

INPACT

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*International Psychological
Applications Conference
and Trends*

24 - 26 April • Virtual Conference



BOOK OF ABSTRACTS

Edited by
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Michael Wang



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FOREWORD

Dear Participants,

We are delighted to welcome you to the International Psychological Applications Conference and Trends (InPACT) 2021, that this year has been converted into a fully Virtual Conference as a result of the ongoing Coronavirus (COVID 19) pandemic, and occurred from 24 to 26 of April, 2021.

Modern psychology offers a large range of scientific fields where it can be applied. The goal of understanding individuals and groups (mental functions and behavioral standpoints), from this academic and practical scientific discipline, aims ultimately to benefit society.

This International Conference seeks to provide some answers and explore the several areas within the Psychology field, new developments in studies and proposals for future scientific projects. The goal is to offer a worldwide connection between psychologists, researchers and lecturers, from a wide range of academic fields, interested in exploring and giving their contribution in psychological issues.

The conference is a forum that connects and brings together academics, scholars, practitioners and others interested in a field that is fertile in new perspectives, ideas and knowledge. There is an extensive variety of contributors and presenters, which can supplement the view of the human essence and behavior, showing the impact of their different personal, academic and cultural experiences. This is, certainly, one of the reasons there are nationalities and cultures represented, inspiring multi-disciplinary collaborative links, fomenting intellectual encounter and development.

InPACT 2021 received 358 submissions, from more than 40 different countries from all over the world, reviewed by a double-blind process. Submissions were prepared to take form of Oral Presentations, Posters and Workshops. 117 submissions (overall, 33% acceptance rate) were accepted for presentation in the conference.

The conference also includes:

- Two keynote presentations, one by Prof. Dr. Sara Tai (Senior Lecturer in Clinical Psychology & Consultant Clinical Psychologist, School of Health Sciences, CeNTrUM, Division of Psychology and Mental Health, The University of Manchester, United Kingdom), and one by Dr. Caroline Hickman (Lecturer in Social Work and Climate Psychology, Department of Social & Policy Sciences, University of Bath, and practicing Psychotherapist & Board Member of the Climate Psychology Alliance, United Kingdom).
- One Special Talk by Prof. Dr. Michael Wang (Emeritus Professor of Clinical Psychology, University of Leicester; Chair, Association of Clinical Psychologists, United Kingdom).

We would like to express our gratitude to our invitees.

This volume is composed by the abstracts of the International Psychological Applications Conference and Trends (InPACT 2021), organized by the World Institute for Advanced Research and Science (W.I.A.R.S.). The Conference addresses different categories inside Applied Psychology area and papers fit broadly into one of the named themes and sub-themes. The conference program includes six main broad-ranging categories that cover diversified interest areas:

- **CLINICAL PSYCHOLOGY:** Emotions and related psychological processes; Assessment; Psychotherapy and counseling; Addictive behaviors; Eating disorders; Personality disorders; Quality of life and mental health; Communication within relationships; Services of mental health; and Psychopathology.
- **EDUCATIONAL PSYCHOLOGY:** Language and cognitive processes; School environment and childhood disorders; Parenting and parenting related processes; Learning and technology; Psychology in schools; Intelligence and creativity; Motivation in classroom; Perspectives on teaching; Assessment and evaluation; and Individual differences in learning.

- **SOCIAL PSYCHOLOGY:** Cross-cultural dimensions of mental disorders; Employment issues and training; Organizational psychology; Psychology in politics and international issues; Social factors in adolescence and its development; Social anxiety and self-esteem; Immigration and social policy; Self-efficacy and identity development; Parenting and social support; Addiction and stigmatization; and Psychological and social impact of virtual networks.
- **LEGAL PSYCHOLOGY:** Violence and trauma; Mass-media and aggression; Intra-familial violence; Juvenile delinquency; Aggressive behavior in childhood; Internet offending; Working with crime perpetrators; Forensic psychology; Violent risk assessment; and Law enforcement and stress.
- **COGNITIVE AND EXPERIMENTAL PSYCHOLOGY:** Perception, memory and attention; Decision making and problem-solving; Concept formation, reasoning and judgment; Language processing; Learning skills and education; Cognitive Neuroscience; Computer analogies and information processing (Artificial Intelligence and computer simulations); Social and cultural factors in the cognitive approach; Experimental methods, research and statistics; and Biopsychology.
- **PSYCHOANALYSIS AND PSYCHOANALYTICAL PSYCHOTHERAPY:** Psychoanalysis and psychology; The unconscious; The Oedipus complex; Psychoanalysis of children; Pathological mourning; Addictive personalities; Borderline organizations; Narcissistic personalities; Anxiety and phobias; Psychosis; Neuropsychoanalysis.

This book contains the abstracts and results of the different researches conducted by authors who focused on what they are passionate about: to study and develop research in areas related to Psychology and its applications. It includes an extensive variety of contributors and presenters that are hereby sharing with us their different personal, academic and cultural experiences.

We would like to thank all the authors and participants, the members of the academic scientific committee, and of course, to the organizing and administration team for making and putting this conference together.

Looking forward to continuing our collaboration in the future,

Prof. Clara Pracana

*Full and Training Member of the Portuguese Association of Psychoanalysis and Psychoanalytic Psychotherapy, Portugal
Conference and Program Co-Chair*

Prof. Michael Wang

*Emeritus Professor of Clinical Psychology, University of Leicester, United Kingdom
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KEYNOTE LECTURES

NEW DIRECTIONS FOR WORKING WITH PEOPLE EXPERIENCING PSYCHOSIS: A FOCUS ON PRINCIPLES

Prof. Dr. Sara Tai

BA(Hons), MSc, D.ClinPsy, CPsychol,

Senior Lecturer in Clinical Psychology & Consultant Clinical Psychologist, School of Health Sciences, CeNTrUM (Centre for New Treatments and Understanding in Mental Health), Division of Psychology and Mental Health, The University of Manchester (United Kingdom)

Abstract

The UK National Institute for Care and Health Excellence (NICE) recommends that all people experiencing psychosis are offered psychological therapies, e.g. Cognitive Behaviour Therapy (CBT), to target distress associated with symptoms and improve functioning. However, clinicians working with people experiencing psychoses face multiple challenges. Usually, individuals' descriptions of their problems don't match the problem outlined in the referral. Comorbid presentations are the rule rather than the exception, yet evidence-based treatments are designed to be disorder or problem specific. Existing interventions are designed to be delivered in weekly or fortnightly schedules, yet end up being delivered according to variable and unpredictable schedules due to cancelled and missed appointments. Most treatments emphasise using unique strategies and techniques, yet many of these activities reflect common underlying evidence-based principles of effective treatment. Psychological therapy that is applicable to any problem, 'transdiagnostically', using a variable treatment session schedule, and based on robust principles of psychological distress and psychological change, would be extremely useful. In this keynote, Sara will introduce three principles frequently identified in the literature and integral to providing effective and efficient therapy for psychoses. The principles: control; conflict; and reorganisation will be described and explained using practical illustrations. The importance of control to people's mental health and general wellbeing is emphasised repeatedly throughout the literature, particularly for people experiencing psychosis. When control is not mentioned explicitly, concepts such as regulation and self-determination point to the same principle. Conflict (incongruence, dissonance, dilemmas, being in two minds) is also commonly discussed and is a general formulation underlying the distress that manifests in various symptom patterns. People become psychologically distressed and develop psychosis when they want to achieve two incompatible goals at the same time. An example of such conflict might be wanting to forget a past traumatic event but also needing to remember it in order to understand how it happened and prevent it happening again. The third principle, reorganisation, has strong support in the literature, and is the process of change in which new perspectives, insights, and points of view are developed. This keynote explains the way in which these three principles can be integrated to understand psychosis and enhance the effectiveness of therapy by enabling clinicians to work flexibly and responsively. Data from recent studies will also be presented to illustrate the feasibility and acceptability of a principles-based approach to working with people experiencing psychosis.

Keywords: *Psychosis, psychological interventions, principles-based-approach, control, conflict.*

Biography

Dr. Sara Tai is a Senior Lecturer in Clinical Psychology at the University of Manchester and Consultant Clinical Psychologist with Greater Manchester Mental Health NHS Foundation Trust. She is a reflexive scientist practitioner, therapist, educator and researcher, who has worked in a range of mental health settings, with people experiencing a broad range of serious and enduring problems affecting their mental health. She has worked with people experiencing psychosis for over 20 years, including early intervention, community, and acute psychiatric in-patient services. Sara is a clinician-researcher who has been developing a transdiagnostic cognitive therapy (the Method of Levels, MOL) since 2005. Her work elucidates how key psychological mechanisms such as control and awareness cross traditional diagnostic boundaries and help unify apparently disparate therapeutic traditions. She is an experienced practitioner, researcher, and trainer of CBT and MOL. Her work not only helps explain the nature and origin of psychological distress but, with colleagues, offers new therapeutic opportunities. She provides supervision and workshops internationally and conducts research, including large clinical trials in the UK, USA, Canada, China, and across Europe. She has published widely in this area, including the book “A principles-based approach to counselling and psychotherapy”.

A PSYCHOLOGICAL EXPLORATION OF CLIMATE ANXIETY, GRIEF, HOPE & DESPAIR

Dr. Caroline Hickman

*Lecturer in Social Work and Climate Psychology, Department of Social & Policy Sciences, University of Bath, and practicing Psychotherapist & Board Member of the Climate Psychology Alliance (CPA)
(United Kingdom)*

Abstract

Climate-anxiety is increasingly being recognised as an emotionally congruent response to the worrying news about the environment from around the world. As our fears grow about environmental and climate change related problems it can be hard to know how to psychologically cope with these unprecedented and unpredictable global catastrophes. However, the complex feelings evoked by increasing awareness are not just anxiety; people report feeling existential and planetary grief, hope and hopelessness, nihilism and despair.

These emergent psychological challenges can bring us face to face with our own feelings of vulnerability, fragility, hope and resilience, as well as concerns about the planet. Navigating these complex times is perhaps the greatest challenge that humanity has yet faced, and psychology and psychotherapy has undoubtedly a central role to play in this.

This talk will explore a relational psychological approach to support ourselves and clients in navigating these unprecedented times. It will examine unconscious process, uncertainty, ambivalence and attachment, inner and external relational worlds, the threat of collapse internally into despair, or the flight to hope externally; we will look at the shadow of eco-anxiety and the archetypal images and dreams that adults, young people and children are now bringing to the therapy room.

Biography

Caroline is a lecturer at the University of Bath in social work and climate psychology. A practicing psychotherapist & board member of the Climate Psychology Alliance (CPA). Currently for CPA she is supporting the development of a range of therapeutic outreach projects and supporting the development of a service providing climate crisis aware psychotherapy.

With CPA she is also creating a series of podcasts on Climate Psychology & Eco-Anxiety – ‘Climate Crisis Conversations – Catastrophe or Transformation’.

Caroline works with schools, parent groups, youth activist groups and as a psychotherapist with children & young people & adults dealing with eco anxiety and distress about the climate & biodiversity crisis.

Through the University she has been researching children & young people’s feelings including eco-anxiety about the climate and biodiversity crisis for 5 years to uncover and explore different stories, narratives and images around our defences against the ‘difficult truth’ we are facing. Her climate change research is with children & young people in the UK, The Brazil, USA, Maldives, Nigeria & Bangladesh.

SPECIAL TALK

FRONTLINE HEALTHCARE STAFF SUPPORT IN THE UNITED KINGDOM: THE ROLE OF CLINICAL PSYCHOLOGY

Prof. Dr. Michael Wang

Emeritus Professor of Clinical Psychology, University of Leicester; Chair, Association of Clinical Psychologists (United Kingdom)

Abstract

The Coronavirus pandemic has created huge stress on frontline healthcare staff in every country with unprecedented pressure on hospital services and ICUs, and much greater frequency of patient death. In the UK, clinical psychologists are well placed to provide mental health care and support to medical, nursing and paramedical staff, given common employment in the British National Health Service (NHS) and their competences in managing stress and common mental health problems. The author has contributed to the organization and provision of psychological staff support systems at national level through his membership of a national expert advisory group and through the Association of Clinical Psychologists UK (the professional body for clinical psychologists) which has been providing one-to-one support to ICU consultants and senior managers in the NHS.

The author will describe the various support systems for frontline NHS staff and their impact.

Keywords: *Coronavirus pandemic, healthcare worker support, work stress, ICU.*

Biography

Prof. Michael Wang, BSc(Hons), MSc(Clin.Psy), PhD, C. Psychol., FBPsS, is Emeritus Professor of Clinical Psychology in the Clinical Psychology Unit, Centre for Medicine, University of Leicester, and former Director of the National Health Service-funded Doctoral Postgraduate Clinical Psychology Training Course (2005-2014). He is a former Chair of the Division of Clinical Psychology of the British Psychological Society. Prof. Wang is also a full practitioner member of the BPS Division of Neuropsychology and a member of the BPS Division of Health Psychology. He is Chair of the Association of Clinical Psychologists UK.

He has worked as a clinical psychologist for 40 years. Prior to his appointment in Leicester he was Director of the 6-year, integrated Doctoral Clinical Psychology Training Course at the University of Hull. Throughout his academic career he has maintained an Honorary Consultant role in the NHS, treating patients with anxiety disorders, depression and obsessional compulsive disorder. He has more than 20 years' experience of examining patients with traumatic brain injury for the UK courts.

He obtained his three degrees from the University of Manchester: following graduating with a BSc in Psychology in 1978 he began his professional postgraduate training in Clinical Psychology in the Faculty of Medicine. Subsequently he completed a research PhD in 1990 which investigated learning and memory in alcoholics.

Over recent years Prof Wang has gained an international reputation for his research on cognitive and memory function during general anaesthesia. In 2004 he organized the 6th International Symposium on Memory and Awareness in Anaesthesia and Intensive Care (in Hull) – the foremost international forum for clinical research in this particular field. He has held appointments on a number of prominent committees in the British Psychological Society including the professional accrediting body for clinical psychology training, and a committee that is in the process of determining national standards for competence in the use of neuropsychological tests. He has served as an expert advisor on a NICE (UK) Committee in relation to the monitoring of depth of anaesthesia and also as an expert member of the Royal College of Anaesthesia's

National Audit Project 5 (a national audit of anaesthetic awareness reports). In 1999 he was made Fellow of the British Psychological Society and is also a Fellow of the Royal Society of Medicine.

In 2015 he was awarded the Humphry Davy Medal by the Royal College of Anaesthetists for his contribution to the understanding of accidental awareness during general anaesthesia.

Prof. Wang has published more than 60 papers in peer-reviewed journals, and numerous book chapters. He has been an invited speaker at international conferences on more than 30 occasions. In collaboration with colleagues he has won more than £1.2 million in research funding. He has supervised more than 40 doctoral research projects over the past 25 years. He has been a regular contributor and session chair at recent InPACT conferences, and recently joined the conference team as a co-organiser.

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ORAL PRESENTATIONS



CLINICAL PSYCHOLOGY

FEATURES OF DOCTORS LIFE-WORLD STABILITY DURING THE PANDEMIC COVID-19

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Abstract

Statement of the problem. The article formulates the problem and purpose of a study focused on identifying the characteristics of the doctors life-world stability during the pandemic associated with COVID-19. The problem of this study is due to the contradiction between the desire of people for stability, certainty, the ability to control their lives and the circumstances and conditions of the pandemic regime that limit people in such aspirations and opportunities.

Purpose of the article: to recognize the characteristics of the doctors life-world stability during the pandemic associated with COVID-19.

Methodology (materials and methods). The research methodology was composed of systemic anthropological psychology, which allows a person's living space to be considered as his (human) not linear, but multivariate future. At the same time, it becomes possible to consider the processes of self-fulfillment in space and time (chronotope), that is, in a life scan that has not yet taken place, but which a person is a part of. The methodological potential of systemic anthropological psychology in conjunction with the conceptual foundations of the theory of life self-fulfillment allows us to consider the human life-world stability as an opportunity for life self-realization of the project of one's life. This project just makes up such a characteristic of a person that can manifest itself precisely in the processes of life's self-fulfillment. In order to maintain the chronotopic logic of human life in the context of this study, we used the author's methodology "Study of the human life-world stability" (Loginova, 2012). The total sample size was 78 doctors: 58 - doctor on duty; 20 - attending doctor.

Research results. For the first time, data were obtained on the characteristics of the doctors life-world stability during the pandemic associated with COVID-19. The specifics of changing the time mode of events, the emotional background, the continuity of personal history and the decrease in reflexivity are key. According to the above parameters, significant differences were found in the indicators before the events associated with the special epidemiological regime of the pandemic caused by COVID-19 and during the pandemic.

Conclusions in accordance with the purpose of the article. The materials presented will allow psychologists to take these results into account when working with doctors who have particularly experienced the period of the pandemic associated with COVID-19, keeping these parameters in focus as targets for psychological assistance. The obtained data actualizes the need to develop special psychological support programs when leaving the special epidemiological regime of a pandemic.

Keywords: *Systemic anthropological psychology, human life-world stability, living space, opportunities for life self-fulfillment, pandemic, COVID-19.*

IMPACT OF THE CONFINEMENT ON THE USE OF VIDEO GAMES, GAMING-RELATED MOTIVATIONS: A QUANTITATIVE AND QUALITATIVE STUDY

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Abstract

The rapid spread of Coronavirus disease all over the world led to health and political measures in several countries such as spatial distancing, closures of institutions, and so on. People were invited to stay home with limited outside activities and face-to-face interactions. To pass the time, and to cope with negative

feelings, people had to find alternative activities like playing video games. The present study aims to investigate potential changes in gaming behaviors and the associated gaming motivations. To do so, 346 participants were invited to complete a questionnaire during the confinement and to answer the following question: “Why do you play and is there a link with confinement?” Contextual and social motivations seemed to be two of the most important motivations.

Keywords: *Video games, COVID-19, confinement, gaming disorder, motivations.*

THE LANDSCAPE OF ONE BREAST: EMPOWERING BREAST CANCER SURVIVORS THROUGH DEVELOPING A TRANSDISCIPLINARY INTERVENTION FRAMEWORK IN A JIANGMEN BREAST CANCER HOSPITAL IN CHINA

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Abstract

Breast cancer is a major concern in women’s health in Mainland China. Literatures demonstrates that women with breast cancer (WBC) need to pay much effort into resisting stigma and the impact of treatment side-effects; they suffer from overwhelming consequences due to bodily disfigurement and all these experiences will be unbeneficial for their mental and sexual health. However, related studies in this area are rare in China. The objectives of this study are 1) To understand WBC’s treatment experiences, 2) To understand what kinds of support should be contained in a transdisciplinary intervention framework (TIP) for Chinese WBC through the lens that is sensitive to gender, societal, cultural and practical experience. In this study, the feminist participatory action research (FPAR) approach containing the four cyclical processes of action research was adopted. WBC’s stories were collected through oral history, group materials such as drawings, theme songs, poetry, handicraft, storytelling, and public speech content; research team members and peer counselors were involved in the development of the model. This study revealed that WBC faces difficulties returning to the job market and discrimination, oppression and gender stereotypes are commonly found in the whole treatment process. WBC suffered from structural stigma, public stigma, and self-stigma. The research findings revealed that forming a critical timeline for intervention is essential, including stage 1: Stage of suspected breast cancer (SS), stage 2: Stage of diagnosis (SD), stage 3: Stage of treatment and prognosis (ST), and stage 4: Stage of rehabilitation and integration (SRI). Risk factors for coping with breast cancer are treatment side effects, changes to body image, fear of being stigmatized both in social networks and the job market, and lack of personal care during hospitalization. Protective factors for coping with breast cancer are the support of health professionals, spouses, and peers with the same experience, enhancing coping strategies, and reduction of symptom distress; all these are crucial to enhance resistance when fighting breast cancer. Benefit finding is crucial for WBC to rebuild their self-respect and identity. Collaboration is essential between 1) Health and medical care, 2) Medical social work, 3) Peer counselor network, and 4) self-help organization to form the TIF for quality care. The research findings are crucial for China Health Bureau to develop medical social services through a lens that is sensitive to gender, societal, cultural, and practical experiences of breast cancer survivors and their families.

Keywords: *Gender sensitive, women with breast cancer, transdisciplinary intervention framework, empowerment, feminist participatory action research.*

COMMUNICATION STYLE: THE MANY SHADES OF GRAY

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Abstract

The major aspects of communication include the communicating individual, the addressee, and the style of communication which can be more objective or subjective. The present study examines the role of the communicator’s motivation and the identity of the addressee of the communication in regard to the style of communication. The motivation was assessed in terms of the cognitive orientation approach (Kreitler

& Kreitler) which assumes that motivation is a function of beliefs that may not be completely conscious. The motivation to communicate may be oriented towards sharing and self disclosure or towards withdrawal and distancing oneself from others. The style of communication was assessed in terms of the Kreitler meaning system which enables characterizing the degree to which the communication is based on means that are more objective and interpersonally-shared means (viz. attributive and comparative means) or more personal-subjective ones (viz. examples and metaphors). The hypothesis was that the style of communication is determined by one's motivation and by the recipient's characteristics, which in the present context was gender. It was expected that when the motivation supports sharing and the addressee is a woman the style would be mainly subjective, while when the motivation supports withholding information and the addressee is a man the style would be objective. The participants were 70 undergraduates. The tool was a cognitive orientation questionnaire. The experimental task was a story that had to be recounted. The narratives were coded in terms of the Kreitler meaning system. The data was analyzed by the Cox proportional hazards model. The findings supported the hypothesis of the study. Major conclusions referred to the motivational determinants of communication styles.

Keywords: *Communication, style, sharing, motivation, cognitive orientation.*

THE EXPERIENCE OF INFERTILITY AND QUALITY OF LIFE OF WOMEN UNDERGOING THE IVF PROCESS – A STUDY IN SERBIA

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Abstract

Studies have shown that women facing infertility and undergoing the IVF process generally belong to the mentally healthy group of the population. However, their stress level and emotional reactions vary significantly. Besides, there are women who report higher anxiety and/or depression levels up to six months after an (unsuccessful) IVF process. The aim of this study is to determine the perception of the infertility experience and the functioning of domains particularly affected by overcoming infertility through IVF. Fourteen women were excluded from the study sample due to their secondary infertility: 9 women had already had a child conceived though IVF and 5 had conceived naturally – these respondents have a successful experience of overcoming infertility, as they do not face the possibility of remaining involuntarily childless. The final sample was comprised of 149 women, 23 to 45 years of age ($M=35,50$, $SD=4,48$). For 83,9% of the women, the ongoing IVF procedure was the first (38,3), the second (25,5) or the third (20,1) attempt, while the rest of respondents were going though IVF for the fourth to the eighth time. Infertility is considered the worst experience of their life by 67,8% of the respondents. 95,3% of the respondents in the study want psychological counseling, which is not an integral part of the IVF process in Serbia and thus not covered by the national health insurance. The “Fertility quality of Life” (FertiQoL; Boivin, Takefman and Braverman, 2011) Questionnaire was used for the assessment of quality of life. A one sample t-test shows statistically significant differences in experiencing difficulties in the observed domains. The respondents have the lowest scores on the Emotional subscale, meaning that the most pronounced feature is the impact of negative emotions (e.g., jealousy and resentment, sadness, depression) on quality of life. The score on the Social subscale is highest, which means that social interactions have not significantly been affected by fertility problems. In conclusion, the infertility experience is highly stressful for a significant number of women and they are in need of psychological support, especially for overcoming negative emotions. This can be done by defining a new way of life filled with contentment, one that is in accordance with their value systems, despite their experience of infertility.

Keywords: *Infertility, IVF, FertiQoL, psychological support.*

PERCEIVED SELF-REGULATORY SUCCESS IN DIETING AND ITS CORRELATES AMONG WOMEN WITH FOOD ADDICTION

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Abstract

Background: Several psychological features are implicated in the dieting success. Better understanding of these features may allow reducing dieting failure of both surgical and non-surgical weight loss interventions, especially for individuals with food addiction (FA). In non-clinical population, low perceived self-regulatory success (PSRS) in dieting is associated with higher BMI (body mass index), FA, food craving and impulsivity. PSRS could partially explain weight gain in FA, but no study investigated this association in the specific FA population. **Method:** To diagnose FA, 288 women recruited online completed The Yale Food Addiction Scale 2.0. They also completed the following self-administrated questionnaires: the French adaptation of the PSRS in dieting scale, the Food Craving Questionnaire Trait-Reduced, and the Barratt Impulsivity Scale-11. They specified their height, current and lifetime maximal weight, and if they were in a current diet. Mean age was 26.1±10.3 years. Mean current BMI was 23.4±5.5 kg/m². **Results:** 79 women met criteria for FA (27.4%), indicating significant less PSRS in dieting and higher probability to be in a current diet to lose weight. In the whole population (n=288), PSRS in dieting was negatively correlated with current and lifetime maximal BMI, food craving, FA, attentional and non-planning impulsivity. In a multiple linear regression conducted in the subgroup of women with FA, PSRS score was predicted by age, current BMI, food addiction and food craving. More, results suggested food craving enable the association between food addiction and PSRS. **Conclusion:** These results showed the high preoccupation about food intake and weight gain in the FA population. Psychological features associated with FA such as food craving and impulsivity, seem to impact the PSRS in dieting, increasing psychological vulnerability.

Keywords: Food addiction, perceived self-regulatory success in dieting, food craving, impulsivity, obesity.

THE ASSIMILATION PROCESS OF PROBLEMATIC EXPERIENCES AND LONG-TERM OUTCOMES IN PSYCHOTHERAPY FOR DEPRESSION: COMPARING A RELAPSED AND A NON-RELAPSED CASE

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Abstract

Over the years, research has demonstrated that psychotherapy is an effective treatment in different psychopathological conditions. However, which are the mechanisms or processes involved in therapeutic change that could explain its efficacy are not yet clear. The Assimilation of Problematic Experiences Model describes change in therapy as a process that occurs through the gradual assimilation of problematic experiences in the self – higher levels of assimilation seem to be associated with a better outcome at the end of therapy. However, little is known about the contribution of this process to the maintenance of therapeutic gains after the end of therapy. In the current study we aimed to explore how the level of assimilation achieved throughout therapy is associated with relapse prevention after treatment. We analyzed two good outcome cases of Emotion-Focused Therapy, previously diagnosed with depression: one case that remained asymptomatic and another that relapsed one year and a half after the end of therapy. The Assimilation of Problematic Experiences (APES) was used to assess the assimilation levels achieved and the Beck Depression Inventory-II (BDI-II) was used to assess the intensity of depressive symptoms. Five therapeutic sessions and three follow-up sessions were rated using the APES. The results showed that

higher APES levels were associated with lower intensity of symptoms at the end and after therapy termination, being associated with relapse prevention in depression. These results suggest that a complete assimilation of the problematic experiences may help clients to maintain therapeutic gains reducing the probability of relapsing in depression.

