Received the educational intervention reported greater levels of sun protection behaviour, had increased knowledge about ways that the disease could be prevented. Results indicate that those who are tested as having low level mood are spending longer on the internet compared to the time spent in traditional social environments. This argument suggests that an ever increasing number of people are becoming isolated from social settings because of the internet, which may increase factors that lead to depression and anxiety disorders. The present research offers a new theory, hypothesising that the internet increases the chance of meaningful relationships and can help to improve self-confidence and social abilities. The test hypothesis is based on the researchers model of Social Escapist Behaviour, which claims that those who are tested as having low level mood disorders tend to use general or specific internet resources as a means of "escape" from reality and to allow themselves to explore facets of their personality and psyche, which alleviate mood through self administered distraction tasks.

Understanding women: Towards an integrated developmental psychoanalytic perspective

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The paper examines evidence relating to Estes' (1992) central tenet, that women are repressed in the aspect of the feminine-instinctual, the "essential feminine". Estes' notion of the "feminine-instinctual-self" is first discussed in the context of Freud's and Jung's theoretical frameworks on instinct, femininity and instinctual-repression. Among the topical issues examined is the role of the masculine principle, namely, the animus, as well as the shadow archetype and its interface with the Oedipus complex, in feminine-instinctual development. A developmental theory is offered. An argument is made for combining the Freudian and Jungian theoretical approaches in explorations of feminine psychology. These frameworks have tended to operate separately in the research as though from distinctly different discourses. It is argued that the masculine-animus serves a useful bridging to difficult Oedipal residuals and enables the lifting of feminine repression. Patterning around the animus and shadow archetypes, as well as the Oedipus complex is discussed. Future directions, implications for women's empowerment and clinical implications, are considered.

The internet and social escapist behaviour: Alternate treatments for depression, anxiety and social phobia

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The internet and its psychological impact upon individuals has predominantly been argued to provoke addictive qualities with "over-users" of the internet, of which reinforcement of depression or anxiety symptoms may be compounded by sufferers of these mood disorders. Due to the ease of access that most people have to the internet, more people are spending longer on the internet compared to the time spent in traditional social environments. This argument suggests that an ever increasing number of people are becoming isolated from social settings because of the internet, which may increase factors that lead to depression and anxiety disorders. The present research offers a new theory, hypothesising that the internet increases the chance of meaningful relationships and can help to improve self-confidence and social abilities. The test hypothesis is based on the researchers model of Social Escapist Behaviour, which claims that those who are tested as having low level mood disorders tend to use general or specific internet resources as a means of "escape" from reality and to allow themselves to explore facets of their personality and psyche, which alleviate mood through self administered distraction tasks.

Being moody and risky? The effects of mood and personal relevance on the use of judgmental heuristics in risk taking

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There have been conflicting reports by researchers on the exact nature of mood effects on risk taking. Some suggest that positive moods lead to riskier behaviour, others