

pedagogy in violence prevention, using interactive activities and role plays. Be the Hero! provides youth with information about: types of violence; violence against women and gendered violence; myths and statistics; being an active/safe bystander; and, local resources available. Participants included students from 12 qualifying schools across Victoria. Students were evaluated pre/post-program. Key outcomes included: program satisfaction; knowledge and attitudes regarding violence and resources; and, rates of violence, victimisation and prosocial support from the Revised Peer Experiences Questionnaire (PEQ: De Los Reyes & Prinstein, 2004; Prinstein, Boegers, & Vernberg, 2001). 729 students (70.5% male; M= 14.94 years old; 22.6% Australian, 30.6% unreported, 5.6% ATSI) participated. Receipt of Covert, Overt, or both Covert and Overt Victimisation in the last 12 months was reported by 20.4%, 7.6%, and 22.9% of students respectively. Receipt of Overt Victimisation and Prosocial Support was reportedly lower than Overt Aggression and Prosocial Support towards others, whereas receipt of Relational and Reputational Victimisation was reportedly higher than Relational and Reputational Aggression towards others. Pre to Post knowledge of program components increased 16.2-24.7%. Awareness of local resources increased by 20.1% pre to post program. Student satisfaction was high, ranging from 4.38-4.42/5. Be the Hero has been refunded for the 2014 school year for an additional 12 schools with a recognised ATSI presence, with an emphasis on delivery to schools in rural areas. Future program development will need to emphasize updating multimedia components and enhancing training materials to increase sustainability via a train the trainer model of program translation.

Poster Presentation (Paper #92)

Anxiety among older Australians: Coping strategies and the mediating effect of resilience

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Aim: The primary objective of this study is to assess the relationship between coping strategies, resilience and anxiety among older Australians. In particular the study aims to assess whether resilience mediates the relationship between coping and anxiety.

Design: A survey was used to measure the variables of interest. Multiple forms of coping (proactive coping, reflective coping, strategic coping, preventive coping, instrumental support seeking, emotional support seeking and avoidance coping) were measured with the Proactive Coping Inventory (Greenglass, Schwarzer, Jakubiec, Fiksenbaum & Taubert, 1999). Resilience was measured with the Resilience Scale (Wagnild & Young, 1993). The anxiety scale of the Clinical Assessment Scales for the Elderly Form S (Reynolds & Bigler, 2001) was used to measure anxiety.

Method: Participants were recruited through clubs and community groups in Brisbane, Sydney, Melbourne and Townsville. A total of 302 participants responded to the survey (175 females and 127 males). Participants ages ranged from 50 to 93 (M = 64.7, SD = 10.05). Pearson's correlations and bootstrapped multiple regression analyses was used to analyse the data. Baron and Kenny's (1986) method of assessing mediation effects was employed to evaluate the mediating effect of resilience.

Results: Resilience was found to positively correlate with all forms of coping, apart from instrumental support seeking. Resilience was also found to negatively correlate with anxiety. Significant negative correlations were found between proactive coping and anxiety and strategic planning and anxiety. Mediation analysis revealed resilience to be a very strong mediator of the relationship between proactive coping and anxiety among older Australians.

Conclusion: The study highlights the complicated and multifaceted nature of the relationships between forms of coping, resilience and anxiety among older Australians. It also highlights the importance of understanding and promoting resilience among older people.

Poster Presentation (Paper #330)

Investigating the mechanisms of mindfulness: Nonattachment and repetitive negative thinking

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The efficacy of mindfulness meditation-based interventions for reducing psychological distress and symptoms is well documented. Less is known, however, about the mechanisms of action through which mindfulness achieves its salutary outcomes. The primary aim of this thesis was to investigate an insight-based model of mindfulness involving a mechanistic pathway of nonattachment and repetitive negative thinking (RNT). A secondary aim was to observe the effects of Mindfulness-Based