Dear colleagues, students, and friends

Welcome to the 2014 second issue of the PRG Newsletter. We are very happy with the strong interest the Psychopathology Research Group has elicited which has resulted in a number of students approaching us for supervision for their research projects. We do take new students for research provided the project broadly fits with the psychopathology area. We have a particular interest in emotions and emotion (dys)regulation in psychiatric diagnoses as well as other related areas. Please have a look at the list of current projects, (see page 7) which will give you an idea. We are initiating a few projects in the psychophysiology area, still linked to emotions and psychopathology, so if you have a background in psychophysiology we’ll display a bigger smile on our already welcoming faces when you approach us.

In this issue we welcome a new student member and also feature another study by Lauren McGillivray who is hard at work as she gets close to the end of her PhD thesis. Anne Galambosi’s honours study is also featured and, as per usual, we ask for volunteers for experiments and keep you updated in our News section.

Our newest student member is:

Jessica Heller-Bhatt:
Thesis
The Effect of Mindfulness Meditation on Emotion Regulation in Novice Practitioners

If you want to get more information about our projects, visit the PRG web site at:
WANT TO MAKE A BUCK?

We give $1.00 for every legitimate grammatical mistake you can find in this Newsletter. First come first served.
In the last issue “You want to make a buck” competition we were hammered (I have made the Editor redundant because of this; she seemed to be quite happy actually). Three grammar police spotted numerous mistakes. Here they are:

Jessica Heller-Bhatt
1. Printed: “You too could the happy ...”
   Correct: “You too could be the happy...”
2. Printed: “…feelings, desires and intentions…”
   Correct: “…feelings, desires, and intentions…”
3. Printed: “…or processes, of ToM: cognitive and affective”.
   Correct: “…or processes, of ToM: cognitive and affective”.
4. Printed: “…measures participant’s tendency…”
   Correct: “…measures participants’ tendency…”
5. Printed: “…are reported..”
   Correct: “…are reported.”

Danial Newbey
1. Printed: “How good are we at estimating our emotional reactivity. A literature review.”
   Correct: “How good are we at estimating our emotional reactivity: A literature review”.
2. Printed: “…Personality Disorder. A critical review…”
   Correct: “…Personality Disorder: A critical review…”
3. Printed: “If you want to get more information about our projects, visit the PRG web site at.”
   Correct: “If you want to get more information about our projects, visit the PRG web site at”
4. Printed: “Richard will received his…”
   Correct: “Richard will receive his…”

Guillermo Campitelli:
Printed: “…students and, and friends”
Correct: “…students, and friends”

The grammar police will receive their monetary compensation which amounts to a total of $10.00 (5, 4, and 1 each). You too could be much wealthier. Have a go and scrutinise this issue.
Journal Club

Staff and students from the PRG will present a published paper that is central to their current research project. The presentations will be short and exclusively dedicated to understanding the target paper.

Our second presentation is by Renee Benedetti and the paper is:


When 29-4-2014 at 12:30 — J.30.125

Perth Bipolar Research Symposium 2014

Saturday 10th May, 2014

UWA Club, Hackett Drive, Crawley 10:00—4.00

Keynote speakers:

Professor Gin Malhi — Executive and Clinical Director of the CADE Clinic, Professor of Psychiatry University of Sydney, Head of the Department of Psychiatry Royal North Shore Hospital, Chief Investigator NHMRC, formerly Editor-in-Chief Acta Neuropsychiatrica, currently Editor-in-Chief ANZJP

Professor Greg Murray – Head of Psychological Sciences and Statistics, Swinburne University of

Programme

9.30-10.00 Registration
10.00 A/Prof Darryl Bassett—Introduction and welcome
10.05 Opening of Symposium by Professor Ken Greenwood, Executive Dean and Pro-Vice-Chancellor, Faculty of Health, Engineering and Science, Edith Cowan University

10.15 Professor Greg Murray - topic TBA
11.00 Question Time
11.15 Morning Tea

11.30 Professor Gin Malhi—“Social Salience Probing Neural Networks using fMRI”
12.15 Question Time

12.30 Lunch

1.15 Undergraduate students’ presentations of research projects
2.15 Afternoon Tea
2.30 Postgraduate students’ presentations of research projects
3.30 Panel Discussion
4.00 A/Prof Darryl Bassett—closing remarks and awarding of certificate and prize for the best research project presentation

Cost: $60 per head ($30 for students) payable in advance by credit card

RSVP by Friday 2nd May, 2014 to:

The Co-ordinator
Perth Bipolar Research Symposium
Suite 25
95 Monash Avenue
Nedlands WA 6009
Phone 08-93891711
FAX 08-93896648
email: sbassett@iinet.net.au

The organising committee of the symposium (A/Prof Darryl Bassett, Dr Rodrigo Becerra and Prof Sean Hood) gratefully acknowledge the generous financial support for this symposium, in the form of educational grants by: Astra Zeneca and Servier
Help your classmate by participating in an experiment

Would you like to know your heart rate and Galvanic Skin Response whilst watching film clips? I’m sure it’s something you’ve been wondering about for a long time. Well now’s your chance to find out. All you have to do is contact Nishma or Clinton and you’ll be part of this fascinating experiment and at the same time will be contributing to the research project of some your classmates.