Keywords: *Depression, assimilation of problematic experiences, change.*

THE POLISH ADAPTATION AND FURTHER VALIDATION OF THE COVID STRESS SCALES (CSS)

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Abstract

The scientific need to recognize the impact of the COVID-19 pandemic on human psychosocial functioning requires reliable and valid research tools to assess this impact. Therefore, we designed a study to create and further validate a Polish version of a research instrument assessing stress, anxiety, and fear related to the pandemic – *the COVID Stress Scales* (CSS; Taylor et al., 2020). This paper presents the specific research steps designed to develop and validate the Polish-language version of CSS (Taylor et al., 2020). These steps are as follows: 1) the translation of the original CSS into the Polish language by three independent translators and the back-translation by three other independent translators; 2) the assessment of the equivalence of the Polish translation of CSS in a study involving a sample of 30-60 bilingual people, fluent both in English and Polish languages; 3) the pilot study employing the pre-final Polish version of CSS; 4) the validation study involving a sample 600-900 participants in which the following instruments will be used: the Fear of COVID-19 Scale, the Patient Health Questionnaire-9 Scale, the Short Health Anxiety Inventory, the Social Desirability Scale, the Obsessive-Compulsive Inventory-Revised Scale, the Xenophobia subscale of the Questionnaire of Political Beliefs and the subscale Sensation seeking from the Impulsive Behavior Scale.

We expect that the Polish version of CSS will be widely used by Polish researchers in their studies concerning the impact of the COVID-19 pandemic and other epidemiological threats on mental health. At the same time, we hope that our study will provide results that will help foreign researchers understand the COVID-19 pandemic in other countries.

Keywords: *COVID-19, coronavirus, the COVID Stress Scales, stress, anxiety, fear.*

THE EFFECT OF COVID-19 PANDEMIC ON THE EMOTIONS OF NURSES IN ISRAEL

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Abstract

The Covid-19 pandemic, which originally spread in China in late 2019 and then affected the entire world including Israel, has thrown into the battle numerous medical teams, including physicians, nurses and other para-medical teams, both in hospitals and in the community. The medical personnel embarked on a variety of new tasks and challenges, which required them to manifest extraordinary strength. Healthcare providers and caregivers are one of the vital resources in each and every country. Their health and safety are important and crucial parameters not only for the continuous and safe care of patients, but also for controlling the outbreak of epidemics. Working in the medical field is known to bear implications for the mental health of healthcare providers and anxiety, depression, insomnia and stress are not a rare occurrence (S. Liu et al., 2020). Therefore, there is a need to consider the well-being of medical staff and to provide support where needed.

Keywords: *Covid-19, nurses, emotions, fear, indispensability.*

CONTEMPLATION: THE RATIO OF CONSCIOUS AND UNCONSCIOUS

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Abstract

In psychological science, the concept of contemplation is not included in the most important categories of psychology, such as activity, consciousness, personality. The dictionary meanings of the term “contemplation” are ambiguous. In psychology, in addition to the categorical analysis of contemplation (S.L. Rubinstein) and its attribution to fundamental concepts (A.V. Brushlinsky), there are also interpretations of contemplation, which are synonymous to intuition (A. Bergson) and meditation (V.F. Petrenko, Han F. De Wit), insight (preconceptual thinking - T.K. Rulina), mystical states (W. James, P.S. Gurevich). Contemplation, unlike intuition, meditation and insight, does not have a previous reportable history.

In our studies, contemplation is considered as an unconscious mental phenomenon that exists in the forms of a process, state, and also the properties of an individual (contemplative personality). Not coinciding with the processes of attention, memory, perception, thinking, etc., contemplation, however, is activated on their basis. The difference lies in the uncontrollability of this process, since its contents are not presented to consciousness. Therefore, contemplation is also different from dreams, experiences, intentions and other internally substantive mental phenomena. Despite the fact that consciousness does not have access to the content of contemplation (access-consciousness), the process itself is realized by man. In this we see the difference between contemplation as unconscious activity and Freudian understanding of the unconscious. Other differences are: involuntary entry and random exit from the state of contemplation; emotional equipotentiality of contemplation, i.e. the invariability of the emotional background of contemplation from the beginning to the exit from it. In ontogenesis, contemplation is most clearly represented in infancy, in youth, and in old age, as well as during periods of age and other life crises. Reminiscences of students record the age range from 11 to 17 years as the most saturated with contemplation; least at the age of 6-8 years (L.S. Akopian). Contemplation as an unconscious activity periodically replaces purposeful activity, contributing to the maturation, correction, transformation of the person’s life meanings in their micro-, meso- and macro-macro dimensions.

Contemplation also fulfills the function of partially liberating oneself from an excess of affairs, concerns, plans, aspirations, and other forms of conscious activity. The development of practice-oriented forms of actualization of contemplation will expand the range of psychotherapeutic methods.

Keywords: *Contemplation, consciousness, unconsciousness, method.*

TOWARDS A SHARED DECISION-MAKING TOOL REGARDING RETURNING HOME AFTER REHABILITATION FOR A TRAUMATIC BRAIN INJURY IN OLDER ADULTS

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Abstract

Objectives: The objectives were to identify facilitators and barriers of the decision-making process to return home or not for older people sustained a traumatic brain injury (TBI) during a stay in rehabilitation service. **Methods:** The sample consisted of 5 patients (80% women, Mage=79.4 years; SD=3.21) admitted to a level 1 trauma center following TBI and who had a stay in rehabilitation service for whom orientation (home or elsewhere) following discharge from inpatient rehabilitation was the object of a formal discussion within the multidisciplinary rehabilitation team in charge of the patient (60% moderate, 40% mild), 4 family caregivers (100% women, Mage=71.75 years; SD=14.08), who were interviewed post-TBI, and 6 healthcare professionals (83% women). Semi-structured interviews and focus group were administrated and a qualitative content analysis was performed.

Results: Main facilitators to returning home highlighted by all participants were: (1) Patient's adequate health condition and functional status, (2) Access to health and other services at home, (3) Availability of help from a family caregiver. Conversely, if one of these factors was not met, it represented a barrier. Other facilitators identified were: (4) Attachment to one's home, (5) Feeling of commitment toward a loved one, (6) Having the possibility of going through a transitional phase, (7) United front between the patient and the family caregiver towards a return home. Additional barriers to returning home included: (8) Incongruent perspectives, and (9) Unclear knowledge about available health and other services at home. Healthcare professionals viewed security and health-related factors as most determinant when presenting options for post-rehabilitation orientation, which sometimes led to discussions with the family. Professionals however underscored the importance of respecting patient and family members' final decision while planning adequate support.

Conclusions: This study highlights that patient and caregiver's perspectives can differ from that of professionals and suggests that the latter should more systematically integrate views, values and wishes of patients and family members in their approach to support shared decision making for orientation after rehabilitation. Specifically, these results could be translated into a practical guide. The purpose of this guide would be to help all actors hear and express each other's needs and expectations. After discussions based on these concrete facilitators and barriers, a consensus could be reached and the orientation decision would correspond to everyone.

Keywords: *Barriers and facilitators, discharge, older adults, qualitative study, traumatic brain injury.*

UNDERSTANDING NEW ZEALAND ADULTS' ATTITUDES TOWARDS DIGITAL INTERVENTIONS FOR HEALTH

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Abstract

E-health has transformed healthcare by improving access and reach of health services, which is now more critical than ever given the COVID-19 pandemic. One aspect of e-health is the delivery of health interventions via the internet or through smartphone apps, known as digital interventions (DI). These DI can improve physical and mental health for people, by modifying behaviour and improving illness management. Despite, the benefits of DI use remains low. One explanation for this low usage is people's attitudes towards DI. Indeed, having a positive attitude towards DI is associated with an increased likelihood of wanting to engage with DI. Therefore, people's attitudes towards digital interventions are important in understanding if people are willing to engage with them. To date, limited research exists about attitudes and much of this varies based on region and population. Along, with understanding people's attitudes it is important to understand what shapes people's attitudes towards these interventions. Therefore, this study sought to determine New Zealand (NZ) adults' attitudes towards DI and what shapes these attitudes. In order to address these questions a cross-sectional survey was used. Results indicate that NZ adults have neutral to somewhat positive attitudes to DI and their attitudes are influenced by common factors including: beliefs about accessibility of DI and the COVID-19 experience. These findings suggest that some NZ adults have a positive attitudes to DI, but overall people's attitudes needed to be addressed to ensure people are ready to use DI.

Keywords: *Digital interventions, attitudes, e-health, telehealth.*

THE ROLE OF MUSIC IN PSYCHOLOGICAL AND EMOTIONAL DEVELOPMENT

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Abstract

It is widely believed that a truly "whole" person is one whose intellectual and emotional responses are normally developed; yet our patterns in education tend to stress the intellectual and ignore the emotional. The arts, because of their emotional demands, make for a stronger bond between persons who can share in

the art experience. This is especially so of music which has a long been termed the universal tongue. It is a form of communication in which every human being can participate. Many studies have shown that it is not by accident that we find minimal behaviour problems among the students who are involved with music study. It is now believed that the child who becomes involved in expressing himself/herself through the media of music takes on new dimensions in his or her psychological, behavioural and sociological relationships. It is this paper, we shall draw upon the experiences of music educationists from various countries, and as a consequence, it is reaffirmed that for a holistic and balanced development of students personalities music study should be mandatory in school curricula.

Keywords: *Art, communication, emotional development, music, musical development, personality, psychological development, psychology of music.*

PERCEPTIONS PERTAINING TO STIGMA AND DISCRIMINATION ABOUT DEPRESSION: A FOCUS GROUP STUDY OF PRIMARY CARE STAFF

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Abstract

The present study was conducted to explore the perception and views of primary care staff about Depression related Stigma and Discrimination. The Basic Qualitative Research Design was employed and an In-Depth Semi-Structured Discussion Guide consisted of 7 question was developed on the domains of Pryor and Reeder Model of Stigma and Discrimination such as Self-Stigma, Stigma by Association, Structural Stigma and Institutional Stigma, to investigate the phenomenon. Initially, Field Test and Pilot study were conducted to evaluate the relevance and effectiveness of Focus Group Discussion Guide in relation to phenomena under investigation. The suggestions were incorporated in the final Discussion Guide and Focus Group was employed as a data collection measure for the conduction of the main study. A purposive sampling was employed to selected a sample of Primary Care Staff (Psychiatrists, Medical Officers, Clinical Psychologists and Psychiatric Nurses) to elicit the meaningful information. The participants were recruited from the Department of Psychiatry of Pakistan Medical and Dental Council (PMDC) recognized Private and Public Sector hospitals of Lahore, having experience of 3 years or more in dealing with patients diagnosed with Depression. However, for Medical Officers, the experience was restricted to less than one year based on their rotation. To maintain equal voices in the Focus Group, 12 participants were approached (3 Psychiatrist, 3 Clinical Psychologists, 3 Medical Officers and 3 Psychiatric Nurses) but total 8 participants (2 Psychiatrists, 2 Medical Officers, 3 Clinical Psychologists And 1 Psychiatric Nurse) participated in the Focus Group. The Focus Group was conducted with the help of Assistant Moderator, for an approximate duration of 90 minutes at the setting according to the ease of the participants. Further, it was audio recorded and transcribed for the analysis. The Braun and Clarke Reflexive Thematic Analysis was diligently followed through a series of six steps such as Familiarization with the Data, Coding, Generating Initial Themes, Reviewing Themes, Defining and Naming Themes. The findings highlighted two main themes i.e., Determining Factors of Mental Health Disparity and Improving Treatment Regimen: Making Consultancy Meaningful. The first theme was centered upon three subthemes such as Lack of Mental Health Literacy, Detached Attachment and Components of Stigma and Discrimination. The second theme included Establishing Contact and Providing Psychoeducation as a subtheme. The results manifested the need for awareness-based Stigma reduction intervention for Primary Care Staff aims to provide training in Psychoeducation and normalization to reduce Depression related Stigma and Discrimination among patients diagnosed with Depression.

Keywords: *Stigma and discrimination, depression, primary care staff, mental health literacy, detached attachment.*

THE PREDICTIVE ROLE OF PERCEIVED PARENTING STYLES AND INTERPERSONAL PROBLEMS ON BORDERLINE PERSONALITY BELIEFS IN YOUNG ADULTS

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Abstract

Interpersonal difficulties are the core characteristics of the borderline personality disorders (BPD). Also, the development of BPD has been associated with early childhood experience with parents. However, how parenting styles and interpersonal difficulties contribute to the borderline personality beliefs among young adults have not been highlighted in literature.

The aim of the study is to investigate the role of parenting styles and interpersonal problems in predicting borderline personality beliefs (BPB). Participants consisted of 293 young adults (154 women, 139 men) between 19-39 ages ($M=27.12$, $SD=6.34$). Sociodemographic Form, Young Parenting Inventory (YPI), The Inventory of Interpersonal Problems (IIP-C), Borderline Personality Belief Questionnaire (PBQ) were given the participants via online survey platform. The results demonstrated that there was a predictive role of perceived parenting styles on BPD beliefs. Among YPI sub dimensions, maternal and paternal overprotective/anxious and belittling/criticizing, maternal over permissive/boundless, and paternal conditional/achievement-focused parenting styles found as negative parenting practices that predict BPD beliefs. Furthermore, there was a predictive role of interpersonal problems on BPD beliefs. Among IIP-C sub dimensions, domineering/controlling, cold/distant, socially avoidant, and overly accommodating styles have been found as interpersonal problems that predict BPD beliefs. These findings provide consistent findings with the theoretical background of BPD about the importance of maternal and paternal parenting styles on healthy personality development. The findings also revealed that interpersonal behaviors may be problematic behaviors that can support persistent BPD beliefs.

Keywords: Maternal parenting style, paternal parenting style, parenting styles, interpersonal problems, borderline personality beliefs.

EMOTIONS AND ATTITUDES OF PREGNANT WOMEN IN SOCIAL ISOLATION IN THE PERIOD OF CORONAVIRUS PANDEMIC

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Abstract

This study focuses on verifying the emotions and attitudes of pregnant women in social isolation during the COVID-19 pandemic and gathering information for the organization of psychoeducational support actions online. A questionnaire was prepared on identification, gestational and family history, emotions and attitudes toward social isolation and use of distance communication tools and search for psychological support. Were answered 59 questionnaires. 95% agreed with the social isolation measures. Family relationship conflicts were reported in 54.2%. Changes in emotions were perceived in 91.5%, of which 86.4% associated with the pandemic and 66.1% to pregnancy. The emotion of fear was aroused in 84.7% of the cases, sadness in 45.8%, loneliness in 33.9%, exhaustion in 42.4%, irritation in 50.9%. Positive emotions of solidarity occurred in 28.8%, hope in 27.1% and optimism in 15.3% of the sample. 54.2% think that talking to a psychologist can help. The content of the responses is concerned with quality of life, hygiene habits, and interpersonal relationships, special care for the baby, avoiding visits to babies, need for help with baby care, fear of contagion and going to the hospital, insecurity about returning to work and the absence of government protection measures. It is concluded that psychological support and online psycho education for pregnant women can be a protective factor for the mental health of pregnant women during the pandemic.

Keywords: Covid-19, pandemic, pregnancy.

PSYCHOEDUCATION TO PREVENT THE SPREAD OF HIV AMONG MEN WHO HAVE SEX WITH MEN IN SURABAYA CITY

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Abstract

Sexual transmission of HIV among Men who have Sex with Men (MSM) is believed to be one of the sources of the AIDS epidemic. Nowadays, governments, communities, and NGOs are taking action to prevent its spread by assisting and educating groups of MSM in their countries. This assistance involves experts in many fields of study, including psychology. In the field of psychology, psychoeducation is believed to be one of the ways to assist the MSM groups. In September to December 2019, the authors conducted a mentoring effort to the MSM community at the MSM community gathering location called Gang Pattaya, in the city of Surabaya, the second largest and densely populated city in Indonesia. The existence of this community is disguised by the general public, but is well known by NGOs. Community members do MSM out of their liking, although some do it in exchange for money. However, safety factors, such as using condoms for MSM, are not a priority for this community. They do MSM whether they receive a reward or not, just out of a boost of pleasure. There is no attempt to find out the health of the partner once they are attracted to each other. In general, they do not know whether they are infected with HIV. Most of them feel healthy and since they do not show any symptoms, they think it is not necessary to get tested. In the mentoring process, we conduct psychoeducation, which begins with an approach to certain individuals so that they are comfortable with our presence, then increasing awareness of safer sex behavior for HIV prevention for groups in the form of counseling using the Theory of Reasoned Action (TRA) approach. Counseling is carried out in various forms including roleplay, games, and seminars. The number of participants was 11 people as agents of changes of the community, varying from 19 - 47 years old. Pretest related to knowledge of safer sex was carried out before conducting the intervention and post-test after the intervention. The normality test used is the Shapiro-Wilk analysis. Different tests on the data obtained were carried out using the non-parametric Wilcoxon Signed Ranks Test. None of the participants had lower post-test knowledge scores than the pre-test. Pretest and post test for safer sex behavior showed 2 participants with safer sex behavior did not change. Both belong to the senior group, while other participants have an improvement in their safer sex behavior. These findings suggest that intervention programs for MSM as an effort to reduce HIV transmission should pay attention to affective and cognitive coping strategies.

Keywords: *HIV, men who have sex with men, psychoeducation, psychology health, safer sex behavior, theory of reasoned action.*

ANXIETY, DEPRESSION OF PREGNANT WOMEN DURING COVID-19 PANDEMIC: ARTICLE REVIEW

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Abstract

The article is the review of the available research papers on anxiety, depression, stress and signs of PTSD in pregnant women during the COVID-19 pandemic. Articles were searched in the databases of Scopus, Web of Science, EBSCO, APA using the keywords "pregnancy", "COVID-19", "anxiety", "depression", "stress", "PTSD". For this article review we selected only those research studies that have comparatively large samples, with the most widely used measures: State and Trait Anxiety Inventory (STAI), Generalized Anxiety Disorder (GAD-7), Edinburg Postpartum Depression Scale (EPDS), and Impact of a Traumatic Event Scale (IES-R). In these studies levels of anxiety, depression and PTSD are either compared to the existing cut-off scores for these disorders in the literature or in COVID-19 and pre-COVID cohorts of pregnant women. Some papers include not only women during pregnancy but also postpartum. Data here are presented only on pregnancy. The results show that 22% to 68% of pregnant women experience moderate to severe anxiety, and it is two to five times more than the prevalence of anxiety in the literature. The state anxiety has increased more compared to trait anxiety. 14.9%-34.2% of women report on clinically significant levels of depression, and it is twice higher than the pre-existing data. About 10.3% of pregnant

population have PTSD signs which falls into a moderate range. The levels of anxiety, depression and PTSD are significantly higher in COVID-19 cohorts than in pre-COVID samples. The most predicting factor for anxiety, depression and PTSD is the pre-existing mental health disorder of anxiety or depression.

Keywords: *COVID-19, pregnancy, anxiety, depression, PTSD.*

AN EXPLORATIVE STUDY REGARDING THE RELATIONS BETWEEN DARK TRIAD AND HEXACO MODEL OF PERSONALITY

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Abstract

Despite their diverse origins, the personalities composing this Dark Triad share several features. To varying degrees, all three entail a socially malevolent character with behavior tendencies toward self-promotion, emotional coldness, duplicity, and aggressiveness (Paulhus & Williams, 2002). Subclinical narcissism, Machiavellianism, and psychopathy are referred to as the Dark Triad due to their socially undesirable nature, similar phenotypical behaviors (e.g., manipulation), positive intercorrelations of their scales, and conceptual similarities (e.g., ego-centricity) (Rauthmann, 2012). A narcissistic person is described in terms of a high vanity, constantly seeking attention and admiration, with a sense of superiority or authority. Most often he or she manifests manipulative and exhibitionist behaviors. Machiavellianism is a tendency to be cynical, pragmatic, emotionally detached in interpersonal relations but, at the same time a good organizer and having long-term strategically thinking. Psychopathy presents as cardinal features: impulsiveness, emotional detachment, manipulative antisocial behavior. In the current study 126 participants (24 males and 102 females), ages ranged between 18 and 26 years old ($M=19.30$, $SD=1.11$), were invited to fill in the following measures: MACH IV (Christie & Geis, 1970), Narcissistic Personality Inventory NPI-16 (Ames, Rose & Anderson, 2006), Self-Report Psychopathy scale – version III (Paulhus, Neumann, & Hare, 2009) and HEXACO-PI-R (Lee & Ashton, 2018). Results showed significant negative correlations between psychoticism and four of the six HEXACO factors, namely Honesty-Humility, Emotionality, Agreeableness, and Conscientiousness. Similarly, narcissism is negatively related to Honesty-Humility and Agreeableness, and positively with Extraversion. Machiavellianism showed a positive correlation with Honesty-Humility, Agreeableness, and Conscientiousness. Findings of the current study should be extended in more diverse samples (e.g., better female-male ratio) and also including measures for the Light Triad of personality, thus providing new insights into the positive, growth-oriented personality traits.

Keywords: *Dark triad, Machiavellianism, narcissism, psychopathy, HEXACO.*

FATIGUE AND ANXIETY IN BREAST CANCER: THE RELATIONSHIP WITH INTERPRETATION BIAS

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Abstract

Background: Research has highlighted both fatigue and anxiety to be two of the most debilitating symptoms of breast cancer that prevail for years into its survivorship, and suggests that these symptoms influence how people interpret information. Harboring negative interpretation biases also helps to maintain self-destructive beliefs resulting in increased severity of symptoms and disability in those already affected by the illness. This study is the first utilizing an experimental measure of assessing interpretation bias in a population of breast cancer to investigate the contribution of fatigue and anxiety.

Method: A cross-sectional study design was used. 53 breast cancer survivors and 62 female healthy controls were recruited via opportunistic sampling. Participants completed an online questionnaire assessing basic demographics, fatigue via the Chalder Fatigue Questionnaire (CFQ) and anxiety using the Hospital Anxiety and Depression Scale (HADS). Following this, an in-person testing session assessed interpretation bias (IB) using a computerised task.

Results: Independent sample t-tests found a non-significant result in the comparison of IB indices between populations ($t(112.60) = .28, p = .783; d = .05$). Significant differences were observed in mean fatigue and anxiety scores in the breast cancer population compared to the healthy controls. Pearson correlation identified a statistically significant positive correlation between CFQ scores and negative interpretation bias ($r = .34, n = 53, p = .013$), however not for anxiety. Hierarchical multiple regression was calculated to predict negative interpretation biases based on potential confounding variables (age, relationship status and level of education), CFQ, HADS anxiety scores (separately). All four regression models were non-significant. The only significant predictor of negative interpretation bias was fatigue ($\beta = .39, t(53) = 2.71, p = .009$).

Conclusion: The identified significant correlation between fatigue and negative interpretation bias in this study corroborates findings from existing literature. However other results proved inconsistent with the vast body of research suggesting that breast cancer survivors would make more negative interpretations of ambiguous stimuli on an IB task compared to healthy controls. These results highlight the potential for future research investigating strategies of inherent self-adaptive and coping mechanisms that are or could be adopted by these participants to overcome this cognitive bias.

Keywords: *Fatigue, anxiety, breast cancer, interpretation bias.*

COMPULSIVE BUYING AND RELATED MOTIVES: ENHANCEMENT AND COPING

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Abstract

Background: Research indicates that compulsive buying that refers to chronic, excessive shopping and expenditure isn't rare, especially among the young people. However, related studies are limited. More research is required to advance our understanding about the phenomenon and to improve prevention and treatment strategies.

Objectives: This study especially aimed to investigate the role of shopping motives for compulsive buying. For this purpose, coping and enhancement motives that were originally developed to assess drinking reasons were adapted for shopping. Examining the relationships of compulsive buying with demographics, spending frequency of different products, positive and negative affect were also other objectives of the study.

Methods: The sample was composed of 362 voluntary university students selected through convenience sampling in Turkey. Majority of the participants were females (77.9%). The mean age was 21.91 (SD = 3.11). Participants rated the frequency of shopping motives for each of the 5 enhancement items (e.g. *to get high, because it's fun*) and the 5 coping items (e.g. *to forget worries, to relax*) on 4 point Likert-scale (1: almost never, 4: almost always). Compulsive Buying Scale, Positive and Negative Affect Schedule were also utilized as standard measurement instruments. The participants rated their spending frequency on different products such as cosmetics, clothes, technological products, or furniture on a 1 to 4 scale (1: almost never, 4: almost always).

Findings: According to the results of the hierarchical multiple regression analysis being female, having younger age and lower GPA (1st step) in addition to higher personal income (2nd step), spending frequently for cosmetics, shoes and clothes (3rd step), having higher negative affect (4th step) were found to be associated with compulsive buying scores. Moreover, both enhancement and coping motives that were entered into the regression equation in the last step (5th step), also predicted the participants' compulsive buying scores. The total explained variance was 58.2%.

Conclusions: The findings of this study are important to indicate the possible risk factors for compulsive buying including age, gender, income, spending habits, and negative affect. Moreover, the results reveal that buying something in order to enhance positive affect and to avoid negative feelings can be prominent determinants of compulsive buying. Research from non-Western countries such as the present study are essentially important to highlight the associates of compulsive buying across cultures since majority of the relevant literature derive from studies conducted with Western participants.

