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Behavioral and  
Health Sciences

Academic Year  
2021-2022



**COLLEGE OF BEHAVIORAL  
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**MIDDLE TENNESSEE STATE UNIVERSITY**

# Noise Exposure: How it Affects Music Majors Versus Non-Music Majors

Hanna Kolwyck - Rebecca Fischer, PhD - Middle Tennessee State University

Speech Language Pathology and Audiology UREC

### Introduction

While not commonly known, noise exposure from live music can be harmful to hearing. It is not just the volume of the music, but the frequency of exposure. Although hearing is an essential component of our lives, it is often taken for granted. It is often not until it is gone that we realize its importance. This study aims to explore the effects of noise exposure on music majors versus non-music majors.

### Method

Students at Middle Tennessee State University participated in this study. Participants were divided into two groups: Music Majors and Non-Music Majors. All participants completed a Noise Exposure Questionnaire (NEQ) and a Personal Listening Experience and Perception Inventory (PLEPI). The NEQ assesses noise exposure levels, and the PLEPI assesses hearing health and listening habits. Data was analyzed using a t-test to compare the two groups.

### Results

**Quantitative Results**

Results of Noise Exposure Questionnaire

Category	Music Majors	Non-Music Majors
Frequency	~85	~75
Volume	~80	~70
Duration	~75	~65
Frequency	~70	~60
Volume	~65	~55
Duration	~60	~50

**Personal Listening Experience and Perception Inventory**

Category	Music Majors	Non-Music Majors
Frequency	~85	~75
Volume	~80	~70
Duration	~75	~65
Frequency	~70	~60
Volume	~65	~55
Duration	~60	~50

### Qualitative Interview Results

Data obtained from the Personal Listening Experience and Perception Inventory was analyzed to identify common themes. The most common theme was the impact of noise exposure on hearing health. Music majors reported higher levels of noise exposure and more frequent listening habits compared to non-music majors. This suggests that music majors are at a higher risk of hearing loss due to their profession.

### Acknowledgments

The authors would like to thank the following individuals for their assistance in this study: Dr. Rebecca Fischer, Dr. Hanna Kolwyck, and the participants of this study.

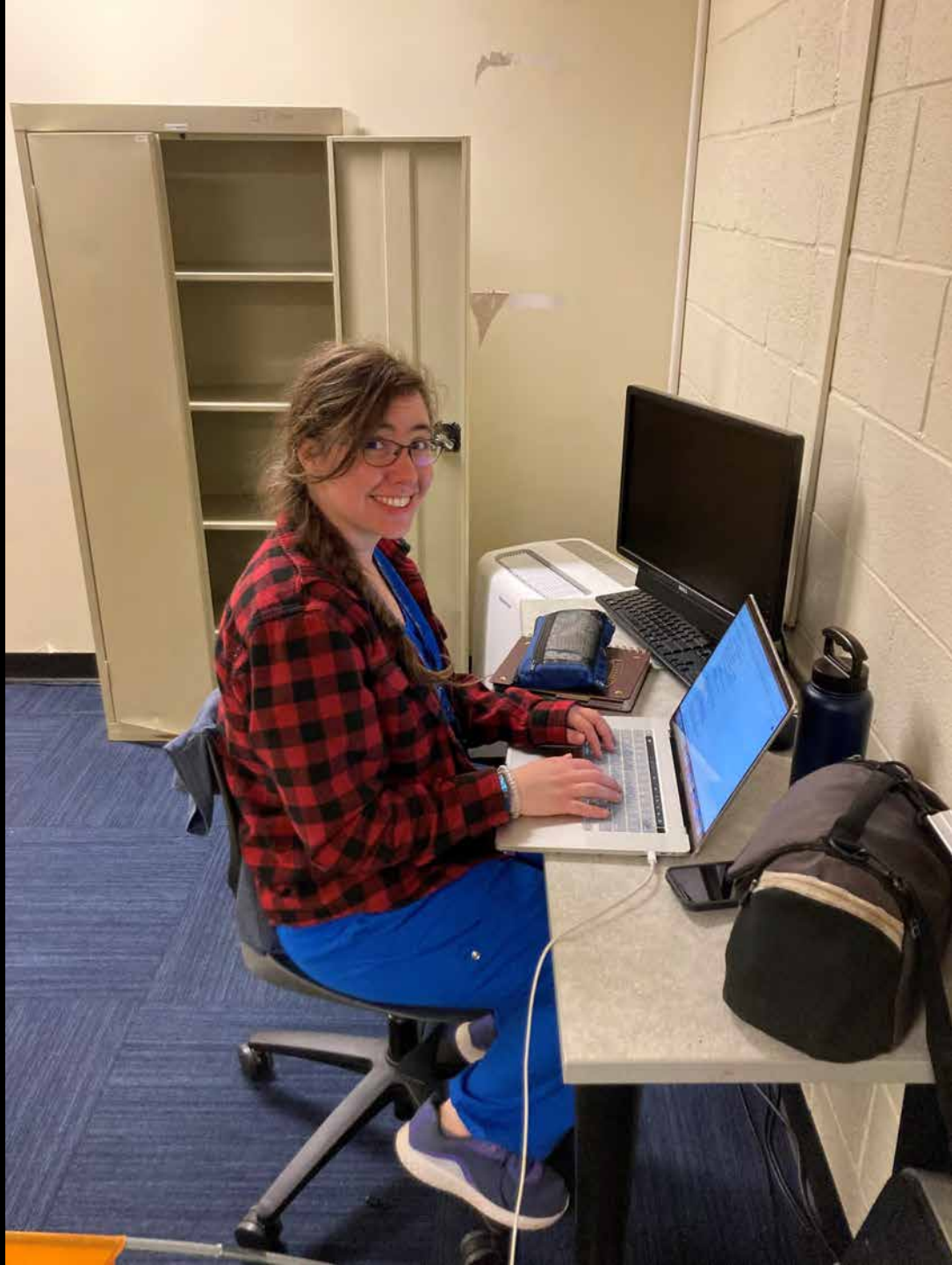
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2. National Institute on Deafness and Other Communication Disorders. (2018). Noise-induced hearing loss. Retrieved from <https://www.nidcd.nih.gov/health/noise-induced-hearing-loss>

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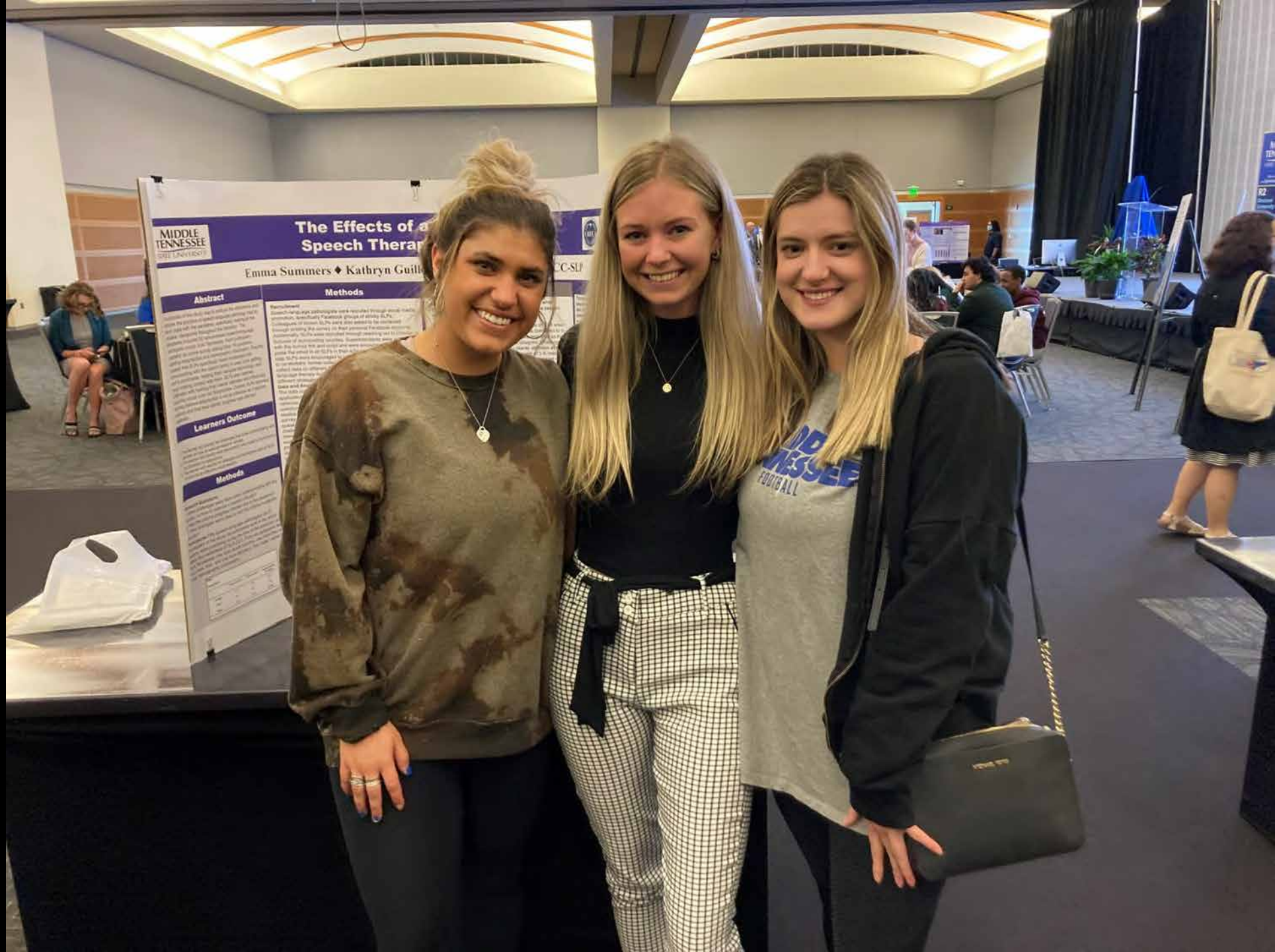
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MIDDLE TENNESSEE STATE UNIVERSITY

## The Effects of a Speech Therapy

Emma Summers ♦ Kathryn Guillot

CC-SLP

**Abstract**

The purpose of this study was to determine the effects of a speech therapy program on the communication skills of students with communication disorders. The study was conducted over a period of six weeks. The results of the study indicate that the students who participated in the program showed significant improvement in their communication skills. The study also found that the program was well-received by the students and that they enjoyed participating in the program.

**Methods**

The study was conducted using a quasi-experimental design. The participants were students with communication disorders who were enrolled in a speech therapy program. The program consisted of a series of sessions that focused on improving the students' communication skills. The sessions were conducted over a period of six weeks. The results of the study were analyzed using statistical methods.

**Learners Outcome**

The results of the study indicate that the students who participated in the program showed significant improvement in their communication skills. The study also found that the program was well-received by the students and that they enjoyed participating in the program.

**Methods**

The study was conducted using a quasi-experimental design. The participants were students with communication disorders who were enrolled in a speech therapy program. The program consisted of a series of sessions that focused on improving the students' communication skills. The sessions were conducted over a period of six weeks. The results of the study were analyzed using statistical methods.





# Speech Articulation XLP

# The Brain XLP

# The Ear

## Anatomy of the Ear



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Gift box with a decorative ribbon and a small logo.

Gift box with a decorative ribbon and the text "Be quiet to talk better".





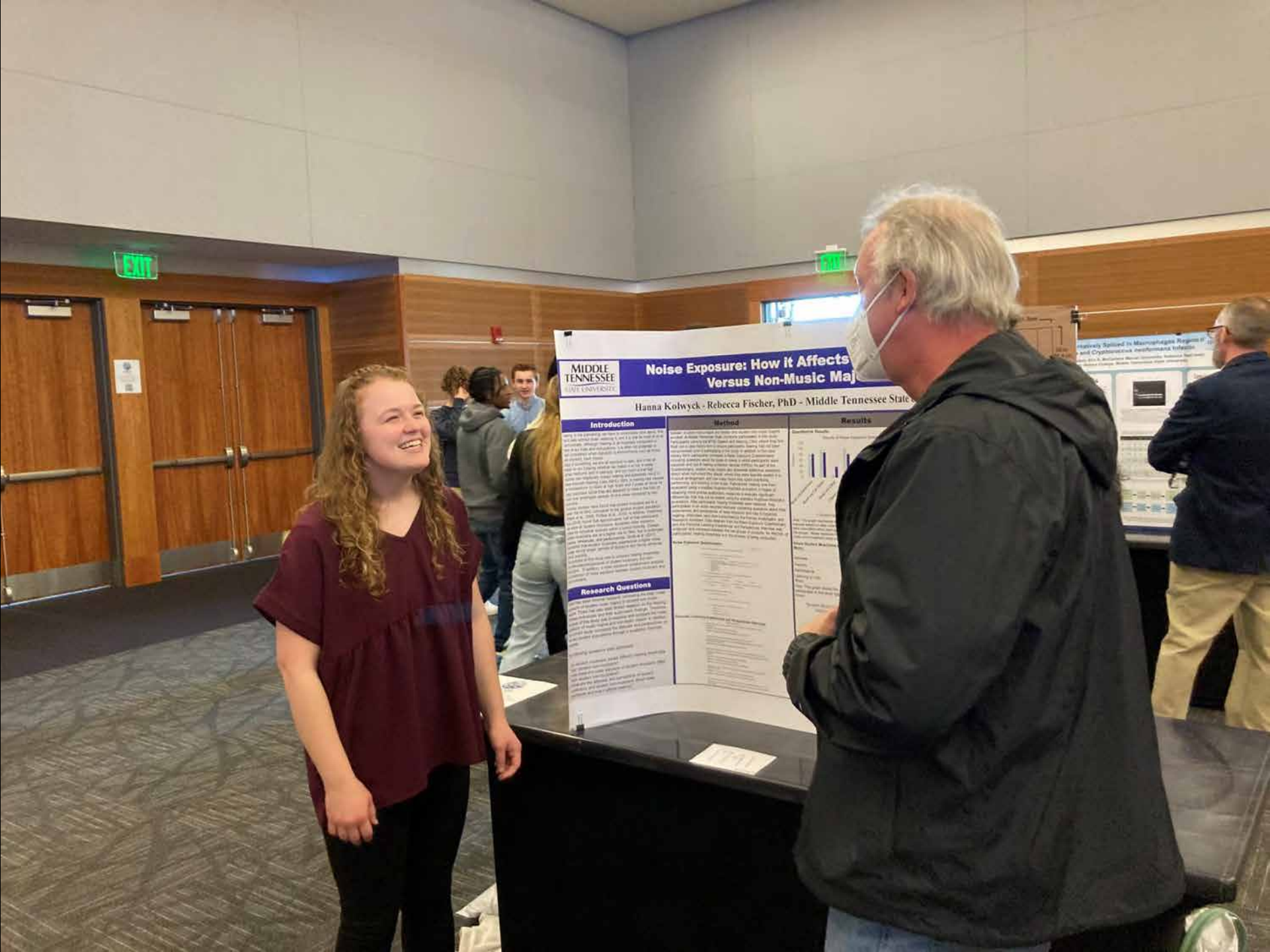












**MIDDLE TENNESSEE STATE UNIVERSITY**

**Noise Exposure: How it Affects Versus Non-Music Maj**  
 Hanna Kolwyk - Rebecca Fischer, PhD - Middle Tennessee State University

**Introduction**

Introduction text describing the study's purpose and background on noise exposure and its effects on different majors.

