



**UCF**



**Date: Monday  
December 3rd, 2018**

**Time: 4-5:30pm**

**Location: HPA1-Atrium**

UCF's Department of Health Sciences

presents

*The Biannual  
Health Sciences  
Research Symposia*



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SCIENCES**

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*The Biannual Health Sciences Research Symposia*

Hosted by

Dr. Michael J. Rovito





## *Welcome*

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Welcome to the Biannual Health Sciences Research Symposia. The two sections of HSC4730 Applied Health Research Methods offer nearly 30 student group research proposals. Feel free to interact with each group to learn more about their project, their experiences, and their expanded skill-sets.

Enjoy!

## *Produced by*

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The Department of Health Sciences

&

The Behavioral Health Research Group



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Abstract

1

**Growth Mindset and Academic Achievement in College Students**

Erin Dvoroznak, Isaiah Thomas, Kelly Bender, Claudia Ramos, Laura Ramos, Danielle Mapp

The purpose of this study is to examine the relationship that may exist between mindset and academic achievement amongst a sample of freshman students at the University of Central Florida. The method selected to conduct the study will be a prospective cohort design, in which students will be followed over the course of a three year period. A screener survey will be distributed to determine a student's eligibility to participate. Following the initial screening, the instrument developed by Carol Dweck to assess mindset will be used to establish a baseline. Participants will be categorized into one of two groups based on their type of mindset. The results will show whether there is an association between those with a growth mindset and higher Graduate Records Examination test scores.

# Abstracts

## One



Abstract

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### **The Effects of Type 1 Diabetes causing body dysmorphia in Adolescent Hispanic/Latino females**

Cyared Azucey, Claudia Figueroa, Shanderra Garvin, Miguel Ortiz, Danny Samad, Irene Wang

The study is intended to measure the incidence rate of developing body dysmorphia in women who have Type I diabetes. A prospective cohort study design will be used in 10-20 year-old Hispanic/Latino women in Central Florida who are patients at five Florida Diabetes and Endocrine Centers and Orlando Health's Arnold Palmer Children's Hospital. The participants will be separated into an exposure group (adolescent Hispanic/Latino females with Type 1 Diabetes Mellitus) and non-exposure group (adolescent Hispanic/Latino females without Type 1 Diabetes Mellitus) to compare the rates of developing body dysmorphia. The purpose of the study is to determine whether there is an association between adolescent Hispanic/Latino females with type 1 diabetes and the incidence of body dysmorphia, such as anorexia and bulimia.

*Keywords:* body dysmorphia, Type I diabetes, anorexia, bulimia, adolescence, Hispanic/Latino

Abstract

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**Group vs. Individual athletics and the relation to Inhibition Control and Spontaneity**

Jocelyn Silvey, Andrèa DuPree, Brian Torres, Denisha Davila, Jessica Angel, Nidal Al-Qannas

This study proposes to examine the effects of group athletics and aerobic activity on inhibition control and spontaneity in the developing mind of 390 high school students aged 16. This will be tested using a Cohort Study design employing both the use of the Stop Signal Reaction Time (SSRT), an established inhibition control test and an original survey to test levels of spontaneity. Participants will initially be grouped by biological sex, then further divided into three groups: group athletics, individual athletics, and non-structured athletic control group. This study will demonstrate if there is an association between participation in different forms of athletics during critical brain development and the level of expression of inhibition control and spontaneity at the end of brain development. The purpose of this is to determine the need to incorporate group athletic requirements in schools to improve the health of future generations.



