

# *INPACT 2016*

**International Psychological Applications  
Conference and Trends**

**30 April - 2 May  
Lisbon,  
PORTUGAL**

## **BOOK OF ABSTRACTS**

Edited by:  
Clara Pracana  
Michael Wang



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Published in Lisbon, Portugal, by W.I.A.R.S.

[www.wiars.org](http://www.wiars.org)

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ISBN: 978-989-99389-5-3

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## FOREWORD

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Dear Participants,

We are delighted to welcome you to the International Psychological Applications Conference and Trends (InPACT) 2016, taking place in Lisbon, Portugal, from 30 of April to 2 of May, 2016.

Psychology, nowadays, 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, is aimed 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 2016 received 332 submissions, from 37 different countries, reviewed by a double-blind process. Submissions were prepared to take form of Oral Presentations, Posters, Virtual Presentations and Workshops. It was accepted for presentation in the conference 96 submissions (29% acceptance rate). The conference also includes:

- A keynote presentation from Prof. Dr. Richard Bentall (Institute of Psychology, Health & Society of the University of Liverpool, United Kingdom);
- Three Special Talks, one from Emeritus Professor Carlos Amaral Dias (University of Coimbra, Director of Instituto Superior Miguel Torga, Vice-President of the Portuguese Association of Psychoanalysis and Psychoanalytic Psychotherapy, Private practitioner of psychiatry and psychoanalysis, Portugal) and Prof. Clara Pracana (Full and Training member of the Portuguese Association of Psychoanalysis and Psychoanalytic Psychotherapy, Portugal), another from Emeritus Professor Michael Wang (University of Leicester, United Kingdom), and a third one from Dr.<sup>a</sup> Conceição Almeida (Founder of the Portuguese Association of Psychoanalysis and Psychoanalytical Psychotherapy, and Vice-President of the Board. Member of the Teaching Committee, Portugal);
- An Invited Talk from Dr. Ana Vasconcelos (SAMS – Serviços de Assistência Médico-Social do Sindicato dos Bancários de Sul e Ilhas, founding member of the Portuguese Association of Psychoanalysis and Psychoanalytic Psychotherapy, and member of NPA - Neuropsychanalysis Association, Portugal).

Thus, we would like to express our gratitude to all our invitees.

This volume is composed by the abstracts of the International Psychological Applications Conference and Trends (InPACT 2016), organized by the World Institute for Advanced Research and Science (W.I.A.R.S.). This conference addresses different categories inside Applied Psychology area and papers fit broadly into one of the named themes and sub-themes. To develop the conference program six main broad-ranging categories had been chosen, which also cover different interest areas:

- In **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.
- In **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.

- In **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; and Addiction and stigmatization.
- In **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.
- In **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.
- In **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 volume contains the abstracts with the results of the research and developments conducted by authors who focused on what they are passionate about: to promote growth in research methods intimately related to Psychology and its applications. It includes an extensive variety of contributors and presenters by sharing their different personal, academic and cultural experiences.

Authors will be invited to publish extended contributions for a book to be published by inScience Press.

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

Hoping to continue the 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  
Conference and Program Co-Chair*

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## KEYNOTE LECTURE

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### THE NEW PSYCHOLOGICAL UNDERSTANDING OF PSYCHOSIS

**Professor Dr. Richard Bentall**

*Institute of Psychology, Health & Society, University of Liverpool (United Kingdom)*

#### Abstract

Psychotic disorders are characterised by hallucinations, delusions and related phenomena, with patients typically receiving diagnoses of schizophrenia, schizoaffective disorder or bipolar disorder. Throughout most of the history of psychiatry, these disorders have been seen as genetically-determined brain diseases. However, this approach has not produced breakthroughs in treatment or benefits to patients. Findings in the last twenty years have challenged many of the assumptions of the standard psychiatric model and have led to a new psychological conception of severe mental illness. It is now recognised that psychotic experiences occur much more commonly in the community than previously thought, supporting the idea of a continuum between psychosis and normal functioning. It has also become recognised that diagnoses such as schizophrenia and bipolar disorder are unlikely to be discrete, separable conditions. The inherited risk of psychotic disorders is less than previously supposed, does not recognise diagnostic boundaries (psychiatric disorders do not 'breed true' in families) and, at the molecular level, is massively polygenic (many genes, each with a small effect). By contrast, recent evidence points to the role of many social risk factors including economic disadvantage in childhood, childhood trauma, exposure to urban environments, migration and victimization in adulthood. Some of these effects are, to a degree, symptom-specific. For example, childhood sexual abuse seems to be particularly toxic for hallucinations. These findings point to a new conception of psychosis, in which particular types of adverse events affect particular cognitive and affective processes, leading to specific symptoms. Symptoms co-occur, leading to syndromes, not because they are the result of common biological causes, but because each symptom of psychosis can play a causal role in provoking other symptoms. By targeting the underlying psychological processes, new approaches to treatment become possible.

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#### Brief Biography

Richard Bentall is Professor of Clinical Psychology at Liverpool University and has previously held chairs at Manchester University and Bangor University. He graduated with a BSc and then a PhD in experimental psychology at the University College of North Wales (now Bangor University) and then completed his clinical training at Liverpool University. He also holds an MA in philosophy applied to health care awarded by University College Swansea (now Swansea University). His research interests have mainly focused on psychosis. He has studied the cognitive and emotional mechanisms involved in psychotic symptoms such as hallucinations, paranoid delusions and manic states, using methods ranging from psychological experiments, and experience sampling to functional magnetic resonance imaging. Most recently, his research has focused on why social risk factors (for example childhood adversities such as poverty, abuse, and bullying) provoke the cognitive and emotional changes that lead to these symptoms. In collaboration with colleagues at Manchester and elsewhere he has also conducted large scale randomized controlled trials of psychological interventions for people diagnosed with schizophrenia, bipolar disorder and prodromal psychosis. He has published over 200 peer-review papers and a number of books including *Madness explained: Psychosis and human nature* (Penguin, 2003) and *Doctoring the mind: Why psychiatric treatments fail* (Penguin, 2009).

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## SPECIAL TALKS

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### ABOUT TRAUMA. A PSYCHOANALYTICAL PERSPECTIVE

**Emeritus Professor Carlos Amaral Dias<sup>1</sup>, & Prof. Clara Pracana<sup>2</sup>**

<sup>1</sup>*University of Coimbra, Director of Instituto Superior Miguel Torga and Vice-President of the Portuguese Association of Psychoanalysis and Psychoanalytic Psychotherapy (Portugal)*

<sup>2</sup>*Full and Training member of the Portuguese Association of Psychoanalysis and Psychoanalytic Psychotherapy (Portugal)*

#### Abstract

The construction of a psychical space from the first weeks on is gradually done on the basis of the dialectics of the presence/absence of the mother, or should we say, the mother-function.

These first interactions allow for the elaboration of the traumatic factors. Mental life gradually builds up and gives way to the organization of primitive and crucial concepts. These concepts hold the quality of the 'negative realization' which allowed for their creation. The object of our communication will be the relationship between the object and its negativity.

**Keywords:** *trauma, work of the negative, symbolization, Freud, Bion, Green.*

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#### Brief Biography

Emeritus Professor Carlos Amaral Dias, BSc(Hons), MD, PhD, C. Psychol., FBPSS, University of Coimbra, Director of Instituto Superior Miguel Torga and Vice-President of the Portuguese Association of Psychoanalysis and Psychoanalytic Psychotherapy. Private practitioner of psychiatry and psychoanalysis, regular contributions with several prestigious journals and newspapers, and also radio and television.

Prof. Clara Pracana, MBA, Msc, PhD, Full and Training member of the Portuguese Association of Psychoanalysis and Psychoanalytic Psychotherapy, Graduated in Economy, MBA UNL/Wharton School, Msc in Psychology, PhD in Psychoanalysis Psychoanalyst, lecturer, author, coach.

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## 50 YEARS OF PROFESSIONAL CLINICAL PSYCHOLOGY IN THE UNITED KINGDOM

**Prof. Michael Wang**

*Emeritus Professor of Clinical Psychology, University of Leicester (United Kingdom)*

### Abstract

2015 marked the 50th anniversary of the Division of Clinical Psychology of the British Psychological Society. As a former Chair of the Division, Prof. Wang will reflect on the achievements and regrets of the profession over the past half century. He will discuss British clinical psychology's unique origins, ethos, similarities and differences as compared to applied psychology in the rest of Europe. He will describe the rise and decline of psychoanalysis in the UK, in the context of Freud making London his home in his later years at the beginning of the 20th century; the development of behaviour therapy in 1960s London; its subsequent evolution into CBT; and how these events have shaped the profession of clinical psychology. Another critical determinant of the unique character of British clinical psychology was the creation of the British National Health Service (NHS) in 1948 and the way in which this institution not only supported but spawned British clinical psychology. He will also describe the current debate as to whether the generic British Psychological Society is a helpful umbrella organisation for clinical psychologists or whether the profession now needs to part company with its ubiquitous parent.

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### Brief 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 has worked as a clinical psychologist for more than 35 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.

# THE DISILLUSIONED HOLLOW AND THE UNTYING OF ONESELF

**Dr.<sup>a</sup> Conceição Almeida**

*Psychologist, Full Psychoanalyst, Founder of the Portuguese Association of Psychoanalysis and Psychoanalytical Psychotherapy (AP) (Portugal)*

## Abstract

Violence and terror as ideal, thought from the psychoanalytical vertex of the link theories, the psychic emptiness and its pathogens identifications. Articulation of the concepts of: empathy, incapacity of feeling and thinking suffering, attack on the link of knowledge, emptiness controlled and proto identifications. The subject of this presentation focuses on the contribution of psychoanalysis to the prevention of individuals on the verge of a psychic collapse through the resolution of the impasse and the appeal to the link of knowledge.

**Keywords:** *disillusioned emptiness, dissociation, freezing of failure, behaving intention.*

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## Brief Biography

Dr.<sup>a</sup> Conceição Almeida is a Psychologist, Full Psychoanalyst, Founder of the Portuguese Association of Psychoanalysis and Psychoanalytical Psychotherapy (AP), where she works as teacher, trainer and supervisor, and she is also the Vice-President of the Board and Member of the Teaching Committee.

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## INVITED TALK

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### NEUROPSYCHOANALYSIS, WHAT IS IT GOOD FOR? HOW NEUROPSYCHOANALYSIS CAN FOLLOW EVIDENCE-BASED PRACTICE TARGETS

**Dr. Ana Vasconcelos**

*Psychiatrist in SAMS - Serviços de Assistência Médico-Social do Sindicato dos Bancários de Sul e Ilhas,  
founding member of the Portuguese Association of Psychoanalysis and Psychoanalytic Psychotherapy,  
and member of Neuropsychanalysis Association (Portugal)*

#### Abstract

My presentation aims to survey the possible convergence points between neuroscience and psychoanalysis under the banner of Evidence-Based clinic in mental health. By deepening the exchange interfaces between the two disciplines, we can better understand how the brain works and how human psychism operates.

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#### Brief Biography

Ana Vasconcelos was born in Lisbon, and graduated in Medicine in 1977. She specialized in Child and Adolescence Psychiatry in Paris, and was admitted into the Portuguese Medical Bar association in 1984, in the pedopsychiatry specialty. Since then she has worked as a child and adolescence psychiatrist in SAMS – Serviços de Assistência Médico-Social do Sindicato dos Bancários de Sul e Ilhas. She holds a master degree in Psychopathology and Psychology from the Instituto Superior de Psicologia Aplicada, Lisbon. She participated on the first CEJ (Center for Judiciary Studies) course of family mediation. She is a founding member of the Portuguese Association of Psychoanalysis and Psychoanalytic Psychotherapy and a member of NPA (Neuropsychanalysis Association).

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# ORAL PRESENTATIONS



## SOCIAL PSYCHOLOGY

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### A LONGITUDINAL INVESTIGATION OF ORGANIZATIONAL RESOURCES, EMOTIONAL DISSONANCE, NEED SATISFACTION AND THWARTING, AND PSYCHOLOGICAL HEALTH

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#### Abstract

**Aims.** Drawing on self-determination theory, this study explored the role of psychological need satisfaction and thwarting in explaining the influence of organizational resources and emotional dissonance on managers' engagement and lack of psychological detachment.

**Procedure and participants.** For this study, data was collected at two time points, over a three-month period. Convenience sampling was used and a sample of 435 French managers working in the healthcare setting completed a questionnaire survey. Participants' average age was 48.05 ( $SD = 7.72$ ), 146 of them were women, 284 were men, and 5 did not specify their gender.

**Material.** Organizational resources were measured using the scale developed by Lequeurre, Gillet, Ragot, and Fouquereau (2013), while emotional dissonance was assessed with the Frankfurt Emotion Work Scale (Zapf, Vogt, Seifert, Mertini, & Isic, 1999). We measured psychological need satisfaction using the scale developed by Gillet, Rosnet, and Vallerand (2008), and we assessed need thwarting with the French version of the Psychological Need Thwarting Scale (Gillet, Fouquereau, Lequeurre, Bigot, & Mokoukolo, 2012). Finally, work engagement was evaluated using the short version of the Utrecht Work Engagement Scale (Schaufeli, Bakker, & Salanova, 2006), and lack of psychological detachment using the Recovery Experience Questionnaire (Sonnentag & Fritz, 2006). All these scales were chosen because they showed good psychometric properties in previous research.

**Results.** Results from a cross-lagged model (Bollen & Curan, 2004) based on structural equation modeling using AMOS revealed that organizational resources and emotional dissonance predicted both psychological need satisfaction and thwarting three months later. In turn, psychological need satisfaction influenced managers' engagement while controlling for the effects of need thwarting. Similarly, psychological need thwarting predicted managers' lack of psychological detachment while controlling for the effects of need satisfaction.

**Discussion.** Overall, the results of the present study show the distinct role of psychological need satisfaction and thwarting in explaining workers psychological well and ill-being, respectively. More generally, results emphasize that protecting employee's psychological health consists in offering a work environment that both reduces psychological need thwarting and enhances psychological need satisfaction, in order to reach both lower levels of ill-being and higher levels of well-being at work. Study limitations and implications for research and practice are discussed.

**Keywords:** organizational resources, emotional dissonance, psychological needs, work engagement, psychological detachment.

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### ORGANIZATIONAL IDENTITY AND BEHAVIOURAL STRATEGIES OF A TECHNICAL UNIVERSITY GRADUATES IN THE PROCESS OF CHOOSING A COMPANY FOR A JOB PLACEMENT

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#### Abstract

The article presents the results of the empirical research of the peculiarities of the organizational identity among graduate students of the technical university and the indicated correlations between the indices of

the organizational identity, motivation to educational and professional activities and behavioural strategies in the process of choosing a company for the job placement.

**Keywords:** *organizational identity, activity motives, behavioral strategies young engineers.*

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## **LEADER'S CREATIVITY AND INNOVATION: STATE OF THE ART**

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### **Abstract**

This work focuses the creativity and innovation of leaders and tries to shed some light regarding what literature presents on this subject. Creative and innovative organizations need creative leaders (Mumford, Scott, Gaddis, & Strange, 2002). However, while several studies have investigated the direct and indirect links between leadership factors and employee creativity (Mathisen, Einarsen, & Mykletun, 2012), few studies have examined the leader's creativity and its importance for promoting employee creativity. Furthermore, the literature is not clear about different aspects such as the definition of creativity and the distinction between creativity and innovation. Thus, two different points should be analyzed: how does the scientific community think and study creativity and innovation?; and how is the creative and innovation processes in the leader?

Although there's no universal definition of creativity, two aspects seem to be unanimous in the literature: creativity is about the creation of an original and useful product (Mayer, 1990). The literature presents a set of different schools of thought, each one with a specific way for understanding creativity. In a more recent point of view, creativity depends on the interaction of several factors as intellectual abilities, knowledge, styles of thought, personality, motivation and the context (Sternberg & Lubart, 1999). In an organizational perspective, it's important to study creativity and innovation together. However, the distinction between both it's not clear. Some authors look at them as different steps of a same process (e.g., Amabile, 1996), whereas for others creativity is included in the innovation process (e.g., Holman et al., 2012; Patterson, 2002). Based on the models of creative or innovation processes presented by Amabile (1997), Patterson (2002) and Holman et al. (2012), it's possible to consider that the innovation process comprises four sequential moments: problem identification; idea generation; promotion of selected idea; and idea implementation. Moreover, according to Sternberg (2007), there is a set of attitudes and competences that can facilitate the leader's creativity. However, there's few specific information about what factors can enhance or restrict this organizational actor's creativity and innovation. It is important to understand what is known regarding leaders' creative and innovation process, since its importance to the success of organizations and the well-being of its members.

**Keywords:** *creativity, innovation process, organizational leader.*

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## **PSYCHOLOGISTS AS FUTURISTS: APPLYING 'FUTURES TECHNIQUES' TO CREATE CONVINCING NARRATIVES FOR THE FUTURE OF MAJOR PROJECTS**

**Dr. David R. Stevens**

*Director, All About Change Pty Ltd (Australia)*

### **Abstract**

Dr. David Stevens is generally regarded as one of the world's leading collaborative decision making workshop facilitators ([www.profstevens.com](http://www.profstevens.com)). He has been cited in Barons and Marquis International Who's Who on numerous occasions for his work in group problem solving and participatory decision making, as well as the IBC Cambridge's 2000 outstanding scientists of the 20th Century. He is listed in the Asia Top 500 Leaders for the year 2000. At the Inpact 2015 conference in Slovenia he successfully delivered a paper on 'Collaborative Decision Making on Complex, Major Projects: Some Facilitation Techniques'.

The framework and theoretical basis for his workshop facilitation techniques are derived from his specialisation as a registered Organisational Psychologist within the Australian Psychological Society. He was an Adjunct Professor at the College of Engineering at the University of Western Sydney for 11 years. However he considers himself to be a 'pracademic' with significant academic qualifications blended with

decades of practitioner psychologist experience carried out on a global basis. He has worked on major projects worldwide, having carried out over 1000 workshops in a multitude of industries including hospitals, airports, railways, highways, retail and commercial buildings.

In his oral presentation he explores further facilitation techniques and processes; this time in the context of “futures” techniques.

Dr Stevens has facilitated scenario planning workshops on catastrophic power outages in Melbourne and Brisbane (Australia). He has also carried out a considerable number of other scenario planning exercises on various Mass Transit Railway Corporation projects in Hong Kong.

In the first instance Dr Stevens discusses the ways in which scenario planning exercises have been traditionally approached. Initially a particular topic, theme or industry was selected. Usually a time horizon is set (for example twenty years into the future). The more orthodox approach would then be to have four scenario planning exercises which follow a particular methodology. Normally the workshop would be broken into four groups where there would be a ‘business as usual’ straight line extrapolation of what is happening now, for twenty years. Then there would be a ‘worst case’ (pessimistic) scenario over the same period of time. Then another group would be focussing on a ‘best case’ (optimistic) scenario; and finally a ‘wildcard’ scenario would be introduced.

The ‘wildcard’ scenario could be anything; but would be particular to an industry. For example if considering an energy related project, it might be “bringing fusion power to reality in fifteen years” as the wildcard.

Stevens will be describing a ‘futures ready’ hybrid. This takes the outcomes of all four scenarios which would normally be constructed as a timeline of specific dates, populated with specific events. But he borrows from risk assessment methodology and indicates what the probability of these events would be and what would be the impact of those events, on a qualitative basis.

There would then be a combining of all four scenarios, based on the events, whether they are wildcard, pessimistic, optimistic or business as usual scenarios. If they have a high probability of occurrence or even a medium probability of occurrence with high impact they would be included in the amalgamation of all four scenarios.

From this then a single ‘fused’ narrative for the future can be created, rather than four competing narratives (which is the norm).

The reason for doing this is that the future is never always, optimistic or pessimistic or a straight line extrapolation (and perhaps wildcards still do occur!). But even when wildcard events occur, they are surrounded by some optimistic and some pessimistic and some straight line extrapolation events.

The techniques used to build the various scenarios are quite simple to accommodate. Stevens will briefly explain an eclectic approach which uses future webs/wheels, backcasting, the impact matrix, imaging, and so on. Futures workshop attendees are trained in situ to have a new, simple skills base in their manipulation (or exploitation) of the future of their major project to all stake holders’ benefits.

Some futures ready hybrid examples will be presented at the oral presentation.

**Keywords:** *scenario planning, futures ready hybrid, eclectic approach.*

## THE EXERCISE OF LEADERSHIP IN THE FEMININE: THE STATE OF THE ART

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### Abstract

The presence of women in today’s workforce, particularly in leadership positions, renders fundamental to deepen our knowledge regarding the exercise of women in organizations. This paper focuses on the exercise of women in positions of leadership, reflecting and discussing about different approaches found in the literature, identifying the main conceptual and methodological options underlying these studies, as well as limitations and dimensions that must be considered in order to deepen our knowledge regarding this subject.

Literature on female leadership accompanies the growth in the number of women in positions of leadership with a myriad of studies that seek to reflect on the flagrant inequalities of gender. However, literature is still scarce in terms of the experience of female leadership and the challenges inherent to the path for and practice of female leaders. In order to understand the way literature has been addressing this subject we will explore two major metaphors regarding female leadership in organizations: the labyrinth metaphor, and the dyad agents of change /cogs in the machine – the first, referring to the sinuous and complex path women have to take in order to find themselves in stable positions of leadership; the latter, to the assumption that female leaders may either help their female subordinates careers or hinder them.

We will also focus the methods that authors have been using to research the phenomenon of female leadership. Future studies should considerer specific organizational process to understand how these are experienced by women. They also ought to try to be more comprehensive and adopt mixed method designs, which may represent an optimal compromise, allowing, in one hand, to advance with the systematization of results and, in the other, the comprehension, in depth, of the reality of female leaders.

**Keywords:** *female leadership, gender, challenges, mixed methodology.*

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## **THE PORTUGUESE RETRO-FUS VERSION: FAMILY UNPREDICTABILITY AND FUTURE PERSPECTIVE**

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### **Abstract**

Family unpredictability refers to the absence of family routines that prevent predictability of family behaviors and relationships. Family unpredictability may be due to parental inability in meeting regular children's needs and family regulation, and it has been associated with development of problem behavior, and/or psychopathology development of children.

