Abstracts (2018)

The following abstracts accompany posters prepared in spring 2018 for the sixth annual multidisciplinary Undergraduate Research Fair at York University (Toronto, Canada). The poster images can be viewed by clicking on the abstract titles in the "Abstracts & Posters" section on the Revue YOUR Review website:

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Inside a Killer Drug Epidemic

A look at Canada's opioid crisis

"Comprehensive, collaborative, compassionate and evidence-based" are the words used to describe the Government of Canada's approach in addressing the opioid crisis. An average of eight people die every day due to opioid overdose. This is greater than the number of Canadians lost in 1995 to the HIV epidemic. This multi-faceted crisis is far beyond the illegal drug market and the increased use of fentanyl and other illegal opioid drugs. The crisis has deeper roots that lie in high level addiction to legal opioids caused by inappropriate prescribing practices and lack of education about the risks of opioid usage.

Women's Cardiovascular Health

The heart truth

The importance of studying women's cardiovascular health lies in alarming global trends where, despite a lower prevalence of cardiovascular disease, women have higher mortality rates. The contribution of a multifactorial web to women's cardiovascular disease mortality in the face of significant medical advances is explored. This study asks: What are the biomedical and socio-environmental factors that can provide plausible explanations for the higher cardiovascular mortality trends observed in women? The underlying thread in this multifactorial web is the long-standing discrimination that continues to permeate women's lives. A trans-sector policy on gender equity in areas of biomedical research, healthcare delivery, and economics—backed by strong political will to address the research gap, wage gap, and political and policy exclusion—is discussed.

The Influence of Spatiotemporal Structure on Recall Accuracy in **Memory-Guided Saccade Sequences**

Saccades are a form of rapid eye movement that function to bring an item of interest onto the centre of the fovea, which is the location of highest visual acuity in the human eye. Saccades have been extensively used in neuroscience as a tool to measure underlying cognitive processes such as visual working memory. The goal of this study is to identify the effect of spatiotemporal structure on performance in memory-guided saccade sequences. In this study, participants took part in a behavioural task where they were presented with a series of sequences that differed with respect to path type, set size, and target presentation order. Results showed that having path types with structured spatial and temporal locations were most beneficial for recall accuracy and that recall was better for items presented earlier in a sequence. These results show that visual working memory capacity is improved by the presence of spatiotemporal structure.

Pharmacare

The unfinished business of Canadian Medicare

Canada has the unique distinction of being the only country with a universal national healthcare care plan not to include Pharmacare: the universal, public coverage of prescription drugs. A literature review was conducted to investigate the benefits of implementing Pharmacare. Historically, little progress has been made toward a universal drug plan. Pharmacare would ensure that all Canadians receive equitable access to safe, cost-effective, and appropriately prescribed medicines. Additionally, universal, publicly managed drug coverage ensures that prescriptions are contingent on contemporary medical evidence by integrating the management of medical and hospital care. Finally, Pharmacare would save billions of dollars, hence stimulating the federal and provincial economies and aiding Canadian businesses. Pharmacare is the only suitable option as the current fragmented patchwork of public and private drug plans become increasingly unsustainable.

Low-Cost Technologies to Teach Beginner Braille to Children

At present, there are very few interactive technologies available to help children with visual impairments to learn Braille. Teaching is typically done by trained teachers using a variety of teaching techniques and evaluation instruments. Treasure Box Braille (TBB) is an interactive device that provides an innovative approach to supporting the development of functional knowledge of Braille in children with visual impairments. The project espouses a low-cost DIY approach. TBB falls under the ENAMEL (ENAblingMEdiafor Literacy) project. The ENAMEL project aims to make Treasure Box Braille accessible to anyone who wants to make Braille learning a better experience, and to improve the TBB user interface. The objective of this research is to investigate and test the usability of Treasure Box Braille and its associated set of teaching materials.

Streaming and Marginalization in the Ontario Education System

A problem of practice

The public education system in Ontario, Canada is designed to stream students into either academic or applied categories, a problematic practice which can begin as early as kindergarten and continue through secondary school. Streaming can include specialty programs such as the gifted programs, vocational-led schooling models, and specialty high-skills majors. This study seeks to reveal the inequities occurring within Ontario's current streaming process. The authors investigate the history of streaming in schools, record site observations from schools in the Greater Toronto Area, and analyze material from current academic research through the lens of culturally relevant pedagogy. Based on their findings, the authors offer a list of suggestions and potential solutions for implementing de-streaming in Ontario schools, with a view to eradicating deficit-based models that disenfranchise and marginalize large populations of youth in Ontario.