### **Multiple concussions and their association to CTE in the collegiate football athlete**

Ted Watts, Daniel Ramos, Sasha Jean Baptiste, Jasmine Robertson, Julia Larsson, Sofia Gonzalez

This study has a purpose to analyze the association between concussions and the incidence of chronic traumatic encephalopathy. We aim to employ a prospective cohort design to understand if there is any correlation between multiple concussions in collegiate football athletes and the early development of CTE. The population will consist of every member of the NCAA 1-A division and the sample will be selected randomly. The participants will be classified into five different groups throughout the study depending on their future exposure to concussions. They will be studied for a period of four years with the purpose of analyzing and observing how their brain characteristics change depending on their different exposures. Magnetic resonance imaging scans will be done on those who classify to participate, and their brain mass and volume will be analyzed at the beginning and at the end of the study. The control group will serve the purpose of providing a referent comparison for the amount of brain mass and volume that typical college-aged students possess.

An amended survey created by the University of Washington's Alcohol and Drug Abuse Institute will be used to gather data on the participants and evaluate whether they will be excluded from the study, this will be done confidentially. A pilot test with different participants will be made with a test-retest method to assure validity and reliability of the survey. This study will determine if collegiate football players are at risk of developing CTE because of their exposure to concussions.

*Key Words:* Chronic Traumatic Encephalopathy, concussion, risk, Magnetic resonance imaging, football.

## **Masculinity and the Possible Effects it has on the Frequency of Testicular Self-Examinations Among College Students**

James Flannery, Sushmita Jadubans , Allison Jean-Louis , Joanny Polanco and Xaymara Rodriguez

The prevalence of testicular cancer is quickly rising. With this type of cancer being the most common in males between the ages of 18 through 35, it has become critical for men to perform testicular self-examinations (TSE) for early detection. The purpose of this cross-sectional study is to observe if there is a correlation between masculinity and TSE in university males. The sample used will be males within the age range of 18-35 who currently attend the University of Central Florida. The participants of this study will be recruited through social media platforms, flyers, and advertisement focusing on areas near restrooms and student housing. A screener survey will be given in order to identify eligible participants to be included in our study. Factors such as family history of testicular cancer, age, gender, and current enrollment at UCF will be used as inclusionary and exclusionary criteria to determine eligibility into the study. Variables in the study will be measured using the PMQ-47, and the TSE frequency survey. The data will be analyzed by comparing high, middle, and low masculinity scores with the frequency of TSE. The results of our research could be used to help future testicular self-examination awareness campaign.

*Keywords:* Testicular cancer ,masculinity, awareness, university males

### **Hypotheses**

H1: University males with a high masculinity scores will have a lower frequency of self-examinations for testicular cancer.

H0: There is no association between varying masculinity scores and frequency of self-examinations for testicular cancer in university males.

H2: University Caucasian males will perform testicular self-examinations at a higher frequency compared to other ethnicities.



# Abstracts

## One



Abstract

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### **Does social isolation negatively impact scholastic achievement?**

Alexandra Capalbo, Ciera Tuozzo, Daja Ferguson, Marc Hegwood, Michael Venzen, Theresa Mwape

The purpose of this study is to examine the connection between social isolation in relation to academic achievement. The anticipated age group for this study will consist of students 12-20 years old attending a primary, secondary, or post-secondary school, in the Orange County district. This study will be conducted as a prospective cohort granting us the opportunity to observe the effects of social isolation as students' progress or decline academically. We will randomly stratify 50 male and female students from the top 10 and bottom 10 percent of each educational class to make up the sample population. After gathering the sample population in order to quantify a degree of loneliness, the de Jong Gierveld Loneliness Scale will be given to each participant and observed. An original loneliness survey will also be completed by each participant to further detect the different subsets that contribute to a general classification of loneliness. The de Jong Gierveld Loneliness scale proved to be internally consistent and showed adequate validity in numerous global studies and among various ethnic groups. This study aims to determine if social isolation could be an underlying reason for academic decline among adolescent students.

