

International Psychological Applications Conference and Trends

# INPACT

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### BOOK OF ABSTRACTS

Edited by  
Clara Pracana  
Michael Wang



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## FOREWORD

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Dear Participants,

It is our pleasure to welcome you to the International Psychological Applications Conference and Trends (InPACT) 2023, held in Lisbon, Portugal, from 22 to 24 of April 2023. This conference serves as a platform for scholars, researchers, practitioners, and students to come together and share their latest findings, ideas, and insights in the field of psychology.

Over the next few days, we will be exploring some of the most cutting-edge research and theories in psychology. We have a diverse range of topics and speakers lined up for you, covering six key areas: Clinical Psychology, Educational Psychology, Social Psychology, Legal Psychology, Cognitive and Experimental Psychology and Psychoanalysis and Psychoanalytical Psychotherapy.

InPACT 2023 received 548 submissions, from more than 39 different countries all over the world, reviewed by a double-blind process. Submissions were prepared to take the form of Oral Presentations, Posters, Virtual Presentations and Workshops. 192 submissions (overall, 35% acceptance rate) were accepted for presentation at the conference.

As we all know, psychology is a vast and complex field that encompasses a wide range of topics, from the study of human behaviour to the workings of the brain. It is a field that has made enormous strides in recent years, and it continues to evolve at a rapid pace. At this conference, we hope to not only share the latest research and developments in psychology but also to foster a sense of community and collaboration among attendees. We believe that by working together, we can continue to advance the field of psychology and make important contributions to our understanding of the human mind and behaviour.

We would like to express our sincere gratitude to all of our speakers, sponsors, and attendees for making this conference possible. This book includes an extensive variety of contributors and presenters that are hereby sharing with us their different personal, academic, and cultural experiences.

The conference also includes:

- One keynote presentation by Prof. Dr. Shulamith Kreitler, Professor of Psychology, Tel-Aviv University, School of Psychological Sciences; Head of Psychooncology Research Center, Sheba Medical Center, Tel-Hashomer, Israel.
- One Special Talk by Prof. Dr. Michael Wang (Emeritus Professor of Clinical Psychology, University of Leicester, United Kingdom).

This volume is composed of the abstracts of the International Psychological Applications Conference and Trends (InPACT 2023), organized by the World Institute for Advanced Research and Science (WIARS).

We hope that this book with the abstracts of this conference will be a valuable resource for those in attendance, as well as for those who could not join us. Thank you for your participation, and we look forward to a productive and stimulating event!

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

Looking forward to continuing our collaboration in the future,

Prof. Clara Pracana

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

Prof. Michael Wang

*Emeritus Professor of Clinical Psychology, University of Leicester, United Kingdom  
Conference and Program Co-Chair*



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## KEYNOTE LECTURE

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### THE MANY FACES OF CONSCIOUSNESS

**Prof. Dr. Shulamith Kreitler**

*Professor of Psychology, Tel-Aviv University, School of Psychological Sciences;  
Head of Psychooncology Research Center, Sheba Medical Center, Tel-Hashomer (Israel)*

#### Abstract

It is generally assumed that there are only two kinds of consciousness: the normal regular one and the so-called subconscious one. However, this seems to be a limited conception that does not do justice to the multi-faceted nature of consciousness.

A new conception of consciousness and altered states of consciousness will be presented. It is grounded in the empirically tested theory of meaning (Kreitler & Kreitler) which considers cognition as a meaning-dependent and meaning-generating system. Meaning is defined as an input-centered pattern of contents, characterized in terms of five kinds of meaning variables. Specific clusters of meaning variables may become prominent at different times, due to factors intrinsic or extrinsic to the system of meaning. Hence, the functioning of the cognitive system depends on the kinds of meaning variables prominent at a given time which dominate its structure and modulate the kinds of information available at that time, how they are organized and used, and what the cognitive outputs will be. These cognitive contents and processes affect also perception of reality, the sense of self, emotions, and indirectly behavior too.

Accordingly, a state of consciousness can be defined as the state of the cognitive system as a whole functioning in a way determined by the relative salience of specific meaning variables. Thus, many different states of consciousness exist and many more are possible. To some extent they are accessible to manipulation by experimental means of different kinds. Examples will be provided of studies describing changes in cognitive and emotional functioning when the cognitive system is dominated by different clusters of meaning variables, such as those representing personal-subjective meaning, or interpersonally-shared meaning or the concrete approach.