**Method**

Method text detailing the research methodology, including participant selection and data collection procedures.

**Results**

Results text summarizing the findings of the study, including a bar chart showing data on noise exposure levels.

**Research Questions**

Research Questions text listing the specific questions the study aimed to answer.













SLP-AUD

Special Kids Race  
**Dream BIG** 2021  
5K #FORTHEKIDS

1760  
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Glasses



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**NOISE EXPOSURE: HOW IT AFFECTS MUSIC MAJORS VERSUS NON-MUSIC MAJORS**

Hannah Kabecky | Rebecca Fischer, PhD | Middle Tennessee State University

**Introduction**

**Methods**

**Research Questions**

**Quantitative Interview Results**

**References**

**Conclusions**

Group	Mean	Standard Deviation	Minimum	Maximum
Music Majors	4.2	1.5	1.0	6.0
Non-Music Majors	3.8	1.2	1.0	5.0













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Happy Birthday

### Speech Articulation

### The Brain

### The Ear

Speech-Language Pathology and Audiology

The University of North Carolina

#### Anatomy of the Ear

Outer Ear

Middle Ear

Inner Ear

Tympanic Membrane (Eardrum)

Ossicles

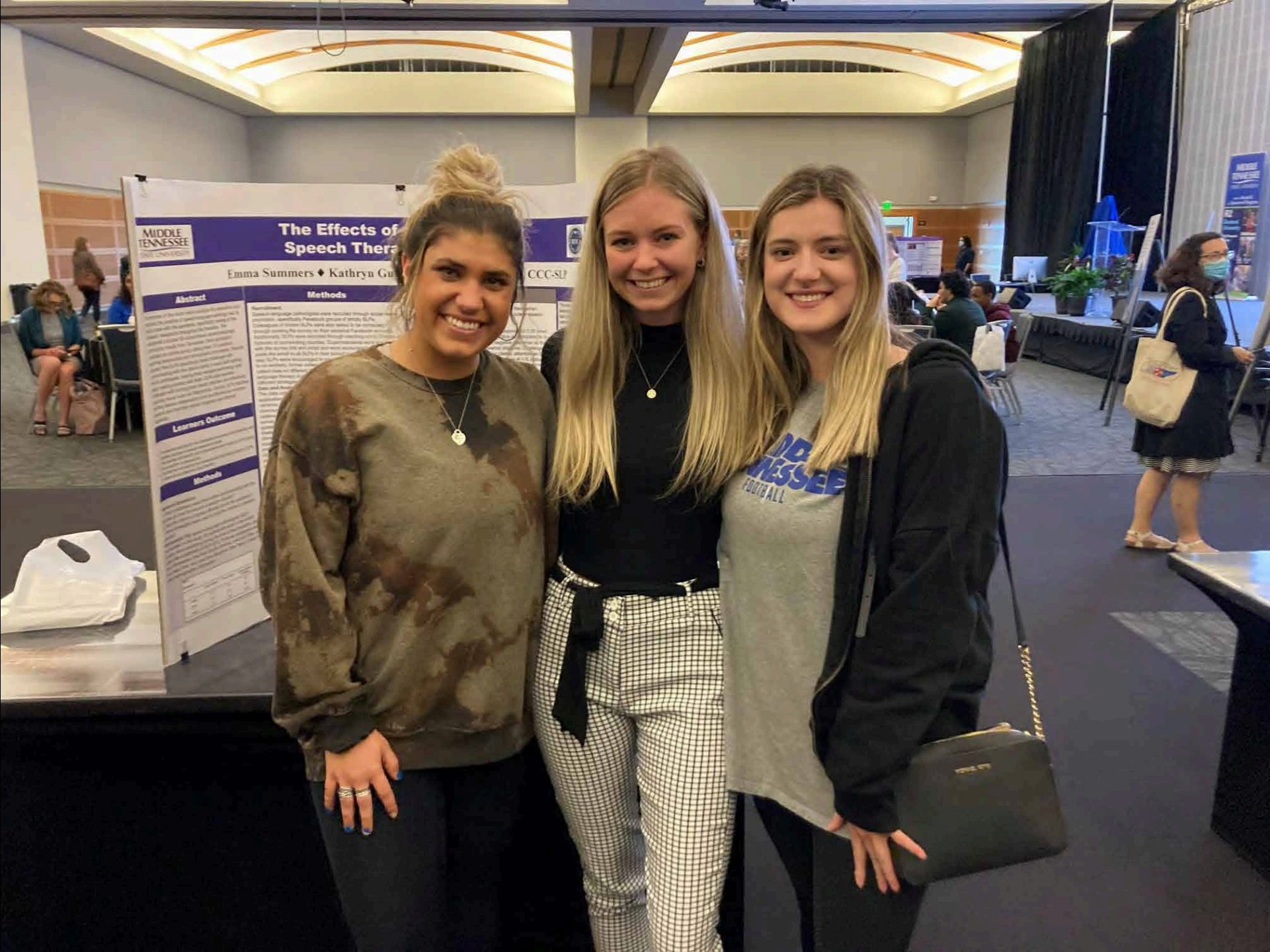
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Malleus

Auditory Pathway





MIDDLE TENNESSEE STATE UNIVERSITY

# The Effects of Speech Ther...

Emma Summers ♦ Kathryn Gu...

CCC-SU

## Abstract

Abstract text describing the study's purpose and findings.

## Methods

Methods text detailing the research methodology.

## Learners Outcome

Learners Outcome text.

## Methods

Methods text.





**MIDDLE TENNESSEE STATE UNIVERSITY**

**The Effects of a Pandemic on Speech Therapy for Children**

Emma Summers ♦ Kathryn Guillot Blankenship, Ph. D., CCC-SLP

**Abstract**

The purpose of this study was to analyze the alterations and protocols the practice of speech-language pathology had to take to cope with the pandemic, specifically looking at the clinicians' viewpoints throughout the transition. The participants included 50 school-based speech-language pathologists an online survey asking them 10 questions regarding impediments and demographic information. Results indicated that SLPs specifically faced challenges with: 1. The inability to communicate with clients in-person, 2. The inability to communicate with clients in-person, and 3. The inability to communicate with clients in-person. Overall SLPs reported that they believe telepractice is not as effective as in-person sessions and that their clients' progress was affected negatively.

**Learners Outcome**

- The learner will identify the challenges that arose communicating with families on how to evaluate sessions virtually.
- The learner will identify other alternatives when meet SLPs during the transition to telepractice.
- The learner will identify the strategies and techniques used by SLPs to become an effective virtual educator.

**Methods**

**Research Questions**

- What challenges were there when communicating with the families on how to evaluate sessions virtually?
- Was the client's progress affected due to the pandemic?
- What strategies were used to reach the children in-person virtually?

Participants in this speech-language pathologists (SLPs) participated in the study. All participants work in the school system, were practicing during the time of the pandemic, and obtain the credentials of SLP-CCO. Forty-six participants were from Tennessee, one from South Carolina, one from Ohio, one from New York, and one from Maryland. See Table 1 below for other demographic information.

State	Number of Participants
Tennessee	46
South Carolina	1
Ohio	1
New York	1
Maryland	1

**Methods**

Speech-language pathologists were recruited through social media promotion, specifically Facebook groups of study SLPs. Through posting the survey on their personal Facebook accounts. Additionally, SLPs were recruited through reaching out to Director of Schools of surrounding counties. Subsequent emails were provided with the survey link and a QR code and were encouraged to reply and leave the email to all SLPs in their school system. Though every SLPs were encouraged to post the survey link and QR code along with the email to all SLPs in their school system. Though every SLPs were encouraged to post the survey link and QR code along with the email to all SLPs in their school system. Though every SLPs were encouraged to post the survey link and QR code along with the email to all SLPs in their school system.

**Results**

Table 4: The average response of 3.78 and 3.88 for the first two questions presented indicates that SLPs had an average response of somewhat agree to the statement. Speech language pathologists average response of 2.38 when asked about the effectiveness of telepractice in comparison to in-person sessions suggests an overall negative response as the average answer remains to somewhat disagree. Challenges included the inability to communicate with clients in-person, the inability to communicate with clients in-person, and the inability to communicate with clients in-person.

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. The inability to communicate with clients in-person is a challenge.	10	15	10	10	5
2. The inability to communicate with clients in-person is a challenge.	10	15	10	10	5

**Discussion**

The results of this study indicate that the majority of SLPs reported that telepractice is not as effective as in-person sessions and that their clients' progress was affected negatively. This finding is consistent with previous research that has shown that telepractice can be a challenging mode of service for SLPs, particularly for children with complex communication needs. The study also identified several barriers to telepractice, including the inability to communicate with clients in-person, the inability to communicate with clients in-person, and the inability to communicate with clients in-person.

**References**

Blankenship, K. G., & Summers, E. (2021). The effects of a pandemic on speech therapy for children. *Journal of Speech, Language, and Hearing Research*, 64(1), 1-10.

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2009  
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and withdraw } Kitchen-Sinking } Negative Affect Reciprocity } Stonewalling } Off-hearing } defensiveness } you-statements } Verbal aggression }













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# The Sacred Bed Phenomenon: Which Sexual Attitudes Mediate the Association between Fundamentalism and Sex Guilt?



Merry Young & C. Rebecca Oldham, Ph.D.  
Middle Tennessee State University  
may21@mtmail.mtsu.edu | rebecca.oldham@mtsu.edu

## Abstract

This study explored the relationship between religious fundamentalism (RV) and sex guilt (DV) by examining which sexual attitudes mediated the association. Consistent with sexual scripting theory, half of the attitudes tested were significant—the importance of abstinence being the strongest mediating sexual attitude.

## Introduction

Sex guilt can lead one to believe they acted in an “improperly.” The *sacred bed phenomenon* shows how these feelings may be rooted in religion. This study seeks to understand how restrictive religious sexual scripts may impact individual’s feelings of sex guilt when they have sex for the first time with a romantic partner through specific sexual attitudes.

H<sub>1</sub>: The more fundamentalist a person is, more sex guilt they will feel.



H<sub>2</sub>: Casual sexual attitudes will mediate the association between fundamentalism and sex guilt.

## Sample

N = 555 individuals Age M = 20.9, SD = 2.6  
Gender: 24% Women, 26% Male  
Sexuality: 89% Heterosexual, 8% LGB  
Race: 69% White, 20% Latino, 5% Black, 7% Other  
Spirituality: 43% Protestant, 20% Catholic, 14% Spiritual  
Length: 37% < 6 Months, 13% 7-24 Months, 28% > 2 Years  
Relationship Status: 61% Casual, 35% Serious, 5% Engaged

## Methods

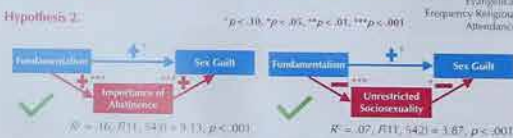
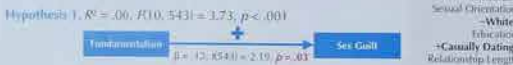
Combined samples: (1) recruited for extra credit at a southwestern university; (2) recruited via social media for longitudinal study (only first-wave data used). Both samples participated in an online survey via Qualtrics. Only participants who had sex with their current partner were included in analyses.

## Measures

**Fundamentalism**: 5-item mean (α = .90 e.g., “Everything in the Sacred Writing is absolutely true without question?” 1 = *Strongly disagree*, 5 = *Strongly agree*)  
**Importance of Abstinence**: 1 item “Is it important to you to delay sex with your current partner until after you are married (or at least)?” 0 = *No, abstinence is not important*, 1 = *Yes, abstinence is important*  
**Intercourse Obligation**: 9-item mean (α = .87) “Sex without love is OK?” 1 = *Strongly disagree*, 9 = *Strongly agree*  
**Commensal Attitudes about Sex**: 3-item mean (α = .74) “Sex is the closest form of communication between two people?” 1 = *Strongly disagree*, 3 = *Strongly agree*  
**Instrumental Attitudes about Sex**: 3-item mean (α = .67) “The main purpose of sex is to enjoy oneself.” 1 = *Strongly disagree*, 3 = *Strongly agree*  
**Sex Guilt**: 1 item “What were your reactions to the first time you had sex with your partner?” 1 = *Not guilty*, 9 = *Very guilty*

## Results

Multiple linear regressions were conducted including control variables:



## Findings

- Sacred Bed**: The more fundamentalist participants were, the more sex guilt they felt.
- Half of hypothesized sexual attitudes mediated the association between fundamentalism and sex guilt.
- The importance of abstinence until marriage was the strongest mediator, producing more sex guilt.
- Comfort with casual sex also mediated the association, producing less sex guilt.
- Neither communal nor instrumental attitudes about sex were a significant mediator.