Politics and Health in Iran

Isolation or liberation?

This study seeks to understand both mainstream and alternative views of the health care system in Iran. The author critically analyzes resources from Western media, international organizations, and Iranian government documents, and interviews selected Iranians working in the health care industry. A mainstream view holds that, due to sanctions and global isolation, Iran's health care system is weakened through inadequate access to pharmaceuticals and modern technology. An alternative view suggests that there are underlying advantages from having minimal imperialist ties and foreign control over Iran's economy and resources. The author suggests that the real issue is not a struggle between the Global North and the Global South, but rather one of the ruling class versus the people.

Oscillating Between Fear and Relief

A volatility-based aggregate market return-state model

Is there a generalizable relationship between aggregate market returns and implied volatility variables that can extend the predictions made by existing volatility forecasting models? The purpose of this study is to explore any existing implied volatility in the market return relationship. I distinguish between two state variables: implied volatility level and implied volatility changes. VIX and S&P 500 daily data were obtained for the period 1990 to 2016. The relationships are examined with linear, non-linear, and quantile regressions, a cross-sectional analysis including difference of mean tests, and multiple cross-sectional event studies to investigate market behaviour around each cross-sectional observation. This study finds evidence for significant asymmetric and non-linear relationships between implied volatility variables and macro market returns. Volatility-based macro market return-states, as described by the cross-sections, are found to rigorously filter for sign and magnitude of returns, and have significantly different return expectations. Since volatility is more easily forecast than market prices, these findings hold significant value for investors and risk managers, both in managing tail risk and in making investment decisions.

The Impact of York University Faculty Association community projects (YUFA-CP)

Funding for Jane & Finch community access to post-secondary education

In the past ten years, the York University Faculty Association's Community Projects initiative (YUFA-CP) has spent a significant amount of funding on community projects targeting the Jane and Finch community in Toronto, Canada. In this study, we analyzed annual reports 2009–2017 from the communities who received more than \$1,500 in funding. We also gathered data from eight interviews with community program directors and past program participants in order to gauge the effectiveness of the funding in assisting students from low-income communities to access higher education at nearby York University (Toronto, Canada). Literature reviews of academic journals and various online sources were done to support the analysis. Study results showed several positive impacts from the funding initiative; improved social support and financial assistance as well as gains in student academic achievement and self-confidence were evident from the interview results. The data suggest that the faculty association's community project funding initiative has been used effectively in the past ten years.

Progress or Profits?

The World Trade Organization's approach to pharmaceutical patents

How does a powerful institution like the World Trade Organization (WTO) influence global health? Since the 1990s, WTO-led trade agreements have included provisions related to public health and intellectual property specifically, pharmaceutical patents. How does the WTO's approach to patent law impact the development and accessibility of pharmaceuticals worldwide? In the style of Global Health Watch, this project identified and contrasted the dominant narrative put forward by the WTO and the counternarrative presented by outside sources. Pharmaceutical patents are justified by the WTO for two reasons: to respect an inventor's right to own and profit from their work; and to stimulate investment into new medicines. The WTO insists that patents do not negatively affect pharmaceutical research or access to medicines because of public health flexibilities included in trade agreements. Evidence from investigative journalists and alternative media sources discredit these claims. Historical and contemporary examples of trade agreements and patented pharmaceuticals show how the current patent system is flawed. Long patent terms have created monopolies and public health flexibilities have been underused. Since the 1990s, free-trade agreements have increased patent protection and made it more difficult for governments to ensure access to medicines, even when patents have expired. While the WTO has positioned itself as a global health stakeholder, this study suggests that its current approach to patents places corporate profit over public health.