In 2008, Ross and MacDuffy proposed a new version of *Unpredictability Scale – The Retro-FUS (Retrospective Family Unpredictability Scale)* – an instrument that assesses the memories of family past unpredictability. This study provides first data from Retro-FUS translation and adaptation to Portuguese sample – with 261 College young adults, from different College courses (aged 18 to 34 years old – M=21.3; DP=3.12; 54.8% boys, 44.1% girls). Portuguese *Retro-FUS* has good performance levels on dimensionality, following the original structure, with .88 *alpha* Cronbach for global scale; and good levels on reliability for *discipline*, *mother/father affect* dimensions, and critical values for *finance* and *meals* dimensions.

Additionally, we studied the relations between reported family memories of unpredictability and future time perspective – assessed by *Future Time Perspective Scale* (Husman & Shell, 2007). Negative correlations between retrospective family unpredictability and future time perspective corroborate the theoretical model. Implications – for adaptive development - of relations between the variables (memories of family unpredictability and future time perspective) are discussed.

**Keywords:** *Family unpredictability, future time, college students, Retro-FUS.*

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## **THE WELCOME AND INTEGRATION CONTRACT OF LUXEMBOURG: SATISFACTION WITH THE QUALITY OF SERVICES ACCORDING TO NON-EU IMMIGRANTS**

**Angela Otero, Chrysoula Karathanasi & Michèle Baumann**

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### **Abstract**

Evaluating satisfaction with the quality of services is a central concern of social and educational programs, whose mission is to adhere as closely as possible to the needs of the population. Based on methodological and investigator triangulation methods, our aims were to analyze the level of satisfaction with the Welcome and Integration Contract of Luxembourg (*Contract d'accueil et d'integration CAI*) and its respective activities (citizenship courses, language courses and an orientation day). First, 233 out of 1084 Non-EU immigrant beneficiaries responded to a self-administrated questionnaire. Second, 11 semi-structured focus groups with 50 volunteers were conducted around four themes: Quality of activities, organization, availability of support personnel and utility of the information received. More than 72% of the participants were very satisfied with the quality, organisation and availability of personnel, in regard to the information session and the civic courses. Divergences exist because various needs were recognized. Potential activities to reduce the quality gap were proposed, for instance the creation of an interactive online platform where the beneficiaries could regularly get information and, exchange experiences and/or help each other whenever possible. The dynamism and interactivity in the

focus groups revealed that the users would like to actively contribute to improving the process. Indeed, the needs and requirements of each immigrant group cannot be totally covered by these activities as they stand. Involving users in the strategy and action plans would help create more accurate solutions.

**Keywords:** *Integration Services, Non-EU migrants, Focus Groups, Service Evaluation, Triangulation.*

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## **ATTACHMENT TO PARENTS AND ROMANTIC ATTACHMENT: ARE THERE DIFFERENT IMPLICATIONS FOR LIFE SATISFACTION AND HOPE?**

**Cátia Dias-da-Costa, Teresa Sousa Machado & José Tomás da Silva**

*Faculty of Psychology and Education Sciences, University of Coimbra (Portugal)*

### **Abstract**

This study examined the association between relational contexts – parental and romantic attachment – with life satisfaction and hope in a sample of 262 young adults (18-34 years) attending higher education in the city of Coimbra, Portugal. Romantic attachment was measured with the short version of the Romantic Attachment Questionnaire (RAQ); parental attachment was measured using the Portuguese version of the IPPA; satisfaction with life was assessed with the Portuguese version of the Satisfaction with Life Scale; and hope was measured with Portuguese version of the Hope Scale. Results suggest that romantic attachment cannot be explained by attachment to parents. The correlation between parental attachment and romantic attachment has statistical significance. However, the magnitude of the correlation and the percentage of variance explained by attachment to parents are too low to suggest that representations of romantic attachment can be explained by parental attachment. These findings are consistent with data presented by other studies, which suggest that these two types of attachment are different constructs. In addition, different styles of parental attachment may influence both the levels of life satisfaction and the cognitions of young adults on their ability to initiate and maintain the necessary actions to achieve a certain goal. On the other hand, personal constructs of life satisfaction and hope seem to be relatively independent from romantic attachment.

**Keywords:** *Parental attachment, romantic attachment, satisfaction with life, hope, young adults.*

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## **SELF-STIGMA IN MENTAL HEALTH: PLANNING EFFECTIVE PROGRAMS FOR TEENAGERS**

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<sup>3</sup>PhD student, Department of Information Engineering, University of Florence (Italy)

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### **Abstract**

Self-stigma is defined as the interiorization of negative aspects ascribed to an individual by his/her social context, producing a re-definition about the Self, conforming to social judgment. Self-stigma affects negatively one's self-esteem and self-efficacy, and reduces the possibilities of reaching important personal goals: it may prevent one from fostering a self-image. In mental health self-stigma plays a crucial role because of the impacts of the time between the first symptoms and the decision to seek help. Public health services too, even if present and effective in the local community, are negatively perceived as ascribing social stigma towards people utilizing their service. Thus, individuals may decide, despite early mental instability, to avoid asking for help for fear of being labeled as a "mental patient". This labeling is perceived as a problem particularly among teenagers, because of their still uncertain social identity.

This presentation is part of a greater action research plan carried out by a network of social actors at the University of Florence, Public Mental Health Service of Florence Area and a Public High School in the same local community.

*Purpose:* The research is aimed to explore self-stigma in adolescence, analyzing its relations with empowerment and gender differences.

*Methods:* Participants: 315 students (male 51,6%), aged 16 to 20 years ( $M = 17,46$ ,  $SD = 0,66$ ).

*Instruments:* Self-Stigma of Seeking Help Scale-SSOSH (Vogel, Wade & Haake, 2006), to analyze threats to self-esteem in seeking for help; Personal and Political Empowerment Scale (Francescato et al., 2007), to explore capability in deciding and effectively achieving goals, hopelessness, social and political participation; and an ad hoc questionnaire that assessed social support perceived in case of psychological problem.

The results will be explained and discussed in relation to the self-stigma construct. The data show a positive correlation between hopelessness and perceived threats towards self-esteem, first of all in the field of social acceptance and reputation. Capability in achieving goals is positively related to political participation (e.g. juvenile social groups or social activities in local community), and negatively related to hopelessness. Attention paid to self-stigma in adolescence is a crucial task to understand and plan actions for an effective intervention before mental wellness deteriorates, therefore it may take a central role working with teenagers. Another important aspect concerns the network built in local communities, with an active cooperation among associations, social groups and NGOs, to allow a setting for mental health not (only) in medical sites but (above all) in the whole community.

**Keywords:** *self-stigma, empowerment, teenagers, mental health, community-based actions.*

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## **PROFESSIONAL IDENTITY OF ADOLESCENTS WITH DIFFERENT TYPES OF ATTACHMENT TO MOTHER**

**Tatiana Konshina**

*Postgraduate Student, Faculty of Psychology, Lomonosov Moscow State University (Russia)*

### **Abstract**

Attachment to mother, as a characteristic of child-parental relationship, has a profound influence on the level of personal autonomy in adolescence. Formation of professional identity is one of the most important developmental tasks (R. Havighurst) during adolescence. Nowadays adolescents in Russia need to make first choices in vocational area whereas they have a low level of autonomy in parental-child relations. The theoretical basis of the study is attachment theory, formulated by Bowlby and expanded by others (Bartholomew, Mikulincer, Shaver, Waters, Cassidy, Sheiver). The study of professional identity is based on theory of personal identity development (E. Erikson), theory of identity statuses (J. Marsia). The aim of the study was to explore the specificity of professional identity development of the teenagers with the different types of attachment to mother. 110 pupils from 15 to 18 years from Moscow schools (9th – 11th grades) participated in the research. Method of revealing the features of attachment to mother among adolescents (Yaremchuk, 2005) in the adaptation of G.V. Burmenskaya, O.V. Almazova (2015), Questionnaire of investigation of professional identity status of the adolescents (Azbel, 2004) were used in the research. The results of our research show that the pupils of 11th grade (the last grade of Russian school) mainly have the status of “achieved” professional identity (the crisis is over, the vocational choice is made). The predominate status of professional identity among pupils of 9th and 10th grades is “moratorium” (crisis of vocational choice). The study also revealed that adolescents with secure type of attachment to mother have the status of “formed” professional identity, whereas other groups of adolescents with unsecured type of attachment to mother often have “unformed” professional identity status. The central new formation at adolescence is the new level of self-conscience and the development of personality and vocational self-determination (L.S. Vygotsky, D.B. Elkonin, N.S. Pryazhnikov). The family appears to play a critical role in a child’s professional development (Guerra and Braungart-Rieker, 1999; Otto, 2000; Taylor and Hurrell, 2004) the career decision-making seems to become a cooperated resolution in family. Our research revealed the features of professional identity of the teenagers with different types of attachment to mother. Peculiarities of preliminary vocational self-determination among pupils of different school grades were found. Research concludes that attachment to mother is an important factor for professional identity building at adolescence.

**Keywords:** *professional identity, child-parental relationship, adolescence, career decision-making.*

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## **RELATIONSHIP WITH PARENTS AND PEERS OF ADOLESCENTS WITH DIFFERENT ATTACHMENT TYPES TO PARENTS**

**Tatiana Sadovnikova, PhD**

*Faculty of Psychology, Lomonosov Moscow State University (Russia)*

### **Abstract**

Relationship with parents and peers are an important characteristic of the level of personality development in adolescence. Effective communications with peers and parents, common activities and mastering new age's position provides positive resources and resilience of the teenager's personality.

One of the goals of our work was the approbation the IPPA in a Russian sample. The theoretical framework of Inventory of Parent and Peer Attachment (IPPA) (Armsden, Greenberg, 1987) is an attachment theory, formulated by Bowlby and expanded by others. Three dimensions are assessed: degree of mutual trust; quality of communication; and the extent of anger and alienation.

The 1-st study was aimed at exploring the specificity of adolescent-parent relationship and peer-peer relationship of teenagers with different types of attachment. 84 pupils aged from 13 to 16 years from Moscow schools participated in the research. Projective technique (Eudemiller, 1999), IPPA (Armsden, Greenberg, 1987), in the author's adaptation to the Russian language, Inventory of Interpersonal relations' diagnostics (DMO) (Sobchik, 2001), Self-Esteem Scale Dembo-Rubinshtein (version by Prikhogan, 1988) were used in the research.

The aim of the 2-nd study was to explore features of the adolescents' separation from parents depending on different types of attachment. 67 students aged from 18 to 23 years from Moscow High Schools participated in the research. IPPA (Armsden, Greenberg, 1987), Separation-Individuation Test of Adolescence (SITA) (Levine, Green, Millon, 1986; Levine, Saintonge, 1993); Psychological Separation Inventory (PSI) (Hoffman, 1984; Sadovnikova, Dzukaeva, 2013) were used.

The results show that adolescents of the secure type of attachment system to parents use more effective communication strategies with peers and have more adequate self-esteem than other unsecured groups of adolescents. The specific role of the attachment to father as an important factor for a high level of teenagers' self-esteem was revealed in the research.

The older adolescents (18-23) have high rates in the field of Conflictual separation (according to J. Hoffman). We consider the received result as confirming the described phenomenon of «generation gap» in the child-centered type of family which is widespread in modern Russian society. Another factor of the «generation gap» is liberal style of education (emotional support and an obscure system of requirements).

Similarities and differences in communication with peers of teenagers with different types of attachment were found. The research showed peculiarities of adolescents' separation from parents. The research concludes that the system of attachment to parents is important for developing psychological well-being of personality in adolescence.

**Keywords:** *development, adolescence, attachment, parents, separation.*

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## **ATTITUDES OF STUDENTS TO POLITICAL EXTREMISM: THE CASE OF THE COUNTRIES OF THE EURASIAN UNION**

**Olga Deyneka**

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### **Abstract**

Students are the most active and often radical part of modern society. Identification of psychological prerequisites of political extremism among students was the purpose of the study. The study was conducted among students in Russia, Belarus, Kazakhstan and Kyrgyzstan (654 Ss). Some of the characteristics of political and economic consciousness and personal competitiveness were also measured. In addition, the research of such personal characteristics as deviations of monetary behavior (C. Rubinstein), and life satisfaction (A. Diner) were conducted. The results showed mostly negative attitude towards extremism. However 5% of the subjects showed sympathy for extremists and extremist movements and 19% said that in some cases could support extremists. Students believe that the information expansion with elements of extremism (media and Internet) is the most significant cause of extremism taking. On the contrary, the preservation of cultural traditions they consider as a factor in the

safety of society. High economic and global optimism is also a prerequisite for the prevention of extremism. The negative correlation between self-esteem of personal competitiveness and predisposition to extremism was discovered. Students who are below the rated understanding of own goals, responsibility and hard working, more expressed tendency towards extremism. Correlations between deviations of monetary behavior and propensity to extremism were found. Also correlation analysis showed the higher satisfaction with their lives the lower the prerequisites to extremist manifestations. Thus, the study revealed both social and personal factors of predisposition to extremism. Comparative analysis of the attitudes to political extremism of students from the four countries was made. The results showed both general and specific characteristics of the relationship to extremism among students of the four countries. Students from Kyrgyzstan have shown the greatest risk of the prerequisites of political extremism in the background of awareness of economic problems, low tolerance towards migrants, expression of national superiority and radical attitudes.

**Keywords:** *political extremism, attitudes, students.*

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## **PERSONALITY AND POLITICAL IDEOLOGY IN CANADA**

**Derek Gaudet, Kathryn Flood & Lisa Best**

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### **Abstract**

The purpose of this study was to examine the role of personality and left-right wing affiliation in predicting attitudes on several socio-political topics (e.g. abortion, euthanasia). Participants completed a demographics questionnaire, a set of personality measures, and a contentious issues questionnaire (CIQ). Our final sample consisted of 267 participants. A total score on the CIQ was created and hierarchical linear regression found that left-right wing affiliation, openness, and private self-consciousness predicted higher total CIQ scores. Right wing affiliation predicted lower CIQ score. The results of this study suggest that that total CIQ score was measuring right-left wing attitudes on socio-political issues and could be a useful tool in predicting voting behaviour.

**Keywords:** *political psychology, left-wing vs. right-wing; personality correlates; contentious social issues.*

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## **POST-TRAUMATIC STRESS RESPONSES AMONG REFUGEES FOLLOWING XENOPHOBIC ATTACKS IN DURBAN, SOUTH AFRICA**

**Gail Womersley<sup>1</sup>, Amir Shroufi<sup>2</sup>, Nathalie Severy<sup>3</sup> & Gilles Van Cutsem<sup>2</sup>**

<sup>1</sup>*University of Neuchâtel (Switzerland)*

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<sup>3</sup>*Médecins Sans Frontières – Operational Centre Brussels, Medical Department (Belgium)*

### **Abstract**

Following a recent spate of xenophobic attacks against foreign nationals in Durban, South Africa, displacement camps were set up to shelter predominantly Congolese and Burundian refugees. Embedded within the emergency program a prevalence study of symptoms of posttraumatic stress disorder (PTSD) was conducted among a convenience sample of this population. Participants included men and women who were screened for symptoms using the Harvard Trauma Questionnaire (HTQ). Results indicate a prevalence rate of 85% among this population. Limitations include the small sample size and potential self-reporting. The high prevalence rate of people who meet diagnostic criteria for PTSD has profound implications for psychosocial interventions and access to mental health services for this community – as well as significant broader legal and social justice implications.

**Keywords:** *PTSD, refugees, trauma, cross-cultural.*

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## **FACTORS THAT CONTRIBUTE TO WORK SATISFACTION OF MASTER STUDENTS AND GRADUATES**

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*Institute for Health & Behaviour, Research Unit INSIDE, University of Luxembourg (Luxembourg)*

### **Abstract**

From employers to university managers, they all want their employees or students to be the most satisfied in their work or studies respectively. Our study aim was to analyze the associations between work satisfaction (WS) with psychosocial job-related factors, general and psychological quality of life, and socioeconomic characteristics. An online questionnaire was completed by Master students (N=66) and graduates (N=71). WS was assessed with a single item (1 to 10=very satisfied). Determinants of Postgraduates' WS were: *physical working conditions, recognition you get for good work, opportunity to use ones abilities* as well as *general and psychological quality of life*. These results show that their entrance into the job market is recent and hasn't yet allowed them to feel the reinforcement they are entitled to expect. Indeed, for Masters Students, the higher their WS was, the better the financial situation they declared was, and the higher *the freedom to choose their own work methods and relationships with colleagues and fellow workers* were. Whereas for graduates, it is *the amount of responsibility they are given*, which was higher. The perceptions of graduates' WS in relation to their career attitudes and at different stages of their careers must be further explored with a longitudinal study.

**Keywords:** *work satisfaction, financial situation, psychosocial job aspects, quality of life.*

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## EDUCATIONAL PSYCHOLOGY

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### THE IMPORTANCE OF CREATIVITY IN THE MUSEUM IMMERSIVE EXPERIENCE OF THE ADULT VISITOR

**Colette Dufresne-Tassé**

*Maîtrise en museology, Université de Montréal (Canada)*

#### **Abstract**

An adaptation of the Thinking Aloud technique validated for collecting data in the museum setting enabled to obtain information on the experience of the adult visitor as he is strolling in exhibition rooms. The data gathered indicate that an immersive or intensive experience is totally absorbing because it involves all at once the cognitive, imaginative and the affective functioning of the visitor in a creative production of meaning.

**Keywords:** *museum, adult visitor, immersive experience, creativity.*

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### EXECUTIVE FUNCTIONS AND OPERATIVE REASONING IN THE SET GAME® SOLUTION

**Sandreilane Cano da Silva & Lino de Macedo**

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#### **Abstract**

The components of executive functions are four and are expressed in the following domains: volition, planning, purposive action, and effective performance. Recently researchers propose that the executive functions develop in parallel to the growth of the child, with significant changes between 6 and 9 years, when it comes to self-regulate behavior, formulates strategies, and understands the reciprocal basis of relations. In Piaget's theory, these changes match the development of operations. The objective of the present study is to analyze the hypothesis that these functions are required to perform well in the task proposed by the SET Game®. The game is composed of cards having a variation of four features (symbol, color, number of symbols and symbol's shading) each one with three different characteristics or features' parts. The objective of the game is to identify sets of three cards whose features are either identical or distinct. In this work it is assumed that the practice of this game exercises the executive functions supported on the following arguments: (1) the player should behave intentionally to avoid mistakes, formulate goals, and formulate hypotheses. He/she must exercise their inhibitory control to perform all of these behaviors (volition); (2) the player must identify the features' parts, organize a search strategy, and decide whether the group of three cards forms a Set or not (planning); (3) the player must develop an intentional action to find a Set that complies with the game rules (purposive action); and (4) the player must be able to monitor his/her action to avoid mistakes, self-correct, and self-control (effective performance). In the SET Game these domains, or operations/reasoning as they are designated in Piaget's theory, allow the subject to identify the three cards that meet the conditions to form a Set. For this, the player needs to recognize the different object observables (features' parts), as well as to classify, connect and identify these observables according to the objective (subject observable). These observables presume coordination in a double way – in the subject scope (understanding) and in the object (game structure). Ascribing a structure to the game means to consider the logic underlying the composition of the cards and the Sets.

**Keywords:** *executive functions, epistemology, cognitive development, play.*

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## **A QUALITATIVE FOLLOW-UP STUDY OF THE FAMILIES FEELING SAFE: PROTECTIVE BEHAVIOURS PROGRAMME**

**Isabella McMurray & Patricia Roberts**

*Department of Psychology, University of Bedfordshire (United Kingdom)*

### **Abstract**

The Families Feeling Safe programme is based on two themes. First, we all have the right to feel safe all of the time. Second, that everyone should have the opportunity to discuss any topic regardless how insignificant it may seem. Over a ten week period parents work through a detailed training manual and are taught to acknowledge the feelings that they and their children are experiencing. Also the programme aims to build upon parents' own strengths to develop parenting skills and strategies to help keep themselves and their families feeling safe. A previous evaluation of this programme showed that the programme had a significant positive effect on parents' own well-being, their sense of competence, managing their child's emotional behaviours and communication skills. Using phone interviews and an online survey this study explored the longer-term impact of the programme with 28 parents, nine months to a year after completion of the programme. Parents' reflections highlighted that their well-being, parental self-efficacy and style of communication with their children had continued to improve, which parents attributed to the programme. Also, parents reported an understanding of the link between emotions, thoughts and behaviours for both themselves and their children. In recognising these connections parents felt more in control of challenging situations. Some parents who had initially used different parenting strategies after completion of the programme had slowly reverted back to familiar ways of interacting within the family. Others were aware of strategies but had not put them into practice. Parents commented that the programme had given them the opportunity to share their experiences with other parents in similar situations. The programme should continue but consideration could be made to tailoring courses for specific target audiences, for example children in similar age groups or with similar physical or emotional difficulties. Furthermore, to offer a refresher course and online support materials so that the strategies learnt can be reinforced in the longer term.

**Keywords:** *parenting, parental self-efficacy protective behaviours.*

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## **PARENTAL PROFICIENCY IN INTERNET USE FOR CHILD-REARING PURPOSES IN SPAIN AND PORTUGAL**

**Sandra Santos<sup>1</sup>, Nuno Gago<sup>2</sup>, Armindá Suárez<sup>3</sup> & María José Rodrigo<sup>3</sup>**

<sup>1</sup>*Universidade Portucalense Infante D. Henrique (Portugal)*

<sup>2</sup>*Associação ABC - António Bacelar Carrelhas (Portugal)*

<sup>3</sup>*Departamento de Psicología Evolutiva y de la Educación – Universidad de La Laguna (Spain)*

### **Abstract**

The present study aimed at evaluating the digital use divide and the skill divide in the parental use of Internet as a source of educational support. Our sample was composed of 282 Portuguese and 234 Spanish parents, who answered an online survey. Concerning the digital use divide, educational level, residence home and child age modulated the parental access to Internet in Portuguese parents, whereas Spanish parents' access to the Internet is largely free of social bias. Concerning the digital skill divide, parental gender, age, socioeconomic level and educational level are the factors that modulate the parental proficiency, which means, the ability to do efficient searches on the Internet. In Spain, mothers were more active in searching for information but felt less skilful than fathers, and the most educated parents searched for information and felt more proficient than the ones with a lower level. In Portugal the youngest parents, with high educational and socioeconomic level are the most proficient ones with searches. The results allowed us to understand the parental usage and proficiency towards online educational resources, which can help to develop new websites that seek to help parents in their task of parenthood. These findings can also help us to think of a way to outline the difficulties within the lower socioeconomic population in terms of access to Internet and the proficiency with which perform the

searches and evaluate the results. Simultaneously, the results may inform us about initiatives of Internet literacy training, applied differentially for fathers and mothers and may provide guidelines for those who develop websites for parents.