## Conclusions

Consistent with sexual scripting theory, sexual attitudes mediated the relationship between fundamentalism and sex guilt. Cultural sexual scenarios from fundamentalist backgrounds promote more conservative sexual attitudes (i.e., intrapsychic scripting, especially abstinence until marriage), which contributes to feelings of guilt when sex occurs outside of marriage. Overall, we found additional support for the *sacred bed phenomenon*.

## References

- Anderson, J. A., & ... (2018). ...
- ... (2019). ...
- ... (2020). ...
- ... (2021). ...
- ... (2022). ...

## Thanks

This project was funded by a Graduate Student Research Support Award from the Middle Tennessee State University Office of Research and Sponsored Programs, the Honors Program, and the Graduate School, and a WIGS Research Award from the Honors Program. We also thank the Office of Research and Sponsored Programs at Middle Tennessee State University.





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example

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Kitchen-Sinking

negative Affect Reciprocity:

Stonewalling

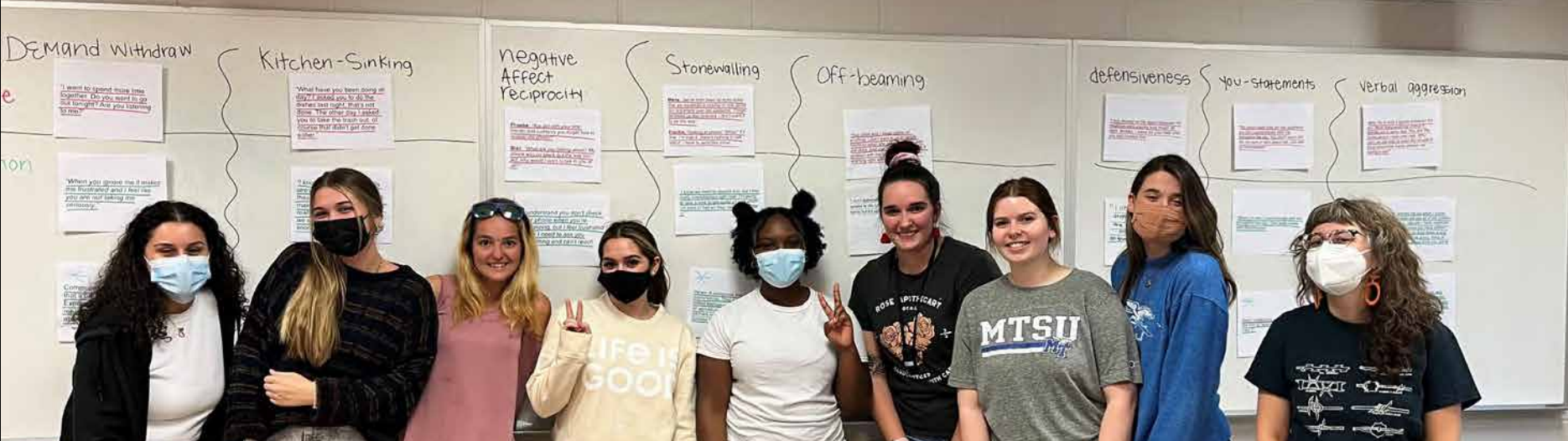
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defensiveness

you

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**MIDDLE TENNESSEE STATE UNIVERSITY**

**The Effects of a Pandemic on Speech Therapy for Children**

Emma Summers ♦ Kathryn Guillot Blankenship, Ph. D., CCC-SLP

**Abstract**

**Methods**

**Results**

**Discussion**

**Learners Outcome**

**References**

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# The Sacred Bed Phenomenon: Which Sexual Attitudes Mediate the Association between Fundamentalism and Sex Guilt?

Harry Young & C. Rebecca Oldham, Ph.D.  
Middle Tennessee State University  
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**Abstract**  
This study explored the relationship between religious fundamentalism (RF) and sex guilt (SG) by examining sexual attitudes mediated the association between RF and SG. Results showed that individuals with high RF scores who also held conservative sexual attitudes reported higher levels of sex guilt. This relationship was mediated by conservative sexual attitudes.

**Introduction**  
The sacred bed phenomenon shows that individuals with restrictive religious sexual attitudes report higher levels of sex guilt. This relationship is mediated by conservative sexual attitudes.

**Methods**  
A cross-sectional survey of 200 college students was conducted. Participants completed measures of religious fundamentalism, sexual attitudes, and sex guilt.

**Results**  
Conservative sexual attitudes mediated the relationship between religious fundamentalism and sex guilt. This relationship was not significant for individuals with liberal sexual attitudes.

**Methods**  
A cross-sectional survey of 200 college students was conducted. Participants completed measures of religious fundamentalism, sexual attitudes, and sex guilt.

**Results**  
Conservative sexual attitudes mediated the relationship between religious fundamentalism and sex guilt. This relationship was not significant for individuals with liberal sexual attitudes.

# Moderate the Influence of Sex on Emotional Intimacy?

Harry Young & C. Rebecca Oldham, Ph.D.  
Middle Tennessee State University  
h.young@mtsu.edu | rebecca.oldham@mtsu.edu

**Abstract**  
This study explored the relationship between sexual behavior and emotional intimacy. Results showed that individuals with high levels of sexual behavior reported higher levels of emotional intimacy. This relationship was moderated by religious fundamentalism.

**Introduction**  
The sacred bed phenomenon shows that individuals with restrictive religious sexual attitudes report higher levels of sex guilt. This relationship is mediated by conservative sexual attitudes.

**Methods**  
A cross-sectional survey of 200 college students was conducted. Participants completed measures of sexual behavior, emotional intimacy, and religious fundamentalism.

**Results**  
Sexual behavior mediated the relationship between religious fundamentalism and emotional intimacy. This relationship was moderated by religious fundamentalism.



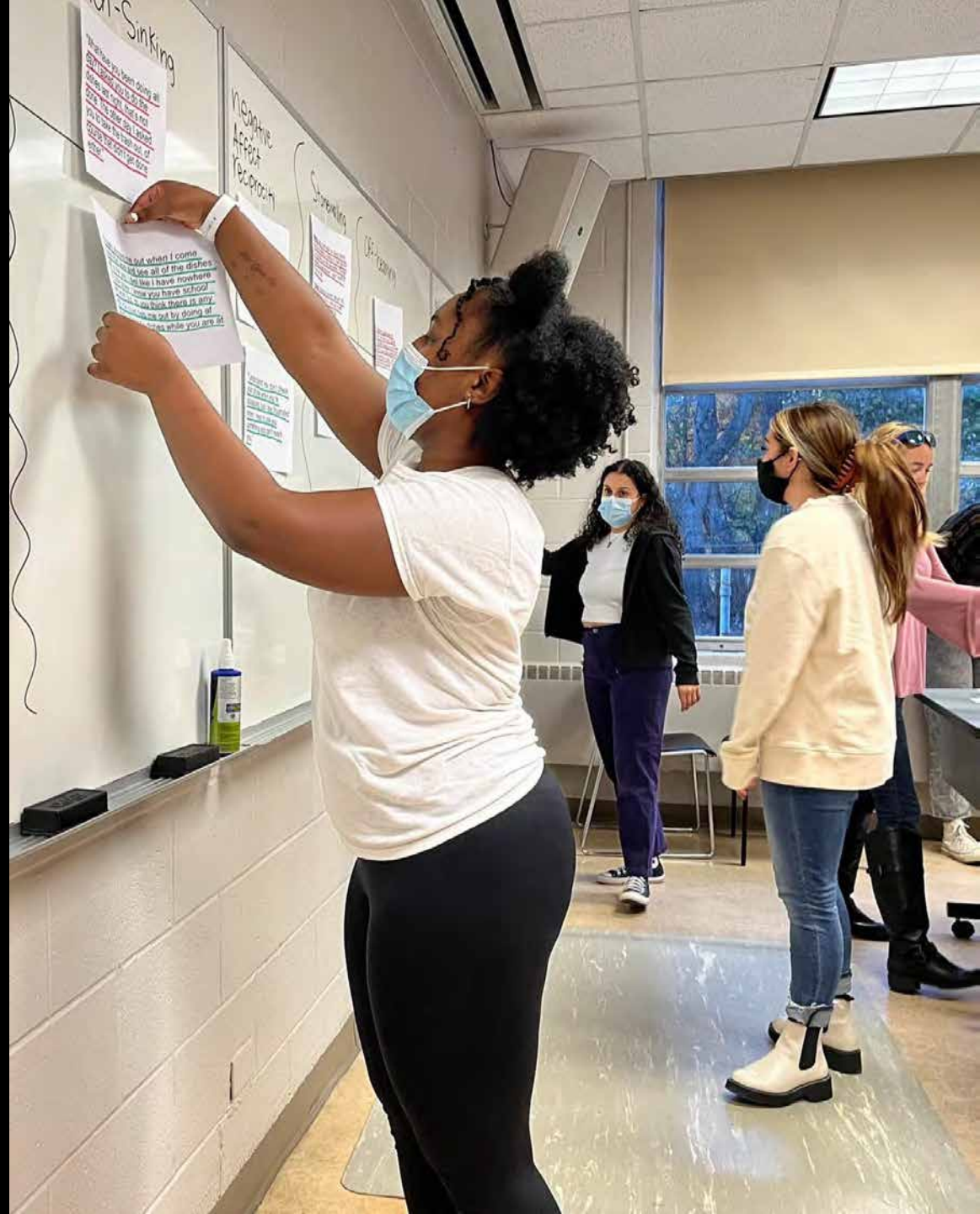
















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Kitchen-Sinking

Negative  
Affect  
Reciprocity:

Stonewalling

Off-beaming

defensiveness

you-stare

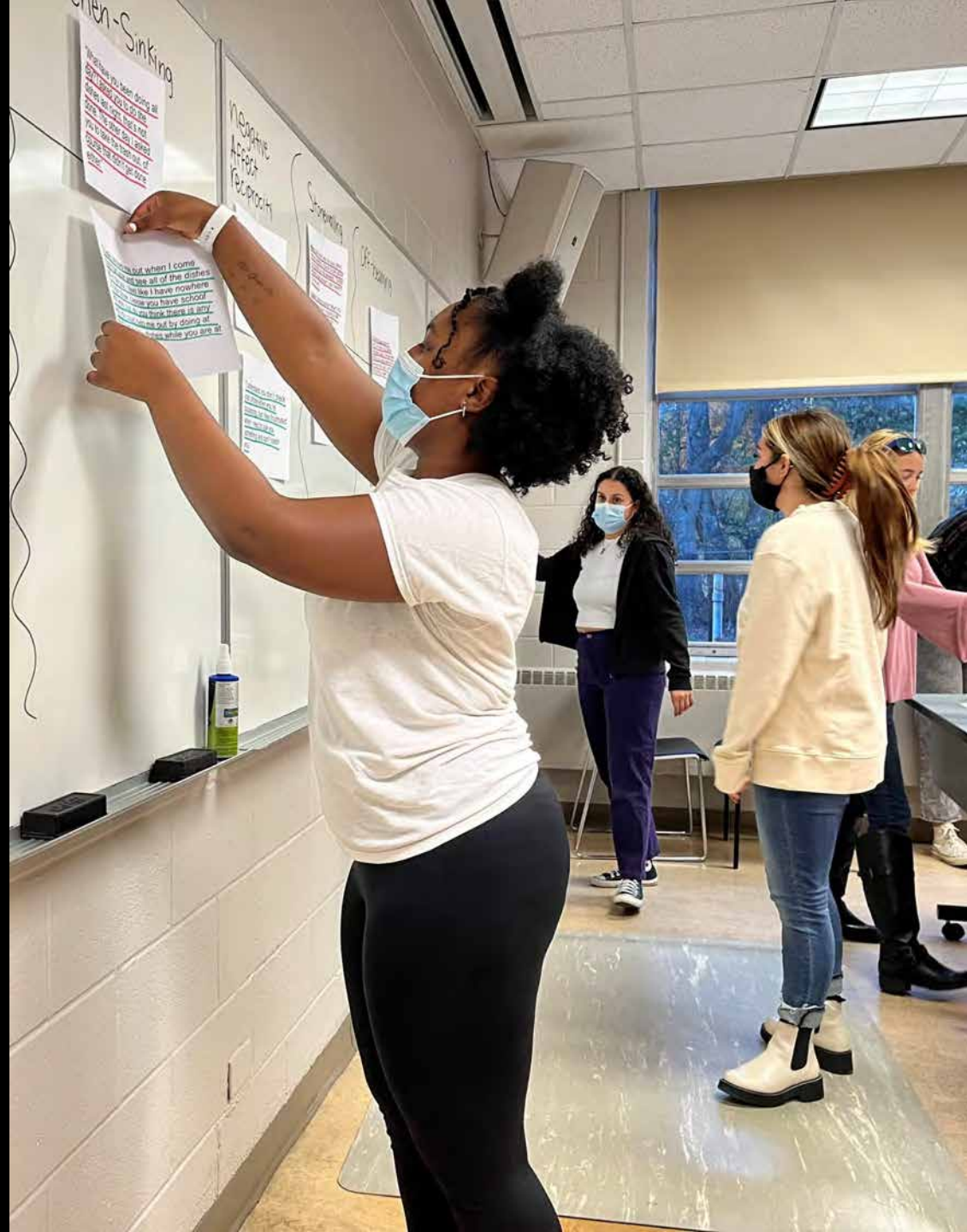




Demand withdraw  
Kitchen-Sinking  
negative Affect Reciprocity  
Stonewalling  
Off-beaming  
defensiveness  
you-statements  
Verbal aggression











# Does Religion Moderate the Influence of Sex on Emotional Intimacy?



Shelby L. Howard & C. Rebecca Oldham, Ph.D.  
 Middle Tennessee State University  
 slh2bp@mtmail.mtsu.edu, rebecca.oldham@mtsu.edu

## Abstract

Little research has examined whether religion moderates the association between sexual behaviors and intimacy. Participants completed an online survey asking about their sexual behaviors with their partners, several indicators of religion, and emotional intimacy. We found that religion influences the association between sexual behaviors and emotional intimacy, but only for fundamentalist people, such that it slightly diminished the positive emotional effects that sexual behaviors had on their relationship.

