



## Abstract Booklet

University of Regina Graduate Students'  
Association (URGSA) presents:

# THREE MINUTE THESIS

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# **Obsessive Passion as a Positive Factor in National Professional Fastpitch Players**

**Candice VanHorn, and Kim Dorsch**

**Department of Kinesiology, Faculty of Kinesiology and Health Studies, University of Regina**

## **Abstract**

Passion is defined, by Vallerand, as a strong inclination toward a self-defining activity that people like (or even love), find important, and in which they invest time and energy on a regular basis. Studies show that out of the two types of passion, also defined by Vallerand as harmonious and obsessive, the latter contains the negative outcomes and possibly the downfall of an individual and their activity of passion. However, these studies only focus on recreational activities, as well as the occasional recreational or collegiate sport. They do not look into any professional levels or sports, and/or those individuals who identify as obsessively passionate but do not show evidence of the usual negative outcomes. This study will use national professional fastpitch players to determine if being obsessively passionate at this level can exhibit positive outcomes. The passion scale will be sent to all NPF players (135-145). Players who identify as obsessively passionate, by scale ratings, will then participate in a one-on-one interview to discover their path to the professional level, any bumps along the way, and their overall satisfaction with their current standpoint. Data will be analyzed and focus on the personal accounts of the players and how they feel about their success and their road to it. If players can be obsessively passionate, successful, and not exhibit the negative outcomes noticed in other studies, could being obsessively passionate therefore have positive outcomes? This study could lead to others being conducted in other professional sports.

# Human Contributions to Antibiotic Resistance in the Environment

Claire Freeman, and Chris Yost

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## Abstract

Antibiotics are used on a regular basis in medical settings, animal husbandry, and even some personal care products. Whether we are conscious of it or not, these drugs pass through us and are then expelled from our body, eventually finding their way to the wastewater treatment plant (WWTP). The WWTP is a huge environment filled with fluctuating sub-therapeutic levels of different antibiotics and a massive array of microbes. The combination of these two factors creates an environment that is conducive to the creation of antibiotic resistant organisms that can then be released into the environment, potentially contaminating water sources used in irrigation. To assess the risk of this problem, I am measuring the abundance of various antibiotic resistance genes in the treated effluent leaving the Regina Municipal Wastewater Treatment Plant and at several downstream locations in Wascana creek. Eight out of the ten genes I selected to screen for are detected in high quantities that gradually decrease downstream. Findings from this project will be used to assess the efficacy of the new wastewater treatment plant and detect potential threats to the well-being of our local aquatic environment.

# Exploring Healthcare Culture through Moral Agency and Moral Distress

Elisabeth Fortier, and David Malloy

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## Abstract

Moral agency is our 'voice;' it is our ability to make ethical decisions as opposed to blindly following others. As moral agents, we use core values to guide our daily decisions. However, in a bureaucratic setting like healthcare institutions, the system's goals can conflict with personal convictions. For instance, nurses must juggle being efficient and effective while also caring compassionately for patients. In these situations, factors such as time, workload, resources, and healthcare culture can limit nurses' voices. In everyday practice, nurses encounter moral dilemmas that can impact patients' quality of care. When nurses are mandated to act in ways that contradict personal values they can experience moral distress. This is significant as it negatively influences nurses' well-being and patients' care. In my undergraduate thesis, I explored moral agency by interviewing six nurses. I explained the extent to which nurses' voices were heard in their professional practice. This inspired me to begin my Master Thesis last September. Through a qualitative approach, I will interview 20 nurses working in Northern healthcare settings, to compare moral agency in urban versus remote communities. In northern locations, there are fewer healthcare professionals available therefore nurses have increased responsibilities. Advancing knowledge on moral agency in northern communities is crucial to minimizing turnover and burnout among nurses. Research is needed to strengthen the northern Canadian healthcare system and improve quality of care. In this presentation, I will share my journey exploring moral agency and further describe my Master Thesis goals.