**Keywords:** *child-rearing information, internet use, parent's proficiency, digital divide, parenthood.*

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## **ANALYSIS OF SUPERVISION RECORDS AMONG THE PRESCHOOL PRACTICUM TEACHERS THROUGH HERMENEUTIC METHOD**

**Suppiah Nachiappan & Seri Zaitum Jusoh**

*Faculty of Education and Human Development, Sultan Idris Education University (Malaysia)*

### **Abstract**

This study aimed to identify the strengths and weaknesses of practicum teachers based on the analysis of teachers' supervision records. It is a qualitative research comprising seven supervision records of preschool practicum teachers. The study involved four 'KEMAS' preschools in Jerantut and Temerloh, Pahang. The study used Hermeneutics Method to interpret records of seven preschool practicum teachers. The researcher analysed 42 supervision records of the practicum teachers. Based on the findings, the supervisor has emphasized on several aspects due to the strengths and weaknesses of the practicum teachers. The practicum teachers have performed well in the aspects pertaining to i) writing daily lesson plans, ii) set induction, and iii) personality. However, there are three aspects that still need to be improvised by the practicum teachers, such as i) applying knowledge in life, ii) applying creative and critical thinking skills, and iii) conveying knowledge. So, to address these problems, the lecturers and advisers need to provide proper guidance to the practicum teachers. In fact, seminars and lectures should be held by certain parties to improve teachers' practical skills and this step should be implemented to produce qualified future teachers.

**Keywords:** *practicum teacher, supervision records and hermeneutics method.*

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## **A COMPARATIVE STUDY OF EFFECT OF FORMAL MUSICAL TRAINING ON ACADEMIC PERFORMANCE AND EMOTIONAL INTELLIGENCE AMONG CHILDREN**

**Vidhya Shenoy<sup>1</sup> & Vaishnavi Verma<sup>2</sup>**

<sup>1</sup>*Counselling Psychologist (India)*

<sup>2</sup>*Department of Psychology, Smt Maniben M P Shah Women's College of Arts and Commerce (India)*

### **Abstract**

The aim of the research was to have a comparative study of the effect of formal musical training on Academic Performance and Emotional Intelligence among children. The present study hypothesizes that children with formal musical training have better Academic Performance and Emotional Intelligence than children with no formal musical training. For this study, 100 children (50 formally trained in music and 50 not formally trained in music) in the age group of 13-17 years formed a part of the sample were asked to take —The Academic Performance Rating Scale and the — Trait Emotional Intelligence Questionnaire – Adolescent Short Form (TEIQue-ASF) measured by Petrides, K. V., Sangareau, Y., Furnham, A., & Frederickson, N. to indicate how well they academically perform and their level of emotional intelligence. In case of statistical analysis, t-test was computed. Together, the findings revealed that the t value obtained for Emotional Intelligence was 7.260 which was significant at 0.05 level and for Academic Performance was -4.389 which was significant at 0.05 level respectively which meant that the differences between children with formal training in music and without formal training in music with respect to Emotional Intelligence and Academic Performance were significant.

**Keywords:** *comparison, academic performance, emotional intelligence quotient, formal musical training.*

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## **THE RELATION BETWEEN FILIPINO ADOLESCENTS' SCHOOL BELONGINGNESS AND AUTONOMY: MEDIATION THROUGH PERCEPTION OF ROLE FULFILLMENT**

**Madelene Sta. Maria & Shayne Polias**

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### **Abstract**

The research examined the relationship between school belongingness, perceptions of role fulfillment and autonomy. These variables were measured as these were perceived by 2,450 Filipino adolescents within their school contexts. A model in which the perception of role fulfillment in school mediated the association of school belongingness and autonomy was examined. Consistent with the model, results of conducting an ordinary least squares path analysis indicated that a sense of belongingness indirectly influences autonomy through its effect on the young person's perception of role fulfillment in the school setting. Findings suggest that students' sense of being accepted in the school environment contributes to a role identity and perception of being able to fulfill roles in school. The research provides support for propositions conceptualizing the school from the adolescents' perspective in terms of how the school environment provides support for their need for autonomy.

**Keywords:** *school belongingness, sense of role fulfillment, autonomy, self-determination theory, Filipino adolescents.*

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## **ACADEMIC SELF-EFFICACY IN TRANSITIONS TO HIGH SCHOOL**

**Simona Hoskocová & Lenka Krejčová**

*Department of Psychology, Faculty of Arts, Charles University in Prague (Czech Republic)*

### **Abstract**

Bandura's theory of self-efficacy is a theoretical framework of a concept of academic self-efficacy, which is one of the predictors of school achievement. Academic self-efficacy is defined as an option of self-efficacy. The focus of our research is a description of the academic self-efficacy development from the beginning of the first grade at elementary school till the end of high school with the emphasis on transition moments. In this paper we want to present results of an adolescent group entering a senior high school.

We were interested whether academic self-efficacy and self-esteem change during the transition from the last grade of junior high school to the 1st grade of senior high school, or if these characteristics are stable. As the main research method self-report questionnaires compiled into an assessment battery were used. The assessment tools focused on academic efficacy, self-control of homework and experience of the transition between the educational levels. The questionnaires were administered three times per the data collection to each child - once in April 2015 before the transition and then after the transition in September 2015 and November 2015. The first part of the questionnaire battery included MALS (Myself-As-a-Learner Scale) focusing directly on students' perceptions of their learning abilities and skills (Burden, 1998). Children's self-efficacy was measured with a modification of the Children's Perceived Self-efficacy scales (CPSE; Pastorelli et al. 2001). We asked also 3 direct questions on expectations before the transition and experience after the transition.

Our first outcomes (N= 322) show a significant correlation between the MALS and expectations from the transition (Pearson correlation 0,572;  $p < ,001$ ) and on a similar level Child Self-efficacy and expectations from the transition (Pearson correlation 0,513;  $p < ,001$ ). Around 6% of children express very low expectations of coping with the transition. This group seems to be a risk group and requires intervention. The self-efficacy theory and the sources of self-efficacy (mastery experience, social modeling, social persuasion and control of emotional states) can be an inspiration for the intervention. The whole group of student in their last year of junior high school has levels of academic efficacy (MALS and Child Self-efficacy) above the statistically expected average.

**Keywords:** *academic self-efficacy, transition, high school, adaptation.*

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## COGNITIVE AND EXPERIMENTAL PSYCHOLOGY

### EXTENUATING CIRCUMSTANCES AND MORAL JUDGMENT: A LIFE-SPAN PERSPECTIVE

**Sandra Lepeltier, Veronique Salvano-Pardieu & Roger Fontaine**

*Laboratory EA2114 "Psychologie des Ages de la Vie", Université François-Rabelais de Tours (France)*

#### Abstract

**Aim.** In this study we analyzed moral judgment in order to determine how an aggressor's emotional state is taken into account at different ages, and how it could reduce the severity of a sanction.

**Introduction.** Moral judgment, especially judgment of blame, is composed of two factors (Fontaine et al., 2004). The first one is the perspective-taking ability; it is linked to the ToM. It allows taking intentions into account and not only consequences when a person has to judge an aggression for example. The second one refers to deontic reasoning, which is defined by the knowledge of social rules (Manktelow, 2012). Previous research (e.g., Bersoff & Miller, 1993; Darley & Zanna, 1982) showed that some contextual factors (e.g., self-defense, provocation) could mitigate a judgment to the point where it reduces the severity of a sanction. In the present study, another contextual factor was manipulated; the perpetrator was angry before he/she met the victim, his/her emotional state was distorted by an aggression he/she previously lived. Is this factor an extenuating circumstance? What is the impact of age?

Based on the above mentioned previous research, we assumed that the ability to take the perpetrator's emotional state into account was linked to cognitive abilities at play during developmental phases. As a matter of fact, children and teenagers have to be able to understand others' point of views to base their judgment on intentions and less on consequences, and to put themselves in the aggressor's shoes (Piaget, 1932). Development of the perspective-taking ability overbears at these ages. However, from early to late adulthood, individuals' judgment is tainted by social norms. Adults emphasize social relationships (Van der Keilen & Garg, 1994): aggressive behaviors tend to not be accepted, no matter what their explanations are. This is even more pregnant when such behaviors threaten the social relationship, which, when damaged, has to be restored. Therefore, adults grant more importance to deontic reasoning and are less prone to reduce their sanction towards someone who loses control and attacks someone else.

**Participants.** Six groups of participants differing in age were formed, as presented in table 1. They were tested using Anderson's method (Anderson, 1981, 1996, 2013), in order to highlight developmental effects with a life span perspective.

*Table 1. Means and Standard-Deviation for each group of participants*

	<b>N</b>	<b>M</b>	<b>SD</b>
<b>Children</b>	30	6.63	0.50
<b>Preadolescents</b>	30	11.82	0.43
<b>Adolescents</b>	30	15.76	0.46
<b>Young Adults</b>	30	20.07	0.64
<b>Middle-aged Adults</b>	30	45.19	2.98
<b>Older Adults</b>	30	77.65	3.51

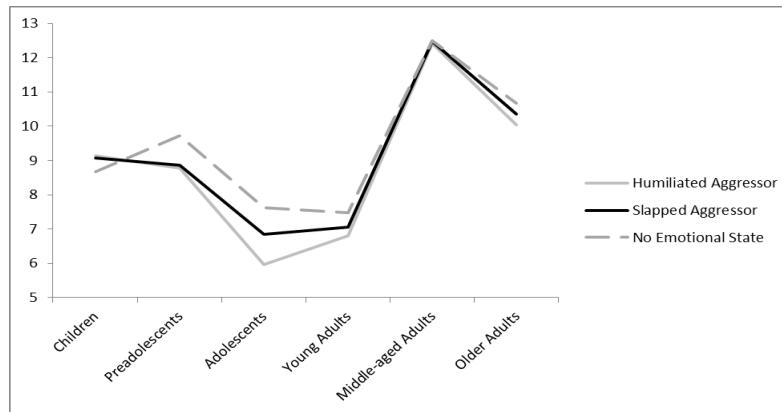
**Methods.** Each participant had to complete a booklet containing 12 vignettes which described, with a few short lines, different situations involving several characters: an aggressor and a victim. Each vignette referred to a real-life situation, and did not introduce confusion with hypothetical dilemmas, instead it reflected as accurately as possible moral judgment values (Levine, 1976). For ecological validity, each story was simple and described a daily school event for children and adolescents or a protest situation for adults. In each story, different information was manipulated: the type of aggression, the type of damage undergone by the aggressor, and the gravity of the action's consequences. A 16 cm scale accompanied each story (left anchor = "no sanction" and right anchor = "very severe sanction". Each participant had to put a cross on the scale to indicate the severity of the sanction they wanted to give to the aggressor. Each cross was converted to a numerical value by measuring the distance (in cm) between the origin (0) and the applied cross. The vignettes and scale had been created by Fontaine et al. (2002) and were adapted for this experiment.

**Previous results.** A 2 (scenarios context: push vs. punch) x 3 (previous aggression: slapping vs. humiliation vs. without) x 2 (consequences: low vs. high) ANOVA was conducted on the entire responses of participants. These three factors were within participant factors. Age (6.6, 11.8, 15.7, 20, 45, 77.6) was a between participant factor. To present our previous results, we will focus only on the effect of age and aggressor's emotional state. The global analysis showed an effect of age ( $F(5, 174) = 16.63, p < .001$ ).



In other words, adolescents and young adults were the less strict when it came to sanctioning, while middle-aged and older adults were the most severe. An effect of aggressor's emotional state was found ( $F(2, 348) = 9.73, p < .001$ ): a humiliated aggressor was judged less severely than a slapped perpetrator. Both these situations were less severely judged than an unmotivated aggression. The interaction between these two factors was statistically significant ( $F(10, 348) = 2.71, p < .01$ ) as shown in Figure 1. Only preadolescents' ( $F(2, 173) = 4.88, p < .01$ ) and adolescents' ( $F(2, 173) = 12.17, p < .001$ ) judgments were significantly reduced because of the perpetrator's emotional state.

Figure 1. Interaction between age and aggressor's emotional state



**Discussion/Conclusion.** Our previous analyses showed that the aggressor's emotional state is taken into account in different ways according to the participants' age. Only preadolescents and adolescents took emotional state into account as an extenuating circumstance, more specifically adolescents made a distinction between both types of previous aggression (i.e., slapping versus humiliation). Young children and adults' judgment did not seem to be affected by this factor. These preliminary results are consistent with our hypothesis. Taking this factor (i.e., previous aggression) into account is allowed by the development of the perspective-taking ability: children were not cognitively able to take this factor into account but preadolescents and adolescents reduced the severity of their judgment when the perpetrator's emotional state was distorted. However, for all three adults groups, judgment was not impacted by this factor. Social rules seem to take over from early adulthood on (Van der Keilen & Garg, 1994): whatever the situation, society expects self-control and adults are not supposed to aggress somebody else.

**Keywords:** Moral judgment, extenuating circumstances, life-span perspective, information integration theory.

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## **AGE-RELATED DIFFERENCES IN SHORT-TERM MEMORY, EXECUTIVE FUNCTIONS AND PROBLEM SOLVING IN MIDDLE AND LATE ADULTHOOD**

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### **Abstract**

The aim of the present study was to research age-related changes in cognitive functioning in the field of short-term memory, planning and problem solving. We used a set of tasks that apply to aforementioned cognitive functions to test a group of middle-aged and a group of older adults. The middle-aged adults showed significantly higher results in short-term verbal and non-verbal memory in comparison to older adults, the same applies to planning task, although there was higher negative correlation between age and task performance for the non-verbal memory task, which could mean that non-verbal memory performance declines stronger with aging in comparison to a verbal memory performance. Regarding problem solving performance, the difference between age groups (in favour of middle-aged adults) was significantly higher in abstract problems than in everyday-life problems. We could conclude that performance on verbal short-term memory task shows less age-related decline than short-term non-verbal memory performance. There is also evidence that the ability of solving everyday-life problems is better preserved with older adults in comparison to the ability of solving abstract problems.

**Keywords:** *middle adulthood, late adulthood, short-term memory, planning, problem solving.*

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## **DIFFERENT STREAMS IN TIME RIVER: RELATIONSHIP BETWEEN TOP-DOWN AND BOTTOM-UP TEMPORAL OBJECT-BASED ATTENTION**

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### **Abstract**

The current study examines the role of multi-model object-based effect on the allocation of top-down and bottom-up temporal object-based attention. Specifically, we were interested in situations in which concurrently presented top-down and bottom-up objects correspond temporally, and situations in which concurrently presented top-down and bottom-up objects conflict temporally. The Experiments 1 and 2 verify that the object-based effect initiated by top-down or bottom-up object was covered by participants' expectations in a modified two-rectangle paradigm. Basing on the Experiments 1 and 2, the Experiment 3 arranges top-down objects and bottom-up objects congruously, finding that response time was faster when targets were within the same object as the cue, verifying that the object-based effect occurred. This result indicated that when top-down and bottom-up information was congruent in an object, object-based effect was more effective than that in the top down-only or bottom up-only condition. In Experiments 4A and 4B, participants were presented with temporally conflicting top-down and bottom-up objects. Participants responded to targets that were within the temporal structure of either the top-down or bottom-up object. Response times were faster when target presented within the top-down object compared to the bottom-up object. Overall, this work suggests that when top-down and bottom-up objects do not share the same temporal structure, the attentional system favors the top-down parameters of the visual object.

**Keywords:** *temporal object-based effect, top-down process, bottom-up process.*

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## REM SLEEP IMPROVES DEFENSIVE FLEXIBILITY

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### Abstract

To think flexibly in a situation of challenge or threat is an important ability. This study hypothesized that flexibility would improve after sleep, particularly for those who got into REM sleep, since REM has been found important for higher mental functions and flexibility. In a between-subjects design with random conditions Sleep and Rest, participants ( $N = 69$ , mean age 23.9 years) slept in the day for (a maximum of) 120 minutes (or rested 90 m.). Sum of categories in a perceptual process test of defensive strategies constituted the measure of defensive flexibility, previously found related to creativity (Carlsson, 2002). Scoring was double-blind with two raters. An ANOVA showed a significant group difference ( $F(2, 61) = 4.26, p = .019$ ). T-tests showed that the REM group ( $n = 35$ ), compared to the Rest group ( $n = 16$ ), had significantly higher flexibility ( $p < .01$ ), while a comparison with the No-REM group ( $n = 13$ ) showed a tendency. The No-REM and Rest groups did not differ. The importance of the REM stage for defensive flexibility was discussed. Future studies should test the flexibility also before sleep, since flexibility might be related to more REM in the sleep architecture.

**Keywords:** *day-time sleep, defense strategies test, defensive flexibility, perceptual process, REM sleep.*

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## ADOLESCENTS' EMOTIONS AND RISK-TAKING IN SPORTS

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### Abstract

The purpose of this study was to explore the role of emotions in risk taking in physical activities. We aimed at providing new data on the development of several dimensions of emotions in adolescents and young adults, in order to offer more adjusted prevention campaigns. Based on cognitive motivational relational theory (Lazarus, 2000, 2001) we looked into the following dimensions of emotions: discrete emotion experience (i.e., discriminating emotional profiles), directional interpretation process (i.e., identifying the debilitating or facilitating effects of emotions on decision making), regulation of emotions (i.e., identifying the strategies used by participants to initiate, maintain and modulate the emotional expression). Each of these dimensions was studied by considering the profiles from the Reactivation and Excitation Inventory (REI, 1997; French version; Lafollie & al., 2008) which detects the high-risk personalities. We compared two complementary approaches to analyze the development of emotional profiles. On one hand, in a qualitative approach, we conducted 30 self-confrontation interviews with novice climbers, during which they were shown videos of themselves climbing. These participants were selected according to their age (middle-schoolers, high-schoolers, and college students) and according to their profile at the REI (escape from self-awareness and compensatory self-regulation). The discourse analysis identified the dynamic role of emotions in risk taking on distinct profiles of personality. On the other hand, in a quantitative approach we identified all existing profiles in our 10 to 29-year-old population with a battery of tests (e.g., PANAS-D, ERQ, ALE, TAS-20). With this approach we aimed at estimating emotional development in order to better understand the cognitive functioning of adolescents. The first results from our discourse analysis showed that adolescents who took risk had a poor emotional directory, they used few regulation strategies and they tended to ignore their emotions. Moreover, despite these behaviors, they thought they were making the right decision in most cases. Alexithymia appears to be the preferred hypothesis to understand this appetite for risk among adolescents. Alexithymia prevalence is particularly high among adolescents (i.e., >30%; Zimmerman & al., 2007) and we supposed that, just like in adults, it is an important factor of risk taking and carelessness. We expect for the comparison of these two approaches, currently being processed, to provide new prevention tracks, relying specifically on emotional indicators.

**Keywords:** *risk taking; emotions; appraisal; physical activity; adolescents.*

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## DEVELOPMENT OF COGNITIVE TRAINERS FOR SPORTS

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### **Abstract**

Sport games such as basketball, football and ice hockey are highly demanding, dynamic, fast and strategic. Game competency is a joint product of motor, perceptual-motor and cognitive competencies. The talk describes the development of cognitive trainers to the 3 sports which are embedded in computer games training platforms. The trainers for and basketball and ice hockey have already become commercialized, practiced and led trainees to significant achievements; the football platform is currently under development and field testing. The guiding principles, task analysis and game development stages are discussed, as well as key transfer and validation outcomes

**Keywords:** *sport training, cognitive training, skills.*

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## USE OF HEURISTIC AND ANALYTIC SYSTEMS OF REASONING DURING ADOLESCENCE: EFFECT OF DIFFERENTIAL EMOTION STATE

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### **Abstract**

Dual-process theories posit two systems of reasoning. Type I, often called “heuristic system”, is automatic, fast and heuristic-based. This kind of reasoning often leads to correct responses but could lead to bias and errors too. Type II, often called “analytic system” corresponds to a controlled, rule-based and slow process which requires a lot of computational capacity and permit to produce a correct response. According to this theory, Type II mostly overrides Type I when responses produced by the two systems do not match, even if a heuristic response could be produced sometimes. Work on development of both reasoning system has posited two kind of change with age: an improvement of analytical reasoning skills and an increase of intuitive strategies’ numbers. Moreover, the choice of one of the systems can be influenced by the emotion state. While reasoning based on the heuristic system is found in positive emotional states, negative emotional states cannot be associated to only one system of reasoning (Leith & Baumeister, 1996). Depending on the negative emotion (anxiety, anger, sadness) the type of reasoning used could be different. The present study proposes to highlight which system is used by adolescents according to four emotions through three reasoning tasks.

Participants were adolescents aged to 11-18 years old and will be segregated in one control group and one group corresponding to each emotion studied. A sequence of a movie is proposed to the five groups of participants which would induce emotional state. Then, they have to complete a French version of the Differential Emotion Scale (Izard & al., 1974), modified by McHugo & al. (1982). Finally, they have to listen a specific music to maintain their emotional state and complete three tasks of reasoning: inductive, deductive and probabilistic. Results should highlight a differential effect of emotional state on the performance on three task of reasoning, in interaction with age of participants.

**Keywords:** *reasoning systems, differential emotion, development, adolescence.*

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## AUDITORY-VISUAL SPEECH PERCEPTION IN BIPOLAR DISORDER

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### **Abstract**

Speech perception is an auditory-visual process rather than solely an auditory one. While we have just started to understand the basics of auditory-visual speech process, investigations with clinical populations is almost completely an uncharted territory except for a handful of studies. In this study, we tested two groups of individuals with bipolar disorder (manic and depressive episodes) and a control group on a series of McGurk effect stimuli along with auditory-only and visual-only (lip-reading) experimental

conditions plus a test of phonological awareness. In the light of previous findings with clinical populations, we advanced two main hypotheses: (1) control group should give more visually-based responses to the McGurk stimuli than their bipolar counterparts; (2) if the auditory and visual speech information are fused at behavioral level as a function of attentional focus rather than at a more central level, then bipolar participants in the depressive episode should yield relatively more McGurk-type (i.e., visually based) responses than the bipolar manic group. Analyses revealed no differences in the visually-based responses between the groups yet they differed on visual-only responses and phonological awareness performances. There was no significant difference between the two bipolar groups with respect to McGurk test. While regression analyses, on the other hand, revealed that no independent variable significantly predicted auditory-visual speech integration, yet in a second set of analyses where visual-only scores were the dependent variable, phonological awareness predicted lip-reading ability. The results suggest that bipolar disorder participants treat auditory and visual speech information differently than the controls yet somehow still integrate the two sources of information. Given the differences in the visual-only and phonological awareness data, we are left with the question as to how the auditory-visual integration occurs in bipolar disorder. The results are discussed towards a new hypothesis which requires obtaining new data at both behavioral and neural levels.