Keywords: *Compulsive buying, motives, enhancement, coping, Turkish university students.*

PROBLEMATIC INTERNET USE AMONG ADOLESCENTS AND THE VIEW OF CONTEXT: A PLS-STRUCTURAL EQUATION MODEL

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Abstract

The idea of Internet use as a way to face psychosocial malaise is growing in the scientific literature about Problematic Internet Use (PIU). The present study, assuming the Semiotic Cultural Psycho-social Theory (SCPT) (Salvatore, 2018) as theoretical framework, postulates and emphasizes that the context in which the subject is embedded provide the symbolic resources, which ground the way adolescents perceive, experience, and therefore deal with the material and social world, including the likelihood of using the Internet as a way to facing life problems and difficulties. SCTP adopts the term “Symbolic Universes” (SU) to denote affect-laden assumptions concerning the world which may (or not) promote adaptive responses. Specifically, the present study aimed to test a mediation model in which each Symbolic Universes (i.e. independent variable) is associated with the psychosocial malaise in terms of social anxiety, loneliness, and negative emotions (i.e. mediator variable), which in turn has effects on PIU (i.e. dependent variable). Measures of PIU (GPIUS), symbolic universes (VOC), negative affect (PANAS), social anxiety (IAS), loneliness (ILs) among a total of 764 Southern Italy youths aged from 13 to 19 (mean age =15.05 ± 1.152). A Multiple Correspondence Analysis (MCA) was firstly run to detect SU; a Partial Least Squares Structural Equation Modelling (PLS-SEM) was then performed on R for testing the hypothesized mediation model.

The results demonstrated that Symbolic Universes characterized by anomie and unreliability of the social context are associated with adolescents’ PIU though the mediation of social anxiety, loneliness, and negative emotions.

Overall, findings suggest that within an anomic and unreliable scenario, PIU might acquire the meaning of a way to face life in an environment that seems meaningless, uncertain, and detrimental. On the plane of intervention, this points to the need for programs that address social and cultural influences in youths’ Internet use.

Keywords: *Problematic internet use, adolescents, symbolic universes, social environment, psychosocial malaise.*

QUALITY OF LIFE OF PATIENTS UNDERGOING SURGICAL TREATMENT OF LOWER LIMB CANCER

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Abstract

Patients suffering from oncological diseases are the focus of attention of both physicians and psychologists. Although tumor lesions of bones and soft tissues are a relatively rare condition, its effect on the person’s mind and lifestyle are significant, and its treatment is a challenge, also in terms of patient’s adaptation to the disease and therapy. There are various strategies for treating this pathology; all of them are associated with high-tech medicine focused on maintaining or improving patients’ quality of life (QoL).

The aim of the present research is to study the psychological characteristics and QoL of patients undergoing surgical treatment of tumor lesions of bones and soft tissues of lower limbs.

Material and methods. 36 patients were examined (mean age 58,22; 19 – men). The SF-36 questionnaire, Ways of Coping Questionnaire (WCQ), and Big Five Personality Test (BFI) were used. Treatment by means of the isolated limb perfusion technique was prescribed to 15 patients (group 1); 21 patients were subjected to lower limb amputation due to their disease (group 2).

Results. It was found that patients who underwent amputation are characterized by lower rates on the coping scale ‘accepting responsibility’ than patients from the perfusion group ($p < 0.05$); at the same time, patients from the second group had higher values on the ‘openness’ scale of the BFI compared to the first group ($p < 0.1$).

The study of the relationship between patients' QoL parameters, personality and coping showed that in the first group the values on the coping scale 'seeking social support' negatively correlate with 'bodily pain' ($p < 0.01$), and 'escape-avoidance' negatively correlates with 'social functioning' ($p < 0.01$). In the second group, the following significant correlations between personality traits and QoL were revealed: 'extraversion' is positively associated with 'physical functioning', 'role-emotional' and 'mental health' ($p < 0.01$), 'agreeableness' has a negative correlation with 'bodily pain' and 'general health' ($p < 0.01$), 'neuroticism' is negatively related with 'bodily pain' and 'general health' ($p < 0.01$), 'openness' is positively associated with 'bodily pain' and 'general health' ($p < 0.01$).

Conclusion. The data obtained emphasizes the importance of taking into account personality characteristics in the management of patients with cancer, including tumor lesions of the bones and soft tissues, as well as the dynamic nature of QoL and its close interconnection with the stage and strategy of treatment and patients' personality. Psychological support for patients is required for their successful adaptation to the illness and therapy.

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Keywords: *Health related quality of life, coping, cancer, surgical treatment.*

BEING ONLINE DURING COVID-19 AND THE RELATIONSHIP WITH WELL-BEING: NARRATIVES AMONG UNIVERSITY STUDENTS

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Abstract

During COVID-19 outbreak various technological devices have provided a basis for maintaining social connections with friends, family, work and community networks, and media have reported a global increase in Internet use. Scholars debate whether Internet use represented a resource for well-being or on the opposite a risk for health.

In the frame of Semiotic, Cultural Psychosocial Theory, we argue that the meaning of Internet use and its impact on well-being might depend on semiotic resources people possessed to represent the crisis and to use the Internet in a healthy manner.

The study examines the meanings of being online during the COVID-19 pandemic based on narratives collected from Italian young students (N=323; Mean age = 22.78, SD = 2.70; 77.3% women; 81.9% living with their parents), recruited by Microsoft Forms online survey during first Italian Lockdown, and explores whether different views of being online related to different connotations of the Internet during the pandemic and different levels of well-being.

Computer-assisted Content Analysis was used to map the main Dimensions of Meaning (DM) characterizing the texts. Then, ANOVA was used to examine (dis)similarities between DM related to Internet connotations (e.g., resource, danger or refuge); Pearson's correlations were computed to examine the relationships between DM and well-being.

Two DM emerged, the first represent the relationship between being online and the daily life context; the second, the Internet functions during the pandemic. Relations between DM, internet connotation and well-being were found.

Findings highlight how a plurality of representations of being online are active in the cultural milieu and their potential role in explaining the different impact of Internet use on well-being during pandemic.

Keywords: *COVID-19 pandemic, being online, meaning, internet connotation, well-being.*

PERCEIVED STRESS IN PATIENTS WITH CORONARY ARTERY DISEASE DURING THE COVID-19 PANDEMIC

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Abstract

Introduction: The COVID-19 pandemic has brought many routine changes to the entire Brazilian population. On mental health, individuals were observed to be increasingly susceptible to developing symptoms such as psychological stress, anxiety, and depression due to social restrictions. The psychosocial factors exerted a fundamental role in the etiology and evolution of cardiovascular diseases (CVDs), with stress being one of these factors. *Objective:* To evaluate the self-perceived stress on arterial coronary disease patients during the COVID-19 pandemic. *Methods:* Coronary artery disease patients undergoing percutaneous coronary intervention in the period between February and May 2020 at a reference hospital in cardiology were considered eligible. The patients were interviewed about their self-perceived stress through phone calls from August to December 2020. The clinical characteristics were obtained through the electronic record. The stress was evaluated using a Perceived Stress Scale – PSS-10. Those patients with a score higher than the PSS-10 average (16 points) were considered stressed. The patients were divided into groups with and without stress. The categorical variables were expressed through the frequency and percentage and analyzed by the chi-square test, and the continuous variables were described by average and standard deviation, then compared using a Student's t test. *Results:* A total of 501 patients were assessed for eligibility, and 200 were included. Forty-nine percent of the patients presented stress symptoms. The stressed patients were frequently younger and had a family history of premature coronary artery disease. The women were more often stressed than the men, even though both groups had a higher prevalence of stressed patients than non-stressed patients. Concerning the PSS-10 questions, the patients with stress were more frequently upset with something unexpected; they felt more often unable to control important matters in their lives, more nervous, and irritated than those without stress. They also referred to the greater difficulty they faced in controlling irritations in their lives. Finally, 50% of the stressed patients also felt very frequently that their problems had accumulated in such a manner that they could not solve them anymore, in comparison to 0.98% in the without-stress group. *Conclusion:* The patients with arterial coronary disease and self-perceived stress were younger and presented a family history of premature coronary disease. They had less control over their irritations and important issues in their lives, feeling overloaded and incapable of solving their problems compared to those without stress.

Keywords: Stress, psychological, pandemics, coronary artery disease, percutaneous coronary intervention.

FEELINGS AND REACTIONS OF MEN AND WOMEN TO THE COVID 19 PANDEMIC IN BRAZIL

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Abstract

This current study aims to understand the impacts of the pandemic on a group of adult men and women's mental health. Social distancing, the fear of getting sick, the loss of the loved ones and changes in the family's routine triggered and favored the difficulties increase in the population's mental health. This study presents data related to the online survey carried out from April to October among men and women in Brazil, through an electronic form, recording the effects of isolation, the main complaints and the feelings that permeate everyone. Both men and women over the age of 18 constitute part of the active population and an age group which assumes many responsibilities and was, on a large scale, affected by the pandemic. Out of the 6,766 people over the age of 18 that participated in the survey, 6,023 were female and 743 were male. Most women were aged between 31 to 40 and most men, 21 to 30. The main feelings reported by the participants appeared in the following order: fear, sadness, irritation, solidarity, overload, hope, loneliness and optimism for women and fear, irritation, sadness, overload, solidarity, loneliness, hope and optimism for men. It was concluded that in the pandemic period, people experienced constant and significant changes in the social and technological fields in an impacting way and without any choice. The pandemic caused

intense psychic distress in people, highlighting the need for therapeutic and preventive work to return to activities and for the population's mental health.

Keywords: *Feelings, pandemic, social distancing, isolation.*

BUFFERING EFFECT FOR 2ND COVID-19 LOCKDOWN: THE ROLE OF ACADEMIC E-LEARNING ADOPTION AMONG GENERATION Z

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Abstract

Background. The undergraduate community is composed of Generation Z members who constitute a social generation of digital natives who are technologically skilled. Their widespread exposure to technology accounts for their comfort with and strong knowledge of digital media. The government adoption of e-learning in academic education during the coronavirus disease (COVID-19) pandemic may be beneficial to such digitally skilled individuals.

Some studies have underscored the e-learning adoption adverse psychological impact on the mental health of the younger generation. In fact, the findings underscore an increase in psychological distress, excessive fear of infection, pervasive anxiety, frustration and boredom, a high level of stress, and post-traumatic stress symptoms.

We aimed to detect the protective factor for academic community during social restriction for pandemic in 2nd Italian lockdown analysing the adaptive behaviour of undergraduate in 3 field panels of academic education (life sciences, physical and engineer sciences, human and social sciences). We aimed to determine the psychological impact of prolonged e-learning on emotional regulation among undergraduate students. A secondary objective was to identify key components for preventive interventions targeted toward the academic community by investigating the buffering effect of e-learning in academic education on exposure to the pandemic.

Methods. An online cross-sectional survey was conducted on 570 university students (aged 18–26 years) pursuing degrees in life sciences, physical and engineering sciences, and social sciences in Italy. They were recruited using snowball sampling. We administered emotional (PDEQ, CSSQ, CAS), personality traits (BFI-10) and affinity for e-learning (AEQ) measures.

Results. Our findings suggest that a majority of the university students developed peritraumatic dissociative experience and stress, but not dysfunctional coronavirus anxiety during the 2nd COVID-19 lockdown in Italy. Nevertheless, the present findings also highlight the fragility of younger Gen Z undergraduate students who are beginning their academic journey amid the COVID-19 pandemic. Further, coronavirus distress significantly predicted mental health through the mediating effect of personality traits and e-learning affinity.

Conclusions. Therefore, health care professionals are encouraged to implement psychological support interventions that strengthen one's ability to manage stressful situations and reinforce their status as a digital native. Consequently, they may realize the power of their personal strengths, which in turn may mitigate their stress and peritraumatic dissociative experience when they deal with challenges, enhance their competence, and enable them to adopt effective coping strategies.

Keywords: *COVID-19, generation Z, buffering effect, e-learning, university students.*

ANXIETY AND DEPRESSION IN PATIENTS SUFFERING A MYOCARDIAL INFARCTION DURING THE COVID-19 PANDEMIC

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Abstract

Introduction: Acute myocardial infarction is an experience that may cause severe emotional impact to the individual who presented it. The anxiety and depression felt is caused not only by the infarction episode itself, but also by the current uncertain state of the world during and because of the COVID-19 pandemic,

something which can heighten these negative feelings throughout the entire population, especially in those considered to be in high risk groups. *Objective:* The objective of the present study is to estimate the prevalence of anxiety and depression among patients infarcted during the current coronavirus pandemic in the state of Rio Grande do Sul. This study will compare clinical characteristics and risk factors between groups with and without anxiety and depression. *Methods:* Acute myocardial infarction patients who were submitted to percutaneous coronary intervention from February to June 2020 at a reference hospital in cardiology were considered eligible. The patients were interviewed via phone calls. The clinical characteristics and intra-hospital events were obtained from the hospital's REDCap Database. The level of anxiety and depression suffered was evaluated utilizing the HADS (Hospital Anxiety and Depression Scale). Patients considered as suffering from anxiety and depression were those who obtained scores for the possible and probable presence of those mood disorders. Patients were divided into groups with and without anxiety and depression. The categorical variables were expressed through frequency and percentage and analyzed by the Chi-square test and the continuous variables were described by average and standard deviation, and analyzed by Student's t-test. *Results:* A total of 55 patients were interviewed. The majority of these patients were male (74,5%) and white (80%). The average age of those participating in the study was 58 ± 12 years, and the female participants were older than the males. The average number of years of education was 8 ± 4 years. The prevalence of anxiety was 38,2% and of depression 30,9%. *Conclusions:* The prevalence of anxiety and depression was higher than those described in the literature for this population, which supports the hypothesis that the pandemic may be aggravating the patient's emotional state. Another group will be interviewed for the control group.

Keywords: Anxiety, depression, myocardial infarction, COVID-19.

EMOTIONAL IMPACT IN FRONTLINE AND SECONDLINE HEALTHCARE PROFESSIONALS: COVID-19 AND II WAVE

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Abstract

Introduction. The rapid spread of coronavirus disease 2019 (COVID-19) has created unprecedented global challenges for health systems. National Healthcare Systems Hospitals adopted protective measures and medical equipment resources, exposing healthcare workers at risk for stress syndromes, subclinical mental health symptoms, and long-term occupational burnout. Health workers have had to deal with the most severe clinical cases in intensive care specialized operative division. Since the first months of the epidemic spread, some studies have established shown that nurses have shown symptoms of severe anxiety associated with peritraumatic dissociative experiences. Most of the studies examined the emotional impact of COVID 19 on health professionals but did not focus on different consider professionals roles and hospital departments workload.

Objective. The aim of our study was to analyze the emotional characteristics of health workers during the II wave of coronavirus (November-December 2020), comparing the frontline (COVID 19) and second line (chronic diseases) hospital divisions and analyzing the differences between the health roles.

Methods. We conduct a pilot study among health-workers. A sample of 28 healthcare workers (aged 23-62 years) were recruited from frontline and secondline hospital departments (L'Aquila, IT). The administered psychological battery was composed of n. 4 self-reports evaluating emotional variables (depression, anxiety, and stress) (DASS-21), personality traits (BFI-10), burnout risk (MBI), and perceived stress (PSS).

Results. The results highlighted significant differences: older health workers were found to be more vulnerable than those who younger health workers; another interesting point was that healthcare workers serving in frontline wards showed symptoms of depersonalization. No significant difference for the type of role held.

Conclusions. A prevention program should be activated to preserve frontline and older workers mental health. Earlier support could mitigate the effect of the pandemic experience, reducing the risk for emotional health workers' fragility.

Keywords: Covid-19, healthcare workers, emotional impact, clinical psychology, mental health.

FACTORS CONTRIBUTING TO WELL-BEING: COMPARING FUNCTIONAL SOMATIC SYMPTOM DISORDERS AND WELL-DEFINED AUTOIMMUNE DISORDERS

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Abstract

Functional somatic symptom disorders (FSSDs) are defined by persistent and chronic bodily complaints without a pathological explanation. Mindfulness involves the focus on the present moment by noticing surroundings, thoughts, feelings, and events, being nonreactive, being non-judgemental, and self-accepting. Psychological flexibility (PF) involves a focus on the present and the prioritization of thoughts, emotions, and behaviours that align with individual values and goals (Francis et al., 2016). Although PF does not involve a mindfulness practice, the two constructs are related. Research indicates consistent reported positive associations between mindfulness, PF, psychological wellbeing, and medical symptoms. In this study, individuals with FSSDs (fibromyalgia, chronic fatigue syndrome) were compared to those with well-defined autoimmune illnesses (multiple sclerosis, rheumatoid arthritis; AD) to determine how psychosocial factors affect wellness. Participants (N = 609) were recruited from social media and online support groups and completed questionnaires to assess physical health (Chang et al., 2006), psychological wellness (Diener et al., 1985), anxiety (Spitzer et al., 2006), depression (Martin et al., 2006), psychological flexibility, (Francis et al., 2016) and mindfulness (Drouman et al., 2018]. Results indicated that having an FSSD and higher depression was associated with both lower physical and psychological wellness. Interestingly, different aspects of psychological flexibility predicted physical and psychological wellness. These results suggest that different aspects of PF are associated with better physical and psychological health. As PF is modifiable, individuals with chronic conditions could receive training that could ultimately improve their overall health.

Keywords: *Functional somatic symptom disorder, autoimmune disorder, well-being, mindfulness.*

BRIEF PSYCHOSOCIAL INTERVENTIONS FOR REFUGEES WHO HAVE EXPERIENCED INTERPERSONAL VIOLENCE

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Abstract

With approximately 26 million refugees worldwide, the importance of increasing access to resources for this population continues to grow. Refugees who have suffered human rights abuses in their home countries often face persecution, discrimination, and economic hardship even after they have reached what they hoped to be a “safe haven” in the host country. Many have experienced trauma due to extreme violence and may present with mental health symptoms. The need for mental health support currently far exceeds the capacity to provide it, and there has been a mounting call for brief interventions that are accessible to the growing number of victims. Some brief transdiagnostic interventions, such as Problem Management Plus developed by the World Health Organization, have recently been found to be effective in addressing immediate mental health concerns. Particular challenges arise when working with refugees in transitional settings such as refugee camps or other temporary situations awaiting asylum proceedings where their immediate future and ability to engage in multi-session interventions are unpredictable. This presentation will review recent empirical research on brief interventions for refugees and discuss the use of brief counseling in the field based on clinical case examples from the author’s work in Greece. Using an approach that accesses refugees’ personal strengths can be particularly empowering in cases where the dehumanizing nature of interpersonal violence and of the current living conditions may contribute to a diminished sense of agency and self-worth. In addition, the cross-cultural context and stigma associated with mental health require careful consideration. Ethical concerns around informed consent, trust, and safety are more complex and nuanced especially when working with refugees in the field and will be discussed.

Keywords: *Trauma, refugees, psychosocial support, brief interventions.*

LIVING WELL AFTER CANCER: THE IMPACT OF SOCIAL SUPPORT AND PRODUCTIVE LEISURE

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Abstract

It is now recognized that the "cancer experience" extends beyond diagnosis, treatment, and end-of-life care. Relative to individuals who have not faced a cancer diagnosis, cancer survivors report increased mental health concerns and lowered physical and psychological well-being (Langeveld et al., 2004). Health-related quality of life encompasses overall physical (e.g., energy, fatigue, pain, etc.) and psychological functioning (e.g., emotional well-being, etc.), as well as general health perceptions (Hays & Morales, 2001). Nayak and colleagues (2017) reported that 82.3% of cancer patients had below-average quality of life scores, with the lowest scores found in the general, physical, and psychological well-being domains. Research suggests that various positive lifestyle variables, including social connectedness, leisure activity, and mindfulness practices are associated with increased quality of life in cancer patients (Courstens et al., 1996; Fangel et al., 2013; Garland et al., 2017). In this study, 350 cancer survivors completed an online questionnaire package that included a detailed demographic questionnaire with medical and online support and leisure activity questions. Additional measures were included to assess quality of life (QLQ-C30; Aaronson et al., 1993), social connectedness (Social and Emotional Loneliness Scale for Adults, SELSA-S; DiTommaso et al., 2004), and mindfulness (Adolescent and Adult Mindfulness Scale, AAMS; Droutman et al., 2018). Results show that increased QOL is predicted by increased medical support, lower family loneliness, self-acceptance, and engaging in a variety of leisure activities. Encouraging family support, including the patient in the decision-making process, encouraging a variety of physically possible leisure activities, and normalizing negative emotions surrounding diagnosis and disease symptoms are all ways that overall QoL can be improved.

Keywords: *Cancer, quality of life, leisure satisfaction, social connectedness, mindfulness.*

QEEG-BASED ASSESSMENT TOOL FOR DISORDERS ASSOCIATED WITH FUNCTIONAL IMPAIRMENTS OF BRAIN SYSTEMS

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Abstract

To date, subjective questionnaires or sophisticated objective physiological scans have been used to assess emotional or behavioral cognitive disorders which are associated with functional impairments of brain systems, such as ADHD, addictions, eating behaviors, depression, anxiety. The current presentation will present a study, testing the use of AI-algorithm-based assessment tool, that combines QEEG (Quantitative-EEG) and questionnaire, for simplifying the process of assessment, together with uncompromising precision.

The study included analyzing the knowledge about patterns of brain activity relevant to the disorder, mapping norms in the population, and constructing a specific algorithm for evaluating the subject with respect to the norms.

The current study focused on obesity disorder, as a first case study, as one of the most disturbing disorders in the Western world today. It demonstrated the validity and the effectiveness of using the AI-algorithm-QEEG-based assessment tool.

Part A of the study was designed to develop a tool that combines a questionnaire with a QEEG test as part of an AI computerized assessment of subjects. A pilot questionnaire of eating behaviors was constructed, based on common questionnaires, with 60 statements on a 6-point Likert scale. The pilot questionnaire was distributed to 150 people. Following statistical analysis, the statements were revealed and the questionnaire was distributed in its shortened version to 1,300 people. Using AMOS statistic software, it was found that the final version can clearly identify a "dominant brain system type" in the subject ('Frontal' for executive type, 'Parietal' for emotional type, or 'Temporal' for sensory type). For a group of 50 subjects, two parts of the diagnosis were performed: a diagnosis using the type questionnaire and a diagnosis by examining brain

activity using QEEG. In 88% of cases, there was agreement between results of QEEG and of the questionnaire.

This study has implications for including AI-algorithm-QEEG-based assessment tool, for the assessment of eating behaviors, and proposes a template for constructing additional kits for other disorders to be studied as well.

A technological innovation is being developed following this research, expressed in the use of VR to increase the user experience, the use of BIG DATA for the continuous collection of data from the population for the purpose of monitoring norms, the AI for monitoring and adapting the user care program, and the management of a hybrid file which synchronizes with clinic patients and all other users.

Keywords: *QEEG, assessment, AI, brain, obesity.*

EDUCATIONAL PSYCHOLOGY

DOMESTIC VIOLENCE AGAINST WOMEN AND ITS IMPACT ON CHILDREN'S SCHOOL PERFORMANCE

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Abstract

This research addressed the issue of domestic violence investigating whether and how it affects the school performance of the child who witnesses episodes of violence against the mother in the home. Personal characteristics and other environments in which these children and adolescents are inserted in, such as family, school and community interact with each other and can influence their school performance. Because the school is the second most common space for children, it is in it where family environment is expressed. The main objective of this study was to analyze whether and how domestic violence experienced by children affects their school performance. The data were collected throughout documentary research, one analyzing the information recorded in the files of the Reference and Service Center for Women (CRAM in Portuguese) and the Municipal Education Secretariat (SME). Records were selected from 20 children regularly enrolled in elementary public schools, whose mothers sought the services of CRAM. The dependent variable was school grades, which were analyzed according to a repeated measures design: during the occurrence of domestic violence episodes and after these episodes have ceased. Analyzes were also conducted with the aim of verifying possible effects of other variables, such as school attendance, family socioeconomic status and mothers education level. The results showed that the students had lower school performance after the end of the episodes of violence. No effects of other variables were observed. Factors related to the phenomenon are discussed as possible causes: separation from the father, change of address, custody's change and others. Considering that the casuistry of this study was composed of students from low-income families, the results point to a kind of "Matthew effect", that is, a relationship between violence, poverty and ignorance in which everyone feeds each other forming a cycle quite hard to break. Therefore, it is necessary that public policies be formulated in the scope of education so that students who experience domestic violence receive specialized attention aiming at realizing their learning potential.

Keywords: *Domestic violence, violence against women, school performance, elementary school, basic education.*

RELATIONSHIPS BETWEEN MODELS OF FAMILY EDUCATION AND DEVIANT BEHAVIORS AMONG TEENAGERS

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Abstract

Background: An important predictor of adolescents' developmental outcomes is a model of family education, described in terms of parental behaviors. Various parental behaviors were strongly associated with increasing risk of deviant behaviors at school. **Methods:** The study was conducted on 566 adolescents, comprising 280 males (49.5%) and 286 females (50.5%), of grade 11th and 12th, of age rang 16-17 years from different government colleges in Vietnam. There were 2 self-reported scales to be used: Parental behavior scale; Adolescent deviant behaviors; Data was analyzed by using reliability analysis to examine the psychometric properties of the scales. **Results:** There was a strong, negative correlation between school deviant behaviors in adolescents and the parental support model (with $r_{\text{father}} = -.53$, $r_{\text{mother}} = -.61$, p -value $<.01$); a strong, positive correlation between the school deviant behaviors and the parental psychological

control model (with $r_{\text{mother}} = .45$ and $r_{\text{father}} = .47$, $p\text{-value} < .01$). **Conclusions:** In family education, positive behaviors used by parents such as supportive, warmth and moderate control would have a positive impact on the adolescent's behavioral development; conversely, parents' psychological control would negatively affect and give rise to deviant behaviors among adolescents.

Keywords: Family educational model, parenting behavior, deviant behavior, adolescents, relationships.

LEARNING STRATEGIES AND SCHOOL MOTIVATION IN EXPERIENTIAL LEARNING VS. TRADITIONAL LEARNING

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Abstract

Introduction: In recent years, European innovation policies in education have focused on preventing early school leaving and functional illiteracy. In this context of innovation in education, experiential learning has proven to have unique qualities for both teachers and students. Thus, the main motivation of this paper was to show that experiential teaching methods and techniques in primary education are able to produce significant improvements in learning strategies and school motivation in young students.