# The Teleology of Love in the Novels of Evelyn Waugh and Iris Murdoch

Harrison Otis, and Marcel DeCoste

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## Abstract

Evelyn Waugh and Iris Murdoch, both twentieth-century British novelists, have yet to be the subject of a lengthy critical comparison; my thesis rectifies this deficit by comparing the authors' understandings of the nature and role of love. Both authors understand love teleologically, in terms of its relationship to a higher good—but Waugh's love pursues a personal God and a positive conception of the good of others, whereas Murdoch's love seeks an impersonal Good and a negative conception of what the good of others is not. For Waugh, love is inescapably theological. His characters experience human love as a "forerunner" to the divine love and learn to demonstrate love through positive acts of sacrifice and service to their neighbors. Murdoch's emphasis, by contrast, is almost entirely terrestrial. An impersonal Good takes the place of God; to reach this goal, her characters demonstrate love by emptying themselves of desire, almost of personality, so as not to impinge on the autonomy of their neighbors. Thus, although both authors conceive of love as directional, pointed toward a greater end, their differing understandings of that greater end result in significantly divergent visions of love. My thesis delineates these contrasts, paying special attention to three particularly contested areas: the relationships between love and art, between love and sexuality, and between love and suffering. Additionally, Murdoch's emphasis on love as self-abnegation makes her particularly fruitful to study in light of the thought of Simone Weil, whereas Waugh's understanding of the good of nature invites an Augustinian reading; I rely on Weil's and Augustine's theories to illuminate the philosophical principles behind these authors' understandings of love.

# Internet-Delivered Exposure Therapy Training for Parents of Children with Anxiety

Katherine Mazenc, and Lynn Loutzenhiser

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## Abstract

Childhood anxiety disorders have a negative impact on children's academic, social, and family functioning, and often persist into adulthood if left untreated (Wehry, Beesdo-Baum, Hennelly, Connolly, & Strawn, 2015). Research suggests that cognitive behaviour therapy (CBT) is an effective form of treatment for child anxiety, but unfortunately many children are not able to access it (Thirlwall et al., 2013). One possible way of increasing access to services is by administering online CBT training to parents so that they can then implement this treatment with their children at home. Exposure therapy is a particularly beneficial component of CBT (Ollendick et al., 2009). However, translating this therapy into an online, parent-administered format poses certain challenges, as research suggests that parents may be hesitant to implement exposure techniques with their children, while therapists may face uncertainty in how to guide parents through this process (Holmes, March, & Spence 2009; Schare & Wyatt, 2013). The aim of the present study is to develop and evaluate an effective and easy-to-use therapist-guided, parent-administered, online exposure therapy module that can be used on its own or as part of a larger, online CBT program for childhood anxiety. Following initial development of the module, a focus group will be held to obtain therapist feedback about module materials and content delivery. Based on this feedback, final changes will be made, and the module will be translated into an online format. Ten parents will then work through the module and provide additional feedback on its usability. The results of this study are expected to inform future research into parent-administered exposure therapy for childhood disorders. In doing so, this study will ultimately serve to increase children's access to mental health services and assist in alleviating the short-term and long-term consequences of childhood anxiety.

# Representing the Non-Human in England's Early Modern Arts

Luba Kozak, Francesco Freddolini, and Randal Rogers

Interdisciplinary in Fine-Arts, Faculty of Media, Art, and Performance, University of Regina