**Keywords:** *auditory-visual speech perception, McGurk effect, bipolar disorder, speech perception.*

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## THE VALIDITY STATUS OF DIGIT RATIO (2D:4D) AS A RETROSPECTIVE MARKER OF PRENATAL ANDROGEN ACTION

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### Abstract

According to the broad research program in behavioral endocrinology based on the organizational hypothesis, prenatal androgen action not only leads to sexual differentiation, but in addition has long-lasting, permanent (i.e., organizational) effects on the brain, behavioral traits, and disease susceptibility postnatally. Central insights in this field are due to experiments with non-human species. However, the endocrine systems, routes, and effects of these may not be directly translatable to humans. In humans, prenatal hormone measurement is intractable for research, experimentation infeasible for ethical reasons, whilst experiments of nature (early manifesting endocrine disorders) have their own limitations of insight. Owing to these research barriers, having a valid retrospective marker for prenatal androgen action would be of great value. Appearing in about 1000 published papers, 100+ published journal abstracts, and 250+ academic theses produced since 1998, the second-to-fourth digit ratio (2D:4D) presently is by far the most frequently investigated among such proposed candidate retrospective markers. Despite this popularity, the usefulness of 2D:4D continues to be seen as controversial, and surprisingly little effort has been made to evaluate its validity comprehensively, systematically, and objectively. Available overviews in this research area are traditional ones (i.e., narrative opinion pieces) and partial reviews (i.e., increasingly outdated). Here, we undertake a comprehensive, integrative evaluation of the current validity status of 2D:4D, based on the totality of retrievable evidence (systematic review approach). Wherever feasible, we synthesize the lines of evidence quantitatively (via meta-analysis), and additionally apply recently developed grading systems for empirical research evidence (concerning the amount and robustness of empirical evidence and its protection from bias) to this literature. Inter alia, this validity evaluation encompasses evidence from animal experimentation, from molecular genetic studies (association studies of candidate genes and genome-wide associations studies [GWAS]), from endocrine assay studies (amniocentesis and cordal blood), from endocrine disorder studies (of congenital adrenal hyperplasia [CAH], complete androgen insufficiency syndrome [CAIS], and polycystic ovary syndrome [PCOS]), from sex-chromosome aberrations, and from convergent correlations of 2D:4D with other proposed candidate markers of prenatal androgen action (namely, age at menarche [AAM], anogenital distance [AGD], finger-ridge count [FRC], and otoacoustic emissions [OAEs]). Particularly discussed are gaps in the literature, i.e., which validity tests remain to be conducted. On the whole, from this integrative inquiry we conclude that the actual validity status of 2D:4D as a retrospective marker for prenatal androgen action is notably weaker and more uncertain than stated in the 2D:4D research literature.

**Keywords:** *digit ratio (2D:4D), prenatal testosterone, validity, meta-analysis, systematic review.*

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## CLINICAL PSYCHOLOGY

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### **BODY DISSATISFACTION: EFFECTS OF GENDER, EXERCISE, PERSONALITY, AND DISORDERED EATING**

**Leanne Davis, Cecile Proctor, Scott Lilly & Lisa A. Best**

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#### **Abstract**

Body dissatisfaction (BD), the negative body self-evaluation (19), is common in western society and relevant to both males and females (14). Although there are numerous techniques to assess BD, most measures were developed for use with females and have been erroneously adapted for use with males (14) without considering the differing body concerns of males and females. Males ( $n = 115$ ) and females ( $n = 329$ ) completed five measures to assess BD as well as a range of self-report questionnaires to assess personality, disordered eating, and exercise behaviours. The goal was to determine which measure of BD predicts the most variability for both males and females. It appears that the best measure of female BD is the BIQ (explained 40.8% of the total variability in BD), and the best measure of male BD is the BDS (explained 39.9% of the total variability in BD). If a general, non-gender specific measure of BD is required, the BIQ is the most appropriate as it produced the more consistent results across the genders. Using this measure, BD was predicted by higher levels of emotional instability and disordered eating as well as lower scores on time dedicated to exercise. A single scale that accurately measures both the amount of dissatisfaction and its relative importance is critical because BD, specifically its links to the development of eating disorders, have been well-documented. These results will aid in the creation of an improved unisex measure of BD.

**Keywords:** *body dissatisfaction, gender, exercise, personality, disordered eating.*

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### **COGNITIVE FUNCTIONS OF PATIENTS UNDERGOING CARDIAC SURGERY**

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#### **Abstract**

Coronary artery bypass grafting (CABG) remains one of the most commonly performed surgical procedures for more than 30 years. Numerous studies have demonstrated the effectiveness of CABG in treating coronary heart disease (CHD). At the same time, cardiac patients frequently experience neurocognitive complications as a result of the operation. Recent researches have shown severe cognitive disorders accompanying cardiac surgery. However, mild cognitive dysfunction, more amenable to prevention and correction, is less studied because of difficulties in diagnosing. Moreover, the underlying mechanism leading to cognitive decline is still unclear.

For this reason, we aim at analysing the dynamics of cognitive functions, dependent on biomedical and psychosocial factors, of patients with CHD undergoing CABG. The work focuses on studying the main indicators of cognitive functioning (including active attention and concentration, verbal and nonverbal memory, psychomotor speed, and thinking abilities) and on comparing cognitive functioning with the normative data.

The present study enrolled 118 patients (of average age  $59.71 \pm 7.32$  years) who underwent coronary artery bypass grafting. The examination using a neuropsychological test battery (including WAIS, TMT-test, Stroop test, TAS, Benton test, etc.) was performed in three stages: two days before CABG, 12-14 days and three months after the surgery.

The results obtained suggest that the majority of subjective cognitive complaints is connected with memory decline after CABG. Patients with CHD experience significant postoperative cognitive decline mostly in verbal memory and attention. Possible reasons for postoperative cognitive decline include conditions and consequences of the surgery, normal aging, and brain injury at the time of coronary surgery. At the same time, positive dynamics in the visual and logical memory, as well as in spatial and

verbal-logical thinking, was observed. Upon rehabilitation, the observed deficits in attention as compared to the normative data improved to the normal level three months after the surgery. According to the results of the study, the most important psychosocial factors of deterioration of cognitive functioning after surgery are: conflicts in family relationships, low social activity after surgery, a lower level of education, unemployment, and the pessimistic assessment of the prospects of returning to work. The data obtained confirm and extend the hypothesis of cognitive reserve, according to which environmental factors can reduce the vulnerability of individuals to the age-related cognitive decline and pathological brain processes.

**Keywords:** *cognitive functions, coronary heart disease, rehabilitation, cardiac surgery.*

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## HOW DO I SAY “SAD?” BUILDING A DEPRESSION-LEXICON FOR PSYCHOLOGIST IN A POCKET

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### Abstract

Language can be used as an indicator of psychological health. The study of language, particularly text analysis, assumes, among others, that mental states are reflected in the words we use and that certain language features can provide markers for mental illnesses. In studying depression and its characteristic symptoms, everyday language may reveal cognitive mechanisms, such as negative schemas and self-focus ruminations.

An emerging trend in health care, mobile health (mHealth) uses wireless (mobile) technology in medicine and public health. Extending its functions in the field of psychological health, mental mHealth augments clinical assessment via real-time measurements. It also reduces clients' recall bias and fear of being stigmatized. Although mental mHealth software application have been largely concentrated outside Asia, the popularity of mobile phones in the Philippines is perceived as a promising aspect in the development of mental mHealth applications, such as the *Psychologist in a Pocket* (PiaP) (Ramos, Winter, Smith & Bitsch, 2012).

Despite the growing recognition of depression in the Philippines, apprehension surrounding mental illness prevents individuals from taking necessary steps towards depression assessment and treatment. To partially address this, *PiaP*, as an adjunct to initial psychological assessment, aids in screening depressed mood non-intrusively using text analysis technology on the smartphone device itself. Text inputs are gathered and logged in real time and compared against a predefined set of keywords indicative of depression. The language behavior is captured over a longer period of time, thereby creating a more complete picture of the user's experience and reducing recall bias.

This study presents the first part of our on-going validation of *PiaP*. In building the *PiaP* lexicon in English and in Filipino, we utilized two general approaches in order to represent the entire domain of depression and its 13 symptom categories based on DSM and ICD: top-down (deductive) and bottom-up (inductive). Words for analysis were derived from focus group discussions with university students, interviews with mental-health professionals and the review of psychological tests. In addition, we considered cultural idiosyncrasies in text writing (e.g., use of spelling variations/shortened words) and current expressive styles found in social media (e.g., use of emoticons and emojis). As a result, the lexicon of the current *PiaP* prototype is composed of over 11,400 main keywords and its derivatives and more than 800,000 spelling variations.

**Keywords:** *depression, Psychologist in a Pocket, mHealth, lexicon development, text analysis.*

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## **PSYCHOMETRIC DIFFERENCES BETWEEN MEN AND WOMEN OF DIFFERENT ETHNIC AND MARITAL STATUS, IN HANDLING PAIN**

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### **Abstract**

**Introduction:** Several studies descriptively and experimentally have looked into gender and ethnicity variables affecting patients' ability to cope with and adjust to chronic pain. This archival study is looking into the gender, ethnicity and marital status effects on pain perception, pain sensitivity and disability issues, psychometrically on industrially injured chronic pain patients with secondary psychosocial and psychophysiological problems. **Design and Objectives:** This is a part of series of archival studies. All subjects (Ss.) (N=275) were medical patients with physical and or psychological injuries, first screened with Pain-Patient-Profile (P-3), & Millon Behavioral Medicine Diagnostic (MBMD). Those with extreme elevations on multiple scales of MBMD and P-3 were administered Minnesota Multiphasic Personality Inventory (MMPI-2) and Millon Clinical Multiaxial Inventory (MCMI-III) for differential diagnosis and evidence based treatment planning and recommendations. Variables such as gender, ethnicity and marital status were analyzed as independent variables. **Method:** Original sample of 275 patients were cleaned up for this study by excluding the invalid protocols. Descriptive statistics and one-way analysis of variance were used to measure the effects of gender, ethnicity and marital status on these four tests. **Findings:** Contrary to common clinical expectations, very few scales on MMPI-2, MCMI-III and MBMD measured significant effects from marital status. Significant gender and ethnicity effects were shown on several scales. This study included 108 males (39.3%) and 167 females (60.7%). 57.1% of the Ss were Caucasian American, 9.1% African American, 22.9% Hispanic American, 3.3% Asian American and about 6% "other". The most significant gender differences on MMPI-2 and MCMI-III were on scales, measuring thinking problems, demoralization, dysthymia, negativism and feelings of helplessness, hopelessness, stress, anxiety and irritability mood in the male patients significantly higher than the females (\*\*p<.01). Many other MMPI-2, MCMI-III and MBMD scales measured significant gender differences as well @ \*p<.05. The MBMD, MMPI-2 and MCMI-III scales that differentiated significant ethnicity effects were on scales, measuring different levels of cognitive dysfunctions, traumatic and bizarre experiences, compulsive behaviors, anxiety and delusional thoughts. MCMI-III was also sensitive to ethnic differences in measurement of personality traits such as Antisocial (6A), Compulsive (7), and Schizotypal (s) personality disorders. Anxiety (A) and Drug (T) (@ \*\*p<.01) also differed among different genders and ethnicities. Only Schizotypal (S) and Delusional Disorder scales measured significant marital status effects on MCMI-III. P-3 was only significant for gender differences on the Depression scale (@ \*p<.05). MBMD was significant on several scales measuring greater gender effects for the male patients for introversion, non-compliance, guardedness and forcefulness. MBMD only detected ethnic differences on one scale and marital status effects on two scales. These measurements, of course, have great limitations because of small, non-randomized sample without comparison groups. Limited implications to assessment, treatment and med/legal evaluations will be discussed along with suggestions for future clinical research, especially on these tests' predictive validities for differentiating the recovery and functional restoration rates versus permanent disability.

**Keywords:** *Chronic pain, gender, ethnicity, marriage.*

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## **MENTAL HEALTH INVENTORY: STUDY OF CONSTRUCT VALIDITY WITH PORTUGUESE SAMPLES WITH AND WITHOUT PSYCHOPATHOLOGY**

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### **Abstract**

In order to contribute to the process of validation of the Mental Health Inventory (MHI) in Portugal, specifically on evaluating the usefulness of this tool in mental health screening, construct (convergent and discriminant) analyzes were conducted with two samples of adults (18-74 years) of both sexes, differentiated by the clinical situation: one without clinical complaints (n = 31) and another with a history of clinical complaints (n = 33). Apart from the MHI, the Scales of Psychological Well-Being (SPWB) and the Minnesota Multiphasic Personality Inventory 2 (MMPI-2) were used, instruments that provide



convergent and divergent measures for the two target constructs on MHI, i.e., Psychological Well-being and Psychological Distress.

The results indicate that the final measures of the MHI measure, in fact, the constructs that are proposed to measure: these established significant positive correlations with almost every scale of the SPWB, which measure similar or related constructs, and significant negative correlations with almost every clinical scale of the MMPI-2 (e.g., Depression, Hysteria, Hypochondriasis, Psychopathic Deviate, Psychastenia, Schizophrenia, Social Introversion). On the other hand, scales that measure distinct constructs, i.e., scales that are not specific indicators of mental health and clinical pathology, showed low and almost non-significant correlations with MHI measures.

These findings, therefore, show evidences of convergent and divergent validity of the final measures of MHI. That way the MHI can be a useful tool in screening for mental health, in research and clinical settings. The need to replicate this study with other samples with larger dimension and with controlled clinical conditions and type of pathology is also discussed.

**Keywords:** *MHI, screening, mental health, distress, well-being.*

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## **COOPERATION OF FORENSIC IN-PATIENTS AT THE ASSESSMENT PROCESS COMPARING TO OTHER PSYCHIATRIC IN-PATIENTS**

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### **Abstract**

The retrospective clinical study of 199 patients involved in the process of assessment during psychiatric evaluation and hospital treatment of severe mental disorder will be presented. Since the problem of poor cooperation is believed to be a very common issue clinical and forensic psychologists have to deal with working with forensic patients, a comparison with non-forensic psychiatric patients was done using standard statistical methods to prove this hypothesis. Cooperation was defined as patients' willingness to follow clinicians' instruction at psychological assessment methods. The level of patients' cooperation was estimated using 3-point scale ranging from absolutely no cooperation, partly cooperation to full cooperation. The control group consisted of the same number of in-patients from general psychiatric wards.

**Keywords:** *assessment, cooperation, mental disorder, forensic patients.*

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## **THE MOTIVATION FOR HEALTH: WHAT IS IT AND HOW TO ASSESS IT?**

**Shulamith Kreitler**

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### **Abstract**

The purpose is to present an approach to physical wellness that is anchored in the cognitive motivational theory of cognitive orientation (CO). After describing the theory and methodology of predicting behaviors according to the CO approach, the model of physical wellness is presented, emphasizing the role of psychological factors in forming a motivational disposition for physical diseases that functions as a risk factor for the occurrence of the disease in the presence of a pathogen. The motivational disposition for a disease consists of beliefs of four kinds (about self, reality, rules and norms, and goals) referring to themes relevant for the specific disease, representing deeper-lying meanings of the disease. A general CO of health (COH) questionnaire was constructed by combining the themes common to different diseases. Various kinds of validation studies are described, referring to the role of the COH in regard to diseases,

physical symptoms and disease manifestations, risk factors for diseases, health-related behaviors and attitudes and psychological correlates. The findings support the conclusion that the COH assesses a general tendency of health proneness that may be considered as a manifestation of immunity on the psychological level.

**Keywords:** *cognitive orientation, risk factors for diseases, cognitive orientation for health questionnaire.*

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## **COGNITIVE BEHAVIORAL TREATMENT OF ANXIETY IN CHILDREN AND YOUNG ADULTS WITH DEVELOPMENTAL DISABILITIES**

**Omar Rahman & Adam Lewin**  
*University of South Florida (USA)*

### **Abstract**

**Introduction:** Anxiety disorders have a lifetime prevalence of 20-30% among youth aged 13-18 years. Anxiety is particularly problematic among children with developmental disabilities for several reasons. These children typically have difficulty with many functional tasks, and often have real issues to worry about. In addition, they often have fewer emotional and cognitive resources to cope with negative life events, both major and minor ones. Moreover, these children often have significant problems in several areas (e.g., motor difficulties, educational problems, etc.), so anxiety issues often get overlooked. Finally, individuals with developmental disabilities often have difficulty with communication, which makes it difficult for them to communicate their anxiety. Cognitive behavioral therapy (CBT), an effective treatment for anxiety, can be challenging to implement for these individuals due to several reasons. Moreover, there are few standardized treatment protocols for treating anxiety in youth with developmental disabilities. Here, we present a case series of the application of a CBT protocol adapted for treating anxiety and obsessive-compulsive symptoms in youth with developmental disabilities.

**Method:** Participants were five youth and young adults with development disabilities with the following characteristics:

- Three had Prader-Willi Syndrome (PWS), a genetic disorder characterized by dysfunctional food behaviors (e.g., hyperplasia, food hoarding), motor and speech impairments, delayed puberty, and cognitive delays. Individuals with PWS typically exhibit psychiatric symptoms such as behavioral outbursts, emotional lability, aggression, stubbornness, anxiety, and obsessive-compulsive symptoms.
- One had Williams Syndrome, a genetic disorder characterized by medical and physical problems, including cardiovascular disease, developmental and intellectual delays, learning disabilities, and high anxiety.
- One had Autism Spectrum Disorder, including significant deficits in social interactions, repetitive and stereotyped behaviors, restricted interests, and intellectual disability.

All participants received 12 sessions of CBT by a trained therapist specializing in anxiety. The treatment was based on specific techniques for each session, but allowed for flexibility to address immediate issues and for individualized treatment.

**Results:** All participants displayed significant improvement in anxiety, behavioral issues, obsessive-compulsive symptoms, and family interactions.

**Discussion:** We demonstrate that CBT can be an effective treatment for anxiety in children and young adults with developmental disabilities. We discuss necessary adaptations to treatment, as well as limitations. Implications of these findings as they apply to other challenging populations is discussed.

**Keywords:** *developmental disability, anxiety, obsessive compulsive, intellectual disability, cognitive behavioral therapy.*

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## THE DYADIC ASSOCIATION AMONG AFFECT, NEGATIVE LIFE EVENTS, AND MARITAL ADJUSTMENT

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### Abstract

The aim of the study was to identify the relationship among affect, negative life events and marital adjustment by controlling length of marriage, number of children, and education levels of spouses. It was planned to conduct the actor-partner interdependence model (APIM) to investigate not only the association among person's own dimensions (actor effect) but also the association between person's own and partner's dimensions (partner effect). This study involved 165 married couples who were in their first marriages, had at least primary school education, lived in big cities, and got official marriage. A demographic information form, Dyadic Adjustment Scale, Positive and Negative Affect Schedule, and Life Experiences Survey were administered. The model was tested by utilizing a path analyses, using the APIM and by controlling length of marriage, number of children, and education levels of spouses. The results showed significant associations about both actor and partner effects. Specifically, it was revealed that both wives and husbands high in positive affect reported high marital adjustment. On the other hand, it was shown that husbands high in negative affect lead to low own and wives' marital adjustment. However, wives high in negative affect predicted only low their own marital adjustment. For negative life events, both wives and husbands experienced higher negative impact of life events tend to report lower marital adjustment. The results were discussed with reference to the related literature together with the implications and limitations of the research.

**Keywords:** *Affect, life events, marital adjustment, couple.*

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## THE PREDICTORS OF DEPRESSIVE SYMPTOMS: THE ROLE OF ANGER AND DIFFICULTIES IN EMOTION REGULATION

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### Abstract

Current study aimed to investigate the roles of trait anger, anger expression styles and difficulties in emotion regulation as predictors of depressive symptoms. Based on this aim, the study was carried out with 544 nonclinical participants (408 females and 136 males) living in Turkey by using convenient sampling method. The participants whose ages were between 18 and 50 ( $M = 26.52$ ,  $SD = 7.30$ ) were asked to filled self-report questionnaires including trait form of State-Trait Anger Expression Inventory (STAXI), Difficulties in Emotion Regulation Scale (DERS) and Beck Depression Inventory (BDI). Hierarchical regression analysis was performed for examining the associated factors of depressive symptoms (as dependent variable). For this analysis, in the first step, trait and 3 styles of anger expression, i.e. Anger-In, Anger-Out and Anger-Control were entered into the equation via stepwise method. After controlling the possible effects of trait anger and anger expression, in the second step, 5 difficulties in emotion regulation, i.e. Lack of Emotional Awareness, Lack of Emotional Clarity, Non-Acceptance of Emotional Response, Limited Access to Effective Emotion Regulation Strategies, Inability to Engage in Goal Directed Behavior and Impulse Control Difficulties, were again entered into the equation via stepwise method. Results of the regression analysis revealed that trait anger and anger suppression were significant in increasing depressive symptoms. On the other hand, anger control had significant effect in decreasing depression. After controlling the effects of anger, three groups of difficulties in emotion regulation were found to be significant. Accordingly, Non-Acceptance of Emotional Response and Inability to Engage in Goal Directed Behavior had significant role in increasing depressive symptoms. However, there was negative association between Lack of Emotional Clarity and depression related symptoms. The findings of the current study are consistent with literature emphasizing

the role of anger in depression, and have important implications by pointing the negative effect of anger suppression in the development and treatment of depressive symptoms. In addition, the significant difficulty in accepting emotional response and engaging in goal directed behavior may indicate specific problem in anger regulation that is associated with depression related symptoms.