### **The reoccurrence of secondary ACL tears after ACL reconstructive surgery, amongst men and women in sports, between the ages 14-40 years old**

Chris Filichia, Andreina Santiago, Brandon Poblete, Eric Li, Alina Costa, and Krista Fonfrias

This study aims to examine the incidence of secondary ACL tears after primary reconstructive surgery between genders in different countries. The cross-sectional study design will be employed on men and women, from the ages of 14-40 years old, in the countries of Asia, United States, and Norway who have had a secondary ACL repair that was caused due to a sports injury. Participants will be divided into three groups, males and females from Norway who have had a reoccurrence on secondary ACL tears due to sports, males and females from United States who have had a reoccurrence on secondary ACL tears due to sports, and males and females from Asia who have had a reoccurrence on secondary ACL tears due to sports, to compare and see if one gender has a surplus of secondary ACL tears after the primary reconstruction or to see if the country will affect what gender primarily has the secondary ACL tear after the primary reconstruction. The data gathered in this cross-sectional study was accumulated from several journals who have published on secondary and primary ACL tears for each country as well as generalized information for both genders on ACL tears and the reoccurrence amongst those who play sports between the ages of 14-40 years old. The purpose of this study is to determine whether or not a country affects one specific gender in secondary ACL reconstruction after primary ACL reconstruction in sports injuries or if regardless of the country there is one specific gender that has secondary ACL reconstructive surgery over another.

*Keywords:* secondary ACL reconstructive surgery, females, males, Norway, United States, Asia, Primary ACL reconstructive surgery



### **Does a radical orchiectomy effect psychosocial behaviour among testicular cancer survivors?**

Michael Maresca, Lauren Menke, Mark Kinkel, Pavanjeet Khalsa, Anthony Little, Clayton Garza

The study aims to describe the characteristics and adverse psychosocial conditions of a radical orchiectomy among testicular cancer survivors. This will be employed using a cohort study design including men (n=500), aged 20-49, who are patients of four major urology clinics in Florida, that have been diagnosed with stage I or stage II germ cell seminoma and will be treated with a RO. The MOS 36-Item Short-Form Health Survey (SF-36) will be used to determine quality of life, mental health, general health perceptions, and emotional role functioning. A questionnaire developed by Skoogh, et al. (2010) will be used to monitor feelings of uneasiness and/or shame. The Hospital Anxiety and Depression Scale (HADS) and the Patient Health Questionnaire (PHQ-9) will be used to examine the presence and/or severity of anxiety and depression. The analytical devices used in this study will include descriptive statistics, bivariate, and multivariate analyses. The relationship between racial disparities and psychosocial disorders through the use of the supplemented questionnaires and tabulated charts will also be explored. The purpose of this study will be to determine the association between psychosocial conditions and radical orchiectomy patients by using psychological evaluation questionnaires on men who differ in a variety of demographic and socioeconomic characteristics.

*Keywords:* psychosocial, testicular cancer, radical orchiectomy, disparity, mental health

### **Does the Diet of a Pregnant Woman Affect Newborns Related to Type 1 Diabetes?**

Hailey Johnson, Andy Danchisko, Daniel Silva, Fadi Aziz, Daneshka Rodriguez, Sreen Khourshid

The goal of this study is to identify why some children are at higher risk of being diagnosed with type 1 diabetes during childhood based off of their mother's diet during pregnancy. Although high sugar foods are known precursors of diabetes, this study aims to find any food groups that predispose children to diabetes and factors leading to poorer diet choices during pregnancy. This retrospective cohort study will utilize medical records from Florida Hospital and Orlando Health hospitals across Central Florida from pregnant women named within those records. Surveys will follow the SF-36 format in order to better understand the quality of life alongside a brief knowledge, attitudes, perceptions and KAP survey to assess diet choices during pregnancy. Participants are limited to pregnant women ages 18-35 who do not currently have nor have a family history of type 1 diabetes mellitus. Ultimately this study will show whether dietary or lifestyle choices during pregnancy affect the outcome of the baby having type 1 diabetes after birth.