## Abstract

My thesis research will investigate the representation of non-human subjects in English paintings and literature during the early modern period. By focusing on key concepts such as the “mirroring,” “interaction,” and “proxemics,” I aim to demonstrate the moral and ethical implications associated with the representation of animals through a discourse analysis methodology. In the visual component of my research, I will analyze the paintings of three prominent English artists: William Hogarth, Thomas Gainsborough, and Joseph Wright of Derby, which will serve as case studies in my research. I will demonstrate how the artists portrayed animals with visual clues that acknowledged the possibility of animal consciousness. I will also argue that animals represented extensions of human identity, therefore, elevating the role and status of animals within early modern English society. The inclusion of literary examples, such as Jonathan Swift’s “Gulliver’s Travels,” Margaret Cavendish Newcastle’s “Blazing World,” and Daniel Defoe’s “Robinson Crusoe,” will further demonstrate the representation of animals as extensions of human identities and serve to illustrate the complex relationship between humans and animals. My research will apply theories regarding animal consciousness put forth by Rene Descartes and David Hume in relation to the analyses of art and literary works. My research aims to explore the historical relationship between humans and non-humans within England’s early modern arts in an effort to address contemporary issues of animal rights from a historically and socially unique perspective.

# **From initial perception to a long-term forecast: what is the future of innovative mental health treatments?**

**Maryna Moskalenko, and Tarun Katapally**

**Johnson Shoyama Graduate School of Public Policy, University of Regina**

## **Abstract**

Internet Delivered Cognitive Behavioural Therapy (ICBT) is a well-established evidence-based solution for increasing accessibility to mental disorder treatment. ICBT is defined as a therapeutic interaction that utilizes Internet for connecting the mental health professionals with the patients<sup>1</sup>. In comparison with best-practice face-to-face Cognitive Behavioural Therapy (CBT), ICBT for depressive and anxiety symptoms provides additional benefits such as added flexibility, decrease in labour intensity, and improved cost-effectiveness<sup>1</sup>. Despite the presence of past and ongoing research supporting ICBT, this method of treatment is not widely accepted in Canada. To advance this effective treatment<sup>3</sup> through provincial healthcare, the gap in the current knowledge of acceptance of ICBT among Saskatchewan population must be addressed. This research is aimed at creating a decision-making framework to predict interest in ICBT in Saskatchewan population with depression and/or anxiety symptoms.

# **Wellness Blankets: The effects of participation in textile based art on Those with (Dis) abilities**

**Megan St.Hilaire, and Douglas Durst**

**Faculty of Social Work, University of Regina**

## **Abstract**

The research question that guides this research is: does participation in a textile based art group aid in an increase in wellness for those with (dis)abilities? The goal was to research the effects of participation in a textile based art group for those who self-identify as (dis)abled. This study used a qualitative, multiple case study method to interview five textile based art participants and their service providers. I used interviews from the participants and the care providers, field notes, researcher observations, observations from Creative Options Regina staff, and the Wellness Assessment results to obtain data. Each participant attended a nine hour textile based art group facilitated by the researcher. These five participants attended one of two textile based art groups that were facilitated. During each group participants created a nine block tie blanket. The service providers were also invited to attend the textile based art group if the participants wished to have them present, of the five participants four service providers did not attend the groups and one attended the group. Therefore information obtained from service providers was mainly from their observations before and after the participant's group attendance and from information participants shared with them. Overall, all the participants and their service providers expressed the feeling that participation in a textile based art group resulted in an increase in positive emotions, increased feelings of social inclusion and an increased sense of pride. Additional effects were identified by some but not all of the participants, and some of the service providers; these effects were stress reduction, increased independence, and the rekindling of fine motor skills.

# **Developing management targets for grassland songbirds in the mixed-grass prairie**

**Phil Rose, Mark Brigham, and Stephen Davis**

**Department of Biology, Faculty of Science, University of Regina**

## **Abstract**

Results-based conservation is a growing initiative on native rangelands in Prairie Canada whereby livestock producers receive funding or incentives if management on their properties creates or enhances habitat used by species of conservation concern. A critical component of the program is developing meaningful management targets that 1) will enhance and maintain suitable habitat for species of conservation concern and 2) producers can measure and manage for to receive funding once they achieve those targets. The objective of this project is to identify habitat characteristics important to grassland songbirds and determine if habitat selection remains constant or shifts as a result of changing grassland conditions created by gradients in soil and moisture. Conservation targets will reflect these relationships between vegetation characteristics and grassland songbird abundance. Emphasis will be placed on grassland songbird species at risk in Canada, including Sprague's pipit, chestnut-collared longspur, Baird's sparrow, and bobolink. This study will also examine potential overlap in songbird habitat requirements to further understand how management directed at one or more species at risk will impact other bird species within the grassland community.