## Introduction

Depression produces a "feel-good" state in individuals when they have sex. When a person is depressed, oxytocin, which is linked to altruism and love, is released in the brain.

H<sub>1</sub> The more sexual behaviors a partner engaged in with their partner the more emotional intimacy they will feel.

Does this hold for unmarried religious people?

Moral Incongruence Hypothesis: when an individual engages in behavior that conflicts with their self or the values of their community.

H<sub>2</sub> Religion will moderate the association between sexual behavior and emotional intimacy.



## Sample N = 1,260

Age M = 20.7 years, SD = 2.2  
 Gender: 73% Women, 25% Men, 2% self-decl other  
 Nationality: 46% Dominican, 17% US, 1% self-decl other  
 Race: 60% White, 18% Latino, 6% Black, 2% multi-racial, 1% Other  
 Religion: 42% Protestant, 23% Catholic, 15% Spiritual, 12% Other/agnostic  
 Education: 74% some college or less  
 Relationship Status: 45% Casual, 45% Serious, 4% Engaged  
 Relationship length M = 9.1 months, SD = 2.2, 2% Married

## Methods

Combined samples: (1) recruited for extra credit at a southwestern university; (2) recruited via social media for longitudinal study (only first wave data used). Both samples participated in an online survey via Qualtrics. Interaction analyses were run using multiple regressions.

## Measures

Sexual Behaviors: 12-item sum of = .899. "Which of the following behaviors have you participated in with your partner?" (e.g., kissing, hand job, breast, anal sex, vaginal penetration) = No, 1 = Yes.  
 Fundamentalism: 5-item sum of = .901 (e.g., "Everything in the Sacred Writing is absolutely true without question"; 1 = Strongly disagree, 5 = Strongly agree).  
 Intimacy: 3-item sum of = .933. "How close is your relationship?" 1 = Not at all, 5 = Extremely.

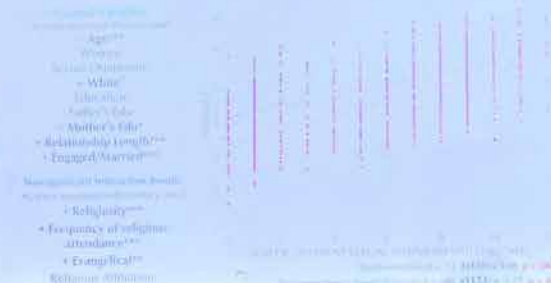
## Results

✓ H<sub>1</sub> More sexual behaviors predicted more emotional intimacy.

$$B = .04, \beta(1) = .153, p = .003, \text{ 95% CI} = [.02, .066], \text{ 95% CI} = .001$$

⊖ H<sub>2</sub> Fundamentalism, but not other measures of religion, moderated the association between sexual behaviors and emotional intimacy.

The positive impact of sexual behaviors on intimacy for more liberal individuals (i.e., those who were highly fundamentalist).



## Findings

H<sub>1</sub> The more sexual behaviors engaged in, the more emotional intimacy people felt for their partners.

H<sub>2</sub> Most measures of religion did not moderate the association between sexual behaviors and emotional intimacy.

However, the positive impacts of sexual behaviors on feelings of intimacy were slight diminished for people who were highly fundamentalist.

## Conclusions

If sexual behaviors can improve emotional closeness between partners, this study hoped to investigate whether sexual activity increases or decreases emotional intimacy, even for highly religious partners who are sexually active. Our findings suggest that religious folks reported more emotional intimacy in their relationships. However, despite the moral incongruence of premarital sex with traditional religious sexual scripts, more sexual behavior did not considerably negatively impact the intimacy felt in their relationships.

## References

1. ...  
 2. ...  
 3. ...  
 4. ...  
 5. ...

## Thanks

This research was funded by a Graduate Student Research Support Award from the Social Work Community Office of Student and Family Relations, the Executive Student Advisory Council, and the University's Office of Research and Sponsored Programs at Middle Tennessee State University.



**Does Religion Moderate the Association Between Sex and Emotional Intimacy?**

Shelby L. Howland  
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Ph.D.  
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**Abstract**  
Little research has examined the association between religious affiliation and emotional intimacy. This study examined the association between religious affiliation and emotional intimacy, and whether this association is moderated by sex. Participants (N = 100) completed a survey of religious affiliation, sex, and emotional intimacy. Results indicated that religious affiliation was positively associated with emotional intimacy, and this association was moderated by sex. Specifically, the association between religious affiliation and emotional intimacy was stronger for men than for women.

**Introduction**  
Depression is a common mental health condition that affects millions of people worldwide. One of the most common risk factors for depression is social isolation, which is often associated with a lack of emotional intimacy. Emotional intimacy is the ability to share one's thoughts and feelings with another person, and it is an important component of a healthy relationship. Research has shown that people who have high levels of emotional intimacy are less likely to experience depression. However, little research has examined the association between religious affiliation and emotional intimacy. This study examined the association between religious affiliation and emotional intimacy, and whether this association is moderated by sex.

**Hypotheses**  
H1: Religious affiliation is positively associated with emotional intimacy.  
H2: The association between religious affiliation and emotional intimacy is moderated by sex, such that the association is stronger for men than for women.

**Method**  
Participants (N = 100) completed a survey of religious affiliation, sex, and emotional intimacy. The survey included items from the Religious Involvement and Engagement Scale (RIE) and the Emotional Intimacy Scale (EIS). The RIE is a 10-item scale that measures religious involvement and engagement, and the EIS is a 10-item scale that measures emotional intimacy. The survey also included items that measured demographic information, including age, gender, and education level.

**Results**  
Results indicated that religious affiliation was positively associated with emotional intimacy, and this association was moderated by sex. Specifically, the association between religious affiliation and emotional intimacy was stronger for men than for women. This finding is consistent with the hypothesis that religious affiliation is more important for men than for women in terms of emotional intimacy.

**Conclusion**  
The findings of this study suggest that religious affiliation is positively associated with emotional intimacy, and this association is moderated by sex. Specifically, the association between religious affiliation and emotional intimacy is stronger for men than for women. This finding has important implications for research on depression and emotional intimacy, and it suggests that religious involvement may be an important factor in promoting emotional intimacy for men.

**References**  
Howland, S. L. (2020). Does religion moderate the association between sex and emotional intimacy? *Journal of Religion and Health, 59*(1), 1-10.

**Keywords**  
Religion, Emotional Intimacy, Sex, Depression











*of Kentucky*

**DOMESTIC**  
VIOLENCE PROGRAM













## Attitudes, Beliefs, and Behaviors When Do People Feel Sex Guilt?

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Middle Tennessee State University  
may2@mtmail.mtsu.edu | rebecca.oldham@mtsu.edu

Theoretical and empirical work distinguish guilt from regret according to who is harmed by one's actions. This study aimed to test this conceptual framework by examining which religious beliefs, sexual attitudes, and actual behaviors moderated the correlation between sex guilt and sex regret regarding first sex with a new partner. Frequency of religious attendance was the strongest moderator. Results confirmed that the type of harm was a mostly consistent item set for distinguishing guilt from regret. Moreover, participants internalized sexual scripts had a stronger inclination to feel guilt versus regret than their actual sexual behaviors.

### Introduction

**Regret** (vs. interpersonal harm)  
**Guilt** (interpersonal harm)

In general, it seems impossible to imagine experiencing guilt without regret, but quite possible to imagine experiencing regret without guilt. Thus regret is one again the broader concept.

Landman, 1993

In what contexts, do people feel more guilt versus general regret about sexual behavior?



Hypothesis: Sex guilt will be more strongly associated with regret for those who perceived they harmed others than those who do not think they harmed others.

### Sample

N = 703 individuals Age M = 20.9, SD = 2.6  
Gender: 74% Women, 26% Male  
Sexuality: 89% Heterosexual, 11% LGB  
Race: 67% White, 20% Latino, 5% Black, 7% Other  
Spirituality: 49% Protestant, 21% Catholic, 14% Spiritual  
Length: 37% no partner, 33% 7-24 Months, 20% >2 Years  
Religiosity: 34% Spiritual, 36% Casual, 30% Secular, 1% Engaged

1728





# Attitudes, Beliefs, and Behaviors: When Do People Feel Sex Guilt Versus Regret?

Merry Young & C. Rebecca Oldham, Ph.D.  
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may2@mtmail.mtsu.edu | rebecca.oldham@mtsu.edu

**Introduction**  
In general, it seems responsible to imagine experiencing guilt without regret, but quite possible to imagine experiencing regret without guilt. This regret is very much the invisible concept.



**Hypothesis** Sex guilt will be more strongly associated with regret for those who perceived they harmed others than those who did not think they harmed others.

**Sample**  
N = 703 individuals Age M = 20.9, SD = 2.6  
Gender 74% Women, 26% Male  
Race 49% White, 20% Black, 15% Hispanic, 16% Other  
Religion 41% Protestant, 16% Catholic, 14% Spiritual, 29% No Religion, 15% Other  
Relationship Status 39% Single, 24% Married, 24% Divorced, 13% Other

**Methods**  
Controlled samples (1) assessed for you still a 4-item harm severity; (2) assessed for social skills to implement both (see above). Online Quibit survey. Only participants who had sex with a partner were included in analyses.

**Results**  
The results showed that sex guilt was more strongly associated with regret for those who perceived they harmed others than those who did not think they harmed others. This relationship was mediated by interpersonal harm.

Variable	Sex Guilt	Sex Regret
Interpersonal Harm	$r = .45, p < .001$	$r = .38, p < .001$
Sex Attitudes	$r = .12, p < .05$	$r = .18, p < .001$
Sex Behaviors	$r = .15, p < .01$	$r = .22, p < .001$
Controlled Variables	$r = .05, p > .05$	$r = .08, p > .05$

**Conclusions**  
The results showed that sex guilt was more strongly associated with regret for those who perceived they harmed others than those who did not think they harmed others.

**References**  
List of references cited in the poster.





# Attitudes, Beliefs, and Behaviors: When Do People Feel Sex Guilt Versus Regret?

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**Introduction**  
In general, it seems impossible to imagine experiencing guilt without regret, but quite possible to imagine experiencing regret without guilt. Thus, regret is more than the broader concept of guilt.

**Methods**  
221 students completed a survey on their attitudes and behaviors regarding sex. The survey included questions about sex guilt and sex regret. The survey was administered online via Qualtrics. The survey was completed by 221 students (100% response rate). The survey was completed by 100% of the students who completed the survey.

**Results**  
The results of the survey are presented in the following table. The table shows the mean scores for each variable and the correlations between the variables. The table also shows the significant differences between the variables.

Variable	Mean	SD	Correlation
Sex Guilt	2.15	0.85	
Sex Regret	2.35	0.95	0.75
Sex Attitudes	3.50	0.75	
Sex Behaviors	2.80	0.65	
Sexual Satisfaction	3.20	0.80	
Sexual Communication	3.10	0.70	
Sexual Consent	3.30	0.75	
Sexual Pleasure	3.40	0.70	
Sexual Intimacy	3.20	0.75	
Sexual Respect	3.30	0.70	
Sexual Equality	3.40	0.75	
Sexual Freedom	3.50	0.70	
Sexual Responsibility	3.20	0.75	
Sexual Honesty	3.30	0.70	
Sexual Trust	3.40	0.75	
Sexual Support	3.50	0.70	
Sexual Understanding	3.20	0.75	
Sexual Empathy	3.30	0.70	
Sexual Compassion	3.40	0.75	
Sexual Kindness	3.50	0.70	
Sexual Gentleness	3.20	0.75	
Sexual Patience	3.30	0.70	
Sexual Self-control	3.40	0.75	
Sexual Discipline	3.50	0.70	
Sexual Perseverance	3.20	0.75	
Sexual Endurance	3.30	0.70	
Sexual Strength	3.40	0.75	
Sexual Resilience	3.50	0.70	
Sexual Flexibility	3.20	0.75	
Sexual Adaptability	3.30	0.70	
Sexual Openness	3.40	0.75	
Sexual Changeability	3.50	0.70	
Sexual Malleability	3.20	0.75	
Sexual Comprehensibility	3.30	0.70	
Sexual Relatability	3.40	0.75	
Sexual Approachability	3.50	0.70	
Sexual Interactability	3.20	0.75	
Sexual Participability	3.30	0.70	
Sexual Interactability	3.40	0.75	
Sexual Participability	3.50	0.70	

**Conclusions**  
The results of the survey suggest that sex guilt and sex regret are related but distinct concepts. Sex guilt is more closely related to sex attitudes and behaviors, while sex regret is more closely related to sexual satisfaction and communication. The results also suggest that sex attitudes and behaviors are related to sexual satisfaction and communication.





# Attitudes, Beliefs, and Behaviors: When Do People Feel Sex Guilt Versus Regret?

Merry Young & C. Rebecca Oldham, Ph.D.  
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Theoretical and empirical work distinguishes guilt from regret according to who is blamed by one's actions. This study aimed to test this conceptual framework by examining which religious beliefs, sexual attitudes, and sexual behaviors mediated the correlation between sex guilt and sex regret regarding first sex with a new partner. Frequency of religious attendance was the strongest mediator. Results confirmed that the larger of guilt was a morally conscious firm for distinguishing guilt from regret. Moreover, participants who reported sexual regret had a stronger influence on feeling guilt versus regret than their actual sexual behaviors.

### Introduction

In general, it seems impossible to imagine experiencing guilt without regret. However, research suggests that these two emotions are distinct. Guilt is a self-focused emotion that arises from a personal transgression, while regret is a situation-focused emotion that arises from a comparison between what one has done and what one could have done. In what contexts, do people feel more guilt versus general regret about sexual behavior?



