SAN DIEGO STATE UNIVERSITY

PsyPhenomena

Alumni Newsletter

THE DEPARTMENT OF PSYCHOLOGY: SDSU COLLEGE OF SCIENCES SPRING 2004

SDSU Researcher Finds Hidden Source of Contaminants



Georg Matt, Ph.D.

San Diego State University Psychology Professor Georg Matt was the lead author on research that has received much attention in the press, including articles in Nature Magazine and the BBC News Online. Findings indicate that levels of second-hand tobacco contaminants in the dust, air and surface samples from homes where adults smoked outdoors were up to seven times higher than those in non-smoker homes and could result in 'passive smoking' for young children.

This important research indicates that children are exposed to higher levels of contaminates than was previously thought, even when smokers attempt to protect them by smoking outdoors. This is due to the rapid dispersement of the components of cigarette smoke that undergo chemical changes, allowing them to be absorbed into clothes, hair, furniture, toys, walls, floors and other household surfaces within minutes to hours after emission, say the authors. From there they can be re-cycled into the air providing ongoing reservoirs of contamination. Contaminants can expose children to levels that are "equivalent to several hours of active adult smoking," in just a few weeks says the study as published in Tobacco Control, a publication for tobacco research distributed by the British Medical Journal. Infants are at particular risk because they spend a great deal of time indoors and are close to contaminated sources.

The study compared 49 households, with a child between 2 and 12 months old. Researchers collected dust and surface wipe samples from the living room and the child's bedroom in each home, took urine and hair samples from the child and placed nicotine monitors in the living room and child's bedroom. Mothers recorded the number of smoking and non-smoking visitors to the home, and kept a daily record of the location and activities of their children.

Although the research indicates that smoking outdoors will not fully protect children from the harmful effects of tobacco smoke, it does lessen the risk. Contaminants in the homes of smokers who regularly smoked indoors were up to eight times higher than those where smokers went outdoors. Even though levels of nicotine are still quite low for infants in homes with outside smokers they can build over time, increasing the potential for smoking-related problems such as asthma, middle ear infections, cancer and sudden infant death syndrome. In addition to nicotine, cigarette smoke contains 4,000 other chemical compounds including formaldehyde, ammonia and cyanide which are also harmful to human health.

Amanda Stanford, Research Manager at Action on Smoking and Health said the findings should be a "wake up call" to parents, that "while they smoke they are putting their children at risk."

Buyers and renters should also beware; contaminated dust could be left over from previous occupants. "Before you buy a used car, rent an apartment or a house, you may want to inquire about the smoking habits of the former owners or renters," Matt cautions.

To view the paper in full, visit:
http://tc.bmjjournals.com/cgi/content/full/13/1/29

Undergraduate Advising Center Gets a Makeover

The psychology undergraduate advising office has undergone several exciting changes and a bit of a makeover. Dr. Emilio Ulloa was hired as the new Undergraduate Advisor in July of 2003. Dr. Ulloa is himself an alumnus of the SDSU, graduating as a psychology major in 1997. He received his doctorate in social psychology from Arizona State University in 2003. The Advising Office was relocated



Standing from the left: Kristina Hooton, Lauren Knickerbocker, Feion Gillis, Priscilla Diaz and Kyoung Rae Jung, **Seated from the left:** Andrea Fowler, Dorina Perry, Kristin McMaster, Christine Kezirian, Betania Guerra, Scott Unger, Jennifer Moran and Dr. Emilio Ulloa

Department of Psychology

Chair: Dr. Claire Murphy



Claire Murphy, Ph.D.

The Department of Psychology thanks Dr. Fred Hornbeck for 11 years of dedicated service as Department Chair and welcomes Dr. Claire Murphy as his successor.

(continued from cover)

to North Life Sciences, Suites 1 and 3 and a resource center added. Along with peer advising on the major, graduation requirements and information on graduate school options, the center offers students work and meeting space, a resource library and computers for practicing the GRE and exploring online resources.

In the fall of 2004, Dr. Ulloa will be teaching a new course, PSY 201, where students will identify career related strengths and interests and explore post-baccalaureate options in psychology and related fields. Additionally, the Advising Center will be publishing a monthly newsletter to highlight career options, volunteer opportunities, research labs, alumni news, and other information relevant to psychology students.

Dr. Ulloa and the peer advisors would like to take this opportunity to ask for your help. They are seeking donations for the resource library, books about psychology or careers in psychology, GRE or other graduate exam prep materials, furniture or wall art, and financial donations of any amount. They are also seeking a sponsor to help cover printing costs for the newsletter. Your contributions will be much appreciated. If you have any questions or would like to inquire about making a donation please contact Dr. Emilio Ulloa at eulloa@sciences.sdsu.edu or 619-594-3110.