# **Needs Assessment of Healthcare Services in Canada for Trauma Survivors: Perspectives from Trauma Survivors and Primary Care Physicians**

**Seint Kokokyi, and Bridget Klest**

**Department of Psychology, Faculty of Arts, University of Regina**

## **Abstract**

**Background:** The lifetime exposure to one or more traumatic events is 75.9% among Canadians. Trauma is any event(s) that involve(s) serious injury, sexual violence, or threatens death to the individual or their loved ones. As a consequence, trauma survivors are at a higher risk for developing multiple health problems (e.g., high blood pressure, gastrointestinal illnesses, depression, anxiety, and posttraumatic stress disorder). Individuals, regardless of exposure to trauma, are more likely to seek help for their mental health problems from general physicians than mental health professionals (e.g., counsellors, psychologists, or psychiatrists). Only 46% of primary care providers (PCPs) are satisfied with the mental health care they are able to provide. Physicians cite lack of self-efficacy and lack of training as barriers to treating trauma survivors. While the research shows there is a need for trauma-informed care, where PCPs understand the consequences of trauma and conditions that facilitate healing, a needs assessment for such care will help provide information on unmet health and healthcare needs of trauma survivors within Canada. **Objectives:** The purpose of this proposed study is to conduct a needs assessment of healthcare services and resources for trauma survivors to address the gap between what is currently practiced and what patients with past trauma and PCPs believe they need. This study will result in specific recommendations for improving the care of trauma survivors, and improving the experience of physicians treating trauma survivors. **Methods:** This study will consist of two phases. In Phase 1, trauma survivors and PCPs from across Canada will be asked to participate in separate online surveys to evaluate existing healthcare services and the manner in which they are delivered, and to make recommendations for improvements. Contents of the surveys will be derived from existing literature about trauma-informed care<sup>7</sup> and from findings discussed in my master's thesis paper. Both participant pools will be asked whether they would like to participate in Phase 2 of the study. Phase 2 will consist of an online survey to rank the utility of recommendations identified in Phase 1. Participants who indicated they would like to participate in Phase 2 will be invited to complete a survey where they will be asked to rank the utility of these recommendations if made available. If not enough participants in Phase 1 agree to participate in the next phase, new participants will be recruited for Phase 2. Purposive and snowball sampling

will be used to recruit participants. The study will be advertised in online classified advertisements, social media sites, and through existing relationships in the healthcare system. Statistics (e.g., ANOVA, regression analyses) will be utilized to analyze the data in Phase 1, and frequency histograms and descriptive statistics will be used to report results from Phase 2. Implications: Findings from this study can be used towards informing healthcare administration and services needed to treat trauma survivors and developing resources for PCPs to help them effectively treat patients with past trauma.