Hypothesis: Sex guilt will be more strongly associated with regret for those who perceived they harmed others than those who do not think they harmed others.

### Sample

N = 703 individuals Age M = 20.9, SD = 2.6  
Gender: 74% Women, 26% Male  
Sexuality: 89% Heterosexual, 9% LGB  
Race: 10% White, 20% Latina, 7% Black, 7% Other  
Spirituality: 44% Protestant, 26% Catholic, 14% Spiritual  
Length: 17% vs. Married, 11% 7-24 Months, 20% > 2 Years  
Relationship Status: 100% Current Sex, 0% Sexless, 14% Engaged

### Methods

Participants (N = 703) recruited for extra credit at a southwestern university completed a longitudinal study list wave only. Online Qualtrics survey. Only those with their current partner were included in analyses.

### Measures

**Sex Guilt:** "Did you ever maximize in the first time you had sex with your partner?" 1 = Strongly disagree, 5 = Strongly agree.  
**Sex Regret:** "In the last 12 months, how often have you attended religious services, Synagogue, and Mosque?" 1 = Never, 5 = More than once a week.  
**Religious Attendance:** 5-point scale (1 = Never, 5 = More than once a week).  
**Religious Importance:** "How important is religion in your life?" 1 = Not at all important, 5 = Very important.  
**Sexual Attitudes:** "It is important to you to delay sex with your current partner until you are married." 1 = Yes, absolutely, 5 = No, absolutely not important.  
**Sexual Behaviors:** "How often do you have sex with your current partner?" 1 = Never, 5 = More than once a week.  
**Sexual Attitudes:** "Sex without love is OK." 1 = Strongly disagree, 5 = Strongly agree.  
**Sexual Behaviors:** "The main purpose of sex is to have fun." 1 = Not at all important, 5 = Very important.  
**Sexual Attitudes:** "It is important to you to delay sex with your current partner until you are married." 1 = Yes, absolutely, 5 = No, absolutely not important.  
**Sexual Behaviors:** "How often do you have sex with your current partner?" 1 = Never, 5 = More than once a week.

### Results

Multiple linear regressions were conducted including control variables.

Outcome	Control	Religious Background	Sex Attitudes	Sex Behaviors
Sex Guilt		B = .41, p < .001	B = .12, p < .001	B = .28, p < .001
Sex Regret		B = .28, p < .001	B = .12, p < .001	B = .24, p < .001

Outcome	Control	Religious Background	Sex Attitudes	Sex Behaviors
Sex Guilt		B = .41, p < .001	B = .12, p < .001	B = .28, p < .001
Sex Regret		B = .28, p < .001	B = .12, p < .001	B = .24, p < .001



1728

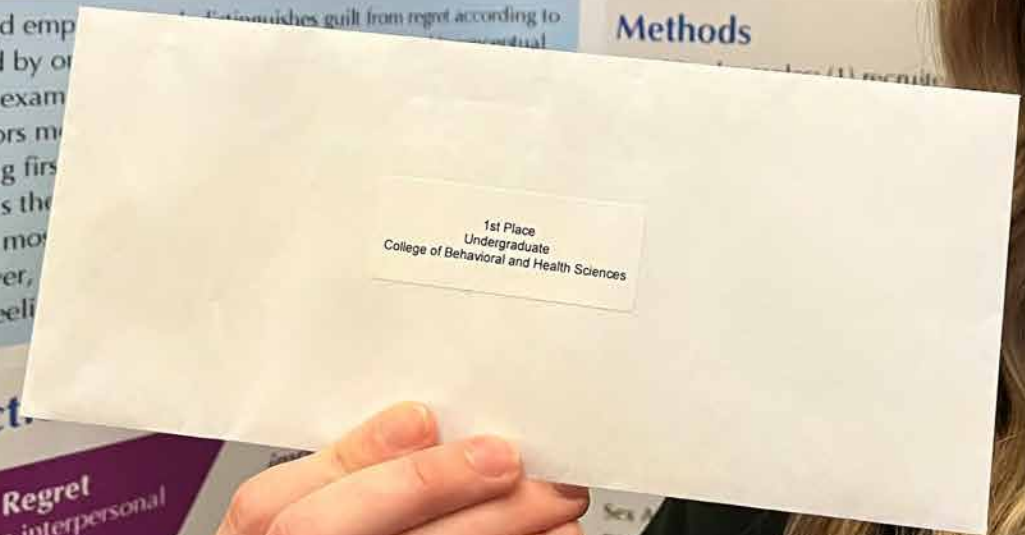


# Attitudes, Beliefs, and Behaviors: When Do People Feel Sex Guilt Versus Sex Regret?

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Middle Tennessee State University  
may2t@mtmail.mtsu.edu | rebecca.oldham@mtsu.edu

Theoretical and empirical research distinguishes guilt from regret according to the nature of the harm who is harmed by or the framework by examining sexual behaviors may regret regarding first-time intercourse attendance was the most of harm was a more regret. Moreover, influence on feelings

## Methods



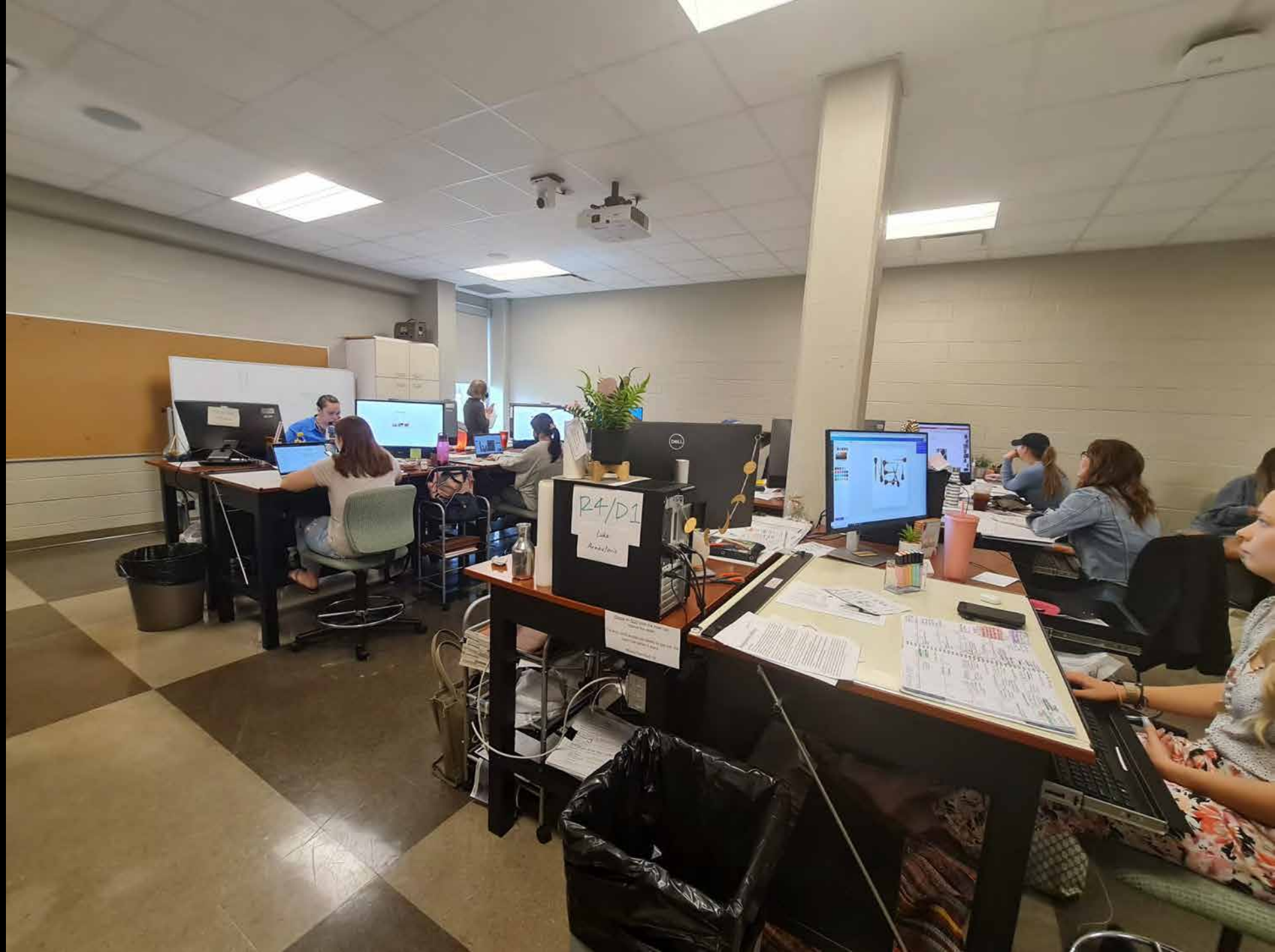
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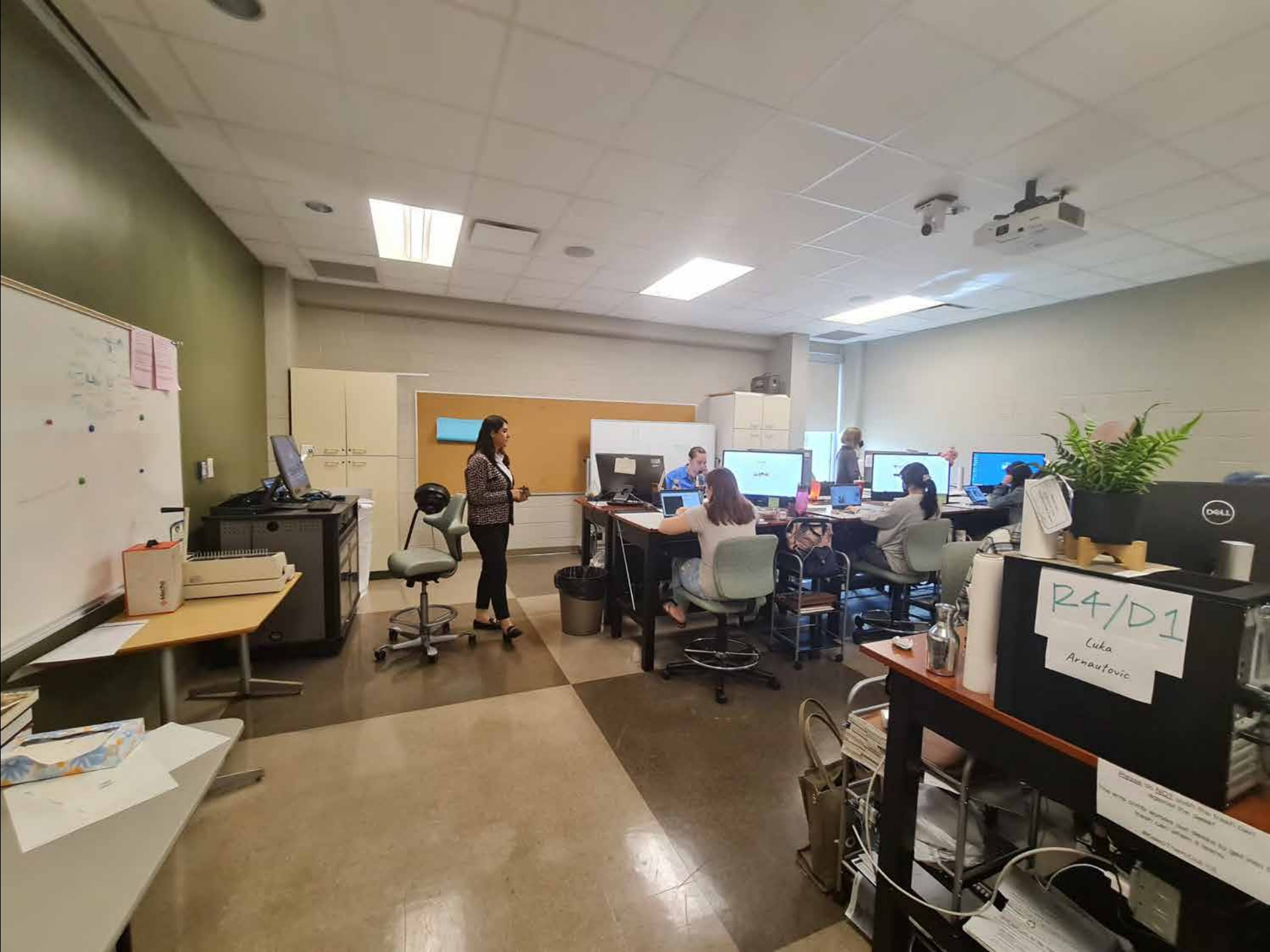












