

(e.g., satisfaction with lecturer support, quality of lecturing staff, approachability of lecturing staff and personal contact with the lecturer) and student factors (e.g., age, gender and student's year level) which may predict how educational practices are evaluated. Evaluation data is provided by 164 volunteer students (31.5% males and 68.5% females). Crooks' short-term and medium goals are replicated for a university student sample. Satisfaction with lecturer support predicts short-term goals while quality of lecturing staff and student's year level predict medium-term goals.

Health beliefs and health behaviours practised by young adults

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This study examines the domain of health behaviours practised by young adults, and health beliefs which may influence such behaviours. Multidimensional scaling was used to investigate interrelationships between 48 health behaviours practised by young adults ($N = 211$). The health behaviours were best explained by a two-dimensional solution which accounted for 88.5% of the variation. The first dimension was categorised by positive health behaviours at one end, such as the wearing of seat belts, and not driving when under the influence of drugs/alcohol, while the other end of the dimension included behaviours such as excessive alcohol consumption and infrequent medical checkups. The second dimension related to the practice of behaviours to minimise perceived risk susceptibility such as safe sex and minimising sun exposure. Of the health belief model constructs, perceived benefits predicted the practice of safe sex and medical/dental checkups. Philosophical health orientation (general health value) predicted eating behaviour. Those persons who believed that drugs, cigarette smoking and excessive alcohol intake were dangerous to health, tended to not engage in these behaviours or to succumb to peer pressure to do so.

Evaluation of a skin cancer educational intervention for outdoor workers in North Queensland

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This study assesses the health promotion benefits of a skin cancer educational intervention for outdoor workers as an "at risk" occupational group, from exposure to constant ultraviolet radiation. Changes in beliefs, knowledge and behaviours of 40 outdoor workers in North Queensland were examined. A quasi-experimental repeated measures design with a treatment and control group was used. Subjects in the treatment group were exposed to an educational intervention explaining the danger of skin cancer and ways that the disease could be prevented. Results indicate that in comparison to the control group, subjects who received the educational intervention reported greater levels of sun protection behaviour, had increased knowledge about the disease and reported changes in their beliefs concerning skin cancer.

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 resolve and 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