**Keywords:** *anger, difficulties in emotion regulation, depression.*

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## **THE ROLE OF COPING IN THE PREDICTION OF FORGIVENESS: CONTRIBUTIONS BEYOND PERSONALITY**

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### **Abstract**

The act of forgiveness has likely been around since the dawn of time. Indeed, most Holy Scriptures and religions of the world address forgiveness in some detail; however, forgiveness has only become a topic of interest to psychologists within the past few decades. As such, some researchers have come to conceptualize forgiveness in terms of three facets: forgiveness of self, forgiveness of others, and forgiveness of situations (such as illness or natural disaster). Researchers have found certain personality factors to predict forgiveness, most notably: emotional stability, extraversion, conscientiousness, and agreeableness. Other researchers have found a relation between personality and coping styles; however, there is scant research to date examining the relation between coping styles and forgiveness. To address this gap in the literature, the current study recruited 117 undergraduate students and had them complete questionnaires pertaining to personality, coping, and forgiveness. We found a relation between emotional stability, extraversion, agreeableness, conscientiousness, and each of the three forgiveness facets. Furthermore, there were significant correlations between coping styles and forgiveness, such that problem focused coping was correlated positively with the three forgiveness facets, and emotion focused coping was correlated negatively with them. Several hierarchical regression analyses were conducted to assess whether coping styles added unique variance beyond that of personality in predicting each of the three forgiveness facets. The overall models were statistically significant in all three analyses. In all models, age and gender were not statistically significant predictors of forgiveness. Forgiveness of self and situations were predicted by the personality factors of emotional stability and agreeableness. Additionally, coping styles did emerge as significant predictors, such that lower levels of emotion focused coping and higher levels of problem focused coping predicted forgiveness of self and situations. Finally, agreeableness was the only significant predictor of forgiveness of others; however, the lack of significant predictors in this model could be due to the low reliability of this subscale in the present study. Taken together, the findings of this study suggest there is a relation between coping and forgiveness. Additionally, coping adds unique variance in the prediction of forgiveness of self and forgiveness of situations beyond that of personality. Since forgiveness has profound implications for subjective well-being and mental wellness, clinicians should incorporate techniques that teach problem focused coping and the art of forgiveness in therapeutic settings.

**Keywords:** *forgiveness, personality, coping.*

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## **GENERAL PRACTITIONER'S MANAGEMENT OF PARENT PATIENTS WITH DEPRESSION IN AUSTRALIA: WHAT ABOUT THEIR CHILDREN?**

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### **Abstract**

This is a cross discipline study of how Primary health care practitioners (General Practitioners) in a regional Australian city manage parents with depression. The child of a parent with depression has been referred to as a "lost" or "forgotten" child. Australia included the unmet needs of these children in the national mental health policy in 2006. It remained unknown if the increased risk of mental health for

children of parents with depression had filtered down into routine practice in the primary health care sector. This qualitative study aimed to understand if GPs in an Australian regional city asked their parent patients with depression about their children. The data was collected by use of semi-structured interview with each of the 12 GPs who participated. The GPs were recruited by use of a purposive sampling method to allow for maximum variation in mental health training. The GPs reported that they had knowledge of the increased risk to these children gained from their clinical experience, but that they had no formal training on this subject. Three themes emerged from the data related to the patient's child: assessment of the risk to the child; the child as a source of stress to the parent; and the child's wellbeing. It is proposed that training and information on this mental health prevention is given to all GPs, and that a family session be included as part of the patient's mental health care plan.

**Keywords:** *depression, children, parents, primary care.*

## **SOCIOTHERAPEUTIC INTERVENTIONS FOR POST-HAIYAN COMMUNITY INTEGRATION AND COHESION**

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Davao City (Philippines)*

### **Abstract**

On 8 November 2013, Typhoon Haiyan spawned storm surges that left at least 6,300 dead and swept away homes in Tacloban City. Haiyan injured 28,689 survivors and six months after, more than a thousand remain missing. Displaced survivors were moved to a government transitional facility built 40 kilometers to the north. Conditions at the transitional site challenged efforts at post-disaster recovery of the survivors who individually grappled with de-escalating stress from their disaster experience while figuring out the difficulties of adjusting to geographical dislocation, new neighbors, substandard housing, and lack of livelihood opportunities. As observed from past disasters, Mental Health and Psychosocial Support (MHPSS) provided to Haiyan survivors similarly waned after the emergency phase. Thus, the actual timeline of the stress impacting on survivors and the peculiarity of the emerging stressors on their road to recovery, especially for disaster populations in transit, are not very well known to disaster responders. This project on community resilience enhancement focused on hastening recovery and building the survivors' resistance to future such events. Interdisciplinary sociotherapeutic interventions following participatory action research methods employed over a 15-month period beginning nine months after the disaster event used the group as a therapeutic channel in encouraging a sense of social connection and self-efficacy and establishing peer-support structures to address subjective wellbeing of survivors, provide child-centered and gender-sensitive psychosocial support, and initiate collective income-earning opportunities. Individuals nominated by the community were organized and capacitated for delivery of psychological first aid and basic life support skills that utilized local resources. Relational adjustments were addressed through a series of community dialogues on gender sensitivity, male participation in anti-violence against women and children, and inputs – both material and technical – for operating a child-friendly space facility. A year after the disaster event, community dialogues turned up survivor concerns for more sustained income-earning activities, providing opening for renewed collaboration towards self-help strategies to be employed toward this end. Results yield increased psychosocial well-being and social cohesion, strengthened capacity and involvement of survivors in addressing psychosocial issues that emerge among them, and enhanced ability to support each other in preparation for relocation to more permanent housing. The sociotherapeutic model employed holds promise for generating a framework to direct MHPSS efforts beyond the post-disaster emergency phase until some measure of community stability is achieved by survivors. Collective efficiency may indeed be enhanced by restructuring the social capital of disaster populations in transit, when undertaken with sensitivity not only to the individual recovery processes but also to the disaster-affected social context.

**Keywords:** *Mental health and psychosocial support, sociotherapeutic interventions, post-disaster recovery, resilience enhancement.*

## SMARTPHONE OVERUSE: IMPLICATIONS ON QUALITY OF FACE TO FACE COMMUNICATION

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### **Abstract**

The purpose of this study was to investigate the implications of excessive use of smartphones on quality of face to face communications. The research made use of the quantitative approach to study the main independent variables, smartphone overuse in retrospect for their possible effects to the dependent variable, quality of face to face communications. 111 undergraduate students of Sultan Idris Education University responded to two different instruments; Mobile Phone Dependency Questionnaires to evaluate the level of smartphone overuse and Interpersonal Communications Inventory to measure the quality of face to face communications. It was found that excessive usage of smartphone have significant negative relationship with quality of face to face communications. Regression analysis revealed that smartphone overuse and gender are the significant predictors of quality of face to face communications. Furthermore, there are significant differences in scores of both variables between gender; males reported to have high level smartphone overuse and low quality of face to face communications as compared to females. However, due to the limitations of this study, few suggestions for further research are discussed to fully understand this issue.

**Keywords:** *implications, smartphone overuse, face to face communication.*

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## A STUDY OF VULNERABILITIES ASSOCIATED WITH EXCESSIVE INTERNET USE IN ADOLESCENCE

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### **Abstract**

**Introduction.** Excessive Internet use (Internet addiction disorder) is considered a behavioral addiction (or addiction without substance). This disorder is developing along with societal and technological evolutions and it particularly affects teenagers who appear to be prone to risk behavior. In the DSM 5 (American Psychiatric Association, 2013), Internet addiction disorder is not yet recognized as an independent clinical entity, but it requires further research to be considered a separate addiction. Excessive Internet use also appears to be a possible media to another addiction (e.g. online gambling, pornography, compulsive shopping). The aim of this research is to study psychiatric comorbidities (depressive mood, ADHD) and personality traits associated with Excessive Internet use in adolescents.

**Methods.** Our population consisted of 602 French teenagers (mean age 15, 2 years). We used self-administered questionnaires. The *Internet Addiction Test* was used to measure Internet use in clusters (moderate use, problematic use and pathological use). To check vulnerability factors, we used the *Big Five Inventory* for personality, the *General Health Questionnaire-28* for psychological distress and *Wender Utah Rating Scale* for ADHD. Finally, we used the *Indice Canadien du Jeu Excessif* to measure gambling disorder.

**Results** showed that 35.2% (n= 212) adolescents reported a problematic or a pathological Internet use. Psychiatric comorbidities were positively correlated with the IAT. The personality profiles were low in both Agreeableness and Conscientiousness. The main activities of our teenagers were social networks, online video games, and music listening and video watching. There was an influence of gender on personality, comorbidities and on activities used on Internet.

*Discussion.* We found a personality profile (impulsivity, antagonism) close to the one in other behavioral addictions and psychiatric comorbidities which predispose teenagers to develop a pathological use of Internet. These vulnerabilities appear to be more important in Internet addiction disorder than in gambling disorder. Teenagers have different activities on the Internet. This study highlights the need to conduct further studies to suggest that Internet addiction disorder could be construed as a separate addiction and not a media to other addictions.

**Keywords:** *behavioral addiction, internet addiction disorder, adolescence, psychiatric comorbidities.*

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## **SELF-CONSTRUCTION THROUGH SELF-STARVATION: A FOUCAULDIAN NARRATIVE ANALYSIS OF MEMOIRS OF WOMEN WHO SELF-STARVE**

**Erica S. Freeman, M.A.**

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### **Abstract**

Michel Foucault's engagement with themes of power-knowledge, resistance, and subjectification has a complex relationship to feminist approaches to political and psychological issues. Reading Foucault as consistent with feminist-oriented research, my paper contributes to the scholarship that has appealed to Foucault as an ally in the project of articulating interpretations of *anorexia nervosa* that critically contest DSM discourse. Appealing to the later Foucault, women's practices of self-starvation can be interpreted as projects of self-construction from within a context of social and political constraint. In an effort to distinguish women who appropriately carry the label *anorexia nervosa* from others who engage in practices of self-starvation -- and thus to foreground the uniquely anorectic ethical concerns and contradictions implicated in their projects of self-construction through self-starvation -- I compare the writings of political activist Simone Weil with two memoirs of *anorexia nervosa*, MacLeod (1981) and Hornbacher (1998). Prior to undertaking a comparison of the narratives, I grapple with the status of authorship and the use of narrative to "give an account of oneself" (Foucault, 1969; Butler 2005). I also distinguish personal narratives in general from historically-situated practices of confession in the form of personal narrative (Foucault, 1976/1978). Following these preliminary considerations, I reveal through thematic analysis of the narratives the role of Foucault's four modes of self-construction, as these modes are defined in the third volume of the *History of Sexuality*, in these women's self-construction projects. I conclude that anorectic self-starvation results in an ethical subjectivity that may be aptly termed "pathological," not for physiological or medical reasons as dictated by the DSM, but precisely because of the ways in which anorectic self-construction reinscribes phallic discourses to compensate for a power vacuum created by their own simultaneous rejection of and identification with those discourses. This "pathological" quality of anorectic subjectivity manifests, I argue, in specifically ethical situations, as a failure to respond to others who suffer.

**Keywords:** *anorexia nervosa, eating disorders, Foucault, ethics.*

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## LEGAL PSYCHOLOGY

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### “HOW CAN BYSTANDER INTERVENTION CHANGE?”: AN ONLINE QUALITATIVE STUDY IN ITALY AND BRAZIL

Elisa Guidi<sup>1</sup>, Belinda Piltcher Haber Mandelbaum<sup>2</sup>, Nicolina Bosco<sup>3</sup>, Andrea Guazzini<sup>3</sup>, & Patrizia Meringolo<sup>3</sup>

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#### Abstract

Intimate partner violence (IPV) is a pervasive social problem that has serious consequences for millions of women each year. Most of IPV studies address individual motivations for the abuse and attributes of the victim. Recently the focus has shifted to bystander intervention. Bystanders could play a critical role to reducing the prevalence of IPV, when they are motivated to safely and effectively act during an IPV incidents. Bystander approach become increasingly implemented as IPV prevention programs within the college campus. To develop these programs, it is necessary to better understand the factors that aid or hinder individuals in taking helpful action in the face of violent behavior.

The purpose of this study is therefore to explore how college students from two different universities (University of Florence – Italy and University of Sao Paulo – Brazil) interpret bystander opportunities and how their perceptions change in relation to the presence of a group of friends and with the friendship of the aggressor, describing cultural and gender differences.

49 Italian and 44 Brazilian students participated to two online group chats (one hour each one). We chose a virtual chat because the online format is configured as an ecological setting to communicate, and this is evident in the young generation grown with the new technologies. In the group discussion via chat two hypothetical situations of violence will be presented, one “less severe” and the other “more invasive”. Transcripts were analyzed using Grounded Theory techniques.

Italian and Brazilian participants reported an interrelated individual, relational and social factors that influenced their decision to act. Bystanders felt more effective helping a friend victim of IPV when in a group context rather than alone. Moreover, having a friendship with the aggressor increased their sense of self-efficacy to intervene. Finally, a gender difference appeared clearly for both cultures: Italian and Brazilian males chose more risky types of intervention than Italian and Brazilian females did.

In conclusion, our findings provides implications for bystander prevention intervention development. Prevention programs could increase community members’ sense of responsibility for ending violence, empowering them and offering concrete strategies in which bystanders might efficiently intervene in different IPV situations.

**Keywords:** *bystander, college students, domestic violence, prevention, cultural differences.*

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### ANALYSIS OF COUNSELLING PROCESSES DURING MANDATORY PSYCHOSOCIAL COUNSELLING

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#### Abstract

Mandatory psychosocial counselling is one of the measures imposed by the Croatian lawmakers for juvenile offenders (between 14 and 21 years of age) after committing an offence. In that manner, juvenile offenders are usually involuntary clients of mandatory psychosocial counselling. The research with juvenile offenders in counselling centres was conducted with the purpose of evaluating counselling processes with involuntary clients.

Twenty-three juveniles convicted of an offense and mandated to psychosocial counselling were included in this research. Counsellors assessed every session with the focus on content, perceived establishment of



therapeutic relationship and perceived intra-psychological processes of minors/clients from counsellor perspective.

The goal of this paper is to establish the processes of change in the observed aspects of established therapeutic relationship, content of work and intra-psychological processes of minors. In order to determine these changes, pairwise comparisons between third, sixth and ninth session were made (using general linear model). Clients' insight into personal processes increases significantly as process of counselling progresses. The counsellors' perception of therapeutic relationship is also more positive as the counselling is in progress. More specifically, results show that during the counselling process the client's openness to establish a relationship with the counsellor and openness toward problem solving increases. Considering factors which define perceived working alliance, there are statistically significant differences in relation to task and bond, but not in relation to goal. Results show that perception of bond establishment and task achievement increases as the counselling process progresses.

Considering the content of the counselling, themes such as development of self-management skills, improvement of personal relationships, remodification of antisocial beliefs or prevention of antisocial behaviour are present during the whole counselling process while themes related to establishment of relationship and goals of counselling are more common for the beginning of counselling process.

Analysing obtained results, specificities at the beginning of counselling process were determined, which are primarily related to establishment of relationship and goals of counselling and establishment of relationship. Implications for the beginning of mandatory psychosocial counselling or counselling involuntary clients (juvenile offenders) will be discussed during this presentation.

**Keywords:** *mandatory psychosocial counselling, juveniles, counselling process, working alliance.*

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## **“LIVING TOGETHER” PREVENTION WORKSHOPS ON RADICALIZATION IN PRISON SETTING**

**Carlos Velandia-Coustol<sup>1</sup>, Charlotte Joly<sup>1</sup>, Elhassania Baria<sup>2</sup>, Cécile Martinelli<sup>2</sup>, Philippe Castel<sup>3</sup> & Marie Françoise Lacassagne<sup>4</sup>**

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### **Abstract**

We aim to introduce a field action set up in the prison field following the Paris attacks (07/01/2015) in order to create a talking and thinking space for new arrivals in jail. This action, based on prevention workshops (N=7), has been hosted each time by a probation officer and a psychologist, allowing about forty incarcerated men to think about each one's place as a citizen.

We used intergroup relations framework, specifically of social categorization metatheory (Abrams & Hogg, 2004; Tajfel & Turner, 1979, 1986; Turner et al., 1987), supplemented by theory of social partitions (Castel & Lacassagne, 2011, 2015). The methodology is based on empathy in relationship, identification and deconstruction of stereotypes and the need to think about collective beliefs and co-construction concept of "republican secularism". This is made through the solicitation of participants' personal, social and collective identities.

Resorting to a mixed methodology, integrating support and moments contrasting with commonly used ones in workshops and talking groups, allowed to break habits underlying social roles. The failure to mention requirement of action and imprisonment reason allowed participants to put across a definition of identity out of their reality of incarcerated individuals. Joint coordination with outside staff of prison system ensured speaker's as well as participants' participation, which favoured trust and dialogue (participants' private lives were discussed and gave rise to convivial moments). Each workshop took place over a period of three half-days: a) Creation of framework (for the action) and first interaction on the problems of relationships (inside/outside jail); brainstorming about citizenship and its contexts; exchange about religious beliefs and republican values, especially secularism.

Main thematic areas on which the participants worked, have been classified under three types of relationships: personal and interpersonal, intergroup, and institutional and societal. These types of relations led to relations improvement strategies: a/ significance of free thinking and taking ownership of decisions b/ usefulness of forbearance and of daily negotiation and accepting that one may not be always right, c/ questioning empathy and republican equality, resonating with Syrian migrants and d/ linking founding principles of religion and official documents of the Republic, leading to think about religious liberty and understanding acts of violence as a result of a radical interpretation and not as a specific religious belief.

This action has been favourably assessed and welcomed, either by funders or by participants, leading to a renewal in 2016. Extending the target audience not only aids improvement but also intervention and research programs, analysing relations between prisoner categories (foreigners/natives).

**Keywords:** *Prevention, jail, living together, Republic, social categorization.*

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## PSYCHOANALYSIS AND PSYCHOANALYTICAL PSYCHOTERAPY

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### THE JACK'S ISLAND: PSYCHIC SANCTUARIES AND THEIR EFFECTS ON THE DYNAMICS OF THE ANALYTICAL RELATIONSHIP

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psychologist, psychoanalyst (Brazil)*

#### **Abstract**

The clinic of narcissistic personalities suggests an essential importance to the transference and countertransference issues in the dynamics of the analytic relationship for the development of psychoanalytic treatment. The author addresses this problem by using the concepts of psychic retreats, by John Steiner, and autistic barriers, by Frances Tustin, to describe a defensive arrangement of certain patients, that keeps them away from contact with the analyst and creates great obstacles to psychic development. A clinical situation is presented to illustrate the relationship between the psychic retreat and an intermediate solution, used by the patient, as defense to his psychological distress, considering the retreat is a defensive organization to dispense the object and accommodate the narcissistic pain. The author seeks to show how such a stubborn defense of the patient may produce an effect on the analyst in order to trigger his/her tendency to withdraw himself/herself to own defensive retreat. To this end, the author examines various times during the analytic process of a patient who resorted to the retreat whenever he felt threatened of keeping in touch with painful aspects by himself. In addition, the author uses the poetic prose to draw this type of personality and the situation experienced by the analytic pair. The defensive system of the patient is compared to the model of an island, described by the writer Carlos Drummond de Andrade, which is here used as a compass to think about the inner and isolated world of the patient. Aspects about transference and countertransference of psychic functioning of the analytic pair are addressed in this paper, from the reporting and interpretation of dreams, which were dreamt by the patient and the analyst. The patient used that solution to bear the anxiety and suffering, resulting from narcissistic fractures, as a mechanism that he had to deal with claustrophobic and agoraphobic anxieties. It is possible to notice that the engagement of the pair in the analytical experience provided conditions for the patient, with the participation of the analyst, to become more available to deal with his own anxieties.

**Keywords:** *psychic retreat, defense, transference, dream.*

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# POSTERS



## EDUCATIONAL PSYCHOLOGY

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### LIFE VALUES AND CREATIVITY IN FUTURE PSYCHOLOGISTS AND MANAGERS

Leonor Almeida<sup>1</sup>, Sara Ibérico Nogueira<sup>2</sup>, Alexandra Nogueira<sup>3</sup> & Joana Costa<sup>3</sup>

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#### Abstract

With this study, we intend to describe comparatively the life values and the creative potential of 89 college students, 38 (42.7%) of Psychology and 51 (57.3%) of Management. The mean age is 20.16 years (SD = 3.133). The instruments used included the Life Values Inventory (Almeida, 2006) and the Test for Creative Thinking- Drawing Production (Ibérico Nogueira & Almeida, 2010), adapted for the Portuguese population. Considering the values variable, there are statistically significant differences in the values Achievement, Creativity, Economic Prosperity, Health and Responsibility in favor of future managers and Concern for Others in favor of future psychologists. Regarding the creativity levels there were not found statistically significant differences between the students of psychology and management. In fact, the average value of creativity is 18.62, well below the mean of the German population (31), the cultural context in which the TCT-DP was developed. No correlations were found between life values and creativity, except for Concern for Others, which negatively (and weakly) correlates with creativity ( $r = .23$ ,  $p = .03$ ). Considering the low levels of creative performance, it is important to alert to the need to promote, among students, the creative way of thinking, the generation of new ideas and the intention of assuming and risking a less conventional thinking style.

**Keywords:** *creativity, life values, college students, psychology, management.*

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### CONTRIBUTIONS OF PSYCHOLOGY IN EDUCATION AND PRACTICE OF PROFESSIONAL NUTRITION

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#### Abstract

The goal of this research is to identify and discuss the contributions of the disciplines of psychology to undergraduate students of the nutrition course and to the professionals who are working in this field. In addition, this research seeks to understand the needs of other professionals, non-psychologists, to face emotional and behavioral factors that have direct influence on people's attitudes and health. Thus, a documentary study will be conducted in various institutions in the State of São Paulo which graduate professionals in nutrition and a field study with the course coordinators, psychology professors, students and working professionals. In accordance with this research, it is expected to identify concepts, themes of psychology and build strategies that offer extensive training, as well as strengthen research in psychology and nutrition that contributes to the professional practice of nutritionists, following the new demands of the population.

**Keywords:** *Training, non- psychologists, psychology discipline, nutrition course.*

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## EVALUATION OF THE QUALITY OF WEB RESOURCES FOR PARENTS

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### **Abstract**

Web resources for online parental support are increasing nowadays, as more and more webpages are devoted to parents who are considering Internet as a tool for the child-rearing issues. These initiatives are widely supported by the Recommendation (Rec, 2006) of the Council of Europe for local policies promoting positive parenting. The webpages and blogs to parents are resources with many potential advantages because they provide parents with opportunities for autonomous learning, connecting many people around the world, with flexibility in the connection times. However, no previous studies have analyzed the formal quality, content and readability of the web resources for parents. This study tried to fill this gap by evaluating 100 web pages in Spanish. The results highlighted that the webpages more focused on child-rearing content are usually owner by universities or particular experts. The majority of webpages are aimed at informing and giving advises to parents. As one of the few exceptions, Webpage 'Positive Parent' involves an online program with structured contents to promote positive parenting, by creating a space for observation, reflection and joint learning for parents. Many child-rearing practices (e.g., time out) are just briefly described and do not give reliable information about how to use it with more effectiveness and when should be avoided. Likewise, the parental role is presented in a negative way, trying to warn parents of the dangers of inadequate parental behavior but few contents are devoted to identify the parental capabilities and strengths.