Group Dynamics

An observational case study in group behaviour

Group dynamics encompass a system of complex interactions and behaviours influenced by social norms and individual motives. This study analyzes three key areas of group behaviour: formation, structure, and conflict. These areas are explored through a comparative approach, juxtaposing in-class group experiences with relevant peer-reviewed literature. The study of group behaviour, a popular topic in scholarly literature, has versatile applicability, including understanding group decision-making and facilitating teamwork. However, what remains unknown is the generalizability of research findings. This observational case study of group behaviour shows the development of structure and norms by an in-class group. The in-class group, consisting of four members, met weekly to work on a variety of academic tasks over 12 weeks for a Behaviour in Groups course at York University (Toronto, Canada). Both the psychology literature and the in-class group experiences reveal that group formation, structure, and conflict resolution are all dynamic processes, and that challenges and conflicts are inevitable. The findings of this observational study present support for previous research on social influences, group developmental stages, and the negative impact of group members' conflicting perceptions of task conflict on task performance.

Diel Changes in the Molecular Physiology of Rainbow Trout Gill

The regulation of salt and water balance is a basic physiological challenge in vertebrates. In aquatic vertebrates, such as fishes, ionoregulation is strongly influenced by water conditions which, in turn, can be altered by diel changes and abiotic factors such as light. In this study, the effects of light and dark cycles on gene expression in the whole gill of rainbow trout (Oncorhynchus mykiss) was quantified using real-time quantitative PCR and western blot analysis. It was hypothesized that diel changes would be observed in coreclock genes, which drive the circadian expression of many physiological processes in vertebrates, as well as in tight junction (TJ) proteins, which regulate the movement of salt and water between epithelial cells in the gill. As suggested, it was observed that mRNA abundance of several core-clock genes had diel rhythms that peaked at the dark-to-light transition or in the middle of the light period. Similarly, changes in select TJ proteins also followed a rhythmic pattern, with some transcripts showcasing a different oscillatory period than the expected 24 hours. Although mRNA abundance was rhythmic, interestingly, the protein abundance for some TJ proteins remained constant throughout the 24-hour experiment. Together, these results suggest that, at the molecular level, factors that generally contribute to regulating osmoregulation exhibit diel changes. These results will help bridge the current gap in knowledge regarding ionoregulation in the freshwater gill within the context of light and dark cycles, which may provide clues to evolutionary adaptations of fish and whether fish can anticipate changes in their environment in order to improve their survival.

How Bullet Proof Is the Toronto Community Housing Corporation?

This research study revolves around a silenced conversation within Toronto, Canada's Somali community living in Toronto Community Housing. The purpose of the study is to explore the reasons behind the substantial increase in gun-related violence among Somali-Canadian youth, and whether living in low-income housing provided through the Toronto Community Housing Corporation (TCHC) influences the high death rate of Somali Canadian youth. The role of TCHC resources and TCHC board representation is considered. Through the lens of the social determinants of health, this study investigates the relationship among socio-economic status, government housing, race, gender, and violence for Somali families living in TCHCsponsored housing in Toronto neighbourhoods.

Animal/Human Relationships, Indigenous Ways of Knowing, and Species Extinction

We humans coexist within the biosphere and live among other creatures, and thus have a duty to protect and preserve the environment. The purpose of this research is to deconstruct the human/animal relationship through biocentric and biophilic perspectives, challenging the modern Western anthropocentric view of non-humans and nature as compared to the Indigenous way of life, deeply rooted in Traditional Ecological Knowledge. Through a critical analysis of scholarly books and journals, I compare and contrast Indigenous ways of living with the western human/animal relationships, assessing the impact of our coexistence in the natural and urban environments. Well-respected and renowned scientists have long warned that the current rate of resource consumption is unsustainable and will result in an inter-generational human threats as well as threats to non-human life and peril to plants. Without an immediate change in human behaviour, we are heading towards a loss of biodiversity. This research highlights the importance of decelerating species extinction by integrating Indigenous Traditional Ecological Knowledge with western science to inform governments, private interest groups, and the public.