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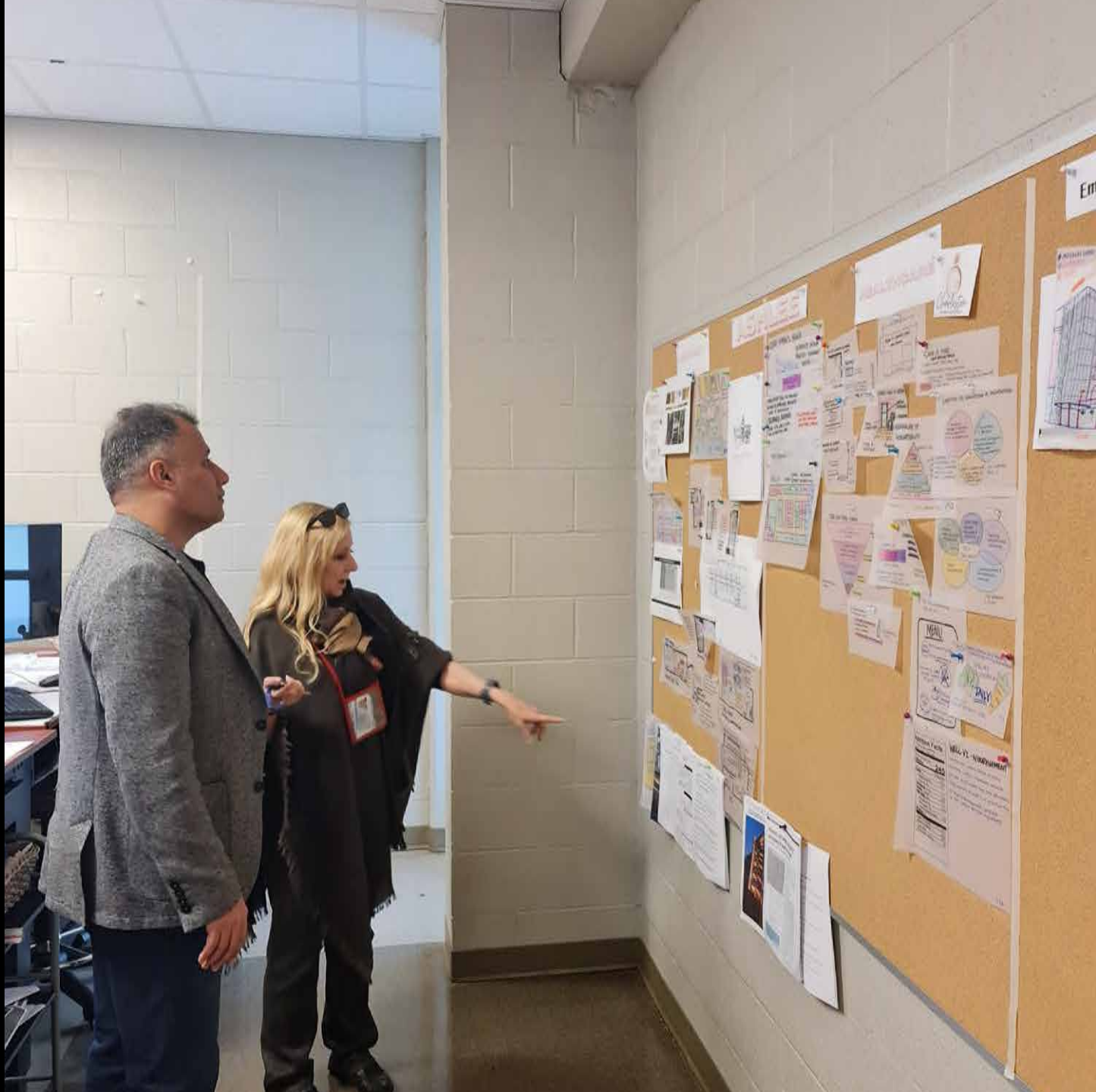
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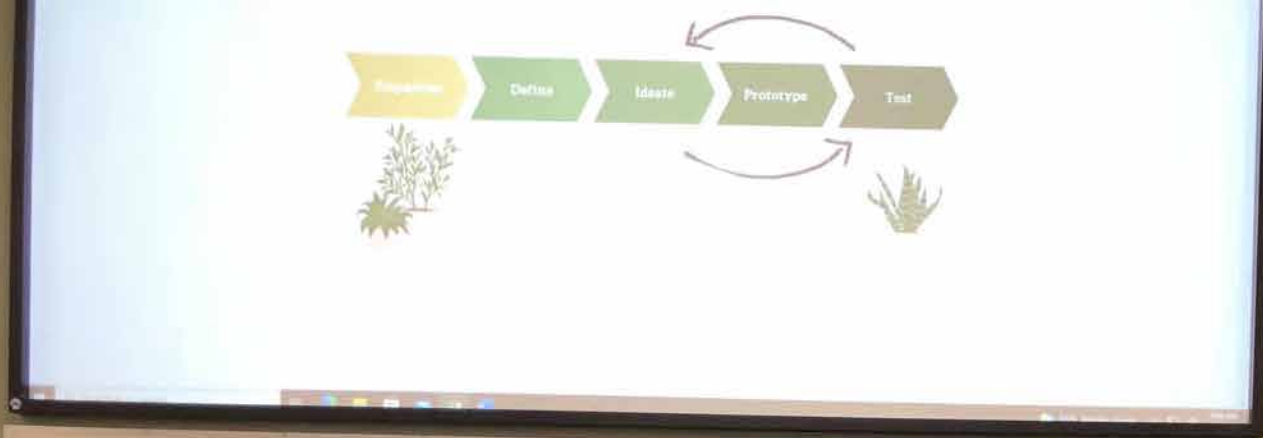












Product  
Backpack

Topic  
Backpack Design

PROBLEM  
BACKPACK DOES NOT HAVE MANY FEATURES BESIDE POCKETS.















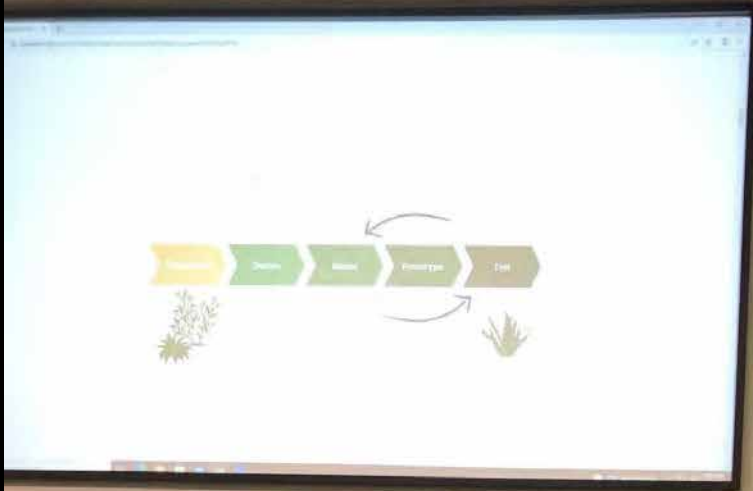












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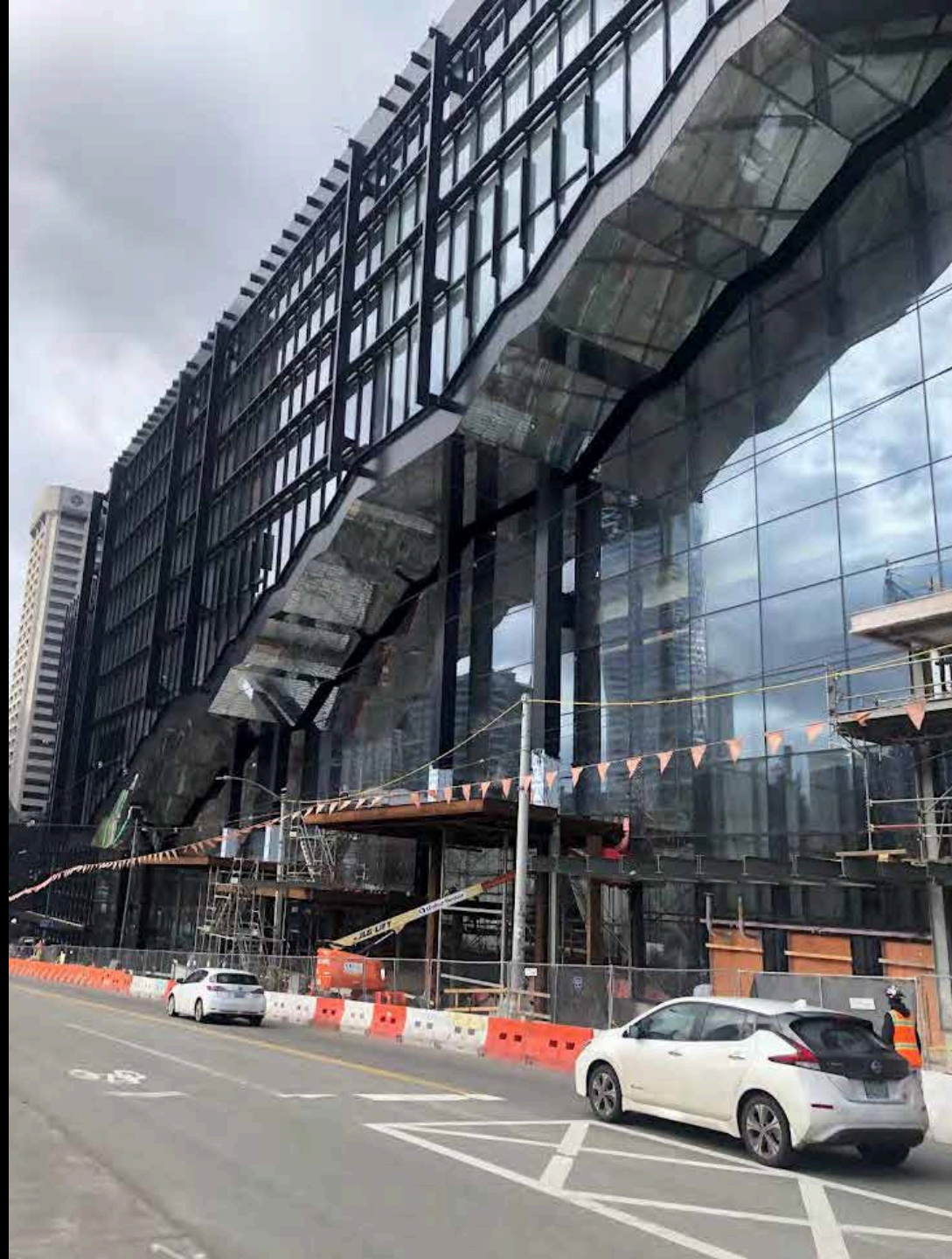