# **Sisters in Common: Embodiment of Honor and challenges of rape culture in Pakistan and Canada**

**Sumaira Shiraz Alwani, and Patricia Elliott**

**Department of Journalism, Faculty of Arts, University of Regina**

## **Abstract**

This project will look at rape culture in Pakistan and Canada in terms of laws, religion and culture. Rape culture may be defined as “a complex set of beliefs that encourage male sexual aggression and supports violence against women. It is a society where violence is seen as sexy and sexuality as violent. In a rape culture, women perceive a continuum of threatened violence that ranges from sexual remarks to sexual touching to rape itself. A rape culture condones physical and emotional terrorism against women as the norm . . . In a rape culture both men and women assume that sexual violence is a fact of life, inevitable . . . However . . . much of what we accept as inevitable is in fact the expression of values and attitudes that can change.” The project will be comprised of four to five feature stories for print that will explore the common experiences of women in Canada and Pakistan as they confront and challenge that culture. Even after the increased recognition that rape exists in both cultures from past decades to the present, the literature and viewpoints in this area remain sparse. According to the Uniform Crime Reporting (UCR) in Canada, 21,300 sexual assault cases were reported in the year 2013, out of which 7,677 reported assault cases were from Ontario. Likewise, according to the NGO War against Rape, 1,582 reported adult sexual assault cases were registered in Pakistan in 2014 more than double the 772 cases registered in 2013. Following this my project will investigate the legal, cultural and religious understanding of rape with an intersection of race, ethnicity, sexuality, religion, class, nation, and other critical and judicial variables are situated under a bigger umbrella of misogyny and patriarchy. My research will be based on writing investigative features for magazines for which I look forward to interviewing survivors, social activists NGO workers, prosecutors, lawyers and experts. Other qualitative research methodologies include reviewing public records, literature, and document analysis. I hope that my research becomes a source of enlightenment for understanding rape, its negative consequences and the barriers women face in the judicial, cultural and religious systems of both societies.

# Density dependent tree mortality along an elevation driven moisture availability

Tanvir Ahmed Shovon, Mark Vanderwel, and Daniel Gagnon

Department of Biology, Faculty of Science, University of Regina

## Abstract

Climate is constantly changing since time immemorial. Vegetation distribution also changes with climate. Though distribution of tree may lag behind the pace of climate the distribution will certainly change or if not some species will be extirpated. This is a challenge for human to adapt with this change and make intelligent forest management plan to avoid economic and ecological losses. Recent increased numbers of droughts are reportedly responsible for heightened tree mortality. Besides physiological reasons there are also ecological reasons for tree mortality. However, the indirect reasons for tree mortality have been ignored in recent literatures. Climate change driven drought can exacerbate the tree mortality rate by enhancing the competition intensity. At stand level dense stands phase more mortality than less dense stands. However, at tree level how the density of neighbouring trees affect the tree mortality is not known well. Besides, whether intra or interspecific competition is responsible for tree mortality is important to learn. I am using cutting edge technology-drone to answer my research question. Drone will collect images from 50 forest sites for three consecutive years. After analyzing these photos I will be able to answer how density is affecting tree mortality along an elevation driven moisture gradient. How intra and interspecific competition affect tree mortality along elevation driven moisture gradient. My research findings will help forest managers to develop forest management plan under changing climatic condition when droughts are becoming apparent.

# **A Qualitative Examination of Mental Health Disclosure in the Workplace**

**Y. Nichole Faller, and Mary Hampton**

**Department of Psychology, Faculty of Arts, University of Regina**

## **Abstract**

Disclosing a mental health concern in the workplace has proven benefits that can lead to a reduction in societal costs. In Canada, it is estimated that 20% of the population will suffer from a mental health concern leading to social and occupational impairments. These impairments may lead to increased absenteeism and presenteesim (i.e., employees present to work despite illness), which may cost Canadian employers approximately \$6 billion in lost productivity. Through disclosure to a manager or director, employees can access a variety of positive benefits including workplace accommodations, the discovery of informal or formal supports, and/or a reduction in public and self-stigmas. The objectives of the proposed study were to document the experiences of those who have disclosed and been disclosed too about the presence of mental health concerns within an employment setting. A grounded theory analysis was used to analyze data from 25 managers and employees of a Canadian organization. The data was retrieved from open-ended interviews that were transcribed and analyzed using open, axial, and selective coding. Memo-writing was employed to identify connections between codes and highlight any interviewer biases. Documenting the experiences of disclosure allows for valuable insights into possible methods of disclosure promotion with the intent of maximizing the benefits outlined above. Research findings will be used to develop educational campaigns aimed at reducing stigma and improving disclosure within employment settings.