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Articles

- 247 **Enhancing Psychotherapy Process With Common Factors Feedback: A Randomized, Clinical Trial**
Andrew S. McClintock, Matthew R. Perlman, Shannon M. McCarrick, Timothy Anderson, and Lina Himawan
In this study, we developed a system that provides ongoing feedback to clients and therapists about what is transpiring in therapy. Results suggest that the feedback system may help to improve the process of treatment for clients with depressive symptoms.
- 261 **Can Reflecting on Personal Values Online Increase Positive Beliefs About Counseling?**
Daniel G. Lannin, David L. Vogel, and Patrick J. Heath
The present study indicates that reflecting on personal values via an online exercise is associated with positive beliefs about seeking psychological help among those experiencing a mental health concern. This type of online exercise could be particularly useful as it is briefer than existing interventions and could be applied in online settings where many people first encounter information about mental health and treatment.
- 269 **Depression Symptoms Moderate the Association Between Emotion and Communal Behavior**
Lance M. Rappaport, D. S. Moskowitz, and Bianca D'Antono
The present study demonstrates that interpersonal behavior is associated with people's current affect. However, people who have elevated depression symptoms have weaker associations between behavior and affect, suggesting one way they may have difficulty regulating their affect.
- 280 **Thwarted Belongingness, Perceived Burdensomeness, and Depression Among Asian Americans: A Longitudinal Study of Interpersonal Shame as a Mediator and Perfectionistic Family Discrepancy as a Moderator**
Stephanie G. Carrera and Meifen Wei
This study suggests that Asian Americans who lack a sense of belonging and believe they burden others may experience higher levels of interpersonal shame (i.e., concerns about others' negative evaluation of them or bringing shame to their family), which may put them at risk for future depression. Furthermore, students perceiving discrepancy between their actual performance and what their parents expect of them may intensify the negative impact of lacking belongingness on future depression.
- 292 **Distress Disclosure and Psychological Functioning Among Taiwanese Nationals and European Americans: The Moderating Roles of Mindfulness and Nationality**
Jeffrey H. Kahn, Meifen Wei, Jenny C. Su, Suejung Han, and Agnes Strojewska
This study demonstrated that talking about emotions may or may not be associated with psychological functioning; it depends on the degree to which one is aware of and attends to emotions as well as one's cultural context.

- 302 **Can Use of Positive Religious Coping Predict Greater Distress? An Examination of Army Soldiers on Deployment**
Marilyn A. Cornish, Daniel G. Lannin, Nathaniel G. Wade, and Melisa Martinez
 Results of this study demonstrate that positive religious coping (e.g., seeking connection to a higher power, focusing on religion) may not be an effective means of coping for military personnel on deployment, given that more use of positive religious coping predicted more distress 1 month later.
- 310 **Racism in Digital Era: Development and Initial Validation of the Perceived Online Racism Scale (PORS v1.0)**
Brian TaeHyuk Keum and Matthew J. Miller
 The findings help advance research regarding people's experiences of online racism and how they relate to well-being. The measure will be a helpful tool toward better understanding and mitigating the unique risks associated with online racism.
- 325 **Development of the Professional Self-Care Scale**
Katherine E. Dorociak, Patricia A. Rupert, Fred B. Bryant, and Eyan Zahniser
 This article describes the development of the Professional Self-Care Scale (PSCS) for practicing psychologists. The 21-item scale includes subscales assessing 5 dimensions of self-care: professional support, professional development, life balance, cognitive awareness, and daily balance.
- 335 **Career Goal Revision in Response to Negative Feedback: Testing a Longitudinal Cross-Lagged Model**
Shi Hu, Peter A. Creed, and Michelle Hood
 This study suggests that negative feedback regarding a young person's career choice and behavior is, at first, stressful and that this feedback can also lead to young people lowering their career goals and/or disengaging from them all together.

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