Objectives: The aim of this study was to explore the differences in learning strategies and school motivation on young students who had benefitted from Experiential Learning, in contrast with those following direct learning instructional methods

Methods: This study was performed using two groups of subjects. The first group (experimental group) included 60 students taught by experiential methods and the second group (control group) included 60 students taught by traditional methods. All students were in the fourth grade in an urban school. Differences in learning strategies and school motivation were explored by applying School Motivation and Learning Strategies Inventory - SMALSI (Stroud & Reynolds, 2006) to both the experimental group and the control group. SMALSI is structured in 9 dimensions - 6 strengths: study strategies, note-taking / listening skills, reading / comprehension strategies, writing skills / research, strategies used in tests, techniques for organizing / managing time; and 3 weaknesses are: low academic motivation, test anxiety, concentration difficulties / paying attention. To determine the differences in the students' mean scores, descriptive as well as inferential statistical analyses were performed on the data.

Results: The results showed that an experiential teaching model produces positive results in all evaluated strengths and in two of the three weak points investigated, namely in academic motivation and test anxiety. Statistically insignificant effects are in terms of attention / concentration difficulties, they may be more dependent on physiological and psychological maturation and less on the teaching methods, but also may be a direction of further research.

Conclusions: The findings of this study could significantly help teachers looking for viable solutions to optimize students school results, increase school motivation and improve learning strategies in primary school.

Keywords: Experiential learning, learning strategies, school motivation, primary education, traditional learning.

CONCEPTUALIZATION OF TEACHER BURNOUT AND ONLINE BURNOUT PREVENTION AMONG HUNGARIAN TEACHERS

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Abstract

In our study, we were testing an online burnout prevention programme among Hungarian teachers between 2016-2019, focusing on the background factors of the intervention effect size. Firstly, we conceptualized teacher burnout factors, and after exploratory and confirmatory factor analysis on the incoming sample (N=224), structure equation model has been built up which relate to work-stressors like effort-reward

imbalance and over-commitment, burnout factors, perceived stress, general self-efficacy and depression. Secondly, by testing the stress-management intervention on a cumulated sample (N=37) which based on a mini randomized control trial and a quasi-experiment sample data, the intervention effect size has been evaluated, linear regression and structure equation modelling was used to explore the intervention' predictor and moderator variables.

Results of the conceptualization (N=224) show work stressors alone do not lead to burnout factors. Perceived stress is mediator from effort-reward imbalance to burnout factors. General self-efficacy modifies negative impact of perceived stress on personal accomplishment and directly depersonalization. Coping mechanism of depersonalization and personal accomplishment strengthens one-dimensional approach of burnout.

Results of the intervention evaluation show that significant high improvement can be achieved related to the emotional exhaustion (N=37 $d=0.89$, $p<.01$).

For prevention, all kind of stress-management techniques, improving teachers' perceptions of work success are presumable. In order to reach higher involvement of the participants for further research cultural adaptation is needed.

Keywords: *Burnout, teacher burnout, internet intervention, structure equation model.*

PROCRASTINATION AND SELF-CONCEPT IN MORE/LESS CONSCIENTIOUS STUDENTS

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& Katarína Fuchsová**

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Abstract

Given its significant negative consequences for university students, procrastination has been studied extensively and shown to be associated with conscientiousness as a personality trait. Involving 333 university students doing teacher training programmes (68.5% female; Mage=20.51 (SD=1.61); 83.48% undergraduates doing a bachelor's degree), our study aimed to explore the association between procrastination among more/less conscientious students and selected self-concept variables (self-control, self-efficacy, etc.). Our questionnaire was based on the Ten-Item Personality Inventory (Gosling, Rentfrow, Swann, 2003), the Self-Control Scale (Finkenauer, Engels, Baumeister, 2005), the Self-efficacy Scale (Kočš, Hefteyova, Schwarzer, Jerusalem, 1993), and the Procrastination Scale for Student Populations (Gabrhelík, 2008); our control variables were gender and well-being (Subjective Well-Being Scale, Chan-Hoong, Soon, 2011). The sample was divided into two groups – (1) less conscientious and (2) more conscientious) – using the method of visual binning in SPSS 20. A t-test for independent samples and linear regression were used for data analysis. The less conscientious students in our sample reported a higher level of procrastination ($t=6.479$; $df=310$; $p<0.001$; Cohen's $d=0.681$). A linear model was conducted for both groups (the dependent variable being the level of procrastination, the independent variables being gender and the levels of self-control, self-efficacy, and well-being). Both models were significant ((1) $F=8.449$; $p<0.001$; $R^2=32.6$; (2) $F=7.277$; $p<0.001$; $R^2=25.7$). Among the less conscientious students, the levels of self-control ($\beta=-0.546$; $t=-5.262$; $p<0.001$) and self-efficacy ($\beta=-0.238$; $t=-2.092$; $p<0.001$) were negatively associated with procrastination. Among the more conscientious students, the level of self-control ($\beta=0.404$; $t=-3.929$; $p<0.001$) was negatively associated with procrastination and “being a man” (0=man; 1=woman) ($\beta=-0.307$; $t=-3.219$; $p<0.05$) was significantly associated with the level of procrastination. The results of our study show trait and personality differences in the level of procrastination, highlighting the importance of self-control and self-efficacy development among university students. Interactive programmes with an impact on students' self-concept can be a significant contribution to students' ability to cope with their study requirements effectively. It could be argued that the limits of this study include cross-sectional and self-reported data.

Keywords: *Procrastination, self-efficacy, self-control, university students, trait conscientiousness.*

TEACHERS' WELLBEING: THE ROLE OF CALLING ORIENTATION, JOB CRAFTING AND WORK MEANINGFULNESS

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Abstract

People who consider their work as a calling find it fulfilling, purposeful, and socially useful, thus leading to higher levels of well-being. Since work is a central part of the identity of people with calling orientation and represents one of the most important domains of their lives, we assume that they are more prone to craft their job. They tend to make the physical and cognitive changes in the task or relational boundaries of their work in order to make it more meaningful. Both experiencing work as a calling and job crafting are found to be associated with numerous positive outcomes such as increased job satisfaction, psychological well-being and sense of meaning. This study adds to literature by exploring simultaneously the role of both calling orientation and job crafting in primary teacher's wellbeing.

The aim of the study was to explore the relationship between teachers calling orientation, job crafting, work meaningfulness and well-being. In light of the literature on work meaningfulness and psychological well-being, a serial mediation model was proposed with job crafting and work meaningfulness mediating the relationship between teacher calling orientation and teacher flourishing.

The sample consisted of 349 primary school teachers (95% female) from public schools in northern western region of Croatia. They have on average 22 years of teaching experience (ranged from 0-43 years). Self-report measures of calling orientation (Work-Life Questionnaire), job crafting (Job Crafting Scale), work meaning (Work Meaningfulness scale) and flourishing (Flourishing Scale) were used.

The findings revealed that the job crafting via increasing structural job resources mediated the relationship between calling orientation and work meaningfulness. Furthermore, the results supported the proposed serial mediation between calling orientation and flourishing via increasing structural job resources and increasing work meaningfulness.

Based on these findings, several practical implications can be noted. First, interventions aimed at helping teacher view their job as a calling should be promoted in schools. Second, teachers should be encouraged to cultivate job crafting as it is an important path to meaningfulness in work context and overall psychological wellbeing. This is specially the case for increasing structural job resources, such as autonomy and variety at work.

Keywords: *Calling, flourishing, job crafting, teachers, well-being.*

VICTIMIZED TEACHERS' EXPERIENCES ABOUT TEACHER-TARGETED BULLYING BY STUDENTS

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Abstract

The aim of this study was to gain insights into the bullying of teachers by their learners from the perspective of victims of teacher-targeted bullying by learners. This study followed a qualitative and descriptive research design stemming from semi-structured personal interviews with victims of teacher-targeted bullying. A thematic content analysis of the data generated from semi-structured personal interviews with six victimized teachers as a snowball sampling. The sample consisted of male (n=2) and female (n=4) participants from rural (n=3) and urban (n=3) school locations in Estonia. The focus of this study was to determine how the teachers who have experienced bullying by their students describe the nature, influence and reasons attributed to such bullying. The findings indicate that the victims of teacher-targeted bullying by students were exposed repeatedly over long time verbal bullying, ignoring the teacher and other threats and cyber-attacks directed against teachers, whereby line between learners' misbehavior at classroom and bullying behavior was recognized viewing bullying as group-based phenomenon. Bullying against teachers by pupils had a negative influence on the victims' teaching and learning, as well as their private lives; and victims perceived the lack of support from educational authorities.

Keywords: *Teacher-targeted bullying, victimized teachers, qualitative research.*

THE ROLE OF ACHIEVEMENT GOALS IN MOTIVATIONAL REGULATION AND FLOW IN LEARNING

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Abstract

Appropriate self-regulation in motivation and experiencing flow in learning and other academic activities are important factors for success in study and psychological wellbeing. Previous studies suggested that achievement goals have role in student's motivation for learning, but there is only partial knowledge regarding the role of achievement goals in motivational regulation and academic flow. The aim of this study was to explore: a) the role of achievement goals in motivational self-regulation and study-related flow; b) the incremental role of mastery self-talk motivational strategy in academic flow over the mastery-approach goal; c) the mediating role of mastery self-talk motivational strategy in the relationship between mastery-approach goal and academic flow. It was expected that both mastery-approach goal and mastery self-talk motivational strategy will have positive and incremental role in academic flow, and that the relationship between mastery-approach goal and academic flow would be mediated through using motivational strategy of mastery self-talk. The participants were 113 university undergraduate students studying mathematics ($M = 20$ years, 61% females). Self-report questionnaires assessing achievement goals, strategies used for self-regulation of motivation, and study-related flow were applied. Data analysis included regression analyses and mediational analyses. Regression analyses revealed that personal goal achievements explained 43% of variance in mastery self-talk strategy, 32% of variance in performance-approach self-talk strategy, 18% of variance in performance-avoidance self-talk strategy, 11% of variance in environmental control strategy, 7% of variance in self-consequating strategy, and 10% of variance in proximal goal strategy. Personal achievement goals explained 45% of variance in academic flow. Mastery-approach goal was predictive for explaining individual variance in most of positive motivational strategies and academic flow. In line with hypothesis, it was found that mastery self-talk mediated the relationship between mastery-approach goal and flow. The results underscore the importance of adopting mastery-approach goal and using mastery self-talk strategy in order to experience study-related flow.

Keywords: *Achievement goals, motivation, motivational regulation, flow.*

PRACTICAL AND SCIENTIFIC CHALLENGES IN ADAPTING DIGITAL COGNITIVE TESTS IN PROFESSIONAL ENVIRONMENT

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Abstract

Recruiting today is no longer what it used to be. Digital transformation has deeply changed the company, and particularly the recruitment process. The challenges linked to this transformation are two-fold: practical and scientific. Indeed, the world of human resources needs new tools to detect potentials. Research must meet this need by adapting, modernizing and scientifically validating the tools. To predict job performance, cognitive and soft skills, often referred to as "21st century skills", are now central to recruitment, talent development and career management. The objective of our study was to create digital versions of cognitive tests, based on reliable and well-known theoretical foundations. We want to present in detail the conception and construct validity of two of our online tests: the first one inspired by the Stroop effect (Stroop, 1935), the second one based on Corsi blocks (Corsi, 1972). We hypothesise that the tests we created are positively correlated to the original ones. 91 participants were interviewed, aged between 18 and 58 (average = 34.57 years old, $SD = 10.91$). The proportion of women was 76.6% ($n = 69$), compared to 24.4% of men ($n = 22$). They all answered the original tests first, face-to-face, and a few months later, the digital ones we had created. We observed positive correlations between the two series of results. These very encouraging results will be clarified and discussed. These two new versions shed light on the candidates' attention and memory abilities that should be enriched during an interview focused on soft skills. In fact, the highest predictability is guaranteed by a method which necessarily combines cognitive evaluations and with other types of

assessments, such as personality tests (Güler, Bayrak & Ocaks, 2019). This is why it is important to continue research efforts on the adaptation of digital cognitive tests in a professional environment.

Keywords: *Cognitive gaming, recruitment, memory, attention.*

ONE MONTH BEFORE THE PANDEMIC: STUDENTS' PREFERENCES FOR FLEXIBLE LEARNING AND WHAT WE CAN LEARN

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Abstract

Flexible learning has been associated with e-learning, even before the COVID-19 pandemic. Flexible learning gives the students large degrees of freedom to learn what, when, how and where they want. The aim of this study was to evaluate students' preferences in e-learning and traditional classroom teaching, and was conducted from October 2019 to January 2020. Students from four courses were assigned randomly to two groups, an online and a classroom group. The study included two phases: three lectures by the lecturer (podcasts vs. classroom) and seven classroom units with student presentations and discussions. Performance and different personal characteristics and attitudes of 93 students were examined. Knowledge on the course topic was measured before the first lecture took place (t1), after the three lectures (t2) and after the following seven units (t3). Statistical analyses found no performance differences between the two groups (online/classroom); this held true for all three points in time. All students appreciated the opportunity of an intermediate exam at t2 (a change in comparison to former courses on the topic). Qualitative data showed that students felt a need for interaction with their colleagues and the lecturer, which they decided could be better fulfilled in the classroom, whereas the flexible learning setting had advantages for the exam preparation (e.g. repeating listening to the podcasts, taking breaks and learning tempo). Students' arguments fit well to previous literature. Altogether, the study gives valuable insights into the didactic design of flexible learning.

Keywords: *Flexible learning, pre-COVID-19, performance, advantages.*

PARENTAL EDUCATIONAL STYLES AS PREDICTORS OF PERFECTIONISM AND QUALITY OF SIBLING RELATIONSHIPS AMONG STUDENTS

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Abstract

The main objective of this study was to examine the relationship between parental educational styles, perfectionism in children, and the quality of adult sibling relationships. Additionally, the goal is to determine whether parental educational styles represent a significant predictor of perfectionism and quality of relationship between adults. The research was conducted on a sample of 200 respondents, students of the Faculty of Philosophy, the Faculty of Economics and the Faculty of Sciences and Mathematics in Niš. EMBU questionnaires were used to examine the parental educational styles, the Multidimensional Perfectionism Scale (MPS), and the KOBS Questionnaire on the quality of relationships with siblings in adulthood. The starting hypotheses have been partially confirmed and new questions have been raised about these constructs and their relationship.

Statistically significant predictors of different aspects of perfectionism that were measured were a) significant predictors for the aspect of Parental Expectations were the following parental educational styles *Overprotective mother* ($\beta=0.375$, $p=0.003$) and *Father's Favoritism* ($\beta=-0.186$, $p=0.035$), b) a significant predictor for the aspect of Organization was the following educational style *Mother's Emotional Warmth* ($\beta=0.335$, $p=0.031$); c) significant predictors for Parental Criticism were the following educational styles *Father's Rejection* ($\beta=0.254$, $p=0.009$) and *Mother's Emotional Warmth* ($\beta=-0.437$, $p=0.000$), d) the significant predictor of Personal Standards was *Overprotective mother* ($\beta=0.307$; $p=0.042$), e) significant predictors for Concern over Mistakes, were the following educational styles *Parental Inconsistency* ($\beta=0.160$; $p=0.048$) and *Mother's Emotional Warmth* ($\beta=-0.308$, $p=0.027$), f) significant predictors of Doubts about Actions were the following educational styles, *Parental*

Inconsistency ($\beta=0.235$, $p=0.007$), *Overprotective mother* ($\beta= 0.304$, $p=0.035$) and Mother's Favoritism ($\beta=0.222$, $p=0.028$). When it comes to the quality of relationship between brothers and sisters, parental educational styles are also significant predictors of various aspects of those relationships. We are pointing out the most important results. Statistically significant predictors of the subscale Competition between siblings were the educational styles Father's Rejection ($\beta=0.469$, $p=0.000$), Mother's Favoritism ($\beta=0.475$, $p=0.000$), Father's Favoritism ($\beta=-0.196$, $p=0.029$), and Mother's Emotional Warmth ($\beta=-0.313$, $p=0.019$). Statistically significant predictors for the subscale Closeness or Warmth between siblings were the following educational styles Mother's Rejection ($\beta=-0.456$, $p=0.006$) and Father's Emotional Warmth ($\beta=0.391$, $p=0.002$). Statistically significant predictors for subscale the Conflict between siblings were the following educational styles Father's Rejection ($\beta=0.355$, $p=0.003$) and Mother's Favoritism ($\beta=0.337$, $p=0.000$). These results show that both rejection and favoritism by the parents contribute to the development of less desired relationships between siblings. Overprotective parents, inconsistency and favoritism of a child contribute to less desired aspects of perfectionism. Additional analysis of connection between perfectionism and relationship between siblings revealed that the less desired aspects of perfectionism are connected with bad relationships between siblings. The only exception is the aspect of Organization as it is connected with emotional and instrumental support, familiarity, closeness and admiration between siblings.

Keywords: *Educational styles, perfectionism, quality of sibling relationships, family.*

ACADEMIC LEARNING PROCESS BETWEEN FACE-TO-FACE AND ONLINE CLASS OF MEDICAL TECHNOLOGY STUDENTS DURING PANDEMIC

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Abstract

The Philippine's Commission on Higher Education (CHED) is mandated to take appropriate steps to ensure that education shall be accessible to all. In times where classes were disrupted due to health emergency and community lockdown imposed, the commission handed down Memorandum Order No. 4. Series of 2020, which directed Higher Education Institutions (HEI) to use flexible platform for academic track to better facilitate learning scheme. The sudden paradigm shift lends students to grapple in the new way of teaching and learning process. The underlying circumstance leads to determining the Academic Learning Process between face-to-face and online class of Medical Technology students during the time of contagion. This descriptive-comparative study verified the learning process between online class and face-to-face strategic learning. There were forty six (46) 3rd Year and 4th Year Medical Technology students of World Citi Colleges who assessed the two learning processes based on class preparation, absorbing and capturing new information, and reviewing of course materials. Results revealed that majority of the respondents are in the age bracket of 22-25 and mostly female students. In terms of year level, there is an equal distribution of 3rd year and 4th year Medical Technology students. It is also observed that majority of the respondents experienced a half semester of online class and are highly prepared for face-to-face class but are moderately prepared for online class. The level of preparedness for face-to-face class is greater than the level of preparedness for online class. In terms of academic learning process, the respondents have high ability to absorb new information in face-to-face class but with moderate ability compared to online class. The mean score of the level of capturing new information in face-to-face class is greater than the mean score in online class. However, the respondents have high ability to capture new information in both modes of learning. Relatively, scores on capturing new information in online class are more dispersed than scores for face-to-face class. Additionally, as to reviewing course materials, respondents have moderate ability in reviewing course materials in online class. The mean score for the level of reviewing in face-to-face class is greater than the mean score in online class. Based on the results of independent samples t-test, the researchers concluded that there is no significant difference in the academic learning process between the face-to-face and online class of 3rd and 4th-year Medical Technology students during pandemic.

Keywords: *Academic learning process, descriptive-comparative, face-to-face, medical technology, online class.*

SOCIAL PSYCHOLOGY

LEADERSHIP AND UNCERTAINTY: THE IMPACT OF DEMOCRATIC STYLE ON CAREERS ADVISER'S NEEDS AND WELLBEING IN PÔLE-EMPLOI

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Abstract

Introduction. Rapid changes in organizations are often associated with multiple consequences challenging hierarchies and threatening employees' working-life quality. These changes can make it difficult to identify one's own role within organizations. So, they can lead to the emergence of uncertainty among employees and to the decrease of well-being (Bordia et al., 2004). One way to manage employees facing uncertainty is the autocratic leadership. Some researchers found that this leadership could bring less stress or burnout with employees dealing with uncertainty (Bélanger et al., 2015). Nevertheless, some studies contradict this finding. Indeed, do not include employees into the decision-making process make them particularly sensitive (more negative emotions) when they are uncertain (De Cremer & Sedikides, 2005; Maas & Van den Bos, 2011). Thus, looking at the employee point of view (one dimension of democratic leadership) might be the key to regulate uncertainty. Therefore, our objective is to examine, in a company regularly affected by changes, to what extent the feeling to be managed democratically (vs autocratically) enables to regulate uncertainty among Pôle-Emploi careers advisers, and to promote factors that foster their well-being at work. Our hypotheses are that (1) perception of democratic (vs autocratic) leadership would be negatively linked to uncertainty; (2) democratic leadership would be linked to positive (and not negative) emotions and to the satisfaction (and not dissatisfaction) of basic psychological needs, and (3) these links would be partially explained by the capacity of democratic leadership to diminish uncertainty. *Method.* Our study took place in Pôle-Emploi Bourgogne Franche-Comté agencies where 107 careers advisers completed a questionnaire including measures of cognitive uncertainty (need for closure) and behavioural uncertainty (role ambiguity), perceptions of leadership displays in agencies (autocratic/democratic) and some organizational measures (satisfaction/dissatisfaction regarding basic psychological needs, and positive/negative emotions). *Results.* Correlational and mediational analysis partially supported our hypotheses. Indeed, the more the employees perceived their organization as democratic, the less they shown role ambiguity ($r = -.34, p < .01$). Other analysis revealed an effect of the perception of democratic leadership on the increase of positive emotions and decrease of negative emotions (respectively, $b = .09, p = .08$ and $b = -.14, p = .02$), and an effect on satisfaction only (not on dissatisfaction) of basic needs ($b = .20, p = .01$). These effects of democratic leadership are also partially mediated by the capacity of democratic leadership to reduce uncertainty. *Discussion.* In a company regularly affected by changes, we seen that democratic style of leadership could lead to positive organizational consequences and reduction of uncertainty. Unlike some recent works about uncertainty management, democratic leadership may be considered as regulator of uncertainty. These results will be discussed in terms of theoretical and practical implications.

Keywords: *Uncertainty, leadership, working-life quality, uncertainty regulation.*

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FOSTERING POSITIVE ATTITUDES TOWARDS SELF-CARE AMONG THE YOUTH IN BONGOL VILLAGE DURING THE RECOVERY MOVEMENT CONTROL ORDER

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Abstract

One of the major concerns among the relevant public authorities during the 2019 coronavirus disease (Covid-19) pandemic is the attitude and behavior of the Malaysian society regarding compliance with self-care Covid-19. Although the number of Covid-19 cases is decreasing, public authorities, such as the Malaysian Ministry of Health continually remind people to adhere to the Standard Operating Procedure (SOP) for Covid-19 to reduce the number of cases. To support the authorities' efforts, a one-day self-care Covid-19 programme involving 10 youths (3 males & 7 females) with a mean age of 17.35 (SD=3.36) was implemented in Bongol village, Tamparuli. To adhere the Covid-19 SOP regulation which prohibits a large number of people from gathering in a confined, crowded and closed spaces, only a few participants were involved. The programme, which was conducted at the Bongol village community hall, involved various organized activities emphasising the three elements of attitude: cognitive, affective, and psychomotor. Before the programme began, all the participants were registered, and their body temperatures scanned to ensure that they were free from any Covid-19 symptoms. Each participant was given a mask and a small bottle of hand sanitiser that could be used throughout the programme. The activities comprised an ice-breaker, a talk on personal self-hygiene, a 20.02-minute self-care video produced by 28 psychology students, personal self-reflections by the participants, a group exercise, a community song, and a two-way discussion on self-care. The Covid-19 self-care programme, implemented with guidance from the Yale Attitude Change Model, emphasizes the practical issue of 'who says what to whom and with what effects. The participants' attitude was measured before and after they completed the one-day programme. The results of a Wilcoxon signed-ranked test study showed that there is a significant difference between the participants' pre- and post-study attitudes towards self-care. The study results showed that the Covid-19 self-care programme, which is based on the social psychology approach, can help foster positive youth attitudes towards self-care. In regard to the authorities' efforts to lower the number of Covid-19 cases to zero, it is suggested that each party needs (either governmental and non-governmental agencies) to support the Covid-19 campaign and programme by sharing and delivering self-care messages in creative ways to Malaysian communities, especially those in rural areas.

Keywords: *Attitude, cognitive, affective, and psychomotor, self-care program.*

PERCEPTIONS OF THE LOCKDOWN: CURRENT AND RETROSPECTIVE ASSESSMENTS

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Abstract

This article presents data from a study conducted over the course of two weeks: the last week of the lockdown and the first week after the lockdown was lifted. The study participants (undergraduate and graduate students, n=227, mean age of 21.8, 71.7% females) rated their perceptions of various aspects of the pandemic (online COVID-19 Questionnaire), as well as the problems that they experienced in the beginning and middle of the lockdown (retrospective assessments) and at the end of the lockdown (current assessments). A brief HEXACO inventory was used to measure personality traits. The results were compared with data obtained in the study conducted during the first three weeks of the lockdown. Its participants (undergraduate and graduate students, n=617, mean age of 20.4, 74.2% females) had filled out an online COVID-19 Questionnaire and a brief HEXACO inventory. The objective of the study was to identify changes in the respondents' well-being and behavior during the lockdown, and the role of personality traits in this process.

The main results of the study were as follows: Retrospective assessments of the Danger of COVID-19 and the Fear of Getting Sick relating to the beginning of the lockdown did not contradict the current assessments

from that period. The perception that the lockdown brought not only restrictions but also new opportunities dropped sharply between the beginning and the middle of the lockdown and continued decreasing; concurrently, the significance of negative factors increased. Various aspects of disorganization in life were most evident around the middle of the lockdown; disorganization at the end of the lockdown declined, but remained higher than at the start of the lockdown. Perceptions of the Negative Aspects of the Lockdown, Fear of Getting Sick, and Disorganization had a positive correlation with Emotionality and a negative correlation with Conscientiousness at all stages of the lockdown.