Claire Murphy Appointed Department Chair

Dr. Hornbeck's commitment to excellence in undergraduate education influenced increased rigor of the major, and the number of undergraduates who've gone on to earn Ph.D. degrees in Psychology. Fred has been a strong proponent of the University's development into a Carnegie Doctoral/Research Intensive University and has invested himself in our attaining Doctoral/Research Extensive status in the near future. Dr. Hornbeck has taken an active role in the University Senate and on the Campus Development Committee. His knowledge of the University at large and its relationship with the Foundation is extensive and will undoubtedly serve the University well for years to come.

Dr. Claire Murphy arrived at SDSU in 1982, beginning her career here as a lecturer and adjunct--teaching and conducting NIH sponsored research on the chemical senses. She was hired into a tenure-track position in 1984 as the result of a national search. Now a tenured professor, she is an active member of the clinical doctoral faculty and has chaired the doctoral curriculum committee for several years.

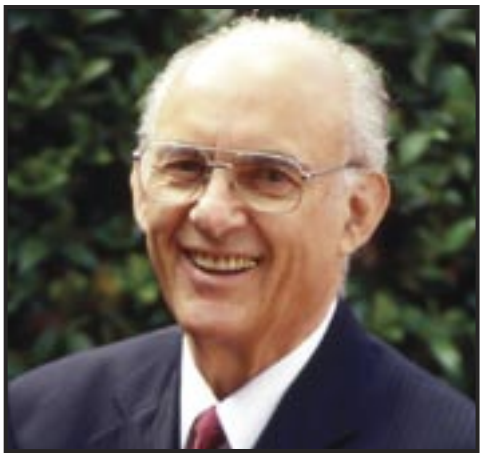
Claire's research on the effects of aging on taste and olfaction has been funded by The National Institute on Aging since 1982. She's also received support from the National Institute on Deafness and other Communication Disorders for the past 8 years. She was one of the first to successfully record ERPs from olfactory stimuli in this country. One of her current lines of investigation employs functional MRI in investigating smell and taste in health and disease.



Mark Ehrhart, Ph.D.

Ehrhart Wins Wallace Dissertation Award

Mark G. Ehrhart, Ph.D., Assistant Professor of Psychology at San Diego State University, won the 2003 S. Rains Wallace Dissertation Award from the Society for Industrial and Organizational Psychology (APA Division 14) for his dissertation on "Leadership and Justice Climate as Antecedents of Unit-Level Organizational Citizenship Behavior." Dr. Ehrhart's research revealed that norms for helping and conscientiousness behaviors could be predicted by the shared perceptions of leadership and fairness within work units. The study, using a sample of over 200 grocery store departments, advanced research on organizational citizenship behavior (OCB) by shifting the focus from individual behavior to group behavior and by measuring this behavior from both employee and manager perspectives. A manuscript based on the dissertation was published in the Spring 2004 issue of Personnel Psychology.



Jerome Sattler, Ph.D.

Jerome Sattler Receives Honorary Doctorate

Dr. Jerome M. Sattler, emeritus professor of psychology at SDSU, received an honorary Doctor of Science degree from Central Missouri State University (CMSU) on Dec. 12, 2003. CMSU's Board of Governors voted unanimously to present Sattler with the degree. "We are very proud to recognize the achievements and contributions Dr. Sattler has made throughout his prominent career as a psychologist," says Bobby R. Patton, president of CMSU.

Sattler became involved with CMSU through a former SDSU student, Joseph Ryan, who is now the Chair of the Department of Psychology and Counselor Education, at CMSU. In 2001, Dr. Sattler conducted two workshops attended by individuals from three states, donating the profits from both workshops and a personal contribution to establish the Jerome M. Sattler Endowment to support psychology students' research and scholarly activity, at CMSU. The endowment has since received contributions from leading corporations and individual psychologists.

Sattler is best known for his text "Assessment of Children," which with three revisions has sold more than 250,000 new copies. It was one of the first textbooks in the field to integrate theory, literature, techniques, and applications to special populations, and is often referred to as "the bible" of assessment. In 1994, the journal Teaching of Psychology found Sattler's "Assessment of Children" to be one of the 50 top books in psychology and in 2000, a survey in School Psychology Review indicated that it was used by 89% of the professors teaching cognitive assessment.