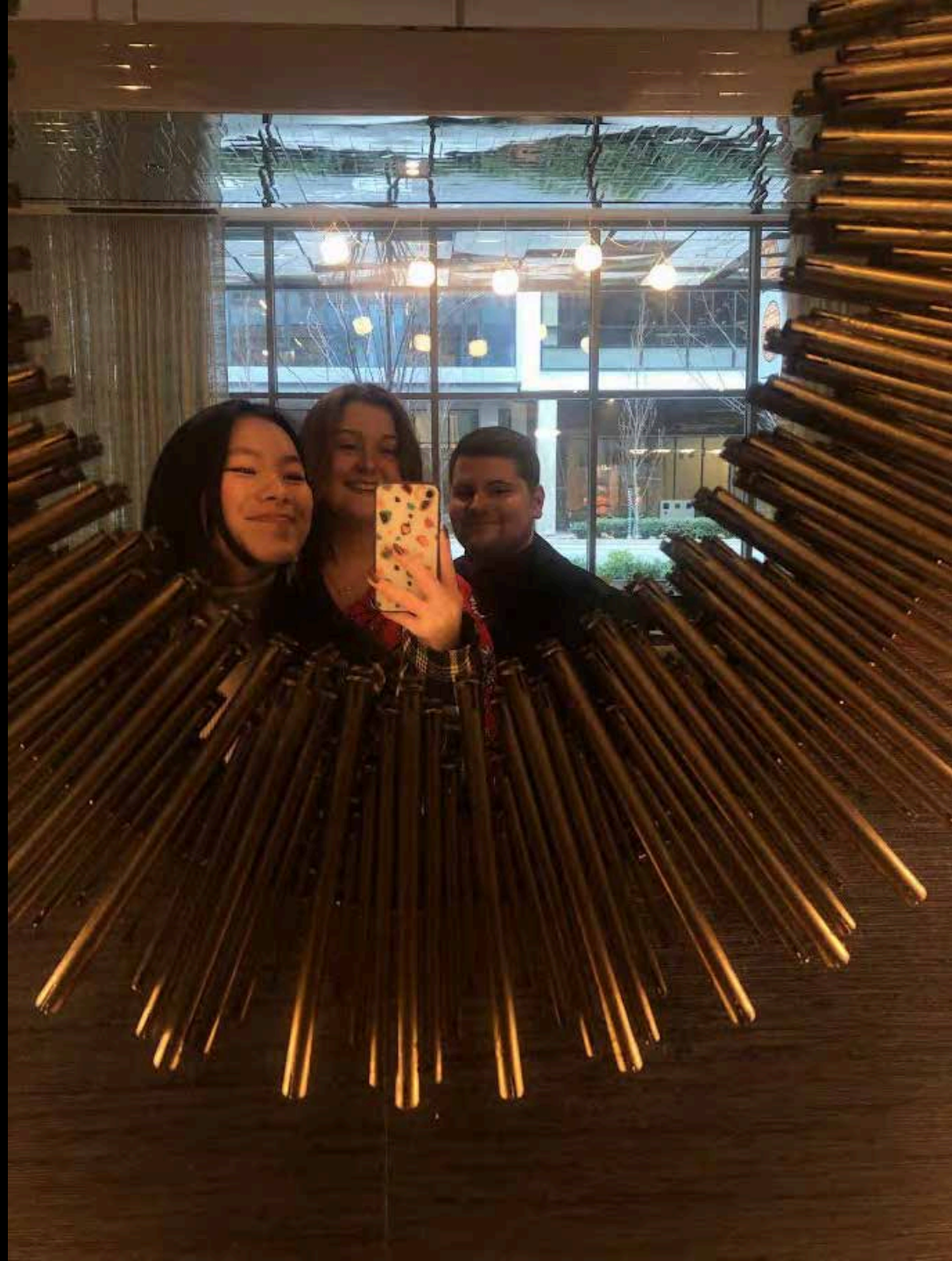








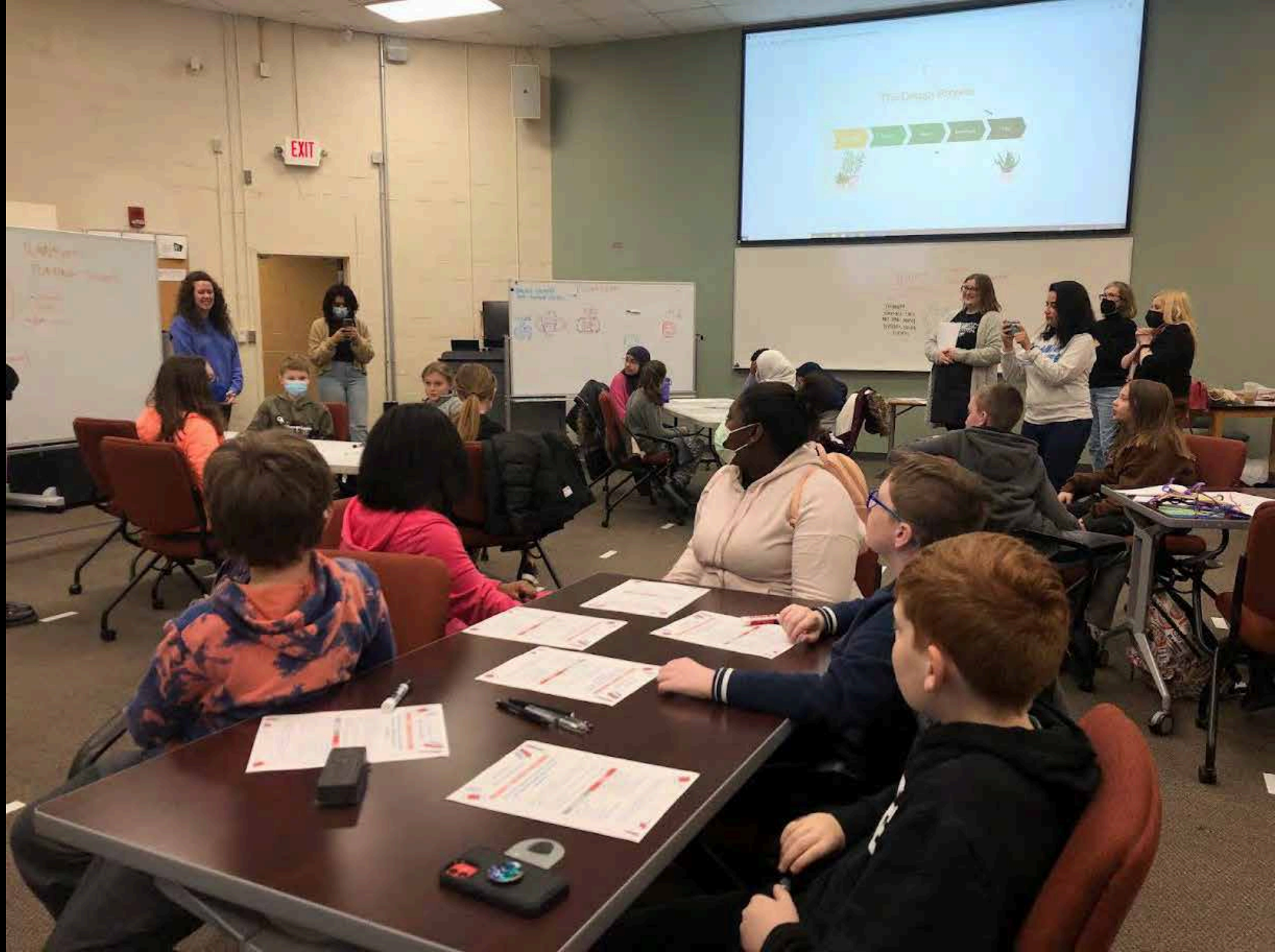






















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Thank you!

@chasejarvis

TEXT ME, ILL TEXT BACK: 206-909-6177















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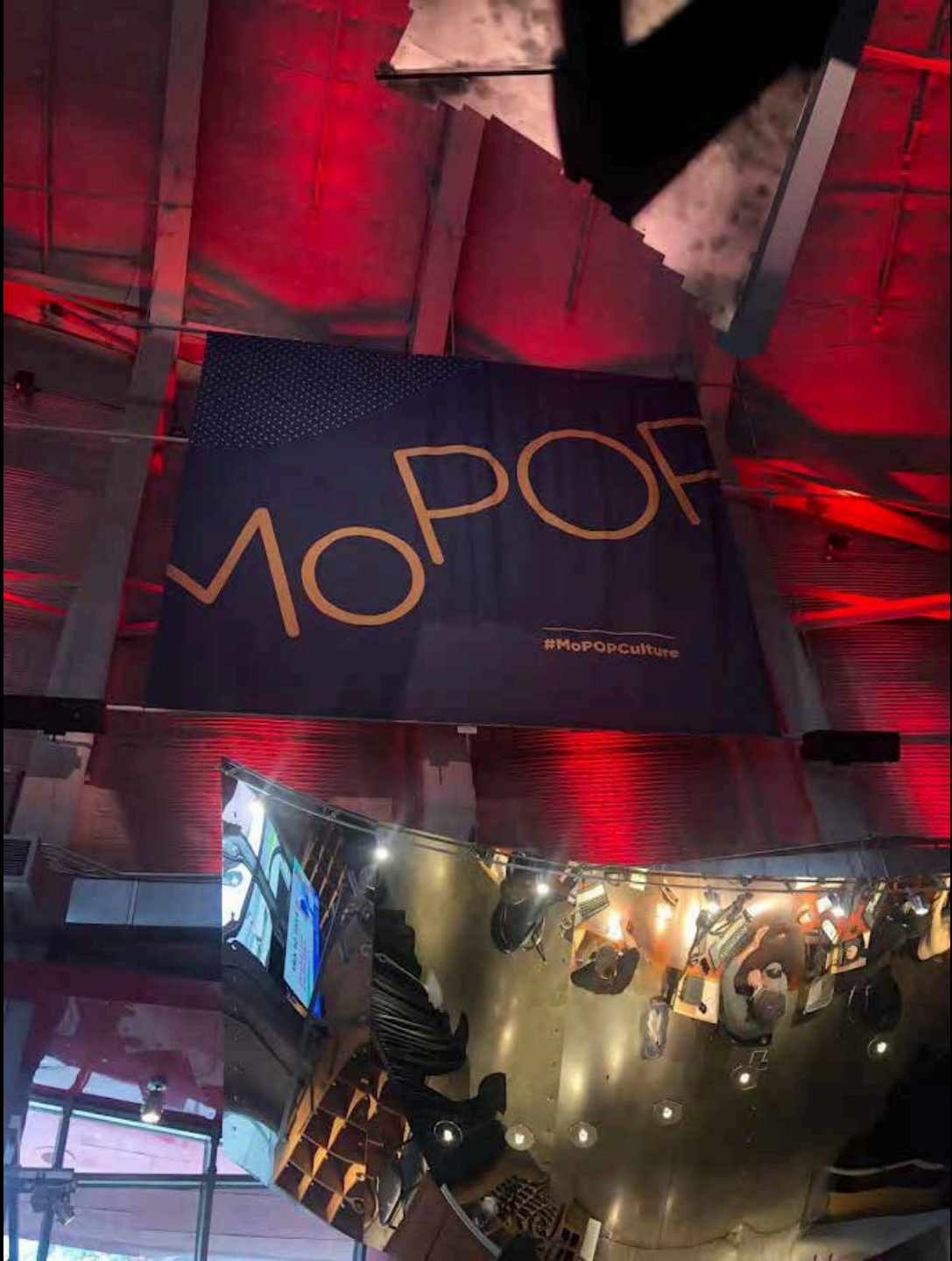














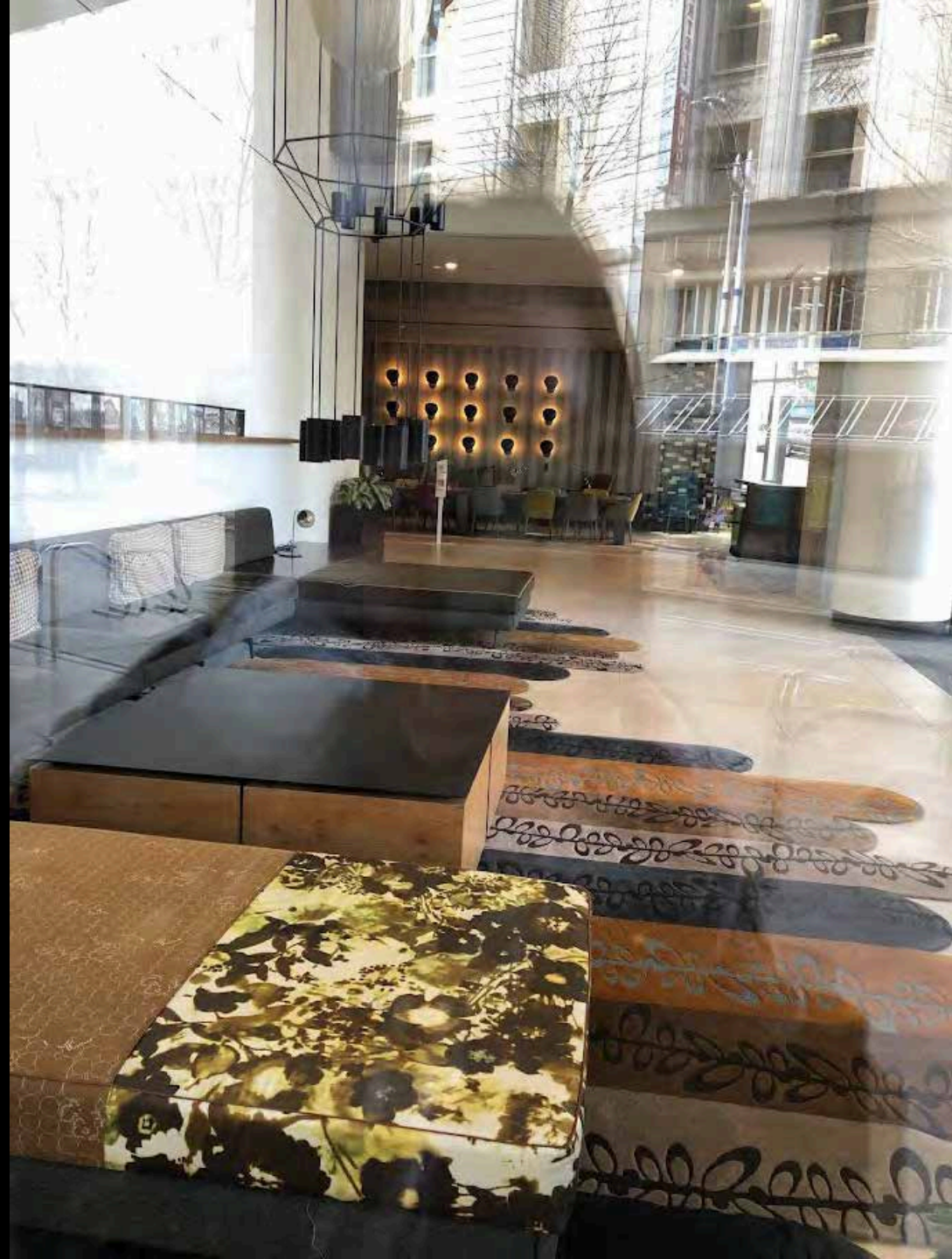
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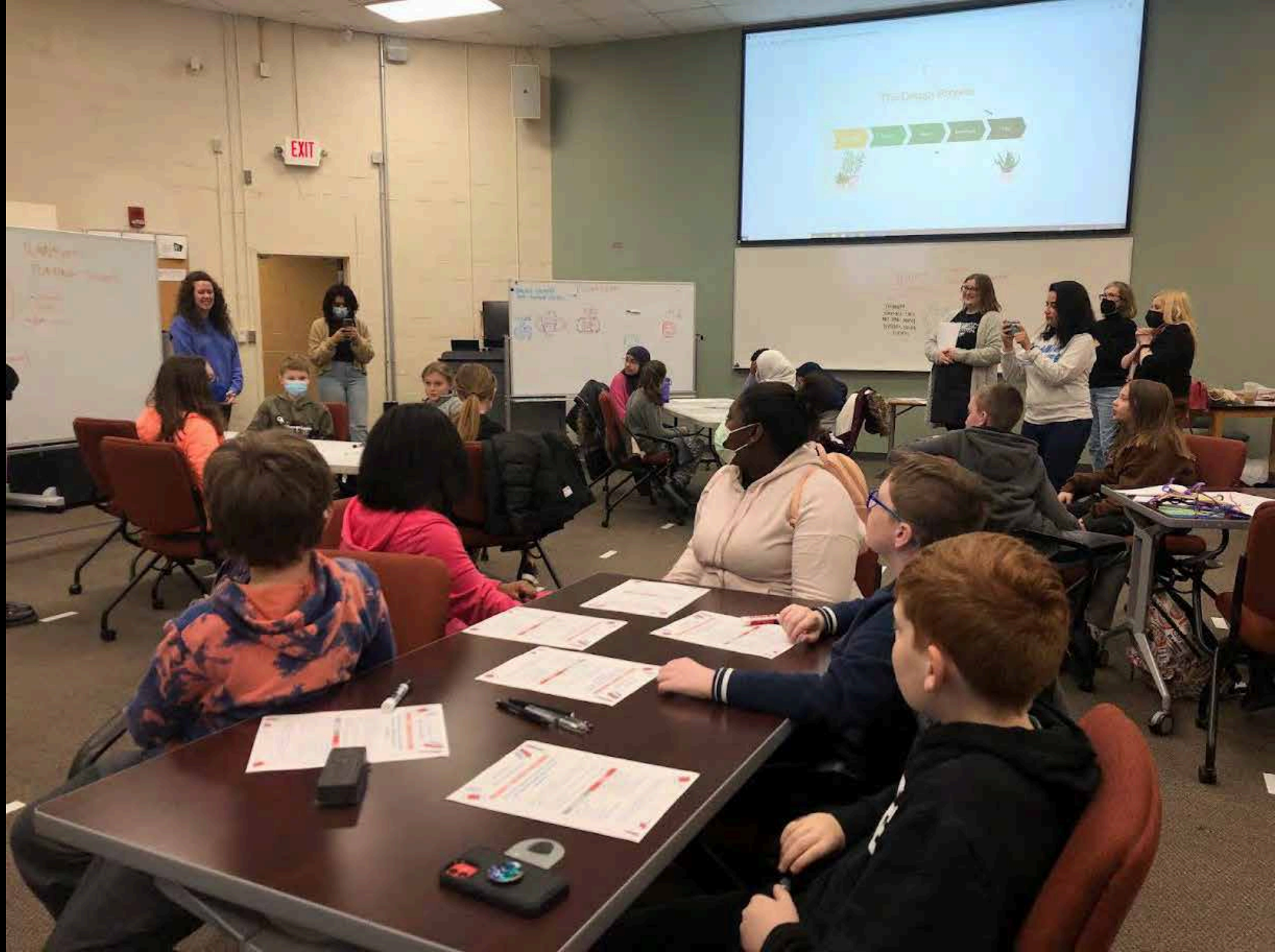
















