

health providers are lacking in their provision of smoking cessation care, specifically in their support for pregnant Aboriginal and Torres Strait Islander women to quit smoking. Particularly, the provision of the “Assist” smoking cessation component was low, including the prescription of NRT. Multiple barriers exist and include lack of knowledge, skills (especially communication skills), time, resources and lack of optimism. Guidelines do not provide clear guidance, including the optimal timing for initiating NRT and titrating the dosage. The pilot intervention tested within this thesis showed promising initial results, with health providers significantly improving their knowledge and attitudes, although this did not translate into improved practices. Several strategies might enhance the

effectiveness of the intervention and should be tested in a larger and adequately powered trial. The complex nature of tobacco smoking, and considering its historical and social context in Aboriginal communities, suggests that wider and more intensive interventions are needed.

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Intrinsic and extrinsic aspirations and psychological well-being: a meta-analysis and latent profile analyses of life goals

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Australian Catholic University, Sydney

Goal Contents Theory holds that intrinsic life goals (personal growth, relationships, community giving, and health) and extrinsic life goals (wealth, fame, and image) differentially relate to psychological well-being. Intrinsic life goals, or aspirations, inherently satisfy basic psychological needs and therefore promote optimal functioning, while an emphasis on extrinsic aspirations represents a reliance on external contingencies

which, at best, only indirectly satisfies basic psychological needs. Despite abundant evidence supporting goal contents theory, positive links between extrinsic aspiring and well-being, observed particularly in Eastern European countries, have led some authors to contend that extrinsic aspirations may not be damaging in all contexts. In addition, the frequently observed positive correlation between intrinsic and extrinsic aspirations

suggests that they are not universally divergent. Indeed, consistent unexplained heterogeneity in the results indicates there are unobserved sources of heterogeneity in the data, suggesting there may be subgroups with distinct patterns of aspiring.

In Chapter 2 of this thesis, a meta-analysis of more than 1,000 effect sizes showed support for the universality of goal contents theory across countries, age groups, and socioeconomic statuses. In Chapters 3, 4, and 5, bifactor structural equation modelling (B-ESEM) was combined with latent profile analysis (LPA) in three large, independent samples from Hungary, Australia, and the United States of America, and derived three replicable profiles of aspiring. Chapters 4 and 5 showed that profile membership predicted additional variance in well-being, even in highly conservative tests that control for the aspirations that

comprise the profiles. The profiles also differed in the breadth of their care for others. From Profile 1 to Profile 3, increasingly more (and more distal) others are central in the configurations of aspiring, starting with the self (Profile 1), then close others (Profile 2), and then the world in general (Profile 3). These studies make a unique contribution to the literature by synthesizing the available evidence and by identifying replicable latent profiles of aspiring that account for variance in well-being and other-oriented-ness over and above the constituent variables.

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Institutional influences on education investment and pro-social behaviour

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This thesis consists of three chapters. It studies, as a broad theme, the effectiveness of several institutional changes on individual decision-making based on experimental evidence. Chapter 1 is self-contained, with results purely based on a laboratory experiment. Chapter 2 and Chapter 3 are based on one field experiment in education. Chapter 2 describes the experimental set-

tings and presents the overall results of the experiment, whereas Chapter 3 extends the analysis and focuses on treatment effects on women and men respectively.

Chapter 1 shows how reward or punishment opportunities change contributions in a public goods game with 'privileged' members, where 'privilege' indicates that one's per-unit contribution to the public