Women, Representation, and Electoral Systems

This project assesses the gendered implications of Canada's first-past-the-post electoral system and considers alternatives (alternative voting, proportional mixed-member representation, and representation) for gender representation. Electoral systems directly impact representation in parliament by determining which votes count and by structuring the kinds of issues that are included on the political agenda. Much of the research on women's distinguishes representation in government between descriptive representation (the number of women elected to office) and substantive representation (the representation of women's interests on the political agenda). Because the links between descriptive and substantive representation are contested, and because substantive representation is a broad concept, this study argues that substantive representation of women should be conceptualized as the actualization of feminist political goals, one of which is the descriptive representation of women in parliament. The regional focus of majoritarian systems diminishes the relevance of crossregional political goals, limiting opportunities for discussion of feminist priorities. Additionally, proportional representation consistently correlates with higher numbers of women in office. While many have argued that higher numbers of women in office will lead to improved representation of women's interests, this study suggests that descriptive and substantive representation of women should be considered as distinct feminist initiatives, and that a proportional representation system is effective for both.

Gender and Microinsurance

A study of Ethiopia

Microinsurance has been thought of as the cure for poverty in the Global South. In the Ethiopian context, the concept of microinsurance is fairly new. Due to a continuous dependence on agriculture as the main source of income and to low levels of education, most of the population rely on Edir and Equib as methods of coping with risk. This study uses data collected on Ethiopia in 2017 by the consulting firm MicroInsurance Center and focuses on coping mechanisms for agriculture and health crises for peoples in rural areas of the country. This study asks: What is the effect of gender on crop risk coping strategies? What are the perceptions of insurance in rural Ethiopia? An analysis of the data set reveals that few people in rural areas understood what microinsurance was or used it as a coping mechanism. In a crisis, men relied first on cash and savings, while women took on additional employment. Results suggest that policymakers might further the understanding of microinsurance in the country and that insurance companies design gendersensitive microinsurance programs.

The Canadian Correctional System and Aboriginal Risk Assessment

A systemic failure

Correctional Service Canada (CSC) operates within the framework of the riskneed-responsivity model (RNR). The RNR model suggests that a reduction of recidivism is possible, if the treatment provided is proportionate to the overall risk of reoffending. This approach utilizes empirical measures, developed through data collection and a statistical analysis of outcomes. These outcomes are associated with specific predictor variables or risk factors that are known to be correlated with recidivism. In addition to risk prediction, these measures also provide a means to monitor the effectiveness of correctional interventions. However, a review of Canadian case law shows that insufficient training often results in the inappropriate application of risk assessment measures. This finding is even more disturbing when considering its impact on marginalized populations such as Indigenous offenders. CSC policy requires the inclusion of Gladue Principles, which take into consideration the unique circumstances of Indigenous history. However, correctional staff frequently fail to understand or document an offender's social history when conducting risk assessments. The undifferentiated application of what are intended to be objective risk assessment tools have serious implications. Indigenous offenders are frequently classified as higher risk and this influences eligibility for parole. In addition, an extensive literature review shows that, despite similar predictive validity across various risk assessment measures, Indigenous offenders consistently presented with higher baseline scores. These findings contradict the utility of risk assessment measures and require further research, as current approaches to risk assessment are not appropriate for use with Indigenous offenders.

Workplace Discrimination

A key contributor to mental health issues for new immigrants

Canada is a settlement country building on the efforts of new immigrant workers and investors. In Canada, one in five residents is foreign born. However, according to a study from the Ryerson Centre for Immigration and Settlement, many G8 countries that receive immigrants encounter challenges in integration. One significant barrier is workplace discrimination against visible minority immigrant workers. Workplace discrimination affects workers' emotional health and ability to succeed. In this research project, Canadian immigration policies and statistics, from the 1960s to the present, were analyzed and a literature review was conducted. Social surveys reveal the health impact of decreased job satisfaction and lowered motivation and organizational citizenship. Despite public policy supporting cultural differences, many employers have not valued cultural diversity. New policies to ease the transition of visible minority immigrants to Canada are required.

The Implications of Social Media on #BlackLivesMatter

This essay explores the world of social media and its implications for social movements such as #BlackLivesMatter. #BlackLivesMatter was created after the death of Trayvon Martin, and stems from the inaction from the judicial system toward his murderer, George Zimmerman. The movement sought to bring attention to all Black lives that were being discriminated against by the state and the police in the United States, through underlying ideologies of inequality and exploitation. On social media websites such as Twitter, the activists behind #BlackLivesMatter found a place where they could push back, strive for collective action, and protest against the state and mass media organizations. Social media has created a space where people around the world could exchange thoughts, ideas, emotions, and debates on social injustice—a community designed for those who are outraged and seek change in a world they see as unjust. But social media has also been manipulated by political and economic elites, and corporations can control what society sees online. Some cyber activists seek attention instead of actual change for Black lives. This project concludes that social media affects #BlackLivesMatter in both positive and negative ways, but it is up to the people to seek active change and to make a difference.