*Keywords:* type 1 diabetes, diet, pregnancy, children, risk factors



### **Social Media and Mental Health**

Amanda Lostraglio, Brittany Leonard, Janessa Lynch, Kyle Nguyen, Marjorie Fleurant

For the past decade, the access to social media has largely shaped means of connectedness among people. While much research attention has been focused on the various ways social media can be utilized, there are many gaps in literature that remain to be explored. The current research will address one of these gaps by examining the negative effects tremendous amounts of time spent on social media can have on the mental health of youth and adults. A cross-sectional design will be used to determine the effects of social media on the two populations. Findings will show that the youth utilizes social media more often and for longer periods of time than adults. Factors (i.e., gender, age group) will be strongly correlated with mental/body and eating disorders, especially in the youth. The females in both age groups are expected to be more inclined to monitor their social media than the males of either age group. Additionally, factors (i.e., Pages visited and time spent on social media, type of information shared, and interactions with strangers and/or friends) will have negative impacts on face-to-face interactions and relationships with those individuals. The current research will focus on the mental and eating disorders associated and resulting from the excessive usage of social media among female/male youth and adults. In order to deal with the rising mental disorders effectively, future research will need to identify other risk factors among populations using social media excessively rather than efficaciously.

*Keywords:* Adolescents; Adults; Mental Disorders; Social Connectedness; Social Media.

### **Are the rates of anxiety and depression different between various age groups of testicular cancer survivors?**

Aliyah Austin, Ebrahim Esmailjee, Imke Folkerts, Michael Metzger, Benny Zhang

This study is designed to measure the prevalence of depression and anxiety in testicular cancer survivors of various age groups. We will use a cross-sectional survey design to analyze these adverse psychological disorders. Utilizing the Hospital Anxiety and Depression Scale (HADS), we will obtain the rates presence of anxiety and depression in testicular cancer survivors of age groups; young adults (14-24), adults (25-44), and middle age (45-64). In order to find participants for the survey, we plan to partner with oncologists throughout Orlando, Florida. The criteria for these participants include: being a male, having no diagnoses for depression or anxiety prior to testicular treatment, and having been in remission for 2 or more years. Also, providing the Quality of Life in Adult Cancer Survivors (QLACS) scale will help measure the health-related quality of life of testicular cancer survivors. The results from our surveys will determine which age group has a higher rate of developing anxiety and depression prior to testicular cancer treatment.

### **Prevailing Attitudes of Dating Relationships Among Female Undergraduate Students**

Taylor Phillips, Dennis Oteng-Amponsah, Kacey Smith, Briana Harricharan

Social connectedness is measured based on how well individuals connect with other individuals. The purpose of this research study was to reveal the prevailing attitudes of female college students on Long Distance Relationships (LDR) in comparison to Close Proximity Relationships (CPR) in Florida. This study employs a Cross-Sectional Survey study design to observe these attitudes and to ultimately uncover the relationship status that is most viewed as desirable. We intended to use an online questionnaire sent to 500 female undergraduates at the University of Central Florida who have been in both LDRs and CPRs. The questionnaire, provided from LoniDansie's research, Long-Distance Dating Relationships among College Students: The Benefits and Drawbacks of Using Technology, would employ the same 30 questions for both LDRs and CPRs. Analysis of the data collected should provide a common trend for female college students and the preference regarding CPRs than LDRs.

**Effect of socioeconomic status on pregnant woman's diet and development of gestational diabetes**

Megan Miller, Ashley Santiago-Cruz, Nikol Passaglia, Megan Dudney, Janie White

The purpose of this research is to determine whether different levels of socioeconomic status (SES) leads to inadequate choice of diet, further leading to the development of gestational diabetes mellitus (GDM). During this research a prospective cohort design will be conducted on pregnant women between the ages of 18 and 40 years old seeking medical care at Winnie Palmer Hospital in the gynecology and obstetrics unit. Participants will be classified into a high or low SES based on results from the Hollingshead Four-factor Index. They will then be given the CSIRO Healthy Diet Score survey in order to classify their diet as either satisfactory or unsatisfactory. Individuals will be followed throughout their pregnancy and their glucose will be monitored in order to determine if the participant develops GDM. The objective of this study is to examine if a women in a lower or higher SES has a greater chance of developing GDM during pregnancy.