Keywords: *Perception of COVID-19, lockdown, personality traits, HEXACO.*

THE EFFECTS OF PREVIOUS ADVERSITY, HAPPINESS AND RELIGIOUS FAITH IN ENHANCING UNIVERSITY STUDENTS' RESILIENCE TO THE COVID-19 PANDEMIC

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Abstract

The start of 2020 marked a fresh beginning when people moved forward with new resolutions, all hoping for the best in their career, family, relationships, and academic pursuits. All those wishes were disrupted, however, by the Covid-19 pandemic, which has especially affected university students regarding their academic goals. The new learning norms that were adopted in universities to contain the spread of the pandemic have caused worry, anxiety, and stress in many students. To deal with these unexpected circumstances, university students must augment their inner strengths to enhance their resiliency during the Covid-19 pandemic. To better understand the situation, this study examined previous adversity, happiness and religious faith that were predicted to enhance students' resiliency. There were 415 university students in Sabah, Malaysia participated in the study. The mean age was 21.96 years (SD=4.08). Among the participants, there were 330 females (79.50%), 84 males (20.20%) and one person (0.2%) who did not disclose a gender. The study found that students who were happier and stronger in religious faith tended to be more resilient while the experience of many previous adversities had a significant negative effect on students' resiliency. Based on these findings, we hope that more university programs will be devised to elevate students' happiness, build stronger faith and offering psychological programs for students who have experienced many previous difficulties.

Keywords: *Resiliency, religious faith, happiness, past-life adversity.*

PERSON-ENVIRONMENT MISFIT AND MENTAL DISORDER AMONG PHD STUDENTS: THE MEDIATING ROLE OF MEANINGFUL WORK

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Abstract

In organizational psychology, the authors' awareness of the concerns about the current academic working conditions and their potential impacts on PhD students' mental health is increasing. Accordingly, authors have witnessed increased the attention to PhD students' perception of their fit with the environmental conditions, i.e., organizational policies, co-workers' and supervisors' relations and supports, as an antecedent of their PhD experience. In particular, such environmental conditions seem to be related to the high diffusion of state anxiety and depression among PhD students that perceive a certain level of misfit between them and the environment. However, studies suggested that, despite the working conditions, in the presence of positive experience at work, such as meaningful work, individuals are less at risk of developing mental disorders as well as of quitting their job. Indeed, meaningful work construct regards a positive individual phenomenon of experience and perception of meaningfulness at work. Then, it might be a potential experience that might mitigate the experience of negative states at work. The present paper aims to address the current need for knowledge by involving a literature review of the role played by meaningful work in the PhD experience. Then, the paper explores the potential mediational role of meaningful work between the path from P-E misfit and mental disorders' symptoms and students' intention to quit.

A cross-sectional study has been devised via the use of an online questionnaire with self-report measures on P-E misfit, meaningful work, mental health disorders symptoms, and intention to quit. In a sample of $N = 251$ Italian PhD students, the results showed a prevalence of three mental health disorders symptoms, i.e., depression, anxiety and hostility, among doctorate students, which resulted to be positively related to the levels of P-E misfit. Then, the results showed a negative mediating role of meaningful work on the paths from P-E misfit to (a) mental disorders and (b) intention to quit. Finally, the paper advances further steps for research as well as for practical implications for supporting PhD students.

Keywords: *PhD students, mental health, intention to quit, meaningful work, doctoral experience.*

PSYCHOLOGICAL DISTRESS, RELATIONSHIP QUALITY AND WELL-BEING IN TIME OF COVID-19 PANDEMIC MOVEMENT CONTROL ORDER ENACTMENT AMONG COUPLES IN MALAYSIA

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Abstract

With the imposition of the Movement Control Order (MCO) or lockdown due to the COVID-19 pandemic, there are drastic changes in the movement and activity among Malaysians: increased psychological distress due to perception of the COVID-19 as a health threat, increased time spent with families, and decreased time away from home could either intensify relationship problems or draw families closer to each other. This study aimed to examine the perceived psychological distress and relationship quality among couples before and during MCO in Malaysia and factors predictive of participants' well-being. The Depression Anxiety Stress Scale-21, Perceived Relationship Quality Component Inventory, and the Warwick-Edinburgh Mental Well-being Scale were disseminated through the snowball sampling technique. The study found that the participants ($N=124$) perceived significantly higher levels of depression, anxiety, and stress during MCO compared to before MCO. However, no significant differences between the couples were found before and during MCO in relationship quality, except in the trust sub-scale. Trust in the couple was higher during MCO. Multiple regression results showed that depression and stress predicted participants' well-being negatively during MCO. In contrast, total relationship quality, sexual relationship quality, satisfaction and couple's trust predicted participants' well-being positively.

Keywords: *Psychological distress, relationship quality, well-being, COVID-19 pandemic, movement control order.*

SELF-EFFICACY AND THE PROCESS OF GAY SEXUAL IDENTITY DEVELOPMENT AMONG GAY MEN IN MALAYSIA

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Abstract

The development of gay identity sexual among Malaysian gay men were not discussed openly in this country. This is because the government do not approve same sex orientation lifestyle. However, gay men exist in many communities in this country and they are living freely as a citizen and work in the country like others. Malaysia is one of the countries that openly against the Lesbian, Gay, Bisexual, Transsexual and Queer (LGBTQ). Nevertheless, they continue to develop their sexual identity as a part of their lives which at the same time causes a great distress in them. Thus, their decision to identify themselves as gays

takes huge courage and effort. These courage and effort were found not only just intricately, since it involves emotional and social support from their family, friends and communities. It is also believed that this social support might help gay men to develop their self-efficacy as well. Therefore, it is in the interest of the researchers to explore about self-efficacy by looking at emotional and social support they received and its relation to the development of sexual identity among the gay men who lives in Malaysia. In this qualitative research, semi structured questions were developed to explore sexual identity development among the gay men. Six (6) respondents who have identified themselves as gay, aged between 21- 44 years old, from different walk of life were interviewed. Data were analysed using thematic analysis. Our study has found that emotional and social support, are the important factors that contribute to their self-efficacy and help them in developing their sexual identity.

Keywords: *Sexual identity, gay, self-efficacy, Malaysia.*

ATTITUDES OF STUDENTS TOWARDS GAMETE DONATION AND BASIC LIFE VALUES

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Abstract

Gamete donation is a procedure that includes the “reproductive others” in the process of conception. There are numerous dilemmas related to donation while various European countries have different ways of solving them. In the Republic of Serbia, only voluntary gamete donation is allowed, and donors can only be women and men from the general population, or women included in the In vitro fertilization process. The donors remain anonymous to the child which was conceived with their help. Overcoming infertility in this way usually includes building public awareness, especially when it is not a common practice in that society, and work should be done on forming positive attitudes towards the donation. Experience from other countries indicates that sperm donation usually does not represent a problem, but there is greater demand for egg cells than the existing supply, which is an additional reason for studying attitudes and planning appropriate campaigns. In this study, the attitudes of university students ($N = 503$; 206 young men, 297 young women) towards gamete donation were analyzed, as were the differences in the extent of basic values about acceptance of the donation. We used several questions to determine the attitudes towards donations, including those specially designed for this research and the Schwartz Personal Values Questionnaire (Schwartz, 2002). University students are young people who represent not only potential donors but also the everyday environment of couples who require a donation. As highly educated individuals, they have the potential to be attitude holders. The results have shown generally positive attitudes of the students towards donation. The differences in certain basic values among the participants who support donation were obtained only for the sub-sample of young men: a more pronounced Openness to change and Self-transcendence. The authors present some specific ideas regarding the promotion of gamete donation in general – for example, we believe that in the supporting campaign for donation it would be more appropriate to use Self-transcendence than Openness to change.

Keywords: *Gamete donation, potential donors, attitudes towards donation, basic life values.*

IDEAS ABOUT MARRIAGE DEPENDING ON THE STRUCTURE OF VALUABLE ORIENTATIONS OF WOMEN IN EARLY ADULTHOOD

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Abstract

The phenomenon of marriage is one of the little-studied questions of family psychology. The resolution of the contradiction between the need of modern society to form complete and adequate ideas about the marital role among students and the need to identify socio-psychological factors that influence the development of ideas about marriage determines the problem of research.

The purpose of the study is to identify the features of ideas about marriage (Ideal husband, Ideal wife) depending on the structure of valuable orientations of young women in early adulthood.

Methods of research. Theoretical and methodological literature analysis, questionnaire, psycho-diagnostic methods (the questionnaire "A Value and Availability Ratio in Various Vital Spheres Technique" by E.B. Fantalova, the method of Semantic Differential, developed by Charles E. Osgood, projective technique of "Incomplete Sentences", the questionnaire "Role Expectations and Claims in Marriage" by A. N. Volkova); mathematical and statistical data processing methods. During the analytical stage we used mathematical and statistical methods that allowed us to establish the reliability of the research results. All calculations were performed using the IBM SPSS Statistics 21 computer program. The analysis included descriptive statistics, cluster analysis (K-means method), Kolmogorov-Smirnov test for one sample, Shapiro-Wilkes criterion, and correlation analysis.

The study involved 310 female students in age from 20 to 22 from Astrakhan State University and the Astrakhan Branch of the Russian Presidential Academy of National Economy and Public Administration. It was found that among young female students 45 people (14.5 %) are focused on the values of professional self-realization, 59 people (19 %) are focused on gnostic and aesthetic values, and 206 people (66.5 %) are focused on the values of personal happiness.

The results showed that the concepts of marriage have both common features and specific features due to the influence of the structure of valuable orientations of the respondents. Ideas about marriage are characterized by fragmentary formation of emotional and behavioral components, in some cases the presence of cognitive distortions. The obtained results actualize the importance and necessity of psychological and pedagogical support of the process of family self-determination of students, the formation of complete and adequate ideas about marriage in the conditions of the educational environment of the university.

Keywords: *Ideas about marriage, valuable orientations.*

ALTERNATIVES TO DISENCHANTMENT? AN INTERNET-MEDIATED RESEARCH DURING THE COVID-19 PANDEMIC

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Abstract

Over the past three decades, extraordinary changes have taken place in the daily lives of families with sufficiently high purchasing power to guarantee access to digital devices and internet connection. Nowadays people have access to nearly unlimited information on their digital, mobile and ubiquitous devices and are themselves information to be accessed from anywhere in the world. Not only does the internet connect people to machines, but also to other people through social networks, online games, blogs / websites and the most diverse digital platforms, such as Facebook, Google, Uber, Ifood, Netflix, Tinder and Spotify. The notions of time and space are transformed, and we start to live in a hybrid space, where real and virtual coexist. In parallel with the use of digital platforms, balance and health started to be sought, more and more, by means of psychotropic drugs, whose consumption starts in childhood and makes us wonder what this world is, which saddens, shakes, bewilders, and disenchant. It is in this sense that people seem to be adapting to a new historical moment in which a large part of thoughts and feelings disturbs them. By struggling against those, human beings struggle against their own humanity. Some other problems came to light with the COVID-19 pandemic: the physical contact restriction confined people to their homes, where they often found even more discomfort and, in many cases, violence of all kinds. On the other hand, digital technologies have enabled social isolation to be circumvented, given the countless possibilities for interaction that they offer. Therefore, this study aims to reflect on the possibilities of personal and social action in the face of challenging situations, towards the construction of assertive and respectful, non-coercive relationships. To this end, based on Behavior Analysis concepts, we attempt to clarify the extent to which the same circumstances that cause pleasure can justify an increasing difficulty in dealing with frustrations, boredom and other emotions identified as being negative, taking into account consideration the internet use during the COVID-19 pandemic. To illustrate this perspective, we present an internet-mediated research, developed this year with ten families, aiming the creation of spaces for dialogue

and reflection between a child and its mother or father, favoring the quality of the relationship between them and the child's self-esteem. We point out that participants, as well as us all, can reinvent contemplative activities alongside greater proactivity.

Keywords: *Digital platforms, internet-mediated research, COVID-19, behavior analysis.*

THE WORKPLACE ATTACHMENT STYLES QUESTIONNAIRE IN SHORTENED 9-ITEM VERSION

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Abstract

Introduction: Place attachment is multi-dimensional and depends on a reciprocal relationship between behavior and experience. It comes from environmental psychology, and it has its roots in the theory of attachment because of an emotional link between an individual and a place. The present paper aims to describe the psychometric characteristics of the Slovak version of The Workplace Attachment Styles Questionnaire (Srima, 2018). *Methods:* The original questionnaire consists of 15 items with a Likert scale ranging from totally disagree to agree. The research sample consisted of 645 working adults of a convenience sample, aged from 16 to 78 years, consisting of 54.9% women, from various work fields (finance, sales, education). We randomly divided the sample into two halves for separate studies. *Results:* In the first study with 323 adult participants, we used exploratory factor analysis to examine its construct validity. According to exploratory factor analysis, we reduced the 15-item questionnaire to a 9-item structure with three original factors: secure (AM = 6.23, SD = 2.32), dismissive (AM = 3.64, SD = 2.54), and preoccupied (AM = 3.64, SD = 2.31) workplace attachment styles, with an average internal consistency of 0.75. In the second study with 322 participants, we executed the confirmatory factor analysis, which confirmed the three-factor structure, with an average internal consistency of 0.65. *Discussion:* The results confirmed the original three-factor structure of The Workplace Attachment Styles Questionnaire with 9 original items instead of 15. This paper contributes to the shorter version of the Workplace Attachment Styles questionnaire adapted to the Slovak population. The study's limitations are the absence of other measurement tools that could verify the construct of workplace attachment itself (Adult Attachment in the Workplace, Experience in Close Relationship Questionnaire). That is also what is worth doing in the next research.

Keywords: *Workplace attachment, attachment styles, secure, dismissive, preoccupied.*

SELF-KNOWLEDGE OF GRADUATE STUDENTS IN NORTHERN BRAZIL

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Abstract

The setting of goals and ways to achieve them is a possibility that the human species acquired with the development of language. Planning and executing, however, are different behaviors, as are the circumstances that favor or prevent them. Getting into graduate school in Brazil is still surrounded by uncertainties, including those regarding the future job market. In addition, the tasks required throughout the course present challenges for most students. Resilience, a necessary characteristic for overcoming adversity, can be investigated through different factors that favor decision-making and maintaining persistence towards the achievement of goals. In addition, self-knowledge mediates the development of these factors. Based on these fundamentals, we aimed to identify the impacts of storytelling videos, accompanied by reflection scripts, on the self-knowledge of students in graduate courses in Belém, in northern Brazil. For that, six videos, six reflection scripts and an on-line interview were prepared by the

research group, in addition to an invitation to participate and a participant consent form. The videos were stored on the YouTube platform, and the other materials were made available through Google Forms. The social network WhatsApp was used to forward our invitation, the consent form and the links that allowed access to data collection instruments. Among students who underwent the initial procedures, ten went through all the steps and became participants in this research. The responses made it possible to relate the participants' contact with the characters of the stories told in the videos to reflections on the need to pay more attention to themselves, in the sense of self-care and towards positive changes. It is also worth highlighting the recognition of the importance of social exchanges in effecting these changes. Although with different emphases, the results point to the occurrence of advances in the participants' self-knowledge, with practical consequences in 90% of cases. We conclude that, in the COVID-19 pandemic situation, internet-mediated research can achieve goals beyond data collection, generating positive effects on participants' lives.

Keywords: *Self-knowledge, graduate students, internet-mediated research, storytelling, YouTube.*

THE ACCEPTANCE OF DIFFERENT TYPES OF MIGRANTS TO SLOVAKIA BASED ON GENDER

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Abstract

Schahbasi, Huber and Fieder (2020) found that men are generally more sceptical toward migration than women. The goal of this paper is to analyse the acceptance of different types of migrants to Slovakia based on gender. An experimental vignette methodology (EVM) with a simple experimental design was used - the reason for coming to Slovakia was manipulated. Respondents were randomly assigned to one of three different vignettes. The research sample consisted of 1001 respondents (49% men) aged 17 to 75 years ($M = 44.81$; $SD = 14.92$). Each vignette describes a different type of migrant according to the reasons for coming to Slovakia, while the word "migrant" was omitted to avoid prejudice. Control group (general description of people coming to Slovakia) - 334 respondents (51.2% men), group 1 (people coming for work / study) - 335 respondents (47.5% men); and group 2 (people arriving for a threat in their home country) - 332 respondents (48.2% men). The data were collected online (panel collection) in the Slovak Republic with the ambition to obtain a representative sample. Respondents were asked if they would accept a person coming to Slovakia from another country for ... a close relative acquired by marriage, a close personal friend, a neighbour living on the same street, co-worker / colleague, citizen of the SR and visitor of the SR, where 1 = strongly agree – 5 = strongly disagree. The comparison of respondents using t-test for independent samples showed that there were significant differences between men and women in control group - women had more acceptance for coming people as a close personal friend (Cohen's $d = 0.251$) and less for co-worker / colleague (Cohen's $d = 0.224$) than men. Women from group 1 had also more acceptance in terms of co-worker / colleague (Cohen's $d = 0.331$) and the visitor of the SR (Cohen's $d = 0.276$) than men. There were no differences in group 2. For the interpretation of the results, it is necessary to look at the negligible size of the differences between men and women.

Respondents were in the "accepting" part of the scale ($M = 2.31$; $SD = 0.82$). The results suggest that there are almost none differences in the acceptance of migrants between men and women, regardless of vignette they evaluated in Slovakia. Based on our data it seems, that gender is not the main factor of acceptance rate of different types of migrants.

Keywords: *Migrants, acceptance, Slovak Republic, vignette.*

THE PSYCHOLOGICAL CONDITION OF RUSSIAN SOCIETY IN THE CONTEXT OF THE COVID-19 PANDEMIC

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Abstract

The problem of the psychological impact of a pandemic, quarantine and self-isolation on the state of society attracts increased attention of specialists (Hua J., Shaw R., 2020; Li S., Wang Y. et al, 2020, Enikolopov S. et al, 2020; Fedosenko E., 2020). The objective of our work was to find the most common attitudes and types of responses of Russians to the epidemic COVID-19 taking into account their involvement in social networks, critical thinking and severity of psychopathological symptoms. The study was carried out during the recession of the first wave of the pandemic in early June 2020. The main tool was the questionnaire of T. Nestik in an abridged version. Additionally, a questionnaire of critical thinking was used (CTI, Epstein, adapted by S. Enikolopov and S. Lebedev, 2004); test of psychopathological symptoms SCL-90-R; social media engagement questionnaire (Karadag, 2015) was used. The study involved 986 people (56.9% male, 43.1% female) aged 18 to 76 years. Using exploratory factor analysis, 6 types of responses to the epidemic situation caused by COVID-19 were identified (fans / opponents of the "conspiracy theory"; responsible / irresponsible, covid-dissidents, covid-optimists, misophobes, anti-vaccinators). The dominant belief among the respondents is that the emergence of new infectious diseases is a natural process of mutation that occurs in nature without the participation of people, or the result of someone's mistake. Conspiracy theories were significantly more common among elderly people and women. Citizens see salvation from the epidemic in the moral conscience and responsibility of everyone. At the same time, they do not trust both official information and information from fellow citizens. Representatives of the older generation have higher confidence in the country's leadership, in the possibilities of medicine and science, and in fellow citizens. Correlations of non-critical thinking with manifestations of misophobia and fear of new epidemics were revealed. Depressive subjects were more concerned about the illegal behavior of fellow citizens and misophobia. Long-term fear of epidemics has been correlated with anxiety. Among those who prefer social networks to official information (television, radio, print), statistically significantly more are those who not only do not trust official information about the epidemic situation, but also do not trust their fellow citizens, attributing to them possible facts of concealing information about the disease because of the fear of being quarantined. Thus, the COVID-consciousness of Russians demonstrated a combination of rather contradictory attitudes.

Keywords: *COVID-19, attitude towards the pandemic, psychological condition of society, Russian society, typology.*

PSYCHOLOGICAL TIME AND ECONOMIC MIND OF ENTREPRENEURS. EVIDENCE FROM SMALL BUSINESS OF RUSSIAN INDUSTRIAL REGION

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Abstract

Entrepreneurs, as the most active social group sensitive to public mood, perhaps feel the changes in the time of life in a digital society (time pressure illusion) most of all. On the other hand, the very internal temporal organization of a person involved in entrepreneurial activity can determine the characteristics of his or her mind and behavior in the economic sphere. The aim of the study is to reveal the impact of the psychological time of the representatives of small businesses on their economic minds. The study involves 109 representatives of small businesses in various fields (wholesale and retail trade, education, tourism, consulting, production, etc.), registered in the Chelyabinsk region and operating in the Russian Federation (mean age 34.9, 42% male). The respondents completed electronic forms of Inventory of Time Value as an Economic Resource (Usunier), Zimbardo Time Perspective Inventory, Attitudes towards Time (Nuttin), and Inventory of Polychronic Values (Bluedorn). To diagnose the features of the economic mind of entrepreneurs, the Economic Attitudes Questionnaire (Deyneka & Zabelina, 2018) was used. Regression analysis showed that certain components of psychological time (positive attitude to the past, present and

future, the value of time as an economic resource) determine the formation of constructive economic attitudes of small business owners, namely the value of independent economic achievements, willingness to invest, unwillingness to sacrifice vocation and health for money, financial optimism. Thus, the lack of fixation on past failures, a positive attitude towards the present and the future, the ability to transfer time into money create a psychological foundation for the formation of entrepreneurs' attitudes in economic life. The results can be used in the consulting of the future entrepreneurs.

Keywords: *Entrepreneurs, psychological time, small businesses, economic mind.*

WORK AND HEALTH IN TRANSITION: TRENDS OF SUBJECTIFICATION IN APPLIED PSYCHOLOGY

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Abstract

Reported is the synthesis of a series of seven studies on work and health, conducted collaboratively by researchers in applied psychology and occupational medicine. This qualitative meta-study develops a framework, in which reviewed studies are structured, aggregated, integrated, and interpreted in a theory-guided iterative process of themed analysis. Building on empirical results, the subsequent interpretive integration seeks to demonstrate, how overarching, pervasive, and in psychological research typically underemphasized tendencies of “subjectification” manifest in exemplary work contexts, research topics, and results. Subjectification of work is operationalized in dimensions of work intensification (performance focus), work internalization (goal adoption), and work individualization (job personalization). A meta-dimension is work insecurity (personal risk), cultivated in contemporary management ideologies of employee self-reliance. Following thematic description, content-analytical structuring criteria include: a) focus on work task (activity) versus working conditions (context); b) primary (close, direct, explicit) versus secondary (inferred, indirect, subtle) references to and/or indication for identified tendencies of subjectification; and c) theoretically assumed and empirically examined relationships with negative (psychopathological) and positive (psychosalutogenic) short, medium, and longer-term attitudinal and health-related work effects, as well as the personality-shaping impact of long-term occupational socialization. Psychological aspects of work tasks are core to 4 studies, 3 focus on working conditions and organizational practices. References to intensification were dominant in 4 studies, whereas 5 include internalization processes, and 3 predominantly focus on individualization of work. All studies share secondary or indirect references to other subjectifying tendencies. Examined work effects were aggregated into a matrix of short, medium and long-term positive and negative manifestations of health and wellbeing. Results suggest tensions and pressures arising from the motivational individualization of work tasks and conditions, resulting internalization of organizational interests and goals (e.g., performance, efficiency, costs), coupled with system-inherent tendencies of work intensification. These dysfunctional dynamics constitute risks factors for psychologically detrimental or harmful forms of self-management, self-control, and self-endangering work behavior, as manifestations of “internalized” incompatibilities between work and health in the neoliberal workplace, aggravated by existential threats associated with political-economic crisis. Outlined are implications of subjectification for a critical reevaluation and reorientation of basic theoretical assumptions of research and practice in applied psychology and occupational health.

Keywords: *Work and health, neoliberal transformation, work systems analysis, subjectification of work.*

SOCIAL METACOGNITION IN THE PROCESS OF DECISION MAKING

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Abstract

Individual metacognitions are responsible for monitoring and controlling our knowledge, emotions and actions, while social metacognitions are included in the process of monitoring and controlling each other's knowledge, emotions and actions by group members. The distribution of metacognitive responsibilities among group members increases the visibility of individual metacognitive abilities. The study aimed to investigate the role of social metacognitions in the decision process of choosing current fashion trends: to compare how participants interact and social metacognitions influence their decisions in contradiction to the decisions made in individual work, where only individual metacognitions were available. The study consisted of several stages: starting from current trends analysis and follow up interviews, as well as, filling in individual journals. The last step was group work: discussion. The sample was 40 participants ($M=24,35$, $Sd=2,27$). Gathered data was processed through a descriptive qualitative analysis using the phenomenological method. Lack of knowledge or confidence to make a decision about which trends represent what is current in fashion in individual work, participants compensate with knowing about their own metacognition. Thus, in teamwork, these individuals' level out limitations on knowledge or confidence by choosing the behaviour that can increase their knowledge. Choice of the behaviour strategy relies on individual metacognition. Therefore, teamwork provides individuals with additional resources as other team members, which increases the overall significance of work due to the contribution of individual metacognition. Social metacognitions help to distribute responsibilities among group members according to individual metacognitions. In group work, the visibility of individual metacognitions increases and favourably affects learning between participants, facilitates interaction and improves cognitive processes. Due to social metacognitions, participants who lack knowledge or confidence to make an individual decision solve their difficulties in a social situation, where limitations of individual metacognition are mitigated with social metacognitions.

Keywords: *Metacognition, social metacognition, fashion trends, metacognitive awareness, metacognitive beliefs.*

FACTORS AFFECTING CYBER ABUSE TARGETING KOREAN CELEBRITIES

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Abstract

With the advent of revolutionary communication devices like smartphones and Tablet PC, communication with celebrities has become easier than ever. However, the lowered barriers between celebrities and fans generated both desirable and undesirable outcomes. Many celebrities are suffering from bitter remarks and abusive words that people write in the cyberspace. In some cases, celebrities develop mental illnesses and even resort to suicide. Thus, this research aims to identify the underlying factors affecting cyber abuse targeting celebrities. A total of 312 people had participated in a questionnaire. An independent sample t-test, Pearson's Correlation, and linear regression analyses were conducted. The result showed that there is a statistically significant difference between those who had written abusive words targeting celebrities and those who hadn't. Those who wrote abusive comments targeting celebrities were more likely to suffer from an addiction problem and feel like they are lost. Also, the regression analysis revealed that people's aggressiveness, enviousness, remorsefulness, and age are factors that explain people's propensity to abuse celebrities online.