Canada's Inequality Story

Racial injustice and young Black men

Racialized youth are highly overrepresented in the Canadian juvenile justice system. This study, designed to investigate the persistence of biases within the justice system, gathers information from young African-Canadian adults 19–26 from the Greater Toronto Area (Canada). Racial stereotyping and anti-Black racism are constant and communities mistrust the police. Results suggest that institutional and systemic forms of discrimination contribute to the criminalization of minority youth.

British Columbia's Carbon Tax

A carbon tax, implemented in the Canadian province of British Columbia in 2008, is intended as an incentive to decrease greenhouse gas emissions, leading to a more sustainable future. The purpose of this project is to determine whether British Columbia's carbon tax is an effective solution to rapidly rising carbon dioxide (CO₂). This study applies Robert Gibson's sevenpart framework for analyzing environmental policies to the BC carbon tax. Results indicate that BC's carbon tax is not a successful policy solution for decreasing CO2 emissions as it does not fully meet the requirements of Gibson's framework.

You're More Judgemental Than You **Think**

Positive and negative personality traits appear to be attributed to individuals from wealthy and poor backgrounds respectively. Using the Implicit Association Test, 29 undergraduate students (Glendon College, Toronto) classified positive and negative traits with synonyms for rich and poor as fast as they could. It was predicted that associating the congruent condition (rich/positive traits; poor/negative traits) would take less time than associating the incongruent condition (rich/negative traits; poor/positive traits). Results showed that participants had a significantly lower association time when performing in the congruent condition than the incongruent condition. This supports the importance of research studying implicit stereotypes.

Apocalypse Now!

Anthrax bioterrorism and the public health challenge

Governments, scientists—and even terrorists—all understand how easy it is to develop and release severely dangerous pathogens such as anthrax. The anthrax agent, developed from Bacillus anthracis bacteria, can truly be considered the terrorist's agent. Made solely for the convenience of the aggressor, it is easy to disperse, nearly impossible to detect, and difficult to diagnose and treat. The possibility of an anthrax attack is one of the most dangerous threats for civilian populations, as there is an risk of exponential growth in the number of infected people and high death tolls. This project seeks to explore anthrax pathogenesis and the challenges this presents for an effective response. The September 2001 anthrax attacks in the United States are used as case studies to examine the difficulties of mitigating a potential outbreak. Future objectives, such as managing surge and decontaminating healthcare settings, are discussed. The establishment of effective quarantine and communications systems is emphasized as are ongoing research and education about bioterrorism.

HIV and Stigma in the Indian Health Care System

A systematic review

India ranks third in the world in terms of the number of HIV cases. As of October 2016, the government of India offered 528 anti-retroviral therapy (ART) centers and provided free medication, counselling, and ART adherence support to people living with HIV/ AIDS (PLWHA). However, stigma and HIV share a cyclical relationship, whereby people who experience stigma are marginalized and more vulnerable to HIV, and those with HIV are more vulnerable to stigma. This research study asks: What are the underlying mechanisms of stigma in the health care system in India? Do they pose a significant barrier to the prevention and treatment of HIV/AIDS? A review of the literature explores HIV stigma in workers in the health care system and its impact on treatment. Results show mistreatment by staff, discrimination in policies and procedures, and a lack of cultural sensitivity. The study concludes with recommendations to counter stigma and improve quality of care.

Exploring Community-Based Participatory Research Approaches with Low-Income Communities

Universities often collaborate with neighbouring communities, particularly those in low-income or high crime rate areas, to offer donations, provide support, and sponsor events. However, universities are not always aware of how their donations are spent or if they have helped to achieve community project goals. The York University Faculty Association (Toronto, Canada) has a Community Projects committee (YUFA-CP) that provides up to \$1500 to local organizations for community outreach, advocacy development, or initiatives to improve access to higher education. Any community organization in the local Jane-Finch community can apply to receive this funding. This study seeks to identify the community projects funded by YUFA-CP in 2010–2017, identify who received funding, how funds were expended, and whether funding met committee goals, especially with respect to community engagement and improved access to higher education. Selected community agencies were surveyed about funding received and events sponsored. Survey results suggest that events to improve access to higher education for under-represented groups was funded least. The study concludes with recommendations to better align funding with YUFA-CP mandates.