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#### Biography

Shulamith Kreitler was born in Tel-Aviv, has studied psychology, philosophy and psychopathology in Israel, Switzerland and the USA. She got her PhD in Bern Switzerland. Has worked as a professor of psychology in Harvard, Princeton and Yale in the USA, as well as in Argentina and Vienna, Austria. She has lectured in Moscow University, The University of Brno, The University of Frankfurt, Beigin University, and other universities. She has been a professor of psychology at Tel-Aviv University since 1986. She is a certified clinical and health psychologist. Currently she teaches psychology at Tel-Aviv University and is the head of the psychooncology research center at Sheba Medical Center. Has published about 250 papers and 23 books in motivation, cognition, psychopathology and health psychology. She has created the theory of meaning, and the cognitive orientation theory of behavior, health and wellness. Some of her publications: *The Psychology of Art* (1972) (together with Hans Kreitler), *Cognitive Orientation and Behavior* (1976), *The Cognitive Foundations of Personality Traits* (1990), *Handbook of Chronic Pain* (2007), *Pediatric Psycho-Oncology: Psychosocial Aspects and Clinical Interventions* (2004, 2012 2nd Edition By Blackwell/Wiley), *Systems of Logic and the construction of Order* (with Fleck, Ropolyi and Eigner, 2012), *Cognition and motivation* (Cambridge University Press) *Consciousness: Its nature and functions* (together with Oded Maimon), *Conceptions of meaning* (together with Tomas Urbanek), *The construct of Meaning* (Nova, 2022), *Spheres of Meaning* (Nova, 2022), *New Frontiers in Creativity* (Nova, 2020) and *New Horizons in Creativity* (Nova, 2022).

She has been married with Hans Kreitler (1916-1993), has one son Ron Kreitler, and two grandchildren Jonatan and Tamara.



### THE CLIMATE EMERGENCY: WHAT CAN PSYCHOLOGISTS DO?

**Prof. Dr. Michael Wang**

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

#### Abstract

There is now overwhelming evidence that man-made planetary warming is having devastating effects on our climate(1). Just in the past year we have seen fatal flooding in Pakistan, Germany, Belgium and the UK; excessive temperatures in Europe, America and Australia causing wildfires and loss of life; for the first time in living memory summer temperatures have exceeded 40 degrees centigrade in the UK(2). These extremes are only set to get worse. Moreover, it is the poor and vulnerable who are most at risk from these effects. Climate change is also causing worsening physical and mental health in vulnerable populations(3): most medical organisations including WHO are openly concerned and are arguing for change in the lifestyles and use of fossil fuels in the interests of the world population's future wellbeing(4). Do psychologists have a role to play here? Should we be involved in raising awareness and speaking out about these issues? To what extent can our discipline contribute to attitude, behaviour and lifestyle change? The speaker will be summarising actions taken in the UK as an example of what can be done(5).

#### References/links

1. <https://climate.nasa.gov/evidence/>
  2. <https://www.metoffice.gov.uk/about-us/press-office/news/weather-and-climate/2022/red-extreme-heat-warning-ud>
  3. [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(22\)02028-1/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(22)02028-1/fulltext)
  4. [https://www.who.int/health-topics/climate-change#tab=tab\\_1](https://www.who.int/health-topics/climate-change#tab=tab_1)
  5. <https://www.bps.org.uk/psychologist/action-climate-change>
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#### Biography

Prof. Michael Wang, BSc(Hons), MSc(Clin.Psy), PhD, C. Psychol., FBPSS, is Emeritus Professor of Clinical Psychology in the Clinical Psychology Unit, Centre for Medicine, University of Leicester, and former Director of the National Health Service-funded Doctoral Postgraduate Clinical Psychology Training Course (2005-2014). He is a former Chair of the Division of Clinical Psychology of the British Psychological Society. Prof. Wang is also a full practitioner member of the BPS Division of Neuropsychology and a member of the BPS Division of Health Psychology. He is Chair of the Association of Clinical Psychologists UK. He has worked as a clinical psychologist for 40 years. Prior to his appointment in Leicester he was Director of the 6-year, integrated Doctoral Clinical Psychology Training Course at the University of Hull. Throughout his academic career he has maintained an Honorary Consultant role in the NHS, treating patients with anxiety disorders, depression and obsessional compulsive disorder. He has more than 20 years' experience of examining patients with traumatic brain injury for the UK courts. He obtained his three degrees from the University of Manchester: following graduating with a BSc in Psychology in 1978 he began his professional postgraduate training in Clinical Psychology in the Faculty of Medicine. Subsequently he completed a research PhD in 1990 which investigated learning and memory in alcoholics. Over recent years Prof Wang has gained an international reputation for his research on cognitive and memory function during general anaesthesia. In 2004 he organized the 6th International Symposium on Memory and Awareness in Anaesthesia and Intensive Care (in Hull) – the foremost international forum for clinical research in this particular field. He has held appointments on a number of prominent committees in the British Psychological Society including the professional accrediting body for