Nishma: nnaran@our.ecu.edu.au

Clinton: cbarnes3@our.ecu.edu.au

Looking for a research topic?

Psychiatric populations

Project 1:
Group Therapy Program at Alma St, Fremantle Hospital, would like to follow up on psychiatric patients who have completed therapy groups. This project would involve collecting the follow up data and analyzing it. It would suit a Masters’ thesis.

Project 2:
At Alma Street we are also looking for someone who would like to analyse a database related to attendance. For a few years we have collected group therapy attendance records and are now in a position to characterize those who dropout. Could dropping out of the therapy be correlated to gender, education, age, severity or type of psychiatric diagnosis? This would suit a student who is comfortable analyzing existing data.

Psychometric study (Sorry, project taken)
We want to go on the second stage of validating the Perth Emotional Reactivity Scale (PERS). A second version of the PERS will be validated using a community sample. The project will require administering the PERS (via Qualtrics) to approximately 200 people and then testing its postulated dimensions using Confirmatory Factor Analysis.

Mindfulness and neuropathic pain. A case study
L.U. suffered a stroke many years ago. She has practiced meditation sporadically which helps her (at times) with her chronic pain. We want to investigate if a systematic practice of a mindfulness would help her to deal with her neuropathic pain in a more significant manner.

If you are interested in any of these topics, please contact Dr Rodrigo Becerra
r.becerra@ecu.edu.au
Peter Sifneos (1920-2008), coined the term Alexithymia in 1973. He was an internationally renown pioneer in the areas of short-term psychotherapy and psychosomatic medicine. He published 125 articles in various journals and authored four books. He was editor-in-chief of “Psychotherapy and Psychosomatics” for nearly two decades.
The processes of emotion regulation and cognitive reflection have often been studied separately, but rarely together. This confusion has made it difficult to ascertain whether the nature of inhibiting an impulse can be attributed to cognitive or emotional processes.

Emotion regulation refers to the processes involved in managing and modifying positive or negative emotional responses, and is measured by the Difficulties in Emotion Regulation Scale (DERS, Gratz & Roemer, 2004). Cognitive reflection refers to the ability to override an automatic thought using the process of reflection, and is measured by the Cognitive Reflection Test (CRT, Frederick, 2005). This study explored the relationship between emotion regulation and cognitive reflection, and also validated the use of the CRT with adolescents. More specifically, it suggested that an adolescent that shows high cognitive reflection ability would also show high emotion regulation. Thus, this study suggested that the CRT items would correlate with the DERS items, and more specifically, a high correlation was expected between the DERS Subscale 3 (Impulsivity) and the CRT.

An exploratory factor analysis (EFA) design was used to explore the relationship between emotion regulation and cognitive reflection processes as scored on the CRT and DERS items. There was no significant correlation between any of the DERS sub-scales items and the CRT items. Confirmatory Factor Analysis was also conducted separately on the DERS and CRT items.

### DERS

Cronbach alpha reliability indicated that the DERS six sub scales, as proposed by the original scale, were reliable and valid. However, the factor analysis failed to replicate the original factor structure in the DERS Subscale 3, which cross-loaded. There were no differences in gender or age.

### CRT

The original three items used in Frederick’s (2005) paper were supported in this adolescent population. Two of the three additional adolescent-friendly items were supported. The proportion of reflective answers in this adolescent sample was consistent with adult populations. There were significant gender differences in the CRT. Females reported more reflective responses than males. This finding is contrary to studies conducted with adults that show males score higher on reflective responding than females.

There was a lack of evidence to support a link between emotion regulation and cognitive reflection. This suggests that emotion regulation and cognitive reflection may, in fact, be two separate processes.

Overall, this study supported the validity and reliability of the DERS and the CRT in an adolescent population. There was no difference in DERS or CRT scores in regard to what age the participant was, however, girls were considered more reflective and less impulsive than boys. These sex differences are in line with studies indicating that boys are more impulsive during adolescence. This finding for the CRT is contrary to gender differences in adults, where males are considered more reflective than females.

A key discovery from this research paper is that it is the first to confirm the three original CRT items, with the addition of adolescent-friendly items, in an adolescent population.

### Sample

A normative sample of 91 adolescents: 49 males, 42 females, aged between 12 and 18, completed a 42 item, on-line questionnaire that measured emotion regulation, using the DERS and cognitive reflection, using the (CRT).
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<th>Degree</th>
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