
New Zealand Journal of Psychology

EDITOR

Marc Wilson

*School of Psychology
Victoria University of Wellington*

© The material published in this issue is
copyright to the New Zealand Psychological
Society.

The New Zealand Journal of

Psychology is published online in three
editions a year (articles will be posted as
they become available) by the **New
Zealand Psychological Society Inc.**

*Content may include manuscripts and
shorter research notes in any substantive
area of Psychology, and book reviews.
Submitted manuscripts may be (1)
empirical, (2) reviews of the literature, or
(3) discussions of theoretical/conceptual
frameworks of relevance to the practice of
Psychology. Manuscripts will be
considered for publication if they (a)
include data collected from New Zealand
samples, or (b) discuss the relevance of
issues contained in the manuscript to the
New Zealand social and cultural context,
or to the practice of Psychology in this
country. For further clarification of these
requirements, please contact the Editor.*

See Instructions to Authors at:

<https://www.psychology.org.nz/publications-media/new-zealand-journal-of-psychology/#author-guidelines> for
preparation and submission of
manuscripts and material.

Subscriptions

Subscription to the Journal is included in
Membership dues for the Society. Non-
members may subscribe at NZ\$55.00 per
volume/year (three issues), plus GST (NZ
only). Subscription and advertising
enquiries should be addressed to the:

*Business Manager
New Zealand Journal of Psychology
NZ Psychological Society Inc.
(contact details below)*

Production, Printing & Distribution

Is managed by National Office

*NZ Psychological Society Inc.
P.O. Box 10536, The Terrace,
Wellington 6143,
New Zealand
Ph (04) 473 4884
Email: office@psychology.org.nz*

Editor's Introduction

First up, let me acknowledge the delay in publication of this issue. In reality it has been ready for several months, needing only this piece written. The University space is a challenging one at present, and this is reflected in several ways, including difficulty obtaining reviews for manuscripts (I understand this isn't an issue NZJP alone faces), uneven patterns of manuscript submissions (I shall come back to this) and, as an academic myself, finding the time to do the work when the workforce is living with uncertainty, or actual job cuts.

That said, here is the December 2023 issue of the *New Zealand Journal of Psychology*. It includes six papers, and I am signalling that I shall be aiming for six papers per issue to give each issue a feeling of substance. We have had several issues in the past several years that haven't actually 'felt' like an issue because they have included two or three papers. What can you do to help us? Submit your work. As well as the world-leading work that you will see in this issue, I'm particularly keen on publishing work that lives up to the Journal requirement to speak to our own context, that is student-led, and that generally showcases our expertise.

I think this issue embodies that aspiration. It is somewhat accidental that five out of the six works touch on ethnicity and racism. It is no accident that I've presented the work of the WERO Team upfront. Their work presents analysis of an audit of integration of Māori-focused content in Clinical Psychology Programmes across the country, and update of Abbott and Durie's (1987) own report on this subject. This paper is also a first, opening with the first abstract presented in both English and Te Reo Māori. I would love to get to a point where all of the manuscripts published in NZJP open similarly.

The theme continues in Ioane and colleagues' reflection on clinical psychology training for Pacific people. Next, though not focusing on clinical programmes or minority students' experiences of them, Fakapulia et al. present an empirical study investigating stress, sleep, and sleep hygiene among Pacific students. The fourth paper in this almost-thematic section presents Hsu and Akuhata-Huntington's programme of development of a digital tool for addressing medical students' biases regarding Māori. Though Osborne and colleagues zoom out of the university, their NZAVS-based work gives me hope for hinting at potential mechanisms for the finding that community-level diversity ameliorates important ideological predispositions that have long been shown to provide a foundation for racism.

On the subject of racism, it is worth noting that NZJP has had an open call for papers on the subject of 'Unmarking Racism and Oppression in Psychology'. While the call for expressions of interest has closed, the editors received an overwhelming response, and will be looking forward to the final submissions of those work invited for full consideration by the end of May.

Finally, and rounding out the six but unrelated to ethnicity or race, a classic piece of psychometrics, focusing on a commonly-used measure of perfectionism among adolescents.

Advice to authors: Consistent with the imperative of the Journal, *any* submission must clearly articulate relevance in the context of Aotearoa New Zealand. Information about the Journal, and general author guidelines can be found [here](#).

Additionally, the Covid-19 pandemic has dramatically affected the ways that academics work, and this can be seen in much greater difficulty securing reviews (for example, we have experienced significantly more declines of review invitations compared to pre-Covid times). Feel free to suggest reviewers with appropriate expertise (while being aware of conflicts of interest) and we will draw off that list when supplementing the invitations we extend. Finally, **please ensure that you submit a deidentified manuscript!** It inevitably causes delays if we have to ask for a manuscript to be de-identified.

For now, we wish you all the best for 2024, and look forward to seeing the fruits of your labours submitted for consideration with NZJP.

Marc Wilson

New Zealand Journal of Psychology

Volume 52, Number 3 (December), 2023

CONTENTS

- | | | |
|---|---|----|
| Four Decades after a 'Whiter Shade of Pale': An Update on Professional Psychology Programme Responsiveness to Indigenous Māori in Aotearoa New Zealand | <i>Waikaremoana Waitoki, Kyle Tan, Otilie Stolte, Joanna Chan, Logan Hamley, and Damian Scarf</i> | 4 |
| University didn't cater to me as a Pacific person: Building the Pacific workforce in clinical psychology programmes across Aotearoa New Zealand | <i>Julia Ioane, Isi Cash, Linda Fatialofa, Veronica Graham, Rochelle Nafatali, Rayna Phillips, Shaune Thompson, and Peyton Wolfgramm</i> | 15 |
| Sleep hygiene mediates the relationship between perceived academic stress and insomnia symptom severity among Pasifika students in Aotearoa New Zealand | <i>Ilaisaane F Fakapulia, Latika Samalia, and Erik Wibowo</i> | 23 |
| Implicit Bias Training for New Zealand Medical Students using Cognitive Bias Modification: An Outline of Material Development | <i>Che-Wei Hsu and Zaine Akuhata-Huntington</i> | 30 |
| Community-level diversity decreases right-wing authoritarianism and social dominance orientation by alleviating dangerous and competitive worldviews: Multilevel and longitudinal tests of the Dual Process Model | <i>Danny Osborne, Kieren J. Lilly, Yanshu Huang, and Chris G. Sibley</i> | 44 |
| A psychometric analysis of the Frost Multidimensional Perfectionism Scale in a sample of New Zealand adolescents | <i>Maddy Brocklesby, Marc Stewart Wilson, Jessica Anne Garisch, Angelique O'Connell, Robyn Langlands, Lynne Russell, Tahlia Kingi, Emma-Jayne Brown, and Kealagh Robinson</i> | 67 |