**Keywords:** *Quality, online parental support, positive parenting, child-rearing.*

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## STRESS IN LIFE TRANSITIONS DURING THE BASIC EDUCATION: EVOLUTION AND CHANGES ASSOCIATED WITH SEX/AGE

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### **Abstract**

Based on the bio-ecological model, transition periods within the compulsory education are able to cause stress which may compromise the physical and psychosocial development of children. This longitudinal study aimed to monitor stress symptoms along two transitional periods in the Brazil school system (the 1st and 6th year), focusing on changes along time, and gender differences. The sample comprises 25 boys and 27 girls (mean age at the first observation - 104.83 months) who answered the Childhood Stress Scale (Lipp & Lucarelli, 1998) in the 1st, 5th and 6th grade of elementary education. Results of repeated measures ANOVA suggest that year of school transition had a significant effect in the stress symptoms. Higher values were found in the 1st grade, and no significant differences were found between 5th and 6th grades. An interaction effect between year and gender was found. Girls showed higher stress symptoms in the 1th and 6th, and are less stressed in the 5th grade while boys showed higher stress symptoms only in the 1th grade and are less stressed in the 5th and 6th grade. Results point to the presence of stress in periods of school transition, with girls and boys reacting differently according to age. More research on gender and school transitions is needed, as well as studies regarding the efficacy of interventions targeting the decrease of childhood stress.

**Keywords:** *school transition; children's stress; school development; gender.*

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## **EFFECTIVENESS OF TEACHER TRAINING ON PROFESSIONAL DEVELOPMENT AND ATTITUDES OF PUBLIC ELEMENTARY SCHOOL TEACHER**

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*World Citi Colleges (Philippines)*

### **Abstract**

The study focused on the effectiveness of teachers' training on professional development and attitudes of public elementary school teacher. In order to thresh- out effectiveness of training, variables such as instructional abilities, classroom management , interpersonal relationship, and work values were considered.

The main sources of data came primarily from the response of 126 teachers that underwent trainings from three public schools on the same division. The researchers utilized the descriptive survey method wherein the data needed for the study were gathered by administering the questionnaire/ checklist to the teachers in three consecutive days and retrieving back the questionnaire/ checklist forms same day of the administration. Purposive sampling was used in the study.

The study was anchored on four different theories; first is the theory of the dignified man by Sharon Y. Bringos; second theory is the Cognitive Theory; third theory is the Incentives Theories of Motivation; and the Expectancy Theory.

The study used the weighted mean, ANOVA, F- test, t- test and chi square in the treatment of the data to arrived at the results and findings of the study.

The study reveals that on the Instructional Abilities, the training was effective in the application of new teaching strategies learned from the training and inculcating breakthroughs through examples.

On the Classroom Management aspect, the training was effective in the motivation of pupils interests in every lesson and maintenance of an ideal classroom environment.

On the Interpersonal Relationship aspect, the training was effective in the participation in academic tasks by sharing of knowledge and collaboration with peers during free time.

On the Work Values aspect, the training was effective in the performance of job to the fullest expecting nothing in return and doing other related work without the supervision of principal.

Based on the findings, the researchers drew the following conclusion: that there exists significant difference on the aspects pertaining to effectiveness of training affecting the professional development and attitudes of public elementary teachers.

When subjected to getting the relationship with the demographic profile, sex was negatively related to the professional development. Female had higher levels of professional growth and better job performance compare to the male counterparts. Regardless of age, respondents have the same teaching competencies which could be attributed to the higher level of learning experience obtained through various training and seminar.

**Keywords:** *instructional abilities, classroom management, interpersonal relationship, work values and professional development and attitude.*

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## **CLINICAL AND EDUCATIONAL APPLICATIONS OF LIVEIA: AN IMMERSIVE VISUALIZATION ENVIRONMENT**

**Liane Gabora**

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### **Abstract**

The association between light and psychological states has a long history and permeates our language. LIVEIA (Light-based Immersive Visualization Environment for Imaginative Actualization') is a new immersive, interactive technology that uses physical light as a metaphor for visualizing peoples' inner lives and relationships. This paper outlines its educational value, as a tool for understanding and explaining aspects of how people think and interact, and its potential therapeutic value as a form of art therapy in which the artwork has straightforwardly interpretable symbolic meanings.

**Keywords:** *clinical tool, educational tool, immersive environment; interactive technology; light.*

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## **SELF-CONTROL AS A MEDIATOR BETWEEN NORMATIVE BELIEFS AND ALCOHOL USE/ CIGARETTE SMOKING INITIATION AMONG ADOLESCENTS**

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### **Abstract**

Early adolescence is a period in which there is a high risk of substance use initiation. The aim of this research was to explore the mediating role of self-control in the relationship between descriptive normative beliefs (DNB) regarding the number of friends who use alcohol/smoke cigarettes and the initiation of alcohol use/ cigarette smoking during the period between the points of data collection among early adolescents in Slovakia. The sample consisted of 1298 pupils (Mage=11.52). The data were collected as part of an evaluation study of the school-based prevention program Unplugged (project APVV 0253-11) which was carried out in September 2013 (T1; pretest) and in April 2014 (T2; 3-month follow-up). The Self-control scale and questionnaires from the international study ESPAD were used. The controlled variables included gender, perceived socioeconomic status and participation in the program Unplugged.

A mediating effect of self-control was found in the relationship between the DNB regarding the number of friends who used alcohol and the initiation of alcohol use ( $z=1,998$ ;  $p<0,001$ ). Furthermore, it was also found in the relationship between the DNB regarding the number of friends who smoked cigarettes and the initiation of smoking ( $z=2,321$ ;  $p<0,001$ ). There was no association found between participation in the program Unplugged and delaying the initiation of alcohol use or smoking. Further research is needed in order to evaluate the long term effect of Unplugged and its mediators in the relationship between substance use and variables corresponding with the social influence approach.

**Keywords:** *self-control. alcohol use/tobacco cigarette smoking initiation. adolescents. unplugged.*

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## **EVALUATION SPANISH ONLINE PROGRAM “POSITIVE PARENT”**

**Arminda Suárez, Juan-Antonio Rodríguez & María-José Rodrigo**

*University of La Laguna (Spain)*

### **Abstract**

This study analyzed results of the evaluation of the Spanish online program 'Educar en Positivo' (<http://educarenpositivo.es>). Sixty users were surveyed to examine changes in online parenting support and satisfaction with the module completed, as a function of their sociodemographic profile, their level of experience with the Internet, and their general and educational use of Internet resources. Results showed that parents changed their views of online support, the benefits thereof and parenting skills. Participants reported greater satisfaction with the program's usability, the module content, and their perception of parental self-efficacy. These findings are modulated by level of Internet experience and educational use of web-based resources, suggesting the importance of improving parents' digital literacy and promote Internet use for educational purposes. In sum, this program offers a space for Spanish-speaking parents to learn and exchange experiences, thereby filling a gap in ensuring the promotion of positive parenting in this large community of potential users.

**Keywords:** *Online parenting support, program satisfaction, program evaluation, Internet experience, use of web-based educational resources.*

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## SOCIAL PSYCHOLOGY

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### COMMUNICATION SKILLS AND FRIENDSHIP OF THE YOUTH IN JAPAN

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#### **Abstract**

Friendship and romantic love relationship are important human relations in youth in Japan. In addition, communication skills are indispensable for those two relations. This study investigates the love-related disclosure to friends. When new love relations were built, it may happen to tell the relations to close friends. However, in late years there seems to be the youth who does not tell it. Therefore, in this study, I investigate whether young people introduce their steadies to their close opposite-sex friends or not. Moreover, I clarify the reasons why they do introduce their steadies to opposite-sex friends or why they do not introduce. Participants were 100 university students (who have experienced romantic love before, 50 males and 50 females).

About 50 % male students tended to introduce their lovers to close opposite-sex friends, but about 30% tended in female. As a result of factor analysis to the reasons why they introduce, 4 factors were extracted: Request from a friend, Pride of the steady, Desire to make friends with a friend, and accidental opportunity. ANOVA by sex for 4 factors was carried out. The result showed that males tended to introduce to be proud of them than females. About the reason why not to introduce, 4 factors were extracted: Problems in the love relationship, Unclear love relations, No chance, and Discord of relationships. ANOVA by sex for 4 factors was carried out. The result showed that males tended not to introduce because there were some problems or discord in the romantic relationship than females.

**Keywords:** *communication skills, friendship, romantic love relationship, opposite-sex friend, steady.*

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### "NORMALITY" AT A LIBRARY IN THE REPUBLIC OF KAZAKHSTAN

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<sup>2</sup>*Japan Professional School of Education (Japan)*

#### **Abstract**

The purpose of this study was to investigate the normality and affective reactions in central Asia. Experimental questionnaire research was conducted in Republic of Kazakhstan. 194 Kazakh university students (87 males, 100 females, 7 others; mean age was 19.54,  $SD=1.49$ ) participated in this research. The questionnaire asked respondents to rate their sense of normality and emotions, imaging a given situation as described below. When one (i.e. respondent him/herself) conformed/derogated a norm in public, others confirmed/derogated the norm. Specifically, the situation that one and/or others conformed a norm was the story described to study quietly at a library. In contrast, the story in derogation condition was the situation that one and/or others call friends on cell-phones and talk for a while at a library.

ANOVAs were conducted to examine the effects of the norms on sense of normality and emotions. Participants reported higher sense of normality, when they imagined that they got line with those around them even if they themselves derogated from a social norm. Also, higher positive emotion and lower negative emotion were found in the situation that participants acted the same as others around. This tendency was salient in both one and others confirmed to the social norm. It was suggested that these results of the normality and affective reactions were influenced by whether people behave as the same way as others or not. These findings were consisted generally in previous studies conducted in others Asian countries, such as Japan, South Korea, China, and Nepal.

**Keywords:** *sense of normality, affective reactions, social norm, culture.*

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## FACTORS RELATED TO THE PARENTAL BURDEN OF CHILDBREARING IN JAPAN

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### Abstract

The parental burden of childrearing is considered as a cause of declining birth rate and that it has an adverse effect on children's development (Matsuda, 2010). How, then, can this burden be reduced? This study aims to answer this question. This study examined the factors related to the burden of childrearing by analysing the data from the 'Questionnaire survey of children and childrearing, 2012 (Survey Research Centre)' secondarily. The survey targeted 3,000 Japanese parents over 18 years old, with children aged 0–6 years. A total of 2,592 valid responses were analysed. The results indicated that parents who feel a greater burden of childrearing tend to be women rather than men, be older, have more children, have less income and be mothers without regular work. On the other hand, those who feel a lesser burden are parents who have relatives, friends and acquaintances who take care of children in emergencies and who have neither anxieties nor worries about childrearing. In addition, even if the parents have anxieties and worries about childrearing, their burden is eased by asking relatives, acquaintances and medical workers and by gathering information from specialised magazines and internet sites. This suggests that support from others is important in order to tackle the anxiety of childrearing and ease the burden felt by parents.

**Keywords:** *childrearing, support, Japan.*

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## PSYCHOLOGICAL FACTORS RELATED TO EMIGRATION PLANS AMONG UNIVERSITY STUDENTS

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<sup>6</sup>*Department of Addictology, First Faculty of Medicine, Charles University in Prague (Czech Republic)*

### Abstract

**Background:** The relationship between psychological factors and emigration plans (EP) has not been sufficiently explored.

**Objectives:** The objective of this study was to examine whether personality factors and perceived social support are related to EP.

**Method:** Data from the large longitudinal study SLICE (Student Life Cohort in Europe) were used for the analysis. This study was conducted online and carried out in five European countries – the Czech Republic, Germany, Hungary, Lithuania and Slovakia (N=2075, 69.8% women, average age = 18.68, SD=0.17). The EP were identified by a single item measure assessing whether students plan to go abroad in the next two years. Logistic regression was used to explore the factors influencing EP and adjusted for country and sex. A short version of the Big Five (Goslings' TIPI) and the MSPSS (perceived social support from family, friends and significant others) were used for the measurement of personality factors and social support, respectively.

**Results:** 15% of students reported EP. The model explained about 15.3% of the variance in the EP and correctly classified 84.8% of the cases. It showed that higher openness to experience (OR=1.142; 95% CI 1.07 – 1.22) and lower social support from family (OR=0.961; 95% CI 0.935 – 0.987) were related to the reported EP. The other explored variables did not display a significant association with the outcome.

**Conclusion:** The findings indicate that personality factors and perceived social support are associated with EP, pointing towards deeper motivations beyond the economic and environmental drives of emigration.

**Keywords:** *plans to emigrate, personality factors, social support, university students.*

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## IMPORTANCE OF PSYCHOANALYSIS FOR SOLVING THE PROBLEM OF ECONOMIC SECURITY OF A PERSONALITY IN RUSSIA

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### **Abstract**

To get full understanding of the operation of the market mechanism, one should have a good grip of the psychology of economic security of a personality which is inherent to that sphere and try to gain a more detailed insight into the large number of problem factors, such as the need in financial security, financial uncertainty, economic risk, financial anxiety, fear of losing money, fear of wasteful spending, economic status, degree of financial freedom, and belief in stability of the financial system of the country. Since these problems have not escaped – we can even say that the amount of negative economic expectations in modern Russia has increased – it is very important that clinical psychologists and specialists in the field of psychoanalysis should pay attention to early identification of causes of emotional disturbances of an individual as a result of financial problems and develop methods of psychological care.

**Keywords:** *security of a personality, economic risk, financial anxiety, fear of losing money, degree of financial freedom.*

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## EXAMINING WOMEN'S AUTONOMY-SUPPORTIVE VS. CONTROLLING INTERPERSONAL STYLES TOWARD THEIR SPOUSES WITH REGARD TO EATING REGULATION: ARE THEY ASSOCIATED WITH WOMEN'S OWN EATING GOALS AND TO MEN'S RELATIONSHIP QUALITY AND WELL-BEING?

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*<sup>2</sup>Department of Psychology, Carleton University (Canada)*

### **Abstract**

Many women report that they would like their spouse to change their eating habits (Tucker & Anders, 2001). Based on Self-Determination Theory (Deci & Ryan, 1987), we posit that this desire can translate into women adopting an autonomy-supportive or a controlling interpersonal style with their partner with regard to eating regulation. *Purpose:* One purpose of this study was to examine how women's autonomy-supportive vs. controlling interpersonal style would relate to their spouse's well-being and relationship quality. Another purpose was to examine whether women who are perceived by their spouse as relatively more autonomy-supportive personally pursue different eating regulation goals than women who are perceived as relatively more controlling. *Methods:* Married couples from the province of Quebec were recruited by a professional survey firm. Eighty-one couples (mean age 45.57 years old) completed an online questionnaire. Men reported on their psychological well-being, relationship quality, and perception of their partner's interpersonal style (i.e., autonomy-supportive vs. controlling) with regard to eating. Women reported on their personal health- and appearance-oriented eating regulation goals. ANOVAs were conducted to compare women who were rated as relatively more autonomy supportive versus relatively more controlling by their spouse. *Results:* Men who perceived their spouse as relatively more autonomy-supportive (vs. controlling) reported higher well-being and relationship quality. In addition, women perceived as relatively more autonomy-supportive were more likely to personally pursue health-related (but not appearance-related) eating regulation goals. *Conclusions:* Overall, these findings improve our understanding of eating regulation in the context of marital relationships.

**Keywords:** *Eating regulation; autonomy support; controlling interpersonal style; marital relationships.*

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## THE IMPACT OF DWELLING'S FUNCTIONALITY ON HOME ATTACHMENT

**Sofya Reznichenko, Sofya Nartova-Bochaver, Natalya Dmitrieva, Aleksandra Bochaver & Ekaterina Braginets**

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### **Abstract**

In terms of increasing social mobility, migration processes and weakening of territorial and socio-cultural identity, it is important to study place (home) attachment. Based on the environmental psychology researches of place attachment phenomenology (Scannell & Gifford, 2010) and home environment preferences (Coolen, 2011) we define home attachment as close emotional and cognitive bonds with one's home environment and functional satisfaction with its content leading to the individual desire to maintain closeness with home. The aim of the study was to examine how home attachment is interconnected with the ideal (desired) and actual home environment's multilevel functionality. Our tools were: developed by authors Functionality of Home Environment Questionnaire, The Personal Relevance of Home Environment and Home Attachment Scale. In total, 13 variables were investigated. Participants were 346 adults ( $M_{age}=26,6$ ,  $SD=10,5$ ; 138 males, 208 females), living in Moscow. There has been found that: home attachment is strongly predicted by the real image of home, while the ideal image has little effect on home attachment. The relationship between home attachment and home environment's functionality is gender-specific: women's are more sensitive to the affordances of real home environment than men, whereas ideal home has a stronger impact on men's home attachment; men's and women's home attachments are predicted by the different functional characteristics. People with low level of home attachment are more sensitive to the factors of personal relevance.

**Keywords:** *ecological psychology, home attachment, home environment, questionnaire, functionality.*

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## INTRAGROUP STATUS AND PSYCHOLOGICAL SAFETY OF SCHOOL STUDENTS IN THE EDUCATIONAL ENVIRONMENT

**Galina Kozhukhar & Ekaterina Gozhaya**

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### **Abstract**

Many contemporary investigators believe that studying interpersonal relations in the school environment and their characteristics are one of the key factors in creating safe and comfortable educational environment for every pupil. In this paper the main research question was: "What are the connections between the psychological safety of educational environment and the different types of students intragroup status?" The sample consisted of 171 school students of the seventh, eighth, tenth and eleventh years. The data was collected via Sociometric (Moreno) and Referentometric (Chedrina) procedures, and with the help of the "Power structure" technique (Kondratiev). Also the method "Psychological safety of the school environment" (Baeva, 2002) and the scale "Estimation of safety in the interpersonal interaction" (Kozhukhar, 2011) were used. The empirical results showed that pupils with high sociometric, referentometric status and with high informal position in class had high level of freedom and sincerity in dialogue; they were ready to manifest trust and openness in communication. Moreover, they gave higher estimation of the communicative psychological safety, in comparison with the pupils with a low status. We discovered that pupils with high status had high estimates concerning school psychological safety and the students with a high level of referentometric and sociometric (business) status gave high appreciation of the psychological comfort of communication. We did not find out any links between satisfaction with the school environment, calculated as the total score of the characteristics of the school social environment, and different kinds of status.

**Keywords:** *psychological safety, sociometric status, referentometric status, informal power, educational environment.*

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## **WORK RELATED STRESS PERCEPTION IN PUBLIC AND PRIVATE SECTOR: A COMPARATIVE STUDY**

**Isabella Corradini & Assunta Marano**

*Themis Research Centre, Rome (Italy)*

### **Abstract**

The aim of this study is to explore the differences in work-related stress between public and private sector workers based on demographic variables such as sex, age or educational status and organizational stressors.

The study's sample comprises 132 public and 159 private sector Italian workers (N= 292) in the 25-60 age range (male mean age= 42 years old; Female mean age= 43 years old). The data were collected via PRISMA-RA (Corradini et al, 2015), an integrated set of tools for work related stress Risk Assessment using both objective and subjective viewpoints. The results analysis by a repeated-measures multivariate analyses of variance (MANOVA) show significant differences regarding individual and organizational work factors between public and private sector sample. Our tool has been able to identify these differences.

**Keywords:** *stress, workers, methodology, public sector, private sector.*

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## COGNITIVE AND EXPERIMENTAL PSYCHOLOGY

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### “NORMALITY” AT A SOCIAL COMPARISON IN THE UNITED STATES

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#### Abstract

This study explored how social norms influence affective states. Cialdini et al. (1991) distinguished social norms into two types. Descriptive norm is decided by what most people do in a particular situation, which may bring about perceived typicality. On the other hand, injunctive norm is defined by moral rules, which reflects what people approve/disapprove. This study designed situations with different degrees of descriptive and injunctive norms, and measured the participants' affective reactions as to the situations. Web questionnaire were employed. Participants were recruited from the United States at Mechanical Turk. Finally, 518 participants (320 females, 195 males, and 3 others; aged 18-73) agreed to provide their data as a HIT. The questionnaire was designed experimentally, and each of them included an imaginary story containing a situation inducing a social comparison. Descriptive and injunctive norms were indicated by the performance of the protagonist and the surrounding others. Each participant was asked to suppose he/she was the protagonist of the story, and to estimate his/her affective reactions in that situation.

ANOVAs revealed the differential effects of the two types of social norms on affective states. Positive effects were influenced by the injunctive norm, whereas negative effects were determined by the descriptive norm. The higher one performed in a social comparison, the more positive affects he/she reported. On the other hand, negative effects were the lowest when his/her performance was met the same as or above the surrounding others. Comparing to the results obtained from Asian countries, universalities and some distinctive features in the United States were discussed.

**Keywords:** *Normality, injunctive and descriptive norms, affective reactions.*

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### EXPLORING THE ASSOCIATION BETWEEN OUTCOME-INTENT BASED MORAL JUDGMENT AND PSYCHOPATHOLOGICAL TRAITS DURING DEVELOPMENTAL AGE

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#### Abstract

**Background:** During development, moral judgments are initially based on outcomes (accidental harm is judged more negatively than attempted harm), but then a shift occurs and intentions become crucial. Literature disagrees on the age of the shift. Our previous work found the shift to happen around 8 years and, around 12, individual differences in judging the agent of accidental harm appeared. In this experiment we investigated possible relations between outcome-intent based moral judgment and behavioral difficulties in children and adolescents, since no studies in the literature have explored this topic.

**Methods:** 96 subjects aged 5-18. Participants watched *ad hoc* created cartoon videos, showing accidental and attempted harm situations, and they judged agent's naughtiness and blameworthiness. Parents filled Child Behavior Checklist (CBCL).

**Results and Discussion:** Before the shift, we found positive significant correlations between naughtiness/blameworthiness assigned to the agent of attempted harm and many CBCL internalizing scales. After the shift no correlations were observed. Focusing on up to 12 years old subjects, we found



significant higher scores in Affective Problems CBCL scale in those who judged the agent of accidental harm as not blameworthy. Our results show an association between outcome-intent based moral judgment and behavioral traits, especially internalizing traits.