Societal Fears of Female Sexuality in Witchcraft

In 1663, in Brunswick, Germany, Tempel Anneke was tried, found guilty of witchcraft, and sentenced to death. This project, supported by a literature review, theorizes that the trial and execution were the result of a 17th century fear of uncontrolled female sexuality and the inversion of prescribed societal norms. Witches represented a fear of female sexuality and the power of female sexuality threatened the basic social order. Tempel Anneke was labelled a witch because she was single (widowed) and did not adhere to the archetype of a mother. Her sexuality threatened existing gender norms and German societal norms.

The Roses that Grew from the Cracks in the Canadian Culture Mosaic

This research examines the perception of Canada through two generations of immigrants. Canada has been viewed as a cultural mosaic, an inclusive safe haven, by immigrants, regardless of gender, age, or religion—always welcoming, a beautiful and flawless "masterpiece." However, does Canada truly fulfill this depiction? Are we a cultural mosaic? Are the tools for success provided to immigrants and to our citizens? Uncovering the marginalized stories of individuals who immigrated to Canada for a better life, filled with opportunity, will reveal the real narrative of our nation.

Combatting Loneliness Amongst Seniors with Dementia

Loneliness is defined as the subjective negative evaluation regarding the quality and the quantity of current relationships. The Canadian senior population (individuals aged 65 and over) has been rapidly increasing over the past century and now exceeds the population of children aged 14 and younger. With the aging of the Baby Boom generation, the number of seniors is estimated to be 25% of the population of Canada by 2036. Loneliness is frequently listed as a risk factor for advancing cognitive decline and is a very strong predictor of dementia, independent of other factors such as social isolation, depression, or living alone. This project aims to raise awareness and combat loneliness among seniors through health promotion strategies, including intergenerational programs, visits to retirement homes and schools, and stimulating activities to reduce the risk of cognitive decline.

Why Bolivia?

An examination of water privatization

This study explores water privatization in Bolivia in 1998. A literature review was conducted and the historical and capitalistic factors leading to water privatization were examined. Historical factors include Bolivia's mass debt and the popularity of neo-liberal ideology (a belief that the government should have little control over markets). Capitalistic factors include the role of the state and of social class (pressure on Bolivian officials from external organizations and wealthy citizens), and a prioritizing of profit over social or environmental factors. Together, these factors created the perfect scenario in which the privatization of water in Bolivia was inevitable and, ultimately, detrimental to many Bolivian people, who could no longer afford water. The study recommends that government protection should extend to goods that are a basic human necessity; a desire for profit must not overshadow social and environmental concerns.

Children and Legal Representation in Canadian Divorce Cases

This study explores children's legal right to representation in divorce cases in Canada. Undertaken to gain a deeper understanding of theoretical and conceptual issues relating to children and international human rights, the study identifies the various legal fragmentations arising from the division of powers under the Canadian Constitution. Article 12 of the United Nations Convention on the Rights of the Child, ratified by Canada in 1991, states that children have the right to be heard in proceedings that affect them. The study concludes that Canada needs consolidated legislation to ensure that children have legal representation in order to fully meet the Convention's mandate.

Japanese-Canadian Internment Camps in World War II

During World War II, the situation of Japanese Canadians grew dire as Canada headed into battle with the forces of Imperial Japan. Discrimination increased against Japanese Canadians, who were labelled enemies within Canada. Tragically, the Canadian government created internment camps to illegally detain Japanese Canadians, removing them from their homes and placing them in squalid conditions, with little or no freedom of movement. This poster examines the reasons given by the Canadian government for the internment of Japanese Canadians and explores post-war responses by Japanese Canadians to internment. Responses included political mobilization, recovery from economic insolvency due to government seizure of properties, assets, and businesses, and re-insertion into the fabric of Canadian society. The study methodology involved researching accounts from internment camp survivors, consulting Japanese-Canadian and Japanese-American memorial centres, and reviewing historical newspaper articles from key Canadian newspapers. Despite the seizure of their property and assets, interned Japanese Canadians were able to unite and revitalize communities in the face of social trauma.

