

Psychology/Sociology

Submitted by Dr. Kirk Mauldin, Professor of Sociology and Director of Community Research Center

The Michigan Academy of Science, Arts and Letters has awarded the Kapp Award for outstanding undergraduate research to my research advisee Kyle Silvas. The Academy recognizes only one student each year across all universities and disciplines in Michigan.

I was pleased to have the opportunity to work with Kyle last year as one of three psychology students who finished their degree using the sociology research classes. His study on the impact of diet on stress and depression among college students found that HFS (High Fat and Sugar) diets were significantly related to depression, while anxiety was antecedent to poor dietary choices. Regular exercise was found to mitigate both anxiety and depression in the study cohort.

Kyle graduates with a degree in psychology this year. I have his poster and senior thesis if we care to do anything with it. I intend to have the poster placed into one of our frames and order a plaque for display in the library hallway, as I have done with past award winners at this level.

Unfortunately, formal presentation of the award, which was scheduled to be handed out at the conference last Friday, has been postponed to an as-yet-to-be determined date this fall.