# Abstracts

## One



Abstract

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### **Could Altering a Fixed Mindset Among Obese Patients Lead to Healthier Goal Oriented Growth Mindset and Weight Health Management?**

Alexander Stuart, Caroline Clayton, Khalliyah Buissereth, Naija Miller, Briella Garcia

This study will attempt to identify obese students with fixed mindsets toward their weight and then apply a growth mindset intervention to determine if this would lead to a healthier growth mindset and weight health management goals. A cohort study design will be employed enlisting 100 volunteer University of Central Florida students identified using the Center for Disease Control and Prevention Body Mass Index (Appendix A) criteria to identify obese students. (CDC data brief PDF-603KB) Burnette (2010) adapted Dweck's Implicit Theory Measure of Intelligence to create an Implicit Theory of Weight Measure specific to weight management which has been altered to develop a questionnaire for this study (Appendix B) used to identify obese students with weight fixed mindset (p. 412). The students will be divided into two groups, group 1 will participate in the intervention and group 2 will not, comparing the effectiveness of the growth mindset intervention to determine its effectiveness in altering fixed weight mindsets. Univariate analysis will be used to determine the effectiveness of the intervention. A t-test will be used to compare the means of the two groups to determine their difference and to determine the significance of the differences. The purpose of this study is to see if the participants will recognize that fixed weight mindsets and beliefs are affecting their weight and health and will begin to identify and develop weight growth mindset beliefs that could lead to new weight health oriented goals.



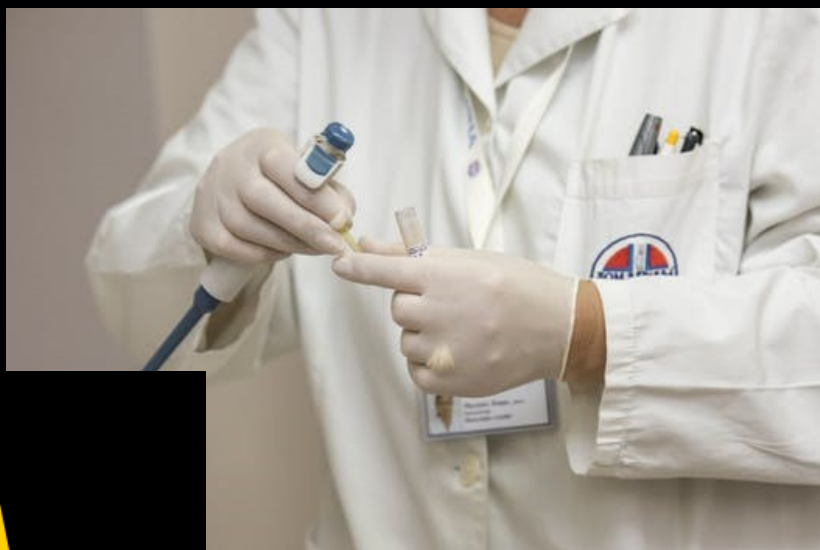
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*The 14th Biannual Health Sciences Research Symposia*





*Special Thanks*

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A special thanks to all of the students in both sections of HSC4730 for their hard work, dedication, and perseverance this semester. I am proud of your efforts. Good luck in all you do in your future careers.

To my BHRG Research Team, you know how much I appreciate your devotion to our collaborative work. Here's a toast to "The Burg".

To Dr. Schneider and the HIP Coach family...thanks for the opportunity.

To the HSC faculty and staff who helped make this event possible.

To my wife, Kathy, and my daughter, Aria. My Gibraltar...

With mindfulness,

*MJR*