

discuss the phases of development that ensured its concept and cultural validity and present the findings of the validation study. We suggest that the tool will ensure that researchers and programs are better equipped to monitor the broader impact of empowerment-oriented interventions on people's lives and that policy makers and health economists to better estimate the value of empowerment programs.

Executive functions and type of exercise in older women

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Recent research indicates that exercise can prevent or slow the rate of decline in cognitive functioning in older adults. Aerobic exercise is known to have benefits both on cardiovascular function and on cognitive functions, whereas strength or resistance training is more widely reported primarily to benefit muscle mass and bone density. A cross-sectional 2x2 analysis of the association of aerobic and resistance exercise with executive functioning was examined in 68 women over 50 years of age. Age, education, and metabolic equivalent scores were used as covariates. Participants were categorised into four groups (aerobic, resistance, combination and not exercising control) based on the type of exercise they reported participating in regularly for a period of at least two months prior to testing. Participants completed the Tower of London and Benton Controlled Oral Word Association (COWA, letters C, P, L) tests to assess executive functioning. Education was the only significant covariate for the COWA test, and there were no significant covariates for the Tower test. Findings indicated individuals participating in aerobic exercises performed significantly better on both tests of executive functioning than individuals not participating in aerobic exercise. Individuals participating in resistance exercises performed significantly better on the Tower test of executive functioning than individuals not participating in resistance exercise. This effect was not significant for the COWA test. Individuals participating in both aerobic and resistance exercises did not perform disproportionately better on either test; neither interaction term was significant. The small sample size limits the strength of conclusions, but the results do suggest that aerobic exercise may be more effective in promoting executive functions than resistance exercise. The results also suggest that only some functional systems of the frontal lobe are affected by resistance exercise.

Perfectionism, personality and perceived stress- a review of recent Australian studies

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Many of us believe we "should get it right the first time"! However, perfectionism may be adaptive or maladaptive, normal or neurotic. What are the correlates of adaptive and maladaptive perfectionism in adult life, especially in regard to personality attributes and personal stress? This paper reports a series of studies conducted in Australia under the supervision of the author over the last five years, on perfectionism in different groups- including among university students, the unemployed and those in employment, in relation to emotional intelligence, personality, psychological well-being and stress. Questionnaires used in the studies have included the Frost Multi-dimensional Perfectionism Scale- common to all studies, The Emotional Intelligence Questionnaire (TEIQue); the Depression Anxiety and Stress Scales (Lovibond & Lovibond, 1995), the General Health Questionnaire (GHQ-12), the IPIP personality scales (big five), and general bio-data questionnaires seeking data on gender, age, employment status and work and life satisfactions. The studies used a mix of correlational, regression, and ANOVA methods. The studies identified how *maladaptive perfectionism* (including recollections of parental expectations, criticism and concern over mistakes) is related to emotional intelligence attributes, coping resources, job seeking behaviours, emotional intelligence and general mental health outcomes (depression, anxiety and stress). Similarly the correlates of *adaptive perfectionism* (e.g., standard setting) were also identified, with results not always as expected. Overall, perfectionism unless well-handled, appears disadvantageous. The implications when perfectionism is combined with its correlates (such as maladaptive perfectionism with low emotional intelligence) are that negative styles and negative approaches to problem-solving in life will be repeated continually by the individual perfectionists and will be recycled through later generations (cf., Rice & Mirzadeh, 2000). Interventions and training in family and personal skills may be needed to break this cycle.