**Keywords:** *moral judgment, intention/outcome, Child Behavior Checklist, internalizing problems, developmental age.*

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## THE ROLE OF SURPRISE ENHANCEMENT IN PREDICTIONS

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### Abstract

In recent years, several functional magnetic resonance imaging (fMRI) studies showed that correct stimulus predictions reduce the neural responses when compared to surprising events (Egner et al., 2010). Further, it has been shown that such fulfilled expectations enhance the magnitude of repetition suppression (RS, i.e. a decreased neuronal response after the repetition of a given stimulus) in face selective visual cortex as well (Summerfield et al., 2008). Current MEG and neuroimaging studies suggest that the underlying mechanisms of expectation effects are independent from these of RS (Grotheer & Kovács, 2015; Todorovic & Lange, 2012). However, it is not clear as of today how perceptual expectations modulate the neural responses: is the difference between correctly predicted and surprising stimuli due to a genuine response reduction for correctly predicted stimuli (expectation suppression) or is it due to an increased response for surprising stimuli (surprise enhancement)? Therefore, here we used a modified version of the paradigm of Grotheer & Kovács (2015) to induce predictions independently from repetition probability by presenting pairs of faces (female, male or infant) that were either repeated or alternating. Orthogonally to this, predictions were manipulated by the sex of the first face within each pair so that it signaled high, low or equal probability of repetitions. The neutral condition with equal probabilities for alternating and repeated trials was used to identify the role of surprising and enhancing modulations. To confirm that subjects were paying attention to the stimuli and to guarantee that they were capable of judging the stimulus categories effectively, 18% of the trials were target trials in which subjects had to respond whether the stimulus had been a female, male or infant face. Twenty-four young healthy subjects participated in this study. Functional and anatomical high-resolution images were acquired (3T). Due to technical issues, 2 participants were excluded from the analysis. Thus, 22 subjects (8 male; 2 left-handed, mean age ( $\pm$ SD): 23.5 (2.9) years) were involved in the final analysis. Similarly, to Grotheer & Kovács (2015), we found significant RS ( $p < 1e-4$ ) and significant expectation effect ( $p = 0.01$ ) in the fusiform face area (FFA). Importantly, the expectation effect was driven by a larger response for surprising events in comparison to the neutral and correctly predicted conditions for alternating trials ( $p < 0.05$ ). This finding suggests that expectation effects are dependent on an enhanced top-down modulation, in other words by surprise enhancement. Crucially, the relationship of RS magnitude and expectation effect varies between hemispheres ( $p = 0.04$ ): being dependent in the right hemisphere and additive in the left hemisphere. Altogether, these results suggest the role of surprise enhancement in prediction effects.

**Keywords:** *expectation, fMRI adaptation, prediction, repetition suppression, surprise.*

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## DEATH-RELATED STROOP CUES INCREASE MATERIALISTIC CHOICES IN DECISION MAKING

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### Abstract

Different from other species, human beings demonstrate abstract symbolic thinking and self-reflection that inevitably make them aware of their inexorable death. From the perspective of Terror Management Theory, such awareness has been documented as influencing human behavior. For example, strong reminders of mortality (e.g., questions about death) make people less utilitarian in subsequent decision making when the dilemmas imply moral conflicts. This study was designed to analyze if the same findings would be obtained when employing more subtle reminders of mortality. The study was comprised of 22 undergraduate women from the University of Santiago de Compostela (Spain) who participated in an emotional Stroop task. For half of the participants, this task included death-related words (mortality salience or MS condition) as well as neutral words that matched in frequency and length. The other half of the participants were presented with dental-pain-related words (Control condition) and matching neutral words. Immediately after finishing the Stroop task, the participants were asked to carry out a decision making task with 16 dilemmas that either implied a moral conflict or not. Contrary to expectations, MS participants made more utilitarian judgments than the control participants in moral-conflict dilemmas, but only in situations where money was explicitly involved. Dividing the dilemmas between money-related (where money was explicitly involved in the choice) and non-money-related, new analysis indicated that MS participants were more utilitarian than control participants with money-related dilemmas, but not with non-money-related dilemmas. These results suggest, consistent with previous studies, that MS induction may make people more materialistic.

**Keywords:** *motivation and emotion, terror management theory, emotional stroop, making decision.*

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## DESCRIBING DATA USING PICTURES: THE USE OF VISUAL INSCRIPTIONS IN SCIENCE

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### Abstract

Although factors such as paradigm development, methodological approach (Kuhn, 1970), and codification (Zuckerman & Merton, 1973) are used to demarcate hard and soft science, differences may be traceable to the differential use of visual representations, with researchers in harder disciplines relying more heavily on visual displays (Arsenault, Smith, & Beauchamp, 2006; Cleveland, 1984; Goggin & Best, 2013; Smith, Best, Stubbs, Archibald, & Roberson-Nay, 2002). Our goal was to produce a comprehensive description of how graphs, tables, and non-graph illustrations (NGI) are used in disciplines relative to psychology. Overall, differences in graph use mirrored the Comptean hierarchy, with biology and psychology articles including more graphs and relatively fewer tables than those in criminology and gerontology. Further, a clear demarcation was difficult because of sub disciplinary differences that led to significant overlap between the disciplines. We trust that these results will provide a baseline as the social sciences moves forward in codification.

**Keywords:** *disciplinary differences, graphs and tables, data analysis, non-inferential analyses.*

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## MULTITASKING IN THE MILITARY: A GLANCE AT COGNITIVE CONSEQUENCES AND POTENTIAL SOLUTION

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### Abstract

Multitasking—the performance of several independent tasks at the same time—is a behavior that is becoming increasingly prevalent in workplaces. It is established that multitasking can affect performance and lead to errors, especially for complex and dynamic tasks. Most military occupations function in multitasking contexts and many include complex and dynamic tasks. Since errors in military occupations could result in serious consequences for national security, risks originating from multitasking contexts must be taken into account by soldiers and their commanders. This review examines high-consequence military occupations that require strong multitasking skills. It points out cognitive challenges arising from multitasking contexts and proposes potential solutions adapted to those problems. Aviation, command and control, and ground combat occupations are discussed to assess the tasks that have to be performed concurrently or in alternation, and to shed light on the attention and memory processes involved in those contexts. The challenges that many military occupations face to operate in complex, uncertain and dynamic environments are not expected to diminish. Consequently, the solutions proposed by this review accentuate the need to evaluate multitasking capacities and identify methods to enhance those capacities, notably by designing context-adapted technological tools, assessing the effectiveness of training to operate in a multitasking environment, and developing personnel management procedures (e.g., recruiting, selection and appointment) to guide human resource management decisions.

**Keywords:** *military personnel, performance, multitasking, workload, personnel selection.*

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## CLINICAL PSYCHOLOGY

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### QUALITY OF LIFE AND SELF-ATTITUDE CONTRIBUTE TO RESILIENCE IN PATIENTS DISFIGURED AFTER CANCER TREATMENT

**Anna Faustova**

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#### **Abstract**

An unexpected alteration of one's physical appearance is now considered as a special life event. It vastly affects such scopes of personality functioning as body image, emotions, mind and behavior. The impact of altered physical appearance in cancer patients may be underestimated due to the key motivation to survive. However, after all steps of cancer treatment a survivor has to accept his or her "new" physical appearance. Individual differences in the process of coping with a visible disfigurement could be explained based on the concept of resilience.

The aim of this research project was to study factors predicting psychological resilience in cancer patients disfigured after surgical treatment.

Participants were recruited at the Ryazan Region Oncology Clinic (Russia). The sample consisted of 50 patients with cancer (11 patients with head and neck cancer; 39 patients with breast cancer; age ranged from 33 to 72, with a mean of 55.4 years).

Obtained in this study factors predicting psychosocial resilience in disfigured cancer patients are the following: (1) positive self-attitude; (2) quality of life; (3) optimism; (4) social support; (5) problem solving.

Psychological diagnostics of the factors predicting psychosocial resilience is an important step in the whole process of adjustment to visible disfigurements since it allows to understand one's potential for rehabilitation.

**Keywords:** *quality of life, self-attitude, visible difference, resilience.*

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### PSYCHOLOGIST PERFORMANCE IN THE POLICIES OF HIV/AIDS: A LITERATURE REVIEW

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#### **Abstract**

Currently, HIV/AIDS is, in Brazil, one of the biggest social problems and public health. It appears that since the emergence of the epidemic psychology has been active in assisting in the prevention and the production of scientific knowledge to support programs. This study aims to discuss the role of the psychologist in the context of HIV/AIDS. Thus, it was carried out a bibliographic review in the following electronic databases: LILACS, Capes, BIREME, SciELO and BVS-Psi. It was used the categorical analysis, identifying the following categories: the insertion of psychologists in the context of prevention and care; theoretical and methodological framework of the actions of the psychologist and psychology contributions. It was conclude this study highlighting the importance of the psychologist in this context and the need for coordination with other professionals, working interdisciplinary.

**Keywords:** *psychologist performance; public policies; HIV/Aids.*

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## **FEELING MEH: PSYCHOLOGIST IN A POCKET APP FOR DEPRESSION SCREENING**

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### **Abstract**

Among the most prevalent clinical disorders worldwide, depression is also a major cause of illness and disability. This makes early detection of depression critical in its prevention. However, barriers, such as social stigma and insufficient awareness regarding the condition prevent help-seeking behaviors.

Conventional mental health assessment procedures primarily involve direct interactions between clinicians and patients. One emerging tool in the delivery of healthcare and information is the use of mobile technology. Known as mobile health (mHealth), this approach offers unique advantages, particularly in mental health screening, in terms of capturing behaviors real-time, thus preventing recall bias and enhancing objectivity in data gathering. More importantly, assessments are private and entail no undue attention.

The Psychologist in a Pocket (PiaP) is an application we developed that screens for depressive symptoms via text analysis. All text inputted electronically—such as short message services, emails, social network posts—is analyzed based on keywords related to depression based on DSM and ICD criteria. Data evaluation and collection happen in the background, on-device, without requiring any user involvement. Currently, the application is in an early prototype phase entering initial clinical validation.

**Keywords:** *depression, Psychologist in a Pocket, mHealth, text analysis.*

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## **PSYCHOLOGICAL ASPECTS OF HIV- POSITIVE PREGNANCY: A LITERATURE REVIEW**

**Aérica Meneses<sup>1</sup>, Mariana Santos<sup>2</sup>, Laíse Santos<sup>2</sup> & Marta Fuentes-Rojas<sup>1</sup>**

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### **Abstract**

HIV/Aids is a difficult-to-control disease that has increased significantly among women. One of the consequences of these rates is the number of HIV-positive pregnant women. HIV-positive pregnancies need precautions and special care to avoid viral transmission from mother to baby. This study aims at discussing the psychological aspects of HIV-positive women's pregnancies. Therefore, a literature review on MEDLINE, EMBASE, LILACS, PSYINFO, BIREME, BVS-Psi e SciELO has been carried out. Thirteen articles, which fit selection criteria, have been chosen. These articles have been studied from content analysis. The following categories have been identified: implications and limitations of being HIV-positive; pregnancy in HIV/Aids context; HIV, pregnancy and social relations. In this sense, the way which HIV-positive women's pregnancies are permeated by worries, fears and feeling of guilt was observed. In addition, these women live moments of anguish facing the diagnosis besides prejudice and stigma.

**Keywords:** *pregnancy; HIV; Aids; psychological aspects.*

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## A JAPANESE VERSION OF THE MEASURE OF FOOD CHOICE VALUES: VALIDITY AND RELIABILITY ASSESSMENT

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<sup>3</sup>*Dept of Community Health and Prev Med, Hamamatsu University School of Medicine (Japan)*

### Abstract

In this study we developed a Japanese version of the measure of food choice values (mFCV). A series of studies was conducted by using data collected from various Japanese populations (i.e., undergraduate students, employees, and older adults). An exploratory factor analysis revealed that the 25 items of mFCV loaded on eight subscales, mostly same with the original version. Internal consistency and test-retest reliability of each subscale were overall favorable. Analyses also provided evidence bearing on the validity of the scale. Comparison of mFCV and another existing food choice questionnaire demonstrated correlations between comparable subscales. In addition, certain mFCV subscales are positively or negatively associated with dietary intake, in a proper direction.

**Keywords:** *food preference, food choice value, adaptation, infectious disease, evolution.*

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## EMOTION REGULATION FUNCTIONS OF NON-SUICIDAL SELF-INJURY

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### Abstract

Non-suicidal self-injury (NSSI) is the deliberate destruction of body tissue without lethal intent (Chapman et al., 2006). Prevalence is as high as 36% among adolescents and 43.6% among young adults (Hasking et al., 2008; Zetterqvist et al., 2013). Functions of these behaviors are poorly understood, rendering it difficult to prevent and treat NSSI (Nock et al., 2009). NSSI is most commonly engaged in for emotion regulation functions (Nock & Prinstein, 2004) and deficits in emotion regulation may be associated with increased NSSI behaviors (Turner et al., 2012). The current study used Ecological Momentary Assessment (EMA) to examine the emotion regulation functions of NSSI. EMA methods offer novel ways of measuring behaviors, reduce the problem of recall biases, and improve ecological validity (Hufford, 2007). 47 self-injuring adolescents and young adults, aged 15-21, used a smartphone app to track their NSSI urges/ behaviors and affective experiences immediately before and after engaging in NSSI over two weeks. Participants completed the *Difficulties in Emotion Regulation Scale* (DERS; Gratz & Roemer, 2004) at baseline. Difficulty accessing emotion regulation strategies predicted more frequent NSSI urges over the monitoring period ( $B=.03$ ,  $SE=.01$ ,  $Wald=8.0$ ,  $p<.01$ ), while impulsivity predicted less frequent NSSI urges ( $B=-.03$ ,  $SE=.01$ ,  $Wald=6.83$ ,  $p<.01$ ). No DERS subscales predicted frequency of NSSI behaviors. Immediately following NSSI behaviors, participants reported significant decreases in high-arousal negative emotions and increases in low-arousal positive emotions, demonstrating the emotion regulation function of NSSI. Results support teaching adaptive emotion regulation strategies in NSSI interventions. Further research and treatment implications will be discussed.

**Keywords:** *Non-suicidal self-injury, emotion regulation, ecological momentary assessment, adolescents, young adults.*

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## **SOCIAL SUPPORT AND MENTAL HEALTH AMONG TRANS AND GENDERQUEER ADULTS IN THE UNITED STATES**

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### **Abstract**

Within the transgender and genderqueer communities, social support can be instrumental in mitigating the challenges associated with gender dysphoria, gender transition, and non-binary gender identification (Frost & Meyer, 2012; Hendricks & Testa, 2012). The present study seeks to improve understanding of the relationships between general social support, trans community connectedness, depressive symptoms, and anxiety symptoms. As part of the Internet-based Trans Health Survey (Balsam, Beadnell, Simoni, & Cope, 2008), conducted nationwide in the United States from February to May 2013, standardized measures of depression, generalized anxiety, and social support were administered to 865 trans and genderqueer adults. For trans feminine, trans masculine, and genderqueer participants assigned female at birth, multiple regression analyses indicated that general social support was significantly negatively associated with symptoms of depression and anxiety. Trans community connectedness was significantly negatively associated with mental health outcomes for trans feminine participants only. Genderqueer and gender binary participants reported similar mean levels of connectedness to the trans community. Hypotheses regarding differences in social support needs across gender identities will be discussed, and targets for future research on minority stress and social support will be identified.

**Keywords:** *depression, anxiety, social support, transgender, genderqueer.*

## **DESCRIPTIVE NORMATIVE BELIEFS, SELF-REGULATION AND CUMULATION OF RISK BEHAVIOR AMONG SLOVAK UNIVERSITY STUDENTS**

**Monika Brutovská<sup>1</sup> & Olga Orosová<sup>2</sup>**

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<sup>2</sup>*Department of Educational Psychology and Psychology of Health, PJ Safarik University in Kosice (Slovak Republic)*

### **Abstract**

While a cumulative effect of risk behaviour (RB) is characteristic for university students, most of the research mainly focuses on individual RB and the factors related to it. Objective: To explore the association between descriptive normative beliefs (DNB), self-regulation (SRG) and the cumulative effect of RB among Slovak university students longitudinally over 3 measurement periods (T1-T3). The research sample consisted of 594 (74.1% females)/ 238 (81.4% females)/ 99 (84.0% females) university students at T1, T2 and T3, respectively. An online questionnaire measuring gender, age, accommodation, alcohol use (binge drinking), smoking (smoker/non-smoker), DNB about alcohol use, smoking and SRG was used. The cumulative index of RB was calculated and distinguished 2 groups: with or without RB. Binary logistic regressions were used for the data analyses. The models explained from 13.7% to 20.3% / 23.7% to 32.3% / 26.7% to 38.5% of the variance in the cumulative index of RB at T1, T2 and T3, respectively. The models have shown that: being male at T1 (OR=.12 (.04-.34)); having higher DNB about alcohol use at T1 (OR=1.94 (1.30-2.89)) and T2 (OR=2.62 (1.28-5.35)); lower SRG at T2 (OR=.93(.89-.97)) and T3 (OR=.94 (.87-1.00)) were associated with a reported cumulative index of RB. However, the DNB about smoking were not significant at any point of measurement. The research findings have extended previous research in the context of the cumulative effect of RB and emphasize the importance of DNB about alcohol use at the beginning and SRG at the end of the study.

**Keywords:** *descriptive normative beliefs, self-regulation, cumulation of risk behavior, Slovak university students.*

## **CHILDHOOD SEXUAL ABUSE SEVERITY AMONG SEXUAL MINORITY MEN: RELATIONSHIPS WITH MENTAL HEALTH AND SUBSTANCE USE DIAGNOSES**

**Michael S. Boroughs, Ph.D.<sup>1,2</sup> & Conall O’Cleirigh, Ph.D.<sup>1,2,3</sup>**

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<sup>2</sup>*Department of Psychiatry, Harvard Medical School (USA)*

<sup>3</sup>*The Fenway Institute of Fenway Health (USA)*

### **Abstract**

Sexual minority (SM) men are the group at greatest risk for HIV in North America and have rates of childhood sexual abuse (CSA) estimated as high as 46%. CSA is associated with sexual risk behavior. The purpose of this study was to identify the relationships CSA severity has with mental health and substance use outcomes among SM men. SM men with CSA histories ( $n = 162$ ) completed psychological assessments and five CSA severity indicators were created, CSA: (a) by caregiver, (b) with intercourse, (c) with injury, (d) with intense fear, and (e) first CSA in adolescence. Each severity indicator was related to a substance use or mental health outcome. The findings suggest that these severity markers predict patterns of vulnerabilities suggesting need for increased CSA assessment for SM men in clinical settings.

**Keywords:** *Men who have sex with men (MSM), Childhood sexual abuse (CSA), PTSD, HIV.*

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## **VISUALIZATION OF DISASTER RECOVERY PROCESS - “RECOVERY CURVE” OF THE 2011 TOHOKU EARTHQUAKE AND TSUNAMI**

**Takumi Miyamoto**

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### **Abstract**

The present study attempts to visualize the survivors’ long-term processes of recovery and revitalization in the affected area of the 2011 East Japan Earthquake. Survivors were interviewed and asked to draw their life courses from the day of the earthquake as curves on the graph with their characteristic dips peaks and plateaus. Obtained curves indicated a variety of revitalization processes depend on the individuals and socio-cultural contexts and provided us with clues to support survivors.

**Keywords:** *disaster recovery, recovery curve, interview, tsunami, survivor.*

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## **THE INFLUENCES OF EXERCISING ON EATING ATTITUDES AMONG KOREAN FEMALE ADOLESCENTS**

**Michelle Chae R. Kim<sup>1</sup>, Kiho Kim<sup>2</sup>, Yun Hye Oh<sup>3</sup> & Yoo Sook Joung, M.D., Ph.D.<sup>3</sup>**

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### **Abstract**

**Objectives:** To investigate the effect of the characteristics of exercising on eating attitudes among Korean female adolescents.

**Design:** Used Eating Attitudes Test (EAT-26) and self-report of the frequency of exercising per week, the duration of exercise per time, and the total duration per week.

**Method:** Questionnaire survey including EAT-26 conducted in a girls’ high school located in Korea for 858 students who were 15 to 18 years old.

**Results:** Three characteristics of exercising were used as predictors of eating attitudes in a multiple linear regression analysis. The overall model was significant and explained 14.5 % of eating attitudes. All characteristics of exercising emerged as statistically significant except the frequency per week ( $p=0.616$ ). As in the bivariate analysis, the duration of exercising per time ( $\beta = -0.068$ ,  $p < 0.01$ ) was negatively



associated with EAT scores while the total duration per week ( $\beta=1.708$ ,  $p < 0.001$ ) was positively associated with EAT scores.

*Conclusion:* The results indicate that the longer the exercise is per time the better the eating attitudes become, while the longer the total duration of exercise is per week the worse eating attitudes become. These indications may suggest enjoyable but not obsessive exercise can bring about positive eating attitudes.

**Keywords:** *eating attitudes, exercise, eating attitudes test, eating, Korean students.*

## THE CONTRIBUTION OF HOME ATTACHMENT TO MENTAL HEALTH

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### Abstract

Based on the environmental psychology researches (Jorgensen&Stedman, 2006; Korpela et al., 2002; Pretty, et al., 2003) we have assumed that home attachment, being a reflection of subjective satisfaction with home environment and evaluation of home in terms of emotional closeness and place identity, contributes to dwellers' mental health. To measure home attachment we have modified and adapted Place Attachment Scale developed by J. Inglis (Inglis, 2008). Mental health was measured using Warwick-Edinburgh Mental Well-being Scale (Tennant et al., 2007) and A. Antonovsky's Sense of Coherence Scale (Osin, 2007). Participants were 178 young adults ( $M_{age}=24.1$ , 38 males, 140 females). The results have shown that home attachment is a reliable predictor of psychological well-being and sense of coherence; relationships between these variables are reciprocal. Men's mental health is more dependent on home attachment than women's one. The lower the level of home attachment is, the more sensitive to it the psychological well-being and sense of coherence are. In discussion, the high importance of instrumental study of home attachment as the predictor of mental health is argued.

**Keywords:** *home attachment, questionnaire, well-being, sense of coherence.*

## THE ROLE OF DEFENSE MECHANISMS IN THE PSYCHOLOGICAL ADAPTATION TO RARE ONCOLOGICAL DISEASE

**Valentina E. Di Mattei<sup>1</sup>, Letizia Carnelli<sup>2</sup>, Martina Mazzetti<sup>1</sup>, Martina Bernardi<sup>1</sup>, Giorgia Mangili<sup>2</sup> & Fabio Madeddu<sup>3</sup>**

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### Abstract

*Introduction & Aim:* Gestational Trophoblastic Disease (GTD) comprises a group of disorders that derive from the placenta and arise after a rare gestational event. They can be divided into pre-malignant forms (partial and complete hydatidiform mole) and malignant forms called Gestational Trophoblastic Neoplasia (GTN), which include choriocarcinoma, placental site trophoblastic tumor and epithelioid trophoblastic tumor. Despite a favorable prognosis, the nature of this group of disorders can be a source of stress for patients who are affected by this disease.