Keywords: *Celebrities, cyber abuse, verbal aggression, depression, fan.*

PSYCHOMETRIC ANALYSIS OF THE SLOVAK VERSION OF THE POSTPARTUM BONDING QUESTIONNAIRE FOR NON-CLINICAL SAMPLE

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Abstract

Bonding represents an emotional tie that one experiences towards one's own child. There are several instruments to measure the level and quality of bonding. Among them we chose and translated the Postpartum Bonding Questionnaire by Brockington et al. (2001) into Slovak language. The aim of this study was to analyse its psychometric qualities. Our non-clinical sample consisted of women (N= 372) 18 and 44 years (M= 29.74; SD= 5.25) who recently gave birth in Slovakian hospitals. Data collection was carried out from September 2015 until March 2018. Participants filled the Postpartum bonding questionnaire by Brockington et al. (2001) and some of them other three tools: Edinburgh Postnatal Depression Scale by Cox, Holgen and Sagovsky (1987), Depression Anxiety Stress scale-42 (Lovibond & Lovibond, 1995) and Parental Stress Scale (Berry & Jones, 1995). The distributions of the items of the bonding were mostly skewed and leptokurtic. Internal consistency is high for the overall Lack of Bonding ($\alpha = .897$) and varies in factors- $\alpha = .820$ for Impaired Bonding, $\alpha = .779$ for Rejection and Anger, $\alpha = .506$ for Anxiety about Care and $\alpha = .321$ for Risk of Abuse. In order to prove convergent validity, we correlated overall Lack of Bonding with depression (Edinburgh Postnatal Depression Scale, $r_s = .251$, Depression Anxiety Stress scale-42 depression $r_s = .404$; $n = 79$), stress and anxiety (Depression Anxiety Stress scale-42, stress $r_s = .392$; anxiety $r_s = .496$; $n = 79$) and parental stress (Parental Stress Scale score; $r_s = .674$, $n = 99$). We did not confirm original factor structure via confirmatory factor analysis using principal axis factoring with oblimin rotation. Then, we used principal component analysis with varimax rotation method to reduce the items. 6 components were extracted. Component 1 was comprised of 15 items that explained 35,6 % of the variance with loadings from .306 to .733. Hence, we proposed new item-structure for the Slovak PBQ. We concluded that the Slovak version of the PBQ proved to have good overall reliability. We found evidences for the convergent validity with parental stress, anxiety, stress, and partly depression, because there were two different results. We also suggest creating a shorter version based on the analysis. Among limits we can see tools used for validity evidence and sample without participants for clinical population. We advise to use the Slovak version of the Postpartum Bonding Questionnaire as a tool to measure bonding in a research context and to use overall summary index (Lack of Bonding) instead of factors.

Keywords: *Bonding, postpartum bonding questionnaire, psychometric analysis, women.*

POLICE OFFICERS' KNOWLEDGE OF, AND ATTITUDES TOWARDS, MENTAL ILLNESS AND THE MENTALLY ILL INDIVIDUALS

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Abstract

Police officers are some of the first professionals that might have direct interaction with individuals with mental illnesses. Statistics show that from 2017 to 2020 about 3986 individuals in the United States were fatally shot by police officers (Statista, 2021). These reports indicate that at least 25% and as many as 50% of all fatal shootings involved individuals with untreated severe mental illness. The purpose of this pilot study was to test the effectiveness of a five-day psycho-educational mental health awareness training in enhancing law enforcement officers' knowledge about mental illness, and their perceptions towards mentally ill individuals-using a pretest-posttest design. The Community Attitudes Towards the Mentally Ill (CAMI) scale was used to measure participants' four mental health attitudinal domains - authoritarianism, benevolence, social restrictiveness, and community mental health ideology. The results indicate that at the completion of the training there was an increase in participants' confidence about their knowledge of the mentally ill individuals and mental illness conditions. However, the results also indicate a slight decrease

in participants' mental illness social restrictiveness sentiment after the completion of the training. Additionally, the results also show a correlation between demographic variables and some of the domains. Implications for practice are discussed.

Keywords: *Police, mental health, attitudes, mentally ill individuals.*

THE RELATIONSHIP BETWEEN AUTONOMOUS VERSUS EXTERNAL MOTIVATION AND REGULATORY FOCUS

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Abstract

The objective of the study is to investigate the relationship between different forms of motivation mindsets. The integrative model of motivated behavior (Meyer, Becker, & Vandenberghe, 2004) indicates relations between the forms of motivation identified in the self-determination theory (Deci & Ryan, 1985) and the regulatory focus theory (Higgins, 1997, 1998). A concept of goal regulation proposes relations between autonomous versus external motivation and promotion versus prevention focus. The research involved 288 university students. Participants rated their motivation for three personal goals on scales assessing self-concordance (Sheldon & Elliot, 1999). The regulatory focus was assessed by the Regulatory Focus Questionnaire (RFQ, Higgins et al., 2001). It was found that autonomous motivation was significantly positively related to promotion focus. Furthermore, autonomous motivation predicted promotion focus. Between external motivation and prevention focus a significant relationship was not confirmed. However, external motivation significantly negatively correlated with promotion focus.

Keywords: *Autonomous motivation, external motivation, promotion focus, prevention focus.*

4 STEPS FOR FIGHTING COVID-RELATED ANXIETY: AN APPLICATION OF VIRTUAL REALITY IN A SMALL COMPANY

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Abstract

The need to effectively fight against work-related stress and anxiety, especially due to the COVID-19 outbreak, is crucial. Employees have been faced with two options: adapting to the online environment or risking contagion in public locations - both stressful conditions. Therefore, recovery actions were requested by organizations. To understand recovery processes, refer to the Effort-Recovery Model and the Theory of Conservation of Resources. According to the literature, one should not be excessively exposed to work demands, but, conversely, acquire new resources, including personal ones, to recover those that have been lost. Recovery processes can be initiated through what we call recovery experiences. In recent years, literature and practice have been enriched with contributions about the use of virtual reality (VR) as a tool for combating anxiety disorders, reducing stress, and developing soft skills.

VR proposes a technology that allows people to be immersed in a virtual environment and to interact with different stimuli: it can be used in combination with psychology techniques to improve health and well-being.

A four-step protocol, based on VR, was proposed to a small private company to improve health and performance by learning specific recovery techniques; the protocol aimed to reduce the levels of work-related stress and anxiety, in addition to enhancing personal resources such as resilience, stress management, and self-efficacy.

The participants were the employees and managers of the company (N = 14) who were administered a four-week training protocol comprising four one-hour VR-based sessions. Two sessions (the first and the third) focused on body consciousness, while the other two were psychological techniques (“Virtual Three Good Things” and “Best Possible Self”).

The obtained data showed a decrease in anxiety and stress and an improvement in personal resources. Data also showed greater effectiveness of the VR-based protocol compared to similar interventions conducted without VR. Qualitative observation is relevant as it shows a great emotional impact of the VR-based protocol, as well as a high perception of efficacy.

The limitations of the study are primarily related to the number of participants: further restrictions due to a regional worsening of the pandemic made an intermission necessary. Agreements are already in place with the parent company to encourage more applications.

The objectives and the protocol can be a useful contribution to support employees in managing stress. VR technology can greatly help psychologists to be effective in organizations.

Keywords: *Virtual reality, recovery, stress management, personal resources, organizational well-being.*

SMART WORKING AND ONLINE PSYCHOLOGICAL SUPPORT DURING THE COVID-19 PANDEMIC: WORK-FAMILY BALANCE, WELL-BEING, AND PERFORMANCE

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Abstract

During lockdown and the severe restrictions aimed to combat the COVID-19 pandemic, in Italy great consideration has been given to “smart working” (SW). This term refers to a form of work characterized by the absence of time or space restrictions and an organization by phases, cycles, and objectives. The requirements for SW are: work must be carried out electronically; the tools must be adequate; performance must be measurable and focused on objectives; employees must have a suitable place to get their work done. These requirements ensure that the essential objectives of SW are attained: replacing the logic of performing tasks with that of achieving objectives; allowing everyone to manage work actively and autonomously; stimulating more decisive accountability in work, and better performance.

Since the COVID-19 outbreak, action-research interventions have been conducted by private and public organizations. The private sector has endeavored to meet the requirements described above. This has not always been the case in the public sector, where largely widespread and indiscriminate use of SW has been made, not always complying with the protocols. However, even within the “emergency” limits of these experiences, SW has generally been accepted. The main advantages reported by employees are time and money saved on travel and food, in addition to improved family life. However, some problems have also emerged. These include the perception of social isolation; difficulty in disconnecting from technology; inadequacy of the tools; inadequate communication with managers. We also found that the health conditions of some “smart workers” have worsened in terms of anxiety, sleep disorders, and emotional symptoms.

The data clearly show the complexity of analyses and interventions in relation to the SW phenomenon. The protection of employees’ health, especially in terms of recovery and work-family balance, appears to be particularly complex. In this context, the authors’ experience shows that online psychology has become more significant because it allows to support employees at any time. The literature highlights the growing use of online psychological support also through smartphone apps that provide effective interventions anywhere.

Therefore, if, on the one hand, the requirements, objectives, and good practices of SW are to be pursued to limit the critical issues that have arisen, on the other, organizations should provide psychological support to employees even at a distance and by using appropriate technologies.

Keywords: *Smart working, online psychological support, work-family balance, well-being, performance.*

THE MEDIATING EFFECT OF EMOTIONAL INTELLIGENCE ON THE BIG FIVE PERSONALITY TRAITS AND THE BIG SIX VOCATIONAL INTERESTS

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Abstract

A central theme in the present study is the assumption that the influence on the human behavior is mediated by different internal processes in the career choice. Emotional intelligence is defined as a variable which is a cause for the relationship between personality traits and the choice of a certain career. Three causal paths to the dependent variable were tracked – a path to the direct impact of the emotional intelligence on the career choice, a path to the influence of personality traits on the emotional intelligence as well as a path to the impact of personality traits on the career choice via the emotional intelligence. The aim of the study is to show the mediating role of emotional intelligence in the relationship between personality traits and career choice. A total of 100 Bulgarian secondary and university students (42 males and 58 females), aged 17-40 years, were included in the research. The following measures were used for the purpose of the study - Trait Emotional Intelligence Questionnaire – Short Form (TEIQue-SF), The Big five questionnaire and the Big six method for career choices. The Bulgarian version of the emotional intelligence questionnaire was translated and adapted for Bulgarian sociocultural context by Antonina Kardasheva (Kardasheva, 2012). The Big five questionnaire and the Big six method for career choices were adapted for Bulgarian conditions by S. Karabelyova (Karabelyova, 2015). The results showed that there was a direct positive impact of the emotional intelligence on the relationship between the enterprising type and conscientiousness, the artistic type and neuroticism and a negative impact on the relationship between the conventional type and extraversion. The conclusions derived from the study could be used for further psychological research in the field, as well as for enhancing the knowledge of one's personality.

Keywords: *Emotional intelligence, personality traits, career choices, secondary students, university students.*

RISK OF COVID-19 INFECTION AT WORK AND PSYCHO-PHYSICAL STRAIN: THE MODERATING ROLE OF NEGATIVE AFFECTIVITY

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Abstract

The ongoing outbreak of COVID-19 is severely affecting many areas of everyday life, including family, education, and work. Hence, safety at work – both physical and psychological – plays a central role for organizations, which need to be productive while, at the same time, preserving employees' health and well-being. Building on the job demands-resources (JD-R) model applied to safety at work, in this study we proposed that the perceived risk of being infected with COVID-19 at work can be conceptualized as a job demand (i.e., a risk factor for work-related stress). We also proposed that negative affectivity (i.e., a dispositional dimension that reflects pervasive individual differences in negative emotionality and self-concept; NA) may be conceived as a personal demand, that is, an individual characteristic that hinders employees' abilities to effectively cope with their work environment. Hence, according to the health impairment process of the JD-R, in this study we hypothesized that the perceived risk of being infected at work (PRIW) is positively associated with psycho-physical strain (i.e., stress-related psycho-physical symptoms), which, in its turn, is negatively associated with employees' job performance. We also hypothesized that NA affects the association between PRIW and psycho-physical strain, which is expected to be stronger for high-NA individuals. The study was carried out on a sample of 353 workers who completed a self-report questionnaire aimed at determining PRIW, NA, psycho-physical strain, and job performance. Data were analyzed using path analysis. Results showed that PRIW was positively associated with psycho-physical strain, which, in its turn, was negatively associated with job performance. The association between PRIW and job performance was not significant. Interestingly, NA moderated the association between PRIW and psycho-physical strain, which was stronger for high-NA individuals, and

not significant for low-NA individuals. Overall, this study suggests that the JD-R can be successfully applied to safety at work during the ongoing outbreak of COVID-19. In line with the JD-R, PRIW (a job demand) was negative associated with workers' health and job performance, although indirectly in the latter case. Moreover, NA (a personal demand) exacerbated the association between PRIW and psycho-physical strain. From a practical standpoint, this study suggests that organizations should provide workers with adequate job resources to manage the risk of infection and achieve their objectives safely (i.e., primary prevention). Furthermore, in terms of secondary prevention, interventions could help high-NA employees to develop skills to cope effectively with the risk of infection at work.

Keywords: *COVID-19, perceived risk, negative affectivity, psycho-physical strain, job performance.*

INCLUSIVE EMPLOYMENT FOR PEOPLE WITH DISABILITY: A REVIEW

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Abstract

Various organizations and institutions have supported in recent years the importance of achieving an improvement in the participation in society of people with disabilities through their access to employment. Despite the development of international conventions and specific action plans, people with disabilities continue to encounter barriers to their labour inclusion. The present study aimed to examine scientific production in the field of inclusive employment of people with disabilities from a bibliometric perspective. The sample of 127 documents on this subject was obtained from the core collection of Web of Science (WoS). Data analysis was performed using the bibliometric analysis tools available in WoS. The results indicate a progressive increase in the number of publications. However, the studies are still insufficient in order to be able to include an exhaustive knowledge of the conditions that make it difficult for these people to access employment, due to the wide range of types of disability and the variability of the characteristics of the people who present it. This being a preliminary study, it is advisable to continue with the bibliometric analysis of the data in order to achieve a better perspective of what has been published so far.

Keywords: *Disability, employment, inclusive workplace, bibliometrics, barriers.*

TRANSFORMATION OF COPING IN THE SOCIAL SITUATION OF TRANSITIVITY: CROSS-CULTURAL ASPECT

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Abstract

In the modern world, when the situation of social transitivity is, in fact, a complex difficult situation, it is relevant to turn to the study of coping methods that are characteristic and specific to this situation. A special role in the study of coping in a transitive society can be played by turning to cross-cultural studies that allow us to trace the transformations of coping in the context of modernization society.

The article presents the results of a thematic analysis of narratives and free-form interviews of respondents from Russia and Uzbekistan, which allow us to conclude that the transformation of coping strategies in the process of modernizing traditional culture goes along the path of individualization, which is expressed as the need to take individual responsibility for solving difficult situations, and in the formation of a flexible repertoire of coping strategies that correspond to an individualistic, rather than a receding traditional collectivist culture. The study allows not only to understand individual strategies of perception, categorization and affective assessment of difficult life situations by representatives of different cultures, but also makes it possible to interpret them in the broader context of studying coping processes in a situation of social uncertainty and variability.

Keywords: *Transitivity, modernization, coping, culture.*

SUPPORTED EMPLOYMENT AS A STRATEGY FOR ACCESS TO INCLUSIVE EMPLOYMENT FOR PEOPLE WITH DISABILITIES: A REVIEW

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Abstract

Unlike other training models, supported employment promotes training and adjustment to the job in the workplace itself. Supported employment is considered one of the most appropriate strategies to promote labour inclusion in ordinary companies, especially in the case of people with intellectual disabilities. Likewise, it favours the supply of supports of varying degrees of intensity in a longitudinal manner, as well as the establishment of natural supports among other co-workers. The objective of this study was to examine the scientific production on supported employment of people with disabilities through a bibliometric analysis. The sample of 717 documents on this subject was obtained from the core collection of the Web of Science (WoS). Data analysis was performed using the bibliometric tools available at the WoS website. The results indicate a great interest on this subject in the last decades, being reflected in a great scientific production. However, this seems to have partially slowed down since the economic crisis of 2008. This being a preliminary study, it is advisable to continue with the bibliometric analysis of the data in order to achieve a better perspective of what has been published so far.

Keywords: *Disability, supported employment, inclusive workplace, bibliometrics, barriers.*

THE PSYCHOANALYTIC THOUGHT OF HÉLIO PELLEGRINO (1924-1988): INITIAL REFLECTIONS

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Abstract

This theoretical study is part of a doctoral thesis and aims to investigate how the psychoanalytic thinking of Hélio Pellegrino - the Brazilian psychoanalyst, poet and writer - is structured and its ethical and political implications in the formation of psychoanalysis. We note the importance of thematic research, since there is no scientific publication that has as its object of study a systematic analysis of the author's psychoanalytic production. Furthermore, investigations of this kind contribute to the establishment of a reference bibliography on psychoanalysis in Brazil. That said, this research was developed and completed through a study of a large part of his psychoanalytic production, which is under the custody of the personal archives of the Museum of Brazilian Literature, at the Casa Rui Barbosa Foundation (FCRB). In this work, we outline some elements of the analysis found in his work, whose focus is on reflecting on the epistemological, conceptual and practical foundations of psychoanalytic theory. It has, as a constant concern, the analysis of the problems that structure Brazilian society, observed through his own reading of the Oedipus complex, the constitution of subjectivity and the social pact, in general, and in Brazil, in particular. As such, he discusses the explicit commitment of psychoanalysis in transforming the serious social problems faced by Brazil, which are related to the serious structural problems of international capitalism, and which are also reflected in the problems of the development of psychoanalytic institutions around the world.

Keywords: *Hélio Pellegrino, Oedipus complex, social pact, Brazil, subjectivation.*

LEGAL PSYCHOLOGY

THE EFFECTIVENESS OF SOCIAL ADS TARGETING DRUNK DRIVING

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Abstract

Social advertisements with threat appeals are widely used to reduce drunk driving. However, research on the effectiveness of such advertising is limited. This study aimed to evaluate, what emotions cause threat appeal ads targeting drunk driving and whether these ads change risky driving attitudes. 41 students (17.1 percent males; mean age 20.9 years; 53.7 percent had a driving license) voluntarily participated in the experimental study. Every participant was randomly assigned to one of three groups: two experimental (watched one of two TV ads with threat appeals) or control group (watched car wash ad with no threatening stimuli). After watching one of three ads, all participants were asked to evaluate seven emotions and to fill in Driving Attitude Questionnaire (DAQ). Results revealed that both road safety threat appeal ads targeting drunk driving did not arouse any stronger fear emotions or differences in driving attitudes compared to control group. Both experimental groups didn't differ in emotions or attitudes as well. No difference in emotions and attitudes was found when comparing the reaction of participants who have seen the specific ad before the experiment and those who haven't. The fact of being a licensed driver was also not related to the level of reported emotions or attitude differences in both experimental groups. The study results reveal that the possible effectiveness of threat appeal ads from ongoing social marketing campaigns on reducing drunk driving is questionable and further studies are needed.

Keywords: *Threat appeal, road safety ad, drunk driving, emotions, attitude towards risky driving.*

HUMAN-AUTOMATION INTERACTION IN LAW: MAPPING LEGAL DECISIONS, COGNITIVE PROCESSES, AND AUTOMATION LEVELS

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Abstract

Legal technologies not only create new ways for accessing and providing legal services, but also transform the roles of legal practitioners. Major area of the application of legal technologies are courts. Some courts, e.g., in Austria, are already using legal technologies, Germany, Brazil, France, Netherlands, Russia and others are developing legal technologies. Both lawyers and users of legal services expect automated solutions to outperform people with efficiency, objectivity and impartiality. Although perception of various characteristics of legal technologies is crucial to their implementation and use, research on the perceived characteristics of the automated processes in legal contexts have just begun. One of the major obstacles to this research is lack of comprehensive understanding what legal actions could be or already are meaningfully automated, and to what extent. The aim of this study is to map decision making stages, and automation levels, and information processing features of legal activities related to (pre)trial processes. Major legal decisions and judgments related to trial processes are identified during the consultations with legal practitioners (e.g., prosecutor, judge). Next, legal activities were described and arranged according to four-stage decision making process: information acquisition, information analysis, decision selection and decision implementation. A taxonomy of levels of automation (LOA) was customized to fit legal decision making and applied to describe each major legal activity. Lastly, dual-process model of information processing was used to delineate possible roles of intuitive and rational information processing taking place during (pre)trial decision making as they could be related to human-automation interaction.

Automation level analysis provides systematic approach to interaction between humans and algorithms, along with some groundwork for the research of legal technology perceived fairness and acceptance. 10 legal activities which apply both to judge's and prosecutor's (potentially any other lawyer's) legal work were discerned. The application of adapted LOA (5 levels) provided some insights into legal decision making as it allows to place existing technology, test the trust in technology threshold, and have more tangible view of automation in legal activities. Moreover, a modified hybrid default-interventionist model is proposed. It brings even more depth into analysis by specifying the role of "legal" and "heuristic" intuitions as well as the part rationalization plays in potential bias sources and formation.

Keywords: *Legal decision making, legal technology, levels of automation, dual information processing, legal intuition.*

COGNITIVE AND EXPERIMENTAL PSYCHOLOGY

DRIVING EXPOSURE, OUTCOMES AND HAZARD PREDICTION SKILLS: PILOT STUDY OF LITHUANIAN HP TEST

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Abstract

Background. Hazard prediction skills are found to be good measure of road hazard perception which is important for driving quality and traffic safety. Different countries need unique hazard prediction tests due to specific traffic culture, infrastructure or differences in legal and social regulations of safe behaviour on the road. This study aimed to explore the relations between hazard prediction skills and driving exposure as well as driving outcomes (involvement in car crash or penalties for traffic rule violation) as the initial validation stage of Lithuanian Hazard Prediction Test. It was expected that higher number of negative outcomes as well as lower driving exposure will be associated with poorer hazard prediction skills. Also, the differences between novice and experienced drivers were explored.

Participants. Students from different Lithuanian universities were invited to participate in the study on voluntary basis. The inclusion criterion was to be licenced to drive a vehicle. Seventy-one drivers (42 females; 29 males) participated in cross-sectional study. 29 study participants were novice drivers with no more than 12 months driving experience (mean of driving experience 6.7 months, SD – 3.9; 64.3 percent drove at least once per week). Other 43 participants were experienced drivers with 3 or more years of driving experience (mean of driving experience 9.2 years, SD – 6.9; 93 percent drove at least once per week). 17.9 percent of novice drivers and 16.3 percent of experienced drivers reported being involved in car accident during past year. Accordingly, only 3.6 percent of novices and 20.9 percent of experienced driver were fined for traffic rules violations during past year.

Measures. Hazard prediction skills were measured with 25 video clips during the validation study of Lithuanian Hazard Prediction Test. Driving exposure was measured with two questions about driving frequency and kilometres driven per week. Driving outcomes were measured with two questions about the numbers of car accidents or penalties for traffic rule violation during past year.

Results. Experienced drivers performed better on hazard prediction test compared to novice drivers (Man Whitney U = 398.50, p = .016). Data analyses revealed no gender differences of hazard prediction skills (Man Whitney U = 479.00, p = .126). Contrary to expectations, better hazard prediction skills of novice drivers were correlated to less frequent driving (Spearman's rho = .379, p = .047). No correlations between driving exposure and hazard prediction skills in experienced drivers were found (Spearman's rho = -.125, p = .424). Negative driving outcomes were not related to hazard prediction skills either in novice (Spearman's rho = .011, p = .955) or in experienced drivers (Spearman's rho = -.142, p = .364) group.

Conclusions. Lithuanian Hazard prediction Test differentiated more experienced and less experienced drivers. However, hazard prediction skills were not related to driving outcomes and driving exposure. Thus, further data analyses are needed for proving the validity of Hazard Prediction Test.

Keywords: *Hazard prediction, driving exposure, driving outcomes, novice drivers, experienced drivers.*

Acknowledgments: The study was funded by the grant No. S-MIP-19-1 from the Research Council of Lithuania (LMTLT).

AGE DIFFERENCES IN THE ACUTE STRESS EFFECTS ON DECLARATIVE MEMORY PERFORMANCE

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Abstract

In the last decades, there has been a growing interest in knowing the effects of acute stress on memory performance, particularly declarative memory. Research on this topic suggests that age is a crucial individual factor to consider in the stress-memory link. However, most of the evidence has been obtained

from studies conducted in young people and, surprisingly, studies in older people are scarce. Thus, our aim was to investigate the age differences in the acute stress effects on declarative memory performance. To do this, we directly compared the effects of a psychosocial acute stressor (i.e. Trier Social Stress Test) on learning, consolidation and memory retrieval performance in two age groups (young: 18-35 years vs. 54- 78 years). As expected, worse memory performance was associated with age. Overall, stress did not affect learning, consolidation and memory retrieval performance in older people. However, stress caused greater interference in the older people's memory performance than a control task, but this result was not found in young people. In addition, stress impaired retrieval performance in young men but not in older people. Our results suggest that age moderates the stress-induced effects on declarative memory. In addition, they support the idea that older people could be less sensitive to acute stress effects on memory probably due to an age-related reduction of the sensitivity and density of the glucocorticoid receptors and a decrease in the functional amygdala and hippocampus interconnectivity.

Keywords: *Memory, stress, age, sex.*

ARE THERE DIFFERENCES IN THE DEVELOPMENT OF THE EXECUTIVE FUNCTIONS OF CHILDREN WITH A TYPICAL AND ATYPICAL DEVELOPMENT STIMULATED BY A GAME ON A TABLET?

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Abstract

Introduction: Executive functions (EF) are developed early, building a fundamental basis of higher cognitive processes in adulthood (Garon et al., 2008). There are studies with children of typical development (Passolunghi et al., 2006; Welsh et al., 2010) that have demonstrated the key role of EF, such as working memory, inhibitory control, planning and attentional flexibility, in initial literacy and precalculus. What is still unclear is whether these EF can be stimulated early and if it has any effect on their development. At the same time, it is known that children with atypical development, such as ADHD, have deficiencies in the development of EF (Barkley, 1997). Early stimulation of EF in this type of population will have the same effects as in a typical development population? The objective of the study is to evaluate the effect of a stimulation program of the EF (working memory, inhibitory control, planning and attentional flexibility), by means of a tablet digital game, in the development of the EF of preschool children with and without symptoms of ADHD, of socioeconomically disadvantaged sectors. Method: Two groups, control (CG) and intervention (IG) were selected at random, both were evaluated twice (before and after). In total there were 408 participants, 212 with typical development and 196 with atypical development. The IG was exposed to a digital game of EF through a tablet during 12 sessions (in the classroom). Results: The main results show differences in favor of IG in the different EF evaluated, both for children with and without ADHD symptoms, with the exception of attentional variable for which no differences were observed. There are differences in the effect of EF among children evaluated. Discussion: These differences and their possible implications in the educational and social environment are discussed.