The Impact of Facebook Use on the Psychological Well-Being of Young Adults

With over 2.13 billion monthly active users (2018), Facebook is one of the most extensively used social networking sites in the world. It is so extensively used among young adults that many regard it as an extension of their daily lives. A literature review was conducted to determine if Facebook use positively or negatively impacts the psychological well-being of young adults. Unlike some previous studies, the results of this research show that Facebook has a positive impact on young adults' psychological well-being, especially for those with high emotional needs. Facebook provides an online community of support, promotes personal growth, coping strategies, and autonomy, and increases the likelihood that users will make healthy decisions. This research gives rise to the possibility of using Facebook in a controlled setting as a coping tool for those with low psychological well-being. Further research is needed on whether the social networking site could be used to improve the psychological well-being of young adults in educational or health care settings.

Does a History of Depression Affect Employability?

Accommodations for people with disabilities exist today in most institutions. Nevertheless, negative stigmatizing attitudes towards mental illness may still lead to employment discrimination. This 2018 empirical study asks if people with depression are less likely to be offered jobs by future employers. 162 undergraduate students (50% female; 50% male) from Glendon College (Toronto, Canada) were asked to pretend they were an employer and, as such, to read a fictitious scenario and estimate the likelihood that they would offer a job as a sales rep to a seemingly qualified male applicant. All study participants evaluated the same job applicant, but half (40 males & 41 females) were told the candidate had a major depressive disorder, while the other half (40 of males & 41 females) were not. The likelihood of offering the job to the candidate was ranked from low to high. Results show that the job applicant where depression was mentioned was less likely to be offered the position than the candidate where depression was not mentioned. It appears that, even in an academic setting where accommodations are common, young educated adults (i.e., future employers) hold stigmatizing attitudes towards individuals who experience depression and are less inclined to hire them. The study concludes that increased education through awareness campaigns can help reduce stigma toward mental illness.

Social Media

Agent for change for women in the Middle East

The Middle East and North Africa may rank among the most challenging places in the world to be a woman. This study explores the relationship between communication instruments (social media) and women's movements in the Middle East by focussing specifically on the right for women to drive in Saudi Arabia. A positive correlation between social media and Saudi women's movements would suggest that social media has led to successful awareness and mobilization campaigns, even if no legislation overturning the ban against women driving is passed. In fact, the driving ban was finally overturned 27 years after the initial public protest. The relationship between social media and women's activism is also positive because, through use of the communication instruments, women were able to mass mobilize, launch micro-movements, and gain international attention in ways that were previously unfathomable. Interestingly, the study also shows that a positive correlation can lead to negative phenomena, such as increased surveillance or the harassment female digital activists faced as a result of using social media to spark change.

Grey Power and Valence Issues in Canadian Federal Elections

This project situates Canadian seniors within the multitude of factors that electors face each time they are asked to cast their vote. The research question asks how have the valence issues related to seniors, long-term/home care, and income security in retirement impacted Canadian federal elections since 2006? Research shows that pensions and retirement savings have long been a concern for all three political parties, whereas long-term care and health becomes relevant as the baby boom generation ages. This throws into doubt the perceived grey power of the aging population of Canada: electoral success has not yet been conclusively linked to the valence issues of long-term care and retirement savings.

How Can We Enhance the User's Gym Experience at the Tait McKenzie **Fitness Centre?**

"TaitGo" is a mobile app that links York University (Toronto, Canada) Athletics and Recreation with the user's personal fitness goals. The system tracks a user's personal activity in relation to the Tait McKenzie Fitness Centre facility. The app encourages students and community gym members to become more involved with York University athletics and to achieve their fitness goals while connecting with others. Researchers observed users of the fitness facility, conducted two surveys, ran user tests and did post-test analysis. Users of the app can access York University athletics information, activity schedules, and session sign-ups as well as a compilation of their personal goals, activities, and statistics. The database track a user's goals and progress and tailors their online experiences using data analytics and filters. It also facilitates entry to the fitness centre—no need for bracelet tag or student ID card. The app gamifies the experience of working out, achieving goals, and engaging with the fitness community.