived parent support, friend support, and teacher support were all significant positive predictors of future utility value of education with perceived parent support the strongest predictor. Implications and future directions are discussed.

*Keywords:* motivation, future utility value, social relationships, Navajo students

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*Usage of Tobacco Cessation Helpline (QUITNOW) in Rural New Mexico*

Abigail Velasquez, Prevention Research Center Program, UNM

Theresa Cruz, PhD, Other Program, UNM
New Mexico’s (NM) QUITNOW is an evidence-based program for increasing tobacco cessation. Although many tobacco cessation interventions have been created and implemented, research on the effectiveness of such programs in rural communities is limited. This study addressed the question: “To what extent are adults in rural communities engaging in the QUITNOW program compared with adults in urban communities?” This study used zip code level QUITNOW data and a combination of census and NM Behavioral Risk Factor Surveillance System (BRFSS) data to estimate QUITNOW contact and enrollment rates for tobacco users. Mean contact and enrollment rates were calculated for all urban and rural zip codes in NM and compared using t-tests. The mean initial contact and enrollment rates in urban communities were 6.5% and 8.9%, respectively, but only 2.2% and 2.7% in rural communities. However, mean tobacco user enrollment after contact rates were nearly identical in urban and rural communities (81.6% and 81.5%), indicating that the difference in tobacco user enrollment is likely due to reduced contact rates in rural communities. This research is useful for understanding barriers to QUITNOW use in rural communities and to inform interventions to increase use of QUITNOW. Tobacco-free living is an essential component of better health, and our findings regarding disparities associated with residence in a rural community help to address gaps in our knowledge about this issue.
Keywords: public health, tobacco cessation, quitline, rural tobacco use

The Role Of Core Positive Selves In Coping With Negative Affectivity And Building Motivation For Behavioral Change: Exploring The Use of A Character Strengths Training Approach With Child Sexual Offenders

Tiffany A. Miner, Family Studies Program, UNM

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How can child sexual offenders use their top character strengths to address negative affectivity, strengthen core positive selves, and enhance motivation for behavioral change? This study explores the perceived benefits of a character strengths training approach with men convicted of child sexual abuse. The VIA Inventory of Strengths is utilized to facilitate a dialogue about the use of individual character strengths in addressing some of the key factors underlying the offense cycle. The objective of this approach is contextualized within a much wider aim for a cultural shift away from traditional, castigatory approaches to managing child sexual offending. The goal instead is to move towards a paradigm that values and works to strengthen the 'core best self' of each individual, while also remaining conscious of their criminogenic needs.

Keywords: Child Sexual Abuse Prevention, Pedophilia, Positive-Possible Selves, Positive Psychology, Character Strengths
What is the prevalence of disordered eating behaviors in adolescent females who attend a high school in Rio Rancho, New Mexico?

Jacqueline Semeniuk, Nutrition Program, UNM

Corresponding Author: Jacqueline Semeniuk, jacqueline.semeniuk4@gmail.com

What will the prevalence of disordered eating behaviors be in adolescent females ages 14-18 who attend Cleveland High School in Rio Rancho, NM when the Eating Attitudes Test 26 (EAT-26) is administered?

Keywords: Nutrition, disordered eating, adolescents, high school

Exploring the State of College Preparation on the Navajo Nation: A Research Proposal

Veronica Lane, Educational Psychology Program, UNM

Corresponding Author: Veronica Lane, vlane@unm.edu

This poster is a research proposal for a future study to be conducted surveying high schools on the Navajo reservation. The goal of this study is to explore the current state of college preparation and access for students on the Navajo Nation. For instance, how many students have access to ACT/SAT preparation, are taking appropriate coursework (academic
tracks), and are applying to college each year? Possible research questions, method, and analyses are posited.

*Keywords:* College preparation, College Access, Navajo Nation, Higher Education

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**Dietary Omega-3 Fatty Acid Intake in Adults with Combined Type ADHD**

Gabriel J. Duran de Casaus, Nutrition Program, UNM

*Corresponding Author:* Gabriel J. Duran de Casaus, gduran01@unm.edu

Emerging research has revealed an association between ADHD symptom severity and dietary intake of omega-3 fatty acids. Despite the association, dietary intake of omega-3 fatty acids in adult patients with combined type of ADHD has not been previously evaluated. In this proposed study we will assess the omega-3 fat intake of individuals, ages 20-39, in Albuquerque and Santa Fe, New Mexico and who have been diagnosed by physician, with combined type of ADHD for at least two years.

*Keywords:* attention deficit hyperactivity disorder, omega-3 fatty acids, nutritional psychology, polyunsaturated fatty acids

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**Sugar Sweetened Beverages among Native American Youth**

Valentina Chee, Nutrition Program, UNM

Deborah Cohen, Nutrition Program, UNM

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Native American children are more overweight or obese compared to other ethnic or racial groups. According to the New Mexico (NM) Department of Health, Native American children ages 5, 8, and 9 have higher obesity rates than any other ethnic group. More than half of Native American third graders in NM are overweight or obese. Obesity can lead to other health problems like type 2 diabetes. There is a high prevalence of type 2 diabetes in Native American children. The SEARCH for Diabetes in Youth Study, conducted in 2009, discovered that 80% of Native American children in Arizona and in New Mexico who were between the ages of 15 to 19 had type 2 diabetes. There are many factors that contribute to obesity. Specifically, sugar sweetened beverages (SSB) has been associated with weight gain. Thus, this proposed research will evaluate the consumption of SSB among Native American children to assess if Native American children are consuming an excess amount of SSB that may contribute to obesity. Also, the study will explore if Native American children are consuming more, less, or equal amounts of SSB than white children. The research question for this proposed study is: How does the intake of sugar sweetened beverages of Native American children who attend elementary school and reside in Albuquerque NM and are between the ages of 5 and 10 compare to the intake of sugar sweetened beverages of white children of the same age and geographic location?

Keywords: Sugar Sweetened Beverages; Native Americans
Young Mothers' Educational Attainment as a Predictor of Children's School Readiness and Executive Functioning

Teddie Chambers, Educational Psychology Program, UNM

Corresponding Author: Teddie Chambers, chamberst@unm.edu

Data from the Massachusetts Healthy Families Evaluation II: Early Childhood Followup was used. 489 mother-child pairs participated. Mothers were asked a series of questions to assess their educational attainment, and children were given four measures of cognitive functioning and school readiness. Results showed that children whose mothers had attained a high school diploma, GED, or post-secondary education scored higher on measures of school readiness and executive functioning, compared to children whose mothers had not completed high school. These results support previous research on maternal educational attainment and childhood outcomes, but this study offers a unique perspective due to the characteristics of the population assessed.

Keywords: Executive functioning, school readiness, maternal education, young parents, preschool
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Information Tables

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College of Education Office of Research and Information Management
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John Kofonow, COE Center for Student Success
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Diane Anderson, UNM Director of Communications
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Volunteers:

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Tara Hackel
Robert Hoy
Frank Kessel
Cathy Gutierrez-Gomez
Sarah Morley
Collaborations and Connections

For your own use, here is some space for you to keep track of the connections and potential collaborations you make this evening.

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