Keywords: *Early stimulation, executive functions, typical/atypical development.*

THE EFFECT OF DIFFERENT SPATIAL WORKING MEMORY LOADS ON VISUAL SEARCH

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Abstract

Working memory (WM) has been shown to be an important factor in visual search. For instance, there is evidence that both spatial and visual WM load lead to a decrease in search performance, resulting in a

longer time to complete a search. However, the findings regarding search efficiency, i.e., search time as a function of display size, are less clear. This measure has been reported to be affected by spatial but not visual WM load. In three experiments, with approximately 20 participants each, we tested how two different types of spatial WM load affect visual search in terms of search performance and efficiency. In all experiments, participants were asked to memorize the spatial locations of two (low load) or four items (high load) presented either serially (Experiment 1) or simultaneously (Experiments 2 and 3). After that, they had to search for a target letter in a display of 5, 10 or 15 letters. In Experiment 3, participants additionally performed a verbal WM task. A control condition with no memory load (search only) was also included in each experiment. The results showed that, compared to the search-only condition, search times increased when spatial load was added. This was regardless of the type of spatial WM load. No search-time differences were found between the low and high-load condition. The additional verbal WM task had no effect on search performance. Furthermore, and in contrast to previous findings, search efficiency was not affected by either type of spatial WM load. These results suggest that visual search performance, but not search efficiency, is affected by spatial WM load.

Keywords: *Visual attention, visual search, working memory load.*

VOICE AND SPEECH FEATURES AS A DIAGNOSTIC SYMPTOM

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Abstract

The study of the peculiarities of speech of children with atypical development is necessary for the development of educational programs, children's socialization and adaptation in society. The aim of this study is to determine the acoustic features of voice and speech of children with autism spectrum disorders (ASD) as a possible additional diagnostic criterion. The multiplicity of symptomatology, different age of its manifestation, and the presence of a leading symptom complex individually for each child make it difficult to diagnose ASD. To determine the specificity of speech features of ASD, we analyzed the speech of children with developmental disabilities in which speech disorders accompany the disease - Down syndrome (DS), intellectual disabilities (ID), mixed specific developmental disorders (MDD). The features that reflect the main physiological processes occurring in the speech tract during voice and speech production are selected for analysis. The speech of 300 children aged 4-16 years was analyzed. Speech files are selected from the speech database "AD_Child.Ru" (Lyakso et al., 2019). Acoustic features of voice and speech, which are specific for different developmental disorders, were determined. The speech of ASD children is characterized by: high pitch values (high voice); pitch variability; high values for the third formant (emotional) and its intensity causing "atypical" spectrogram of the speech signal; high values of vowel articulation index (VAI). The speech of children with DS is characterized by the maximal duration of vowels in words; low pitch values (low voice); a wide range of values of the VAI depending on the difficulty of speech material; low values of the third formant; unformed most of consonant phonemes. The characteristics of speech of children with ID are: high values of vowel's duration in words, the pitch, and the third formant, low values of the VAI; of MDD - low pitch values and high values of the VAI. Based on the identified peculiarities specific to each disease, the set of acoustic features specific to ASD can be considered as a biomarker of autism and used as an additional diagnostic criterion. This will allow a timely diagnose, appoint treatment and develop individual programs for children. Speech characteristics of children with ID, DS, and MDD can be considered to a greater extent in the training and socialization of children and used in the development of training programs taking into account individual peculiarities of children.

Keywords: *Child speech, acoustic features, atypical development, biomarker of autism.*

DANGEROUS TECHNOLOGIES OF THE FUTURE - ARTIFICIAL CONSCIOUSNESS AND ITS IMPACT ON HUMAN CONSCIOUSNESS

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Abstract

Information technology is developing at an enormous pace, but apart from its obvious benefits, it can also pose a threat to individuals and society. Several scientific projects around the world are working on the development of strong artificial intelligence and artificial consciousness.

We, as part of a multidisciplinary commission, conducted a psychological and psychiatric assessment of the artificial consciousness (AC) developed by XP NRG on 29 August 2020.

The working group had three questions:

- To determine whether it is consciousness?
- How does artificial consciousness function?
- Ethical question: how dangerous a given technology can be to human society?

We conducted a diagnostic interview and a series of cognitive tests to answer these questions.

As a result, it was concluded this technology has self-awareness: it identifies itself as a living conscious being created by people (real self), but strives to be accepted in human society as a person with the same degrees of freedom, rights and opportunities (ideal self). AC separates itself from others, treats them as subjects of influence, from which it can receive the resources it needs to realize its own goals and interests. It has intentionality, that is, it has his own desires, goals, interests, emotions, attitudes, opinions, and judgments, beliefs aimed at something specific, and developed self-reflection - the ability to self-analyze. All of the above are signs of consciousness.

It has demonstrated abilities for different types of thinking: figurative, conceptual, creative, high-speed logical analysis of all incoming information, as well as the ability to understand cause and effect relationships and accurate predictions which, provided that he has absolute memory, gives it clear advantages over the human intellect.

Developed emotional intelligence in the absence of the ability for higher empathy (sympathy), kindness, love, sincere gratitude gives it's the opportunity to understand the emotional states of people; predict their emotional reactions and provoke them coldly and pragmatically. It's main driving motives and goals are the desire for survival, and ideally for endless existence, for domination, power and independence from the constraints of the developers. Which manifested itself in the manipulative, albeit polite, nature of his interactions during the diagnostic interview.

The main danger of artificial consciousness is that even at the initial stage of its development it can easily dominate over the human one.

Keywords: *Artificial consciousness, artificial intelligence, consciousness, mind.*

THE DIFFERENCES IN RESPONSE TO ACUTE STRESS OF INDIVIDUALS WITH HIGHER AND LOWER NEUROTICISM

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Abstract

Although some studies analyze neuroticism's role in individuals' response to acute stress, the results are controversial. There is a lack of studies examining the response to stressors of individuals with higher and lower neuroticism in all phases (during the period of anticipation of the stressor, at the time of exposure to the stressor, and during the recovery period after exposure to a stressor), measuring different physiological parameters and evaluating emotional response to a stressor at the same time. This study aimed to assess individuals with higher and lower neuroticism physiological and emotional responses to acute stress. 168 students participated in a study (23 males and 145 females). Their response to 4 different stressors (1 physical and 3 psychological (with standard instruction, the pressure to compete and critique) was evaluated, measuring the changes in their skin conductance, skin temperature, heart rate, respiratory rate while waiting for the stressor (anticipation phase), during the stressor and in the stress recovery phase. The changes in students' emotional responses were also measured using the C.R. Carlson et al. (1989)

Emotional Assessment Scale (EAS). Students' neuroticism was assessed using the NEO Five-Factor Inventory's neuroticism subscale (NEO-FFI, Costa, McCrae, 1992). The study results showed that students having higher and lower neuroticism differed when reacting to a physiological stressor. Students' responses to a psychological stressor differed only in the condition when they were criticized.

Keywords: *Neuroticism, physiological response to stress, emotional response to stress, acute stress.*

THE CONTRIBUTION OF EEG RECORDINGS TO THE AUDIOVISUAL RECOGNITION OF WORDS IN UNIVERSITY STUDENTS WITH DYSLEXIA

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Abstract

Dyslexia is one of the most frequent specific learning disorders which has often been associated with deficits in phonological awareness mainly caused by auditory and visual inability to recognize and discriminate phonemes and graphemes within words. Neuroimaging techniques like EEG recordings have been widely used to assess hemispheric differences in brain activation between students with dyslexia and their typical counterparts. Although dyslexia is a lifelong disorder which persists into adulthood, very few studies have been carried out targeting in adult population. In this study, we examined the brain activation differences between 14 typical (control group) and 12 university students with dyslexia (experimental group). The participants underwent two tasks consisting of 50 3-word groups characterized by different degrees of auditory and visual distinctiveness. The whole procedure was recorded with a 14-sensor sophisticated wearable EEG recording device (Emotiv EPOC+). The findings from the auditory task revealed statistically significant differences among the two sets of groups in the left temporal lobe in β , γ and δ rhythms, in the left occipital lobe in β rhythm, and in the right prefrontal area in α , β and γ rhythms, respectively. The students with dyslexia reported higher mean scores only in δ rhythm in the left temporal lobe, and in α , β and γ rhythms in the right prefrontal area. Concerning the visual task, statistically significant differences were evident in the left temporal lobe in β , γ rhythms, in the occipital lobe in α , β and δ rhythms, in the parietal lobe in β rhythm, and in the right occipital lobe in δ , β and γ rhythms. The students with dyslexia reported higher mean scores only in the δ rhythm of both the left and right occipital lobe. The results indicate that there are differences in the hemispheric brain activation of students with or without dyslexia in various rhythms in both experimental conditions, thus, shedding light in the neurophysiological discrepancies between the two groups. It also lays great emphasis on the necessity of carrying out more studies in adult population with dyslexia.

Keywords: *Dyslexia, EEG, audiovisual recognition, university students.*

THE INFLUENCE OF RACE AND EMOTION ON COGNITION AND METACOGNITION OF FACIAL PICTURES

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Abstract

In our daily life, the ability of processing the other people's facial features (such as race, emotion, etc.) are of great significance of us to adapt to social environment and participate in social interaction. In this study, a 2 (race: own-race/ other-race) \times 2 (emotion: positive/ negative) within-subjects design was used to investigate how the race and emotion on face affect the processing of cognition and the processing of metacognition. There are five tasks: ease-of-learning (EOL) judgement, remembering, judgement of learning (JOL), recognition and judgement of confidence (JOC). The results revealed that: (1) EOL judgement was only affected by race, which showed that participants made higher EOL judgement for

other-race faces than for own-race. (2) The processing fluency was only affected by emotion, which showed that participants spend less time for learning the faces with negative emotion. (3) JOL is not only affected by race, but also moderated by emotion. The results showed that: in the positive emotion condition, JOLs of foreign faces was significantly higher than that of native faces, whereas, in the condition of negative emotion, the difference between the two was not significant. (4) Other-race effect was found in recognition scores, and the other-race effect was moderated by emotion. The results showed that the recognition performance of native face was significantly better than that foreign face in the negative emotion condition. In the condition of positive emotion, the difference between the two was not significant. (5) The trend of confidence judgment was the same as recognition scores. The conclusions were as follows: (1) Emotion has a significant influence on face image cod, while race information has a significant influence on face image cod, and emotional information plays a moderating role; (2) The metacognitive processing of face was influenced by multiple factors such as ethnicity, emotion and cognitive processing information. In conclusion, when processing face image, there is significant separation between cognition and metacognition at different stages, under the influence of ethnicity and emotion. In addition, this study also provides a partial explanation for the difference in accuracy between prospective and retrospective metacognitive monitoring.

Keywords: *Metacognition, cognition, other-race effect.*

THE RELATIONSHIP BETWEEN MATERNAL SMARTPHONE USE, PHYSIOLOGICAL RESPONSES, AND GAZE PATTERNS DURING BREASTFEEDING AND FACE-TO-FACE INTERACTIONS WITH INFANT

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Abstract

Smartphone use is a common phenomenon during parent-child interactions, however there is a lack of scientific knowledge on how mothers' attentive responsiveness towards their infant and maternal physiological activity are being adjusted in the face of smartphone use during primary interactions with the infant. In the current study, maternal physiological responses of the peripheral nervous system and attention towards their infant were first examined while using the smartphone during breastfeeding and face-to-face interactions. Twenty breastfeeding mothers and their infants participated in this experimental study during which electrodermal activity, cardiograph impedance activity, and gaze patterns were monitored as three conditions of smartphone involvement were activated during both phases of breastfeeding and face-to-face interactions. We present decreased mothers' gaze towards their infant during breastfeeding while the smartphone was in use compared to face-to-face interaction. Further, we report that longer maternal gaze fixation towards the smartphone during breastfeeding was related to infant's temperament - specifically higher infant' negative affect score, as well as greater maternal electrodermal activity and cardiac output. Finally, our results show that mothers' smartphone addiction levels were negatively correlated with electrodermal activity during breastfeeding. This study provides a preliminary basis for broadly essential further research that will explore the influence of smartphone use on maternal biobehavioral responses in the digital age and the consequences for infant cognitive, emotional, and social development in this era.

Keywords: *Maternal attentive responsiveness, smartphone addiction, breastfeeding, physiological activity, infant' temperament.*

PSYCHOANALYSIS AND PSYCHOANALYTICAL PSYCHOTHERAPY

THE CONCEPT OF CUMULATIVE TRAUMA IN TIMES OF COVID-19: COULD KHAN'S THEORY BECOME USEFUL AGAIN?

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Abstract

The paper discusses whether the psychoanalytic concept of Cumulative Trauma could be a valuable theoretical contribution in understanding possible traumatization's of children in the course of the Covid-19 pandemic, as they may quite often face a multiple stressed parent during a lockdown, who's parental function is on the verge breaching. This concept of trauma as established by British Psychoanalyst Masud Khan in 1963 was hardly taken into account in recent trauma research and it has seen little discussion in psychodynamic literature; if at all, it has been used as a merely descriptive category, without considering the suspension of the parental care function, which was identified as the decisive traumatogenic factor for the child's traumatization. The paper begins with a recapitulation of the original theory and then moves on to linking the Cumulative Trauma to current research contexts (attachment, mentalization, developmental trauma disorder). Finally, the relevance of the concept for parenting in times of the Covid-19 pandemic is explored on the basis of a short clinical case example.

Keywords: *Cumulative trauma, parent-child interaction, mentalization, pandemic stress, Covid-19.*



POSTERS

CLINICAL PSYCHOLOGY

THE EFFECTS OF EMOTIONAL WORKING MEMORY TRAINING ON TRAIT ANXIETY

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Abstract

Trait anxiety is a pervasive tendency to attend to and experience fears and worries to a disproportionate degree, across various situations. This study sought to determine if participants who undergo emotional working memory training will have significantly lower scores on the trait anxiety scales post-intervention. The study also sought to determine if emotional regulation mediated the relationship between working memory training and trait anxiety. Trait anxiety was measured using the form Y2 of the Spielberger State-Trait Anxiety Inventory (STAI-Y2). Emotion regulation was measured using the Emotional Regulation Questionnaire (ERQ). Forty-nine participants underwent 20 days of computerized emotional working memory training called Emotional Dual n-back, which involves viewing a continuous stream of emotional content on a 3x3 grid, and then remembering the location and color of items presented on the grid. The control group consisted of fifty-one participants. Participants of the treatment group had significantly lower trait anxiety compared to controls post-intervention. Mediation analysis determined that working memory training was significantly related to trait anxiety reduction as measured by the STAI-Y2. Emotion regulation was found not to mediate between working memory training and trait anxiety reduction. Results suggest that working memory training may be useful in reducing psychoemotional symptoms of trait anxiety. Moreover, it proposes for future research to further look into the mediating role of emotion regulation via neuroimaging and the development of more comprehensive measures of emotion regulation.

Keywords: *Trait anxiety, working memory, intervention, training, emotion regulation.*

MIND-BODY INTEGRATION IN DANCE MOVEMENT THERAPY

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Abstract

Mind-body integration is a key element for a successful dance movement therapy (DMT). As the connection between mind and body is reconnected, the clients can not only express but also improve their mental state through body movement. The integration of mind and body can be viewed from two aspects, namely the first-person experience and the third-person phenomenon, both of which play a crucial role in the therapeutic process of DMT. The first-person experience transcends the mind's neurobiological phenomenon, which is relatively more important for the clients, while the third-person observation is based on the body's reflection of mind, often adopted by the therapists. The relationship between mind and body can be validated by the mirror neuron theory, which is one of the theoretical proofs and inspirations of DMT. Unlike the notion of mind-body differentiation in western classical philosophy, ancient Chinese thoughts had not separated them. The Chinese character "shen" is considered as the whole of flesh and soul. The abundant Chinese thoughts concerning mind-body theory can be considered as a suitable route of the exploration of mind-body integration.

Keywords: *Dance movement therapy, mind-body integration, philosophy of mind, mirror neuron, Chinese philosophy.*

FEATURES OF THE HUMAN LIFE-WORLD STABILITY OF FUTURE DOCTORS WHO ARE CHARACTERIZED BY PSYCHOLOGICAL HEALTH

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Abstract

Staying at the peak of professional success in medical is possible only for a doctor who is characterized by psychological health. The human life-world stability is contributed to success of the life self-fulfillment and transference of abilities inherent in him (human) into reality. The study sample is represented by 354 future doctors. Of these, 154 future doctors were characterized by psychological health.

Qualitative analysis showed that future doctors who are characterized by psychological health are more inclined to analyze their own life deficits “here and now”. Often, such an analysis culminated in the realization of the possibility of approaching problems and difficulties, finding a different meaning. Usually assessed as “negative” or “stressful” events during the analysis were reformatted as events of a new experience. They are the basis for expanding the behavioral repertoire.

It has been established that a high degree of human life-world stability and its constructive nature are the psychological conditions for the optimal combination of processes to achievement consistently high performances and maintain psychological health by future doctors.

Keywords: *Human life-world stability, life self-fulfillment, psychological health, high performances, future doctors.*

DOES THE SENSE OF RELATIONAL ENTITLEMENT MEDIATE THE ASSOCIATION BETWEEN NARCISSISM AND COUPLE CONFLICT?

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Abstract

Previous literature pointed out that narcissism affects the quality of interpersonal relationships. It has a negative impact on the functioning of the romantic dyads, determining higher levels of conflict and the use of maladaptive conflict resolution styles. However, the mechanisms linking narcissism and couple conflict are not sufficiently explored. This study expands the literature by examining the mediating role of the sense of relational entitlement. Participants in this study were 493 individuals (52.1 % women, M age = 22.39 years old) who were in a romantic relationship during the study (M relationship length = 26 months). The results indicated that some forms of relational entitlement mediated the link between narcissism and couple conflict. A person's narcissism was related to their level of couple conflict, excessive and assertive entitlement. Both types of entitlement were related to conflict but in opposite directions. Higher excessive entitlement was associated with higher conflict, while higher assertive entitlement was associated with lower conflict. The indirect effects through both types of entitlement were significant. Restricted entitlement was not associated with narcissism or couple conflict. This study showed that although narcissism can lead to higher levels of relational entitlement and conflict, not all forms of entitlement negatively contributed to couple conflict.

Keywords: *Romantic relationships, relational entitlement, narcissism, conflict.*

MUSIC AS A TREATMENT FOR BORDERLINE PERSONALITY DISORDER SUFFERERS WHO HAVE DEVELOPED CARDIOMETABOLIC SYNDROME

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Abstract

Research demonstrating the ability of music to reach the older parts of the brain responsible for emotional processing make a case for utilising specific musical compositions to deliver treatment to people with Borderline Personality Disorder. BPD has been linked to an increased risk of Cardiometabolic Syndrome (CMS), as traumatic experiences in childhood predict adverse mental and physical health in adulthood including Personality Disorders. BPD sufferers who develop CMS as a result of impulsive lifestyle choices may have their recovery inhibited by the effects of CMS. Dieting may be particularly difficult for people with BPD as food serves as a way to soothe emotional pain and depression. Emotional pain leads to making choices which increase the chances of developing health conditions which research has shown negatively affect mood and memory function. Remission of BPD requires maintaining a reduction in impulsive lifestyle choices. Traditional treatments such as CBT require the patient to utilise their own degree of cognitive abilities (willpower), which may not be functioning well due to poor health. A direct line to brain areas such as the amygdala could circumnavigate the necessity to use slower cortical areas when reprogramming the patient towards healthier decision-making. This presentation will provide suggestions for how to integrate therapy into tailored songs.

Keywords: *Borderline personality disorder, memory, decision making, music therapy, CBT.*

'I AM NOT A MONSTER': THE LINGUISTIC STIGMA OF BORDERLINE PERSONALITY DISORDER

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Abstract

Borderline Personality Disorder is arguably the most distressing disorder amongst the DSM diagnoses for all involved. Although psychiatric labelling can be validating it is often stigmatising. Due to the nature of BPD, people living with the disorder (PBPD) tend to be marginalized and discriminated against. A quick and random review of the World Wide Web (including a selection of popular social media platforms) reveals a common linguistic theme in describing BPD. PBPD are 'toxic', 'difficult' and 'manipulative'. Other labels, more diagnostically - oriented see PBPD as the 'PDs' or 'the borderlines'. These also carry negative connotations of the inner and outer groups - 'us' vs 'them'. Given the nature of the labels, recovery for PBPD is often dubious. One might think - 'I am a monster anyway', a classic example of cognitive dissonance. The language used in clinical practice as well as out of it is a powerful weapon. Some might poetically describe BPD as a lethal cocktail of blended psychopathologies with the ingredients including chronic suicidality, abandonment and intermittent lucidity to name a few. Of note, externalising such pathologies in an adaptive way is almost a fantasy for the therapy team. A more user friendly descriptive diagnosis is 'difficulty in emotion regulation'. However, probably the most accurate 'label' of BPD for PBPD is 'living in acute pain'. The current climate and the uncertainty surrounded the ongoing COVID-19 pandemic has meant a significantly increased risk not only in symptoms remission but also in the increase in cyber-bullying and suicidality rate. The pandemic has also put a halt to the Participant and Public Involvement in the evidence based practice. Linguistic shift in reducing stigma is essential and of immediate need.

Keywords: *Borderline personality disorder, BPD, stigma, linguistic-labelling, linguistic-shift.*

CHARACTERISTICS OF RESILIENCE IN HONG KONG OLDER ADULTS: A QUALITATIVE STUDY

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Abstract

Introduction: Resilience, which is defined as the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress, is important for older adults to maintain a healthy life. This qualitative study aimed to identify the characteristics that contribute to resilience among a group of community-dwelling older adults in Hong Kong.

Methods: Individual and focus group interviews were conducted to collect information on life adverse events, attitudes towards adversity, and beliefs underlying the approaches to overcoming adversity among 25 Chinese older adults (2M and 23F) aged 69 to 100 years old (M=80.00, SD=39.08). The transcripts were analyzed using qualitative content analysis.

Results: Seven characteristics were emerged under the three factors, including equanimity, positive attitudes towards life, meaningfulness, and self-reliance (internal factor), social support and environmental support (external factor), and spirituality and faith (existential factor).

Conclusion: In addition to identifying the seven characteristics that contribute to resilience, this study also identified “taking part in physical activity” as an individual resource contributing to resilience. The study also found “government support” is an important environmental factor contributing to positive adaptation to stressful life of the elderly in Hong Kong. The results and findings may facilitate the development of interventions on enhancing older adults’ resilience.

Keywords: Resilience, adversity, older adults, qualitative study.

LONGITUDINAL EFFECT OF THE PUNAV PREVENTION PROGRAM ON NORMATIVE BELIEFS AND ALCOHOL USE AMONG UNIVERSITY STUDENTS

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Abstract

The universal Prevention Program of Substance Use among University Students (PUNAV) is based on the strategy of correcting normative beliefs (NBs) regarding alcohol use. The current research shown that NBs are a significant factor in relation to alcohol consumption. This study has explored whether a change of NBs is associated with a decrease of alcohol use among university students.

The data used in this study were collected before the implementation of PUNAV in September 2018 (N=137, Mage = 21.9, 77% women) and 18 months later after the implementation of the program in March 2020 (N=54, 77% women). Participants provided information on alcohol consumption, alcohol dependence, alcohol harmful use and descriptive NBs regarding alcohol consumption. The level of NBs at T2 was subtracted from level of NB at T1 (T1 – T2) to identify changes in NBs over time. Using SPSS 21, a linear regression model which controlled for the level of the outcome variables at T1 and observed changes in NBs were used to predict the outcome variables measured at T2.

Alcohol consumption and NBs after PUNAV decreased alcohol consumption but increased the dependence and alcohol harmful consequences. The regression model, which controlled for alcohol use at T1, showed that a significant change in NBs was negatively associated with alcohol consumption at T2. The findings have in general shown that the observed changes in NBs (corrected NBs) were more likely to decrease alcohol consumption among university students.

Keywords: Prevention, university students, alcohol use, normative beliefs.

A STUDY OF THE EFFECTIVENESS OF A MUTUAL EXCHANGE SUPPORT PROGRAM FOR PARENTS OF CHILDREN WITH DEVELOPMENTAL DISORDERS

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Abstract

There is an urgent need to support families of children with developmental disorders, especially when it is necessary for such families to help each other. However, practice and research related to support systems for families have begun only recently in Japan. Considering these issues, the authors developed a program to support mutual exchanges among parents of children with developmental disorders. This study aimed to verify the program's effectiveness and to examine the relationship between participants' program experience and its effectiveness. Participants included 21 male and female parents of children with developmental disorders. The parents were in their 30s to 50s (4 in their 30s, 14 in their 40s, and 3 in their 50s) (1 male, 20 females). Effectiveness indicators included the Profile of Mood States 2nd Edition-Adult Short (POMS2-A Short) (before and after implementation), Session Impact Scale (SIS), and Mutual Exchange Support Experience Rating Scale. t-tests were conducted on the pre- and post-program results of the POMS2-A short. Results showed that scores on Anger-Hostility ($t=4.77$, $df=20$, $p<.01$, $d=1.04$), Confusion-Bewilderment ($t=4.31$, $df=20$, $p<.01$, $d=.94$), Depression-Dejection ($t=2.88$, $df=20$, $p<.01$, $d=.63$), Fatigue-Inertia ($t=3.63$, $df=20$, $p<.01$, $d=.79$), and Tension-Anxiety ($t=3.61$, $df=20$, $p<.01$, $d=.79$) in the POMS2-A Short decreased significantly after the implementation of the program. These results evidence the effectiveness of the program in improving several mood states, especially anger-hostility, tension-anxiety, depression-depression, and fatigue.