*Method:* Thirty-one patients diagnosed with GTD at a hospital in Northern Italy completed a battery of tests aimed at analyzing the psychological adaptation to the disease. The variables analyzed were the following: defense mechanisms (using the Response Evaluation Questionnaire-71), anxiety (using the State Trait Anxiety Inventory Form-Y), depression (using the Beck Depression Inventory Short Form) and infertility-related stress (using the Fertility Problem Inventory).

**Results:** Patients with GTN use mature defense mechanisms significantly more than patients with hydatidiform mole. Perhaps patients with GTN are more aware of the gravity of the situation and of the threat this illness may have on their existential goals. Regression analyses highlight that immature defense mechanisms are significantly related to state anxiety. Immature defense mechanisms also significantly predict Global infertility-related stress.

**Conclusions:** This study aims to better understand the psychological impact of GTD. The results show the importance of taking into consideration defense mechanisms used by patients suffering from this group of trophoblastic tumors as they are involved in the modulation of psychological adaptation to GTD.

**Keywords:** *Defense mechanisms, fertility-related stress, gestational trophoblastic disease, psychological adaptation, oncology.*

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# **VIRTUAL PRESENTATIONS**



## CLINICAL PSYCHOLOGY

### WHAT IS THE RATIONALE BEHIND RESEARCHING MENTAL HEALTH OF YOUNG ADULTS OF DIFFERENT RELATIONSHIP STATUSES?

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#### Abstract

One of the normative experiences in people's lives is the desire for enduring intimate relationships (Spielman et al., 2013) due to the human need for relatedness, which involves the need to establish relationships (Baumeister & Leary, 1995; Deci & Ryan, 1991). In young adulthood a special meaning is ascribed to a close, intimate bond with a romantic partner/spouse (Erikson, 1980; Rauer, Pettit, Lansford, Bates, & Dodge, 2013). The failure to establish and sustain a committed intimate relationship during young adulthood may have serious negative implications for well-being, both concurrently and later in the life span (Kiecolt-Glaser & Newton 2001). Simon and Barrett (2010) emphasized that fewer studies have examined the association between nonmarital intimate relationships and mental health among adults, and those studies that exist compared adults in cohabiting relationships to those in married relationships rather than to those not currently in intimate relationships. Several studies show that involvement in unmarried romantic relationships can be beneficial in terms of lower depression or other forms of psychological distress and higher life satisfaction (e.g., Ross, 1995; Simon & Barrett, 2010; Uecker, 2012). In the light of the great diversity of relationship statuses in adulthood, and the increasing number of single persons in Europe and in the United States of America (Poortman & Liefbroer, 2010), there is clear need to examine relationship statuses not just as a simple two category scheme, that is single vs. married, but as a multi-categorical variable including various levels of relationship status, such as single, married, divorced, living with partner, engaged, separated, and living with a fiancé (Lehnart, Neyer, & Eccles, 2010). In our presentation we would like to explain the rationale for investigating mental health among young adults representing different relationship statuses. We also seek to present a research proposal for longitudinal study of differences in young adults' mental health as a function of different relationship statuses (i.e., single, steady dating relationship, cohabiting, engaged, married). This includes a proposed test of a theoretical model in which we postulated several associations between variables recognized in literature (i.e., relationship satisfaction, relationship duration, romantic loneliness, dating anxiety, interpersonal competence) as explanatory mechanisms in the mental and physical health of people in different relationship status categories.

**Keywords:** *mental health, relationship status, young adults, loneliness, dating anxiety.*

### SCHIZOPHRENIA: CLINICAL SYMPTOMATOLOGY, ETIOLOGY, LINGUISTIC DEFICITS AND COGNITIVE REHABILITATION

Georgios Moutsinas

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#### Abstract

The present paper discusses issues of psychopathology, focusing on the assessment and rehabilitation of individuals with schizophrenia. Schizophrenia constitutes a mental illness with a range of behavioral, social – emotional, cognitive and clinical symptoms, where a deterioration of executive functions, such as language and attention, is observed. Being of partly undetermined etiology, it is attributed to genetic – parentally inherited, prenatal and neuroanatomic factors. The treatment of schizophrenia is based on antipsychotic medication, treating the majority of its symptomatology, but not improving its cognitive functions. The subject paper aims to develop the clinical profile of patients with schizophrenia, highlighting the methods of cognitive rehabilitation of their language deficits. A literature review research strategy is followed, comparing the clinical symptoms, the causal parameters and the methods of cognitive rehabilitation of the patients' linguistic deficits. Besides the aforementioned symptomatology, it is observed that schizophrenia involves language impairments mainly on the level of semantics,

pragmatics and concerning the broader capacity of a structured propositional organization. Mnemonic, psychomotor speed and language skills exercises, etc., combined with cognitive – behavioral psychotherapy, improve the patients' cognitive abilities beyond the typical rehabilitation of their social skills and autonomy. Conclusively, along with pharmacotherapy, effective cognitive rehabilitation interventions exist for the language deficits of individuals with schizophrenia, contributing to their overall support.

**Keywords:** *schizophrenia, clinical symptomatology, etiology, linguistic deficits, cognitive rehabilitation.*

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## **DEVELOPMENT OF SELF-REGULATION SKILLS FOR MOTHERS, WHO BRING UP CHILDREN WITH AUTISM SPECTRUM DISORDER**

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### **Abstract**

In the article there are results of the experiment, that was aimed to develop mental self-regulation skills, increase resistance to stressor and decrease depression of mothers, who bring up children with ASD.

To improve the efficiency of psychoeducational escort of the family, that brings up a child with ASD, it was used computer EEG biocontrol method, based on the principle of biofeedback (BFB). The therapy of affective disorders is a relatively new sphere to use the electroencephalographic training. The course of alpha-stimulating training was held with the help of hardware and software system biofeedback (БОСЛИАБ). It was developed by the specialists of State Academy of the Research Institute of molecular biology and biophysics, Siberian branch of Russian Academy of Medical Sciences. Before the beginning of the course, specialists studied an electrobiological activity of the testees' encephalon to define an optimum place to put electrodes and an alpha rhythm band. The main reason for that is that the essential condition for conducting electroencephalographic training is a properly set range of EEG rhythm. That is why the test open/closed eyes was conducted through 2 channels EEG. The monitoring of electrical activity has revealed that all testees had deficiency of alpha-activity in the right frontal lobe and prevalence of alpha-activity in the left frontal lobe (at the bipolar montage of electrodes in the leads F4-O2 and F3-O1). The prevalence of alpha-activity in the right frontal lobe predisposes to the development of a positive emotional reaction. Prepotency of alpha-activity in the left frontal lobe predisposes to the development of depression. The testees can be taught to redistribute alpha-activity so that the right frontal lobe was more alpha-active. Herewith, it significantly decreases the depth of depression. The course of therapy by BFB tear consists of 15 sessions. Activities were carried through individually, 2-3 times a week. First 3-5 sessions were educative. At the next stages testees completed tasks of an increscent complexity to increase the level of the controlled parameter (alpha rhythm index capacity). Testees were suggested to close eyes and increase the incidence of the feedback signal (i.e. to increase alpha-activity) during the 30-minutes session. If the testee was tired, the duration of sessions decreased. The point of feedback signal appearance is set before the beginning of the session so, that alpha-activity initially exceeded it in 30% of cases. The position of electrodes during the alpha-training: bicaudal pickoffs is fastened in points F4-O2.

**Keywords:** *Autism Spectrum Disorders, depression.*

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## EDUCATIONAL PSYCHOLOGY

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### COMPETENCES FOR INTERCULTURAL EDUCATION: CONCEPTUALIZATION AND EMPIRICAL FINDINGS

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#### Abstract

Interculturally competent teachers are required to deal appropriately and productively with both the conflicting priorities of individual diversity on the one hand and the societal function of schooling on the other. Against this background, the project “Serbian Education for Roma Inclusion: Understanding and assessing teachers’ intercultural sensitivity in Serbia” aims to incorporate teaching-specific facets (Baumer & Kunter, 2013) into the general understanding of intercultural competence (Deardorff, 2009; Perry & Southwell, 2011). In doing so, the research project uses both qualitative and quantitative methodology. Qualitative part of the project addresses the issue of intercultural sensitivity in the school specific context and strives to operationalize different levels of intercultural sensitivity in teaching. The goal of the quantitative part of the project is to conceptualize teacher competences for intercultural education and to develop a set of instruments that would assess these competences - Intercultural Teacher Competence Profiler (ITCP). Additionally, the quantitative part of the project aims at adjusting ITCP in order to better fit Serbian educational context which is characterized by long history of exclusion of Roma minority students. In this paper, design and results of the quantitative part will be presented and discussed. The analyses conducted so far yield the results that encourage further development of the profiler and justify the need to take specificities of Serbian educational context into consideration when assessing pre- and in- service teacher competences for intercultural education.

**Keywords:** *intercultural sensitivity in school context, interculturally competent teachers, teacher education, scale assessment, minority students.*

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## SOCIAL PSYCHOLOGY

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### WHO IS MORE SCARED OF DATING? INVESTIGATING SEX DIFFERENCES IN THE DATING ANXIETY AMONG POLISH YOUNG ADULTS

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#### **Abstract**

The aim of the study was to investigate sex differences with regard to dating anxiety among Polish young adults. Drawing on research up to date, our hypothesis was that women would report a higher level of dating anxiety than men. Dating Anxiety Scale for Adults was administered to a sample of 330 young adults (205 females and 125 males) aged 20-30, with the average age of participants being 22.64 ( $SD = 3.18$ ). The questionnaire was distributed across different courses. A one-way ANOVA was used to analyse the data. The results indicated that women reported higher level of fear of negative evaluation in dating situations,  $F(1, 323) = 6.07, p = .014$ , higher level of social distress in dating situations,  $F(1, 328) = 6.42, p = .012$ , and higher level of total dating anxiety,  $F(1, 328) = 4.85, p = .028$  than did men. In dating situations women reported higher dating anxiety compared to men, as well as experienced higher concerns that a date or a member of the other sex would judge them in a negative way, and higher distress while interacting with a member of the other sex on a date or socially.

**Keywords:** *dating anxiety, sex differences, young adults, Poland.*

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### TIME PERSPECTIVE AND TENDENCY TO ABUSE SUBSTANCES IN ADOLESCENCE GIRLS

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#### **Abstract**

**Purpose:** This research was conducted to study the relationship between time perspective and the tendency to abuse substances in adolescents. Time perspective is a cognitive style about how people link their past, present and future and how it influences behavior and thoughts and attention (Bonivell & Zimbardo, 2004). Time perspective includes Future Time, Present Fatalistic and Present Hedonistic, Past Positive and Past Negative. Future time perspective refer to future goals and rewards, present fatalistic drives a person toward helplessness and hopelessness about the future and life, present hedonistic search immediate pleasure in life and shows little concern about future consequences, past positive is generally positive, warm and emotional about the past (Zimbardo & Boyd, 1999). And past negative means being negative about the past and perhaps experiencing traumatic events (Bonivell & Zimbardo, 2004). This study examined the relationship between time perspective and tendency to use substance among female adolescents.

**Methods:** The participants were all high school girls in Tehran. Among them, 405 students were selected by multistage sampling. They were administered the Zimbardo Time Perspective Inventory and the Addiction Potential Scale.

**Results:** Pearson correlation and stepwise regression were used to analyze the data. The results of Pearson correlations showed significant positive correlations between Past Negative, Present Hedonistic, and Present Fatalistic with the tendency to abuse substances. The results also showed a significant negative correlation between Future Time perspective and the tendency to abuse substances. In addition, regression analysis revealed that among dimensions of time perspective, four dimensions of Past Negative, Present Hedonistic, and Present Fatalistic are predictor variables with conditions of entry in the final regression to the equation to explain the tendency to abuse substances.



Conclusion: Time perspective is an important and key factor in the tendency to use substances. The study suggests training one toward future time perspective and educating one how to delay immediate enjoyment by considering the consequences of present actions in order to have a balanced time perspective can be effective in preventing substance abuse in adolescents.

**Keywords:** *time perspective, tendency to abuse substances, adolescents.*

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## THE VALUE OF COMMUNITY GARDENS AN EXPLORATORY RESEARCH IN FLORENCE

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### **Abstract**

**Introduction.** Community Gardens are plots cultivated and cared by members of a community. Usually people choose public abandoned urban area. In the past the phenomenon developed during wars as it was a good strategy to face famine. Then it increased in the 70's mainly in the U.S.A and Australia due to the environmental movement's growth and a new awareness about ecological problems. Considering the current historical and social condition, the phenomenon increased during the last decade also in Europe becoming also a form of social aggregation.

**Purpose.** In this study the aim is to explore the growing phenomenon in a town in order to describe it and compare the results with other studies and experiences.

**Methods.** In order to reach our purpose we decided on a qualitative method.

**Participants:** 33 people (21 female, 12 male; average age 36) who participate in the activity and in the organization of 3 Community Garden in Florence.

**Instruments:** we carried out 20 semi-structured interviews and 3 focus groups to gather qualitative data. The main area explored were: the birth, the structure and management of the garden; participation; personal expectations of participants; perceived advantages on an individual and community level.

**Results.** The qualitative analysis of the content allowed us to explore the emerging phenomenon in the city of Florence, comparing the results with the existing literature, although it is still limited.

It turns out that the phenomenon may have a role in promoting wellness of both individuals and the community. In fact, the participation in the activities of the Community Garden seems to affect: health through diet, contact with nature and physical activity; psychological wellness through the development of feelings as the psychological sense of community, a sense of belonging and responsibility among the community and a sense of self-efficacy; social wellness promoting networking.

**Conclusions.** We can affirm that the phenomenon can have a larger impact thanks to its influence on wellness and its role in the requalification of degraded areas, promoting in that way the transformation of these areas following a bottom-up process, including the community.

**Keywords:** *Community Garden, wellness, participation, environment, sense of community.*

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## LEGAL PSYCHOLOGY

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### ASSESSMENT AND PSYCHO-FORENSIC INTERVENTION IN CUSTODY CASES: CRITICAL CONSIDERATIONS AND A PROPOSAL FOR A GOOD PARENTING

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#### Abstract

This paper offers some critical considerations about the forensic psychologist figure operating in custody cases. The arguments lie within the *mild law* frame, that is, neither a prescriptive nor a proscriptive law, but a legal perspective oriented toward desirable actions (Lenti, Pazé & Zagrebelsky, 2015; Puddu & Raffagnino, 2015).

According to the authors, technical consultation in custody cases should not be limited to the evaluation process, as is also the case when the question of the judge requires only assessment of the actual family situation and parenting skills. Referring to the literature and clinical forensic praxis, the authors argue the importance of implementing a "psycho-forensic intervention" to support parenting and to steer the parents toward proper clinical or psychoeducational interventions (Lavadera, Laghi & Malagodi Togliatti, 2011; Macrì, Macrì, & Zoli, 2012). In particular, the authors suggest some working steps of a dynamic process, methods and techniques to promote awareness, accountability and cooperation skills of the parental couple (co-parenting) (McHale, 1997) to help them to meet the growth, health and well-being needs of their children (Puddu & Raffagnino, 2015). For instance, regarding methodological approach, the psychologist should consider the context of the expert psychological examination as a co-constructive psycho-educative process with short, medium and long-term effects. Besides, the first of the working steps is to facilitate the active motivation of the persons to collaborate and not to have the defensive attitude common arising in the legal context.

In conclusion, this work aims to contribute to the current debate about the relationship between law and psychology, the psychologist's role in the forensic field and the education of the forensic psychologist.

**Keywords:** *Custody cases, legal psychology, psycho-forensic intervention, assessment.*

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## COGNITIVE AND EXPERIMENTAL PSYCHOLOGY

### CAN REWARD REDUCE SUBSEQUENT SEARCH MISSES?

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#### Abstract

Visual search, i.e., the search for a target object among distractor objects, is an essential human behavior. Although visual search typically is very fast and effective, it is difficult to find a second target in an environment once a first target was found. In other words, when a target is detected, the probability to miss a further target in the same environment increases. This phenomenon is referred to as ‘satisfaction of search’ or ‘subsequent search misses’ (SSMs). Obviously, SSMs can have serious consequences; for instance, when radiologists miss tumors or airport security staffs miss dangerous objects in the luggage. Here, we were interested in whether it is possible to reduce SSMs by positive reinforcement. To this end, we had our participants search displays that included 18 to 20 (‘L’-shaped) distractor items of different saliency. There could be 0, 1 or 2 (‘T’-shaped) targets in the display. Most of the targets were highly salient targets (i.e. easy to find) and only a minor amount were less salient targets. The task of the participants was to search for all of the targets and mark them by a mouse click. Critically, on half of the trials, participants received a small reward if they found a less salient target whereas on the other half of the trials, no such reward was provided. The results showed that, in general, positive reinforcement led to better search performance: The participants found less salient targets more reliably in the reward condition than in the control condition. However, we still observed an SSM effect: If the salient target was found first, the detection rate for the second (less salient) target decreased. This effect obtained regardless of the reward condition. These findings suggest that, although positive reinforcement can increase search performance in general, it cannot prevent participants from missing relevant objects.

**Keywords:** *attention, visual search, subsequent search miss, satisfaction of search, positive reinforcement.*

### MOOD AND EMOTIONAL STATES PREDICTION BY TIME SERIES METHODS

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#### Abstract

Mood and emotion prediction plays an important role in diverse topics such as emotion variety impacts on behavior and decision making, bipolar manic depression disorder in psychology, and virtual character development in artificial intelligence and artificial psychology. In this paper, we present a model to predict emotional states for the seventh day and the mood state at end of the same day based on brief information related to personality and emotion history. The emotional states were recorded hourwise for twelve times a day in the previous six days for three distinct individuals without knowing about their emotional states in the seventh day. The model is constructed by integrating current known appraisal theories and exploiting mood history probability distribution and statistical forecasting methods such as time series, seasonal time series, and Holt-Winter’s additive model. The experience has applied on only three individuals and the model was designed the way to anticipate mood and emotional states based on the lowest input information possible.

**Keywords:** *mood prediction, emotion forecasting, time series, decision making.*





# WORKSHOPS



## **AN INTEGRATED MINDFULNESS APPROACH TO DISORDERED EATING**

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### **Abstract**

This research paper aims to fill a gap in the literature by reporting on the effects of an integrated, mindful eating program. The program 'The Dear Body - Loving the Body and Freeing the Mind' (The Dear Body), is currently offered in Australia and Bali as retreat programs. As Mindfulness becomes more accepted in the West, targeted applications are becoming more common. With obesity, stress and depression increasing in most Western cultures, Mindfulness offers a sound and comprehensive process for addressing these issues and generating positive change. This paper makes an important contribution to the exploration of the topic and its effectiveness.

**Keywords:** *mindful eating, body-awareness, obesity, mindfulness, stress management.*

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## **MEANINGFULNESS OF LIFE AND ITS IMPACT ON QUALITY OF LIFE**

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### **Abstract**

The purpose was to study the impact of meaningfulness of life (MOL) on one's quality of life (QOL) in middle-aged individuals. After introducing the construct of MOL and the common scales used for its assessment, the suggestion is made to broaden the grounding of MOL from the context of personality to cognition. The hypotheses were that MOL would be related positively to QOL both on the general level and in the specific domains of emotional state and functional state but not with those referring to physical state. The sample consisted of 75 individuals, in the age range 30 to 55, of both genders. They were administered the meaning-based scale of MOL (Kreitler, in press) assessing the degree to which different domains contribute to one's MOL and The Multidimensional Quality of Life Inventory for Adults (Kreitler & Kreitler, 2006). The results showed that MMOL was correlated positively with QOL total score and the scores referring to emotional state, functional state and physical state. The size of the correlations was highest in regard to emotional state and lowest in regard to physical state. The findings suggest that the impact of OL on QOL depends to some extent on the degree to which the individuals feels he or she has control over the specific domain, i.e., more on emotions than physical state. Enhancing one's state of efficacy and self-control may extend the impact of MOL on QOL.

**Keywords:** *meaningfulness of life, quality of life, meaning.*

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## **WORKSHOP: COGNITIVE BEHAVIORAL THERAPY FOR OBSESSIVE COMPULSIVE DISORDER**

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### **Abstract**

**Purpose:** Cognitive behavioral therapy (CBT) has demonstrated very good effectiveness for the treatment of obsessive compulsive disorder (OCD). In many cases, it is recommended as the first line of treatment for OCD (e.g. mild or moderate OCD, children). The reasons for this are several: expertise in providing CBT specifically for OCD is often lacking amongst mental health professionals. There is also a lack of awareness of research finding about the effectiveness of CBT vs. pharmacological treatment. This workshop will help mental health professionals develop skills in providing CBT specifically for OCD in children and adults.

*Background:* OCD is an anxiety disorder characterized by obsessive thoughts or feelings that are intrusive and cause significant distress, as well as compulsions that can be physical or mental. For many patients, these symptoms may be chronic. Impairment related to OCD can range from mild interference in daily functioning to profound disability. Pharmacological treatment for OCD is often effective, but typically provides a partial response and rarely leads to remission. Moreover, it can come with significant side effects. CBT, alone or in conjunction with OCD, has been demonstrated to be an essential component of effective OCD treatment.

CBT for OCD is considered a specialized form of CBT that requires specific expertise. Some typical CBT techniques (e.g., cognitive reappraisal) can be counter-indicated for treatment of OCD. Effective CBT for OCD employs Exposure and Response Prevention, which often provides a strong and rapid response. This technique should be used as the primary intervention for OCD.

*Key points:* This workshop will cover implementation of evidence-based CBT for OCD in adults and children. Strategies will include Exposure and Response Prevention, effective cognitive strategies, identification of OCD behaviors, and relapse prevention. We will also briefly discuss pharmacological evidence for treatment of OCD. We will also briefly discuss related ongoing research in this area currently being conducted in our center. This workshop will be delivered by an expert in the treatment of OCD, with several years of specialized training and experience in treating OCD, as well as in conducting original empirical research in OCD and related disorders.

*Description of the participants:* Participants will be mental health professionals (psychologists, psychiatrists, therapists, counselors, etc.) who wish to develop skills in providing effective cognitive behavioral therapy for OCD. Maximum number will be 60.

**Keywords:** *obsessive compulsive disorder, cognitive behavioral therapy, exposure and response prevention, anxiety.*

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