Mayer Fabrics

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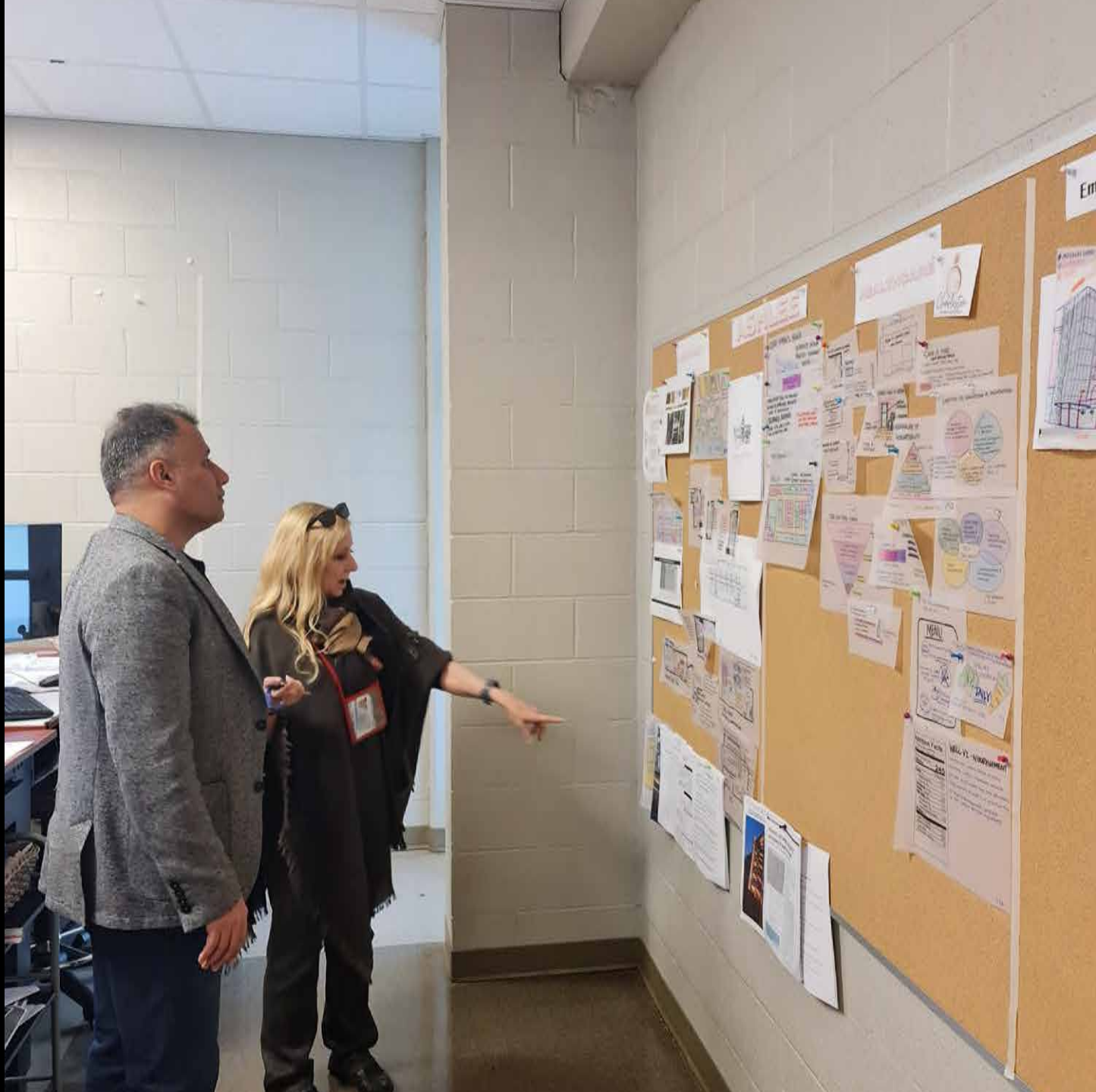
















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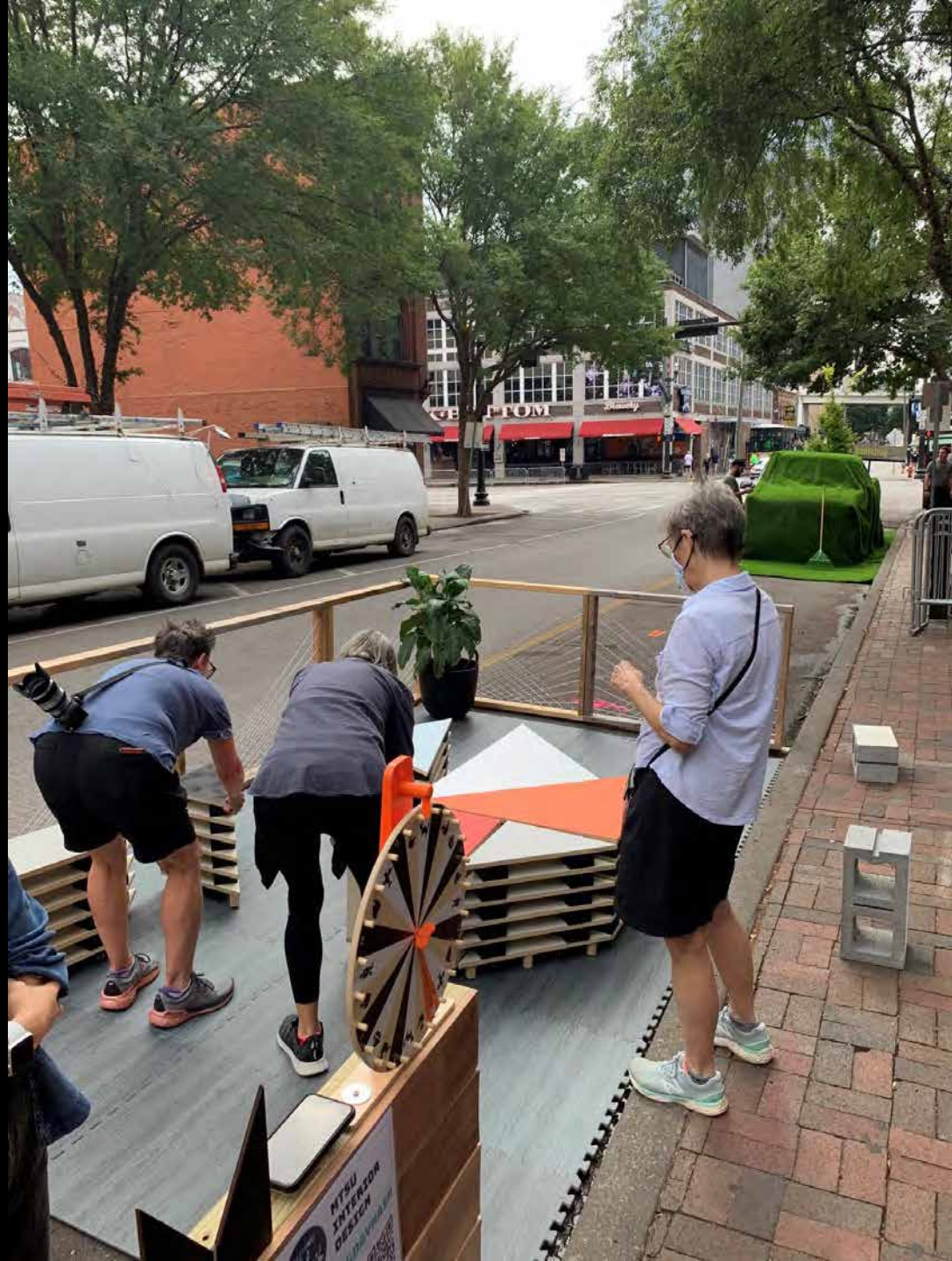




































# Nutrition

fact or fiction

- Headaches
- Sleeping Difficulties
- Numbness in Limbs
- Loss of Energy
- Back and Leg Pain
- Digestive Problems
- Hyperactivity

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IT

Ashley Hewitt,  
School Psychology







Hannah Anderson,  
School Psychology







Denise Ealy,  
Experimental Psychology































Nicole Sullivan,  
Clinical Psychology





Pershang Tovi,  
Industrial/Organization



Anna White,  
Industrial/Organization







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TENNESSEE**  
STATE UNIVERSITY.

































Brenna Armfield,  
Industrial/Organization











Department of  
**Social Work**  
Middle Tennessee State University



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**Social Work**  
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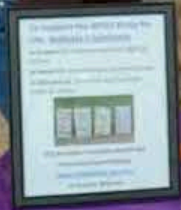








bento



I AM  
MIDDLE

HELP OUR TEAM  
FIGHT BACK





RELAY FOR LIFE  
American Cancer Society

HELP OUR TEAM  
FIGHT BACK  
AGAINST  
CANCER

Celebrate. Remember. Fight

Support the ability to pay for the application & linkbook

I'M LOVING MYSELF

HOPE

RELAY FOR LIFE 2020

8.25 FOR ONE CHAIN LINK

belong.

Ascend

Raider Tennis

Family Scoreboard



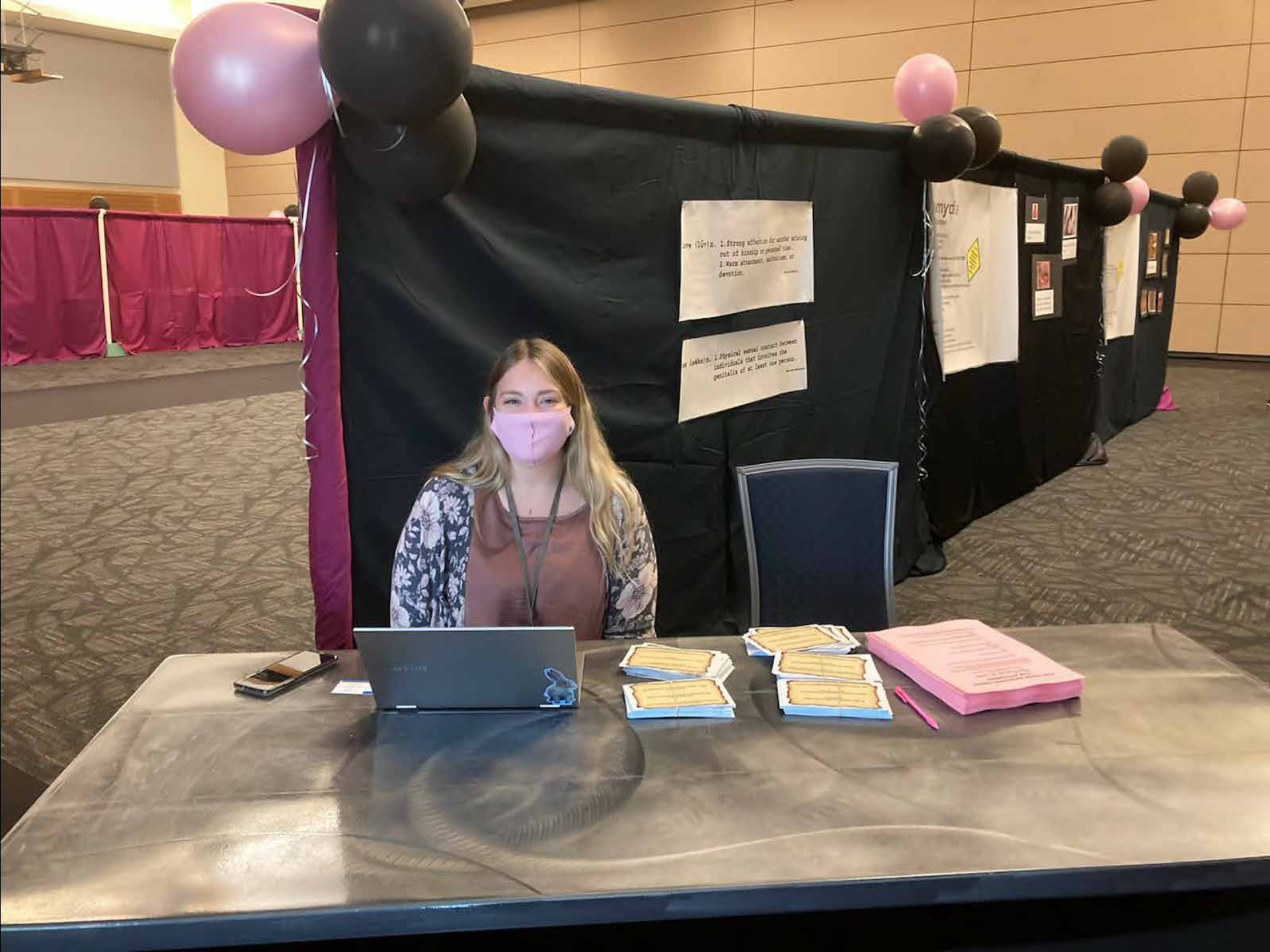




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*Health Education*



Department of Health and Human Performance























TRUST AND CONFIDENCE







## Spotlight



### **USSS Women's Law Enforcement Symposium at Middle Tennessee State University**

The USSS Recruitment Team (TASs Carrillo, Gaillard, Officers Hill, Rosario) and Nashville FO (SAs DeRamus, Crumrine, Wilcoxon) conducted a female-focused symposium to highlight law enforcement career opportunities at MTSU with retired DAD Lynda Williams.