Dr. Sattler is also the author or co-author of more than 100 articles and monographs and has provided more than 200 speeches, workshops and symposiums. Since retiring from SDSU in 1994, Sattler published a textbook on clinical and forensic interviewing for the mental health, education, pediatric, and child maltreatment fields and two volumes of the fourth edition of "Assessment of Children."



Jean Twenge, Ph.D.

Money, Parenting and Happiness, Does More Mean Less?

New research co-authored by SDSU professor Jean Twenge indicates that wealthy couples who become parents experience a drop in marital happiness three times greater than that for middle-class couples. This wide-ranging report, published in August of 2003 in the Journal of Marriage and Family, analyzed data from 148 studies covering five decades. The study found that marital satisfaction was 22% lower among affluent parents (vs. non-parents) and 7% lower in middle-class parents (vs. non-parents). Overall, couples with children have 10% less marital happiness than couples without.

Dr. Twenge cautions that the decision to become parents should be a thoughtful one. "Couples should be prepared for the difficulties that come with raising children," she says, including the effect it will have on their marital relationship. Twenge states that couples with more financial resources may experience a larger change in lifestyle after having children,

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as they have less ability to travel or engage in the recreational and social activities that may have been an important part of the relationship.

Analysis from these studies, conducted from 1950 to 2000, also indicates that the drop in marital satisfaction is larger now than it once was. More women of today are accustomed to an active professional life and often feel conflicted when a child arrives. The largest drop in marital satisfaction is experienced by mothers with infants, with only 38% reporting high satisfaction. This is partly because women still carry the majority of the domestic workload and the primary responsibility for infant care as well. Couples can lessen this effect by sharing domestic and care-giving responsibilities.

While the report indicates that the responsibility of children may bring a drop in marital happiness, it states that children bring important gains as well, including increased joy and a sense of meaning and satisfaction as parents "raise their children, teach them and learn from them in turn."



Please Join Us in Celebrating the Psychology Department's Upcoming 60th Anniversary

In celebration of the Psychology Department's 60th anniversary, we are planning a Gala and Auction to honor our students and faculty, past and present, and to raise funds for our new Psychology Building. Our long wished-for building is now on the road to becoming a reality. It will house classrooms, offices, labs, and meeting places for students, faculty and alumni. The gala will be held during the next academic year. Let us know if you would like to be included on the invitation list and join us in making this a fabulous evening!

We also need your input on a name and a theme for this event. The winning entry will receive four tickets to the Gala with V.I.P. seating and recognition during the festivities. In addition, we're seeking corporate sponsorships, underwriting, donations of auction items and volunteers to help us create a fun and memorable student, faculty and alumni event.

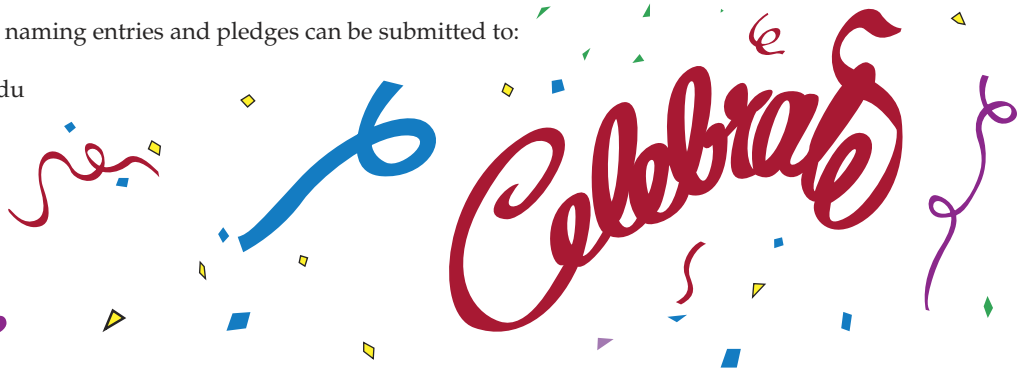
Requests to be included on the invitation list, naming entries and pledges can be submitted to:

WEB: http://www.psychology.sdsu.edu

E-MAIL: laustin@psychology.sdsu.edu

FAX: 619.594.1332

MAIL: SDSU Psychology Department
5500 Campanile Drive
San Diego, CA 92182-4611



Please include the following information: Full Name, Phone, E-Mail, Gala Naming and Theme Ideas, Corporate Sponsorship Information and Auction Items you wish to donate.

For those who would like to make a financial gift to the Department of Psychology:
Checks can be mailed to the address above or funds given online at: http://rhino.sdsu.edu/giving/give_form.html then in the Gift Information section select "Please direct my gift to another school, department or program" and enter "Psychology Department" in the space provided.

We thank you very much for your generous spirit!

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