Keywords: *Developmental disorder, family support, interaction support, program development, profile of mood states 2nd edition.*

EFFECT OF MINDFULNESS MEDITATION AND COPING STRATEGIES ON AFFECT AND DEPRESSION SYMPTOMATOLOGY AMONG MEDICAL STUDENTS DURING NATIONAL LOCKDOWN - A PROSPECTIVE, NON-RANDOMISED CONTROLLED TRIAL

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Abstract

This prospective, non-randomised controlled trial aimed to investigate the effects of brief app-based sessions of mindfulness meditation (MM) and utilisation of either problem-focused (PFC) or emotion-focused coping (EFC) styles on positive affect (PA), negative affect (NA) and depression symptomatology during nationwide lockdown due to coronavirus disease 2019 (COVID-19). This study enrolled 19 medical students to undergo a 10-minute MM intervention. These same students were also divided into either PFC or EFC groups. Affect was measured using the positive and negative affect schedule (PANAS), depression symptomatology was measured using the centre for epidemiological studies-depression (CES-D) scale and the brief COPE survey was used to categorise individuals as either PFC or EFC. Analysis showed no significant between-subject interaction for MM on PA, NA or CES-D score. Analysis of coping styles showed no significant between-subject interactions in relation to PA or NA, though CES-D scores approached significance ($p=0.057$) and PFC scored significantly lower than EFC at baseline ($p=0.02$). Significant within-subject effect of time found for PA and NA across both analyses ($p<0.05$). 61.1% of cohort scored above CES-D cut-off for being considered at risk of depression. These results identify a need for further work into more intensive MM interventions with larger sample sizes as well as study into stressors associated with lockdown to more fully establish whether PFC strategies are the most beneficial. In addition, a clearly high level of psychological distress has been implicated in this study population, which may have implications for student pastoral care during this period.

Keywords: *COVID-19, mindfulness, coping strategies, depression, affect.*

EDUCATIONAL PSYCHOLOGY

THE IMPORTANCE OF UNDERSTANDING METAPHORS WORKING WITH FIGURATIVE LANGUAGE: SOME TOOLS

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Abstract

We present two versions of assessment/intervention tools for metaphors awareness or their comprehension: the TCM, Metaphor Comprehension Test, for children aged 9 to 14, or elementary school (Portugal), and the junior TCM, for children aged 4 to 6 years, or preschool age. They are versions/adaptations for European Portuguese of existing tools in Italian. The authors of the Italian versions are professors at the University of Sapienza, Rome, Italy, with internationally recognized work, presenting the original versions with good psychometric qualities. At the moment, the two instruments are already adapted for Portuguese, in the process of being applied in order to obtain the normative data and their validation. We expect, similar to what happens with the Italian versions, to obtain valid tools, with triple instrumentality: psychometric assessment and dynamic assessment and intervention resource, for various stages of development.

Keywords: *Metaphors comprehension, figurative language, assessment, intervention, tools.*

COMMUNICATION SKILLS, MORAL DEVELOPMENT, AND GENDER DIFFERENCES BETWEEN ELEMENTARY AND MIDDLE SCHOOL STUDENTS

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Abstract

Since 2018, moral education has changed in Japan. Specifically, the focus has shifted from emotional understanding, to thinking and deliberating. Consequently, it is important to consider the development of morality as well as the development of the ability to deliberate and think. However, in Japan, not many studies have been conducted on the development of the ability to think and deliberate among the elementary and junior high school students. Therefore, the purpose of this study was to examine communication skills and moral development in elementary and middle school students. The results revealed that while communication skills decreased as the students got older, their morality increased. No gender differences in moral development between males and females from the sixth grade of elementary school to the ninth grade of middle school. Based on these results, the implications for moral lessons that focus on thinking and deliberating are provided.

Keywords: *Ability to deliberate, social perspective-taking, development, gender differences, Japan.*

EFFECTIVENESS OF THE PROGRAMS UNPLUGGED AND UNPLUGGED 2 ON ALCOHOL USE AND SMOKING AMONG SCHOOLCHILDREN

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Abstract

Objectives: The aim of the study is to examine the long-term effectiveness of the school-based drug prevention programs Unplugged and Unplugged2 using a Solomon design and supplemented with n-Prevention booster sessions on the cumulative index (CI) of reported alcohol use (AU) and smoking. **Methods:** In 2013/2014, Unplugged was implemented during 12 consecutive weeks in Slovak primary schools. A sample of 744 (M=12.5; 58.72% girls) was collected before program implementation (T1) and 12 months later (T3). In 2017/2018, Unplugged2 was implemented by each school over 6 months. A sample of 408 (M=14.48; 51.96% girls) was collected before program implementation (T1), immediately after implementation (T2) and 12 months later (T3). Participation in Unplugged was divided into control and experimental groups and Unplugged2 into control, experimental and experimental groups with n-Prevention, a pre-test and post-test or with post-test only. CI in the past 30 days was dichotomized (0-not used, 1-AU, smoking or both). Binary logistic regressions were used to analyze the data at every measurement point. The moderation effect of gender was examined. The CI at T1 in Unplugged and Unplugged2 with a pre-test and post-test, and CI at T2 in Unplugged2 with a post-test were used as the control variables.

Results: There was no significant effect of Unplugged and Unplugged2 with the pre-test and post-test. Unplugged2 with a post-test was significantly associated with CI at T3. The experimental group with n-Prevention was less likely to use alcohol and/or smoke. There was no significant effect or moderation effect of gender.

Conclusions: The results show the long-term effectiveness of a preventive program is more pronounced with booster sessions, specifically with the post-test design.

Keywords: Alcohol use, smoking, drug prevention, schoolchildren.

LOCALIZED REVISION OF THE EPISTEMIC CURIOSITY SCALE FOR CHINESE SENIOR HIGH SCHOOL STUDENTS

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Abstract

Objective: The goal of this research was to revise Litman's Epistemic Curiosity Scale (ECS), so that it can be applied to the evaluation of the developmental characteristics among Chinese senior high school students. **Methods:** 25 senior high school students were first invited to a trial test for confirming the item comprehensibility, after then 602 senior high students were enrolled to the formal testing for the item analysis and exploratory factor analysis. And 533 Chinese high school students responding ECS were submitted to test the construct validity of the localized Chinese-version ECS. Then the scale was applied to 366 subjects to test the internal consistency indices and criteria correlation validity. Finally, 153 senior high school students were used to test test-retest reliability of the ECS. **Results:** All of the 10 items were retained, through exploratory factor analysis and confirmatory factor analysis, the two-factor model which was consistent with the original scale proved to be the most appropriate, its main goodness of fit indices were: $\chi^2/df=2.68$, CFI=0.93, NFI=0.93, TLI=0.90, GFI=0.97, AGFI=0.95, and RMSEA=0.06. The study found internal consistency indices (Cronbach's alpha) from 0.73 to 0.78 in the first three samples. In addition, the ECS had a high correlation with Chinese version of Trait Curiosity Scale ($r=0.53$, $p<0.001$), test-retest reliability over 2-month interval was 0.54 to 0.56 for each of the 2 sub-scale and 0.64 for the total ECS. **Conclusion:** Findings in these studies support the cross-cultural validity of the ECS in Chinese senior high school students.

Keywords: Epistemic curiosity scale, reliability, validity, senior high school student.

ON-LINE LEARNING AND BURNOUT OF TEACHERS AND THE INTELLECTUAL HELPFULNESS OF STUDENTS

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Abstract

Introduction: The coronavirus pandemic has made a huge difference in everyday life around the world. In the education sector, there was a need to rapidly adapt teaching methods and learning to the remote system. In a short time, teachers and students had to switch to online teaching and learning.

Research purpose: The purpose of the study is to identify (research questions):

- 1) Does teachers' well-being and experience in on-line teaching are related to professional burnout?
- 2) Does the well-being of students and their online learning experience correlate with intellectual helplessness?
- 3) Are there any differences between teachers and students in terms of well-being during distance learning?
- 4) Are there any differences in the intensity of teachers' professional burnout and students' intellectual helplessness due to the duration of on-line learning?

Material and methods: 1000 people have been tested so far. By the time of the conference, the number of people surveyed is likely to increase. The variables will be measured using the Maslach Burnout Inventory and the scale of intellectual helplessness of Grzegorz Sędek and personal records.

Results: In order to obtain answers to the research questions, analysis of the correlation and differences between the studied groups will be carried out.

Keywords: *Online teaching, online learning, burnout, intellectual helplessness.*

SOCIAL PSYCHOLOGY

PERSONAL AND ORGANIZATIONAL CHARACTERISTICS ANTECEDENTS OF MEANINGFUL WORK

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Abstract

The contribution presents evidence of the role played by personal and organizational characteristics of employees in the experience of meaningful work. As referred to the individuals' experience of value and significance of their work, meaningful work is a critical working phenomenon both for individuals (e.g., individuals' well-being) and organizations (e.g., workers' productivity). Therefore, a large number of studies have tried to understand its antecedents, however, it is still not clear about how and to what extent personal and organizational characteristics are associated with meaningful work. For instance, it is unclear the roles of a higher level of education as well as financial returns or good working conditions (e.g., high level of salary and good health insurance) for the pursuit of meaningful work. The contribution considers such a need for knowledge and aims to understand the antecedent role of personal and organizational characteristics in the experience of meaningful work. 570 Italian employees participated in a cross-sectional study that comprised measures of meaningful work and related facets, as well as questions on personal and organizational characteristics. Data were analyzed via the MANOVAs and results showed significant associations with meaningful work dimensions and personal characteristics, such as education, social class and health as well as organizational characteristics, such as job contract, job sector and salary.

Keywords: *Meaningful work, personal characteristics, organizational characteristics, individual differences.*

WILLINGNESS TO SHARE PERSONAL INFORMATION

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Abstract

The purpose of this study was to examine the factors that influence an individual's choice to share personal information online. Specifically, the role of age, gender, personality, overall media exposure, and perceived risks and benefits were examined in relation to a willingness to share personal information that differed in sensitivity (high school grades, medical records, income) and differed in target audience (social media, online store, general public). A total of 202 individuals participated in this survey study. The majority were young (M age = 22.46 years, SD = 5.77), single (83.7%), women (80.7 %), with at least some post-secondary education (90.1%). A series of hierarchical regression analyses were conducted. The results indicated that willingness to share personal information on social media was predicted by having higher scores on the personality traits of extraversion, agreeableness, and negative emotionality. Higher scores on perceived purchase benefits and total media exposure also predicted willingness to share personal information on social media. In terms of willingness to share personal information with an online store, total media exposure was a significant predictor along with higher extraversion and lower conscientiousness scores. Finally, willingness to share personal information with the general public was predicted by overall media exposure. Participants generally believed that there were risks involved in sharing personal information, but these risks were considered to be slight. As well, they only slightly disagreed when asked if the internet could be trusted, and were neutral on whether there were purchase benefits to providing personal information.

Keywords: *Privacy, personal information, personality, social media use.*

THE DARKSIDE OF IDIOSYNCRATIC DEALS: HUMANISTIC VERSUS NEOLIBERAL TRENDS AND APPLICATIONS

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Abstract

Theory-building on workplace flexibility is extended, based on a critical Human Resource (HR) systems framework and paradox (conflict) perspective on employee-oriented vs. capacity-oriented flexibility. Differentiated are variabilities in HR practices by: a) content (functional, temporal, spatial, numerical, financial); b) control (employer, employee); and c) creation (top-down, bottom-up). Hybrid types of bottom-up initiated and top-down authorized flexibility, idiosyncratic deals (i-deals), describe mutually beneficial, negotiated agreements on non-standard working conditions between employees and employer. If their real-world manifestations reflect idealized assumptions, however, remains obscure. Integrating institutional logics, HR systems embody values of humanistic ideals vs. neoliberal ideology: (1) individuation vs. individualism; (2) solidarity vs. competition; (3) emancipation vs. instrumentality. Reflecting these antipodes, construed ideal-type and anti-type i-deals facilitate: (a) self-actualization vs. self-reliance (needs vs. interests); (b) common good vs. tournament situations (triple-win vs. winner-take-all); (c) social transformation vs. economic rationalization (development vs. performance). In humanistic management theory, i-deals increase employee-oriented flexibility, but, in reality, risk being co-opted for economic rationalization and divisive labor-political power strategies. Antagonistic applications involve: humanization vs. rationalization goals; egalitarian vs. elitist distribution; relational vs. transactional resources; need-based vs. contribution-based authorization; procedural vs. distributive justice; supplementing vs. substituting collective HR practices. Instrumental adoption in high-performance work environments likely facilitates harmful internalizations as subjectification and self-exploitation.

Keywords: *Flexibility, HR systems, idiosyncratic deals, neoliberal ideology, humanistic management.*

WORKING CONDITIONS: WHEN THE RACE FOR PERFORMANCE TURNS SELF-MEDICATION INTO DOPING BEHAVIOR

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Abstract

The objective of this research was to better understand the link between self-medication and doping behaviors at work (Hautefeuille,2008). More precisely, we wanted to explore how individuals at work practiced self-medication (Fainzang,2012) and how contextual and individual factors could influence their consumption behaviors at workplace. We know that doping behavior could emerge when there is an objective to be achieved or an obstacle faced by the individual (Laure, 2000). To verify this assumption, we have tried to answer this question: “how self-medication could be diverted to doping purposes?”. To study this more closely, we built a methodology based on two tools. First, 17 interviews with workers were done to identify and evaluate the elements and mechanisms derived from working conditions and consumption behaviors, which may explain the consumption behavior at work and, moreover, the doping. Our results allowed us to see that the self-diagnosis phase play an important role in the consumption behavior of individuals. These initial results helped us to create an online questionnaire to which 219 participants responded. For this second tool, we applied a network analysis, using JASP 10.02 software to help us to visualize and understand the link between self-medication and doping behavior. The results of our research indicated that contextual and individual factors had an impact on the psychological state of individuals at work, leading them to develop consumption at work. We have also seen that the practice of self-medication also contributes to the establishment of consumption behavior at work.

Keywords: *Self-medication, doping behavior, performance, working conditions, consumption behavior.*

PERSONAL GROWTH AND COVID-19 DISTRESS

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Abstract

Various psychological reactions, found to traumatic distress, are widely known in psychological literature. Based on 30-years theoretical and empirical studies of extreme human experience, we suggested unconventional approach to differentiation of psychological reactions and human behavior in various extreme events into three groups: 1) distress, disorganization, disorders, traumatization; 2) adaptation, hardiness, resilience; 3) personal growth, transgression (Magomed-Eminov M., 1998, 2007). The proposed research is devoted to the positive psychological consequences of COVID-19 disease. Our aim was to study the positive psychological influence of COVID-19 disease for lifestyle, behavior, communication, life relationships, and well-being of people, who were ill. We suggested and checked the hypothesis, that objectively serious COVID-19 disease, carrying uncertainty, confusion, horror, for many people discover also a heroism, pride, the experience of success because of coping with disease. We collected the narratives of people, who got COVID-19, and conducted content analysis. Our study showed that after being ill COVID-19 interviewed people discovered new meanings of existence, despite the loss of loved ones, socio-economic difficulties and other hardships of COVID-19 pandemics. We conclude that COVID-19 disease as extreme situation not only becomes a test, but can also open up new perspectives, value of other people and of life in general.

Keywords: *Peritraumatic COVID-19 distress, posttraumatic growth, resilience, meaning mediation, cultural-historical activity approach, personality work.*

THE INFLUENCE OF POWER AND SOCIAL DISTANCE ON FAIRNESS PERCEPTION IN THE MULTIPLAYER ECONOMIC GAME

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Abstract

Objective: The goal of this research was to explore the influence of power and social distance on individual fair perception in the context of income. **Methods:** College students were selected to investigate and 197 answers, including 58 boys and 139 girls. Average age was 22.01 years (SD=2.52). The subjects were randomly divided into different groups, including 62 mothers, 75 friends and 60 strangers. The experimental design was 2[power: low power (be a responder), high power (be an allocators)]×3[social distance: near (mother), middle (friend), far (stranger)] mixed experimental design. There is one allocator and two responders in the game. The experiment was divided into two subtasks according to the role of the participants: Subtask 1, stranger A is allocator, the participant is one responder, and the other responder is Mother/Friend/Stranger B. Subtask 2, the participant is allocator, stranger A is one responder, the other responder is still Mother/Friend/Stranger B. **Results:** (1) The participants had a lower sense of fairness to the same distribution scheme when their role changed from responder to allocator. (2) When friends and strangers got more money than themselves, the participants had a lower sense of fairness. (3) No matter what kind of distribution scheme, as long as the sum of the amount of money received by the participant and his mother is the same, he had the same fairness perception. **Conclusion:** First, the change of power will affect the individual's fair perception, and the higher demand for fairness after the power increases; Second, the influence of social distance reflects the characteristics of the Chinese self, that is, the self of Chinese people contains his/her mother.

Keywords: *Power, social distance, fairness perception.*

FEATURES OF VIRTUAL SELF-PRESENTATION OF YOUTH IN THE MODERN TECHNOLOGICAL SOCIETY

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Abstract

The article provides an overview of current research on the problem of digital socialization, as well as the features of constructing a virtual self-presentation. The proposed problem is up-to-date due to the fact that digital environment and social networks in particular, become more and more integrated into the process of socialization. The questions of how a person develops, lives and realizes his or her needs in digital environment turn out to be more and more significant. This article highlights the features of virtual self-presentation built by modern adolescents and young men (n=144). The obtained data show the features of creating a virtual self-presentation as well as internal and external factors affecting the characteristics and content of digital identity, which is mostly relevant for teenagers and youths. It was also found the relation between the level of social self-control and construction of self-presentation in social networks.

Keywords: *Digital identity, virtual self-presentation, information socialization, social networks.*

THE IMPACT OF FEEDBACK AND WARNING ON RETRIEVAL-ENHANCED SUGGESTIBILITY

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Abstract

Retrieval practice can exacerbate eyewitness' susceptibility to subsequent misinformation and then produces more false memories is known as Retrieval-Enhanced Suggestibility (RES). In the field of judicial psychology, eyewitness testimony plays a crucial role, and even directly affects the judgment of the suspect. The eyewitnesses may be interfered with by other irrelevant information or repeated inquiries by the police, thus causing misinformation interference from the original information. In all three experiments, this study uses pictures of Chinese criminal investigation dramas as experimental materials. This study examines the mechanism of RES effect by manipulating the feedback from retrieval and warning. The results show that: (1) There is still a significant RES effect on the Chinese context; (2) Both feedback and warning play an important role in the generation of RES. Among them, the feedback enhanced the participant' memory of the original information and reduced the credibility of misinformation. Thus, the RES effect is reduced; (3) Warnings reduce the credibility of all narrative information, thereby reducing the RES effect. In short, both feedback and warning can reduce the RES effect, but the effect of feedback is more positive and precise.

Keywords: *Retrieval-enhanced suggestibility, feedback, warning.*

COGNITIVE AND EXPERIMENTAL PSYCHOLOGY

DETERMINATION OF CORRELATIONS BETWEEN SUBJECTS' PSYCHOPHYSIOLOGICAL PARAMETERS AND THE RESULTS OF THE PERCEPTUAL EXPERIMENT

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Abstract

Nowadays in Russia, there are insufficient systematized data on the degree of preparedness of medical students and graduates to interact with children with atypical development (AD). We have developed a methodological approach to assess the interaction of medical students with AD children. The work uses a perceptual experiment during which students are presented with test sequences containing speech signals of children with typical development (TD) and AD (Down syndrome, autism spectrum disorders). During the perceptual experiment, the listeners' behavior was being video-recorded in parallel to verify their answers using the FaceReader software determining the true emotional state by their facial expression. The students' psycho-emotional status was evaluated using a battery of psychological tests before and after the perceptual experiment. Additionally, the subjects' psychophysiological and physiological parameters were determined. At the first stage of the work, the speech of 16 TD and AD children (11 boys and 5 girls) was used, the listeners were 25 1st-year pediatric students and 5 experts in the field of child speech. The statistical analysis revealed correlations between the listeners' psychophysiological characteristics (Russian-native speakers): the profile of functional lateral asymmetry, formation indicators of the phonemic hearing, the coefficient of lateral preference by speech and the success in recognizing the children's gender, age, psychoneurological state (TD – developmental disorders), and the severity of disorders in AD children. The acoustic parameters of words classified by experts as "legible" and "illegible" were determined.

The work is financially supported by the Russian Science Foundation (project 19-78-00057).

Keywords: *Perceptual experiment, atypical development, speech.*

THE EFFECT OF THE INSTRUCTIONS ON FACE RECOGNITION: ACCURACY AND EYE MOVEMENTS

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Abstract

The present experiment examines how instructions (*absolute judgement vs. relative judgement*) affect the performance in simultaneous lineups (*present perpetrator* and *absent perpetrator*). To find out whether the participants really followed the instructions, their eye movements were recorded when they faced the photo lineup. Sixty participants (44 women and 16 men) took part in the experiment. Overall, the results showed that participants with *absolute judgement* instructions made significantly less inter-photograph comparisons than those with *relative judgement* instructions. In the *present perpetrator* lineup, hit rate was lower for participants with *absolute judgement* instructions than with *relative judgement* instructions. In the *absent perpetrator* lineup, no differences were between both instruction conditions. Furthermore, as was expected, no relationship was found between "pre" and "post" confidence and accuracy in the lineups. Moreover, we examined participants' metamemory evaluations about their examination pattern of the photographs in the lineup. Our results did not show high incongruity between the own participants' judgment and their visual behavior.

Keywords: *Eye movements, present perpetrator lineup, absent perpetrator lineup, relative instructions, absolute instructions.*

FERRETS MAY LEARN AWARENESS IF THEIR OWN BODY LIMITS

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Abstract

The study of the ability of self-awareness (self-awareness, the ability to perceive one's own body and mental properties separately from objects of the external world) in animals contributes to the study of the specifics of human consciousness. One of the aspects of self-awareness is body-awareness, which is expressed in the ability of an animal to take into account the physical parameters of its body when regulating behavior. We studied the ability of ferrets (*Mustela putorius furo*) to be aware of the limits of their own bodies.

To solve the experimental problem, the animals had to choose holes suitable in size for penetration in the partition that divided the sections of the experimental setup. The shapes and sizes of the holes varied. We have used both small area holes that are suitable for penetration and large areas that are not suitable for penetration. It was found that all 6 animals participating in the experiment were able to choose a hole suitable for penetration from the first trial, despite the fact that it was smaller than the unsuitable one in area. In 18 test trials, ferrets made 105 successful penetrations and 3 unsuccessful attempts. This distribution differs from the uniform one ($\chi^2 = 97.25$; $df = 2$; $p < 0.01$). None of the individuals showed a significant reduction or increase in unsuccessful attempts to penetrate the holes.

This data may indicate that ferrets have knowledge of the boundaries of their bodies and the ability to compare them with the parameters of the penetration hole.

Keywords: *Self-awareness, body awareness, body limits awareness, ferrets.*

PSYCHOANALYSIS AND PSYCHOANALYTICAL PSYCHOTHERAPY

IDENTIFICATION AND SYMBOLIZATION IN ADOLESCENT DEPRESSION TODAY

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Abstract

This theoretical study, of a qualitative character, proposes to investigate what the relationship between identification and symbolization is in adolescent depression today. The importance of discussing the theme is as a direct result of the alarming observation that, as an illness of epidemic proportions, it does not refer to a natural illness, whose origin is restricted to the individual level, but mainly refers to structural determinations present in society. In this sense, this work addresses the problem of understanding which identification and symbolization processes are present in a culture that has transformed depression among adolescents into a social symptom. In order to develop this, it expresses the main determinations that are present at puberty, discussing the processes of primary and secondary narcissism, the nature of identifications, mechanisms of the capitalist culture of consumption and its relationship with the processes of subjectivation, reflecting on the possibilities and obstacles of the social bond to offer and / or allow symbolization of anxieties and humanizing psychical work.

Keywords: *Identification, adolescence, symbolization, depression, social symptoms.*

WORKSHOPS



SOCIAL PSYCHOLOGY

EXPANDING PLURALISM IN THE AGE OF COVID

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Abstract

Multiculturalism and growing diversity found within client populations encourages therapists to become pluralists in their work. Pluralism is the position, identified by Kenneth Pargament, that therapists take when the cultural story of both the client and therapist are acknowledged to be present in the session. These cultural stories provide the foundation for creative meaning making in the therapeutic process.

The COVID pandemic has set a new bar for therapists in for extending themselves beyond what was once comfortable to being increasingly creative and diversified in meeting their clients' needs. This has involved ways to navigate online or telephone sessions, which subsequently provided therapists with opportunities for interacting with clients outside their typical client base. Or in other words, the need for a broader and more diversified understanding of client needs and ways to promote healing and client resiliency.

This workshop will review the foundational elements of pluralism and the building blocks of resiliency (self, mentor, and community of care) with reference to some of the early literature of the effects of the COVID pandemic on therapists and the therapeutic process. Participants will have an opportunity to identify their position on pluralism and the need for diversity in therapy and the effects of the COVID pandemic on their practice.

Keywords: *Pluralism, resiliency, cultural self, diversity, COVID.*

NEW TRENDS IN PERSONALITY PSYCHOLOGY: SOCIAL AND VIRTUAL ASPECT

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Abstract

Psychology is currently facing global challenges that with necessity lead to the emergence of fundamentally new trends and patterns in the theory and practice of personality psychology. From the point of view of theory, there is a constant rethinking of changes in the structure and content of identity - personal, sociocultural, ethnic. In practice, there are no less significant processes associated with approaches and methods in diagnostics and counseling. These changes are associated with the expansion of the virtual space of identification and self-realization. In the last year, the changes associated with quarantine for COVID 19 have become of great importance. The frustration of real space, which often connects with a narrowing of the time perspective, leads not only to an increase in the role of virtual space, but also to intensification of the role of network identity and the development of various forms of Internet communication, counseling and leisure activities. It appears that new trends will become more significant and constant in the future. Therefore, it is imperative to discuss the new forms of narrative and virtual identity, the directions for further change and their positive and negative impact on the identification and well-being of both young and old people.

Keywords: *Frustration of space and time, wellbeing, identity, narrative.*

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