clinical psychology training, and a committee that is in the process of determining national standards for competence in the use of neuropsychological tests. He has served as an expert advisor on a NICE (UK) Committee in relation to the monitoring of depth of anaesthesia and also as an expert member of the Royal College of Anaesthesia's National Audit Project 5 (a national audit of anaesthetic awareness reports). In 1999 he was made Fellow of the British Psychological Society and is also a Fellow of the Royal Society of Medicine. In 2015 he was awarded the Humphry Davy Medal by the Royal College of Anaesthetists for his contribution to the understanding of accidental awareness during general anaesthesia. Prof. Wang has published more than 60 papers in peer-reviewed journals, and numerous book chapters. He has been an invited speaker at international conferences on more than 30 occasions. In collaboration with colleagues he has won more than £1.2 million in research funding. He has supervised more than 40 doctoral research projects over the past 25 years. He has been a regular contributor and session chair at recent InPACT conferences, and recently joined the conference team as a co-organiser.

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# **ORAL PRESENTATIONS**





## CLINICAL PSYCHOLOGY

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### COUPLE THERAPY THROUGH DANCE & MOVEMENT: DISCLOSING MULTIPLE TRUTHS IN THE RELATIONSHIP

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#### **Abstract**

Body and Movement-integrated couple therapy aims to embody seminal issues in the couple relationship through joint dance, and to offer a somatic translation of issues like power relations, leadership and dependency. These issues, expressed in and through movement, are processed symbolically and verbally in the course of the analytic session. This study aimed at understanding the couples' perception of the significant moments within therapy. Nine couples participated in 12 couple therapy sessions. They were interviewed and responded to questionnaires both before and after the sessions. The findings show that diverse experiences in movement introduced the couple to misconceptions about their relationship and elicited individual subjective truths of each partner alongside significant shared truths, which were all somatically embodied and expressed. The "here and now" encounter with emotional contents through the body created a safe space for acceptance and internalization of unconscious roles and needs, which only came to the fore through the couple's movement. Based on the results of the study, I will present how the combination of verbal discourse and movement allows the partners to get acquainted with latent knowledge that resides in the body and cannot be consciously reached through language alone.

**Keywords:** *Couple therapy, dance movement therapy, embodied relationship.*

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### A QUALITATIVE EXPLORATION OF FEMALE FRIENDSHIP'S IMPACT ON HETEROSEXUAL ROMANTIC RELATIONSHIPS

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#### **Abstract**

This qualitative study explored the influence of female friendship on romantic relationship satisfaction. Twelve women between the ages of 27-34 participated in 90-minute semi-structured interviews. These interviews were recorded, transcribed, and analyzed using Thematic Analysis. Twenty-three themes emerged and were organized into five domains: Relationship Satisfaction, Relationship Experience, Friendship Experience, Partner and Friend Interaction, and Friendship's Impact on Relationship Satisfaction and Experience. Results showed that participants had a wide range of experiences with their female friendships and romantic relationships. The first domain, Relationship Satisfaction, included the participants' definitions of relationship satisfaction, the level of satisfaction they felt in their romantic relationships, and aspects of their relationships that helped them feel either satisfied or dissatisfied. The second domain, Relationship Experience, encompassed the participants' romantic relationship experiences. The themes in this domain included attachment, emotional labor, strengthening strategies, partner conflict, and COVID-19's impact on relationship experience. The third domain, Friendship Experience, covered the participants' descriptions of friendship, categorization of friendships, emotional benefits of friendship, friendship changes after their romantic relationship began, conflict with friends, imagining their lives without friends, and COVID-19's impact on their friendships. The fourth domain, Partner and Friend Interaction, included the participants' partners and friends' opinions of each other and their partner's behavior when they are in a friend conflict. The fifth theme, Friendship's Impact on Relationship Satisfaction and Experience, addressed the study's primary research question: How does female friendship impact romantic relationship satisfaction? Most participants felt their friendships positively impacted their romantic relationships with a few describing instances of negative impact. Areas

of positive influence included relationship support, emotional support, and modeling intimacy. Areas of negative influence were jealousy and judgments. Comparing relationship experiences with that of friends was discussed as both a positive and negative influence on relationship satisfaction. Findings are presented within the context of existing literature followed by a discussion of clinical implications, limitations, and suggestions for future research.

**Keywords:** *Female friendship, romantic relationships, couples.*

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## **THE AFFECTIVE FUNCTIONING FORMS OF THE ADULT MUSEUM VISITOR**

**Colette Dufresne-Tassé, & Anne St-Louis**

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### **Abstract**

The piece of research presented here on the forms of the affective functioning observed during a museum visit identifies nine of them, while most of the authors who are part of the "affective curatorship" trend maintain that there is only one, emotion.

**Keywords:** *Museums, adult visitors, affective functioning, meaning making.*

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## **PREDICTORS OF INTERNET ADDICTION: CONTRIBUTION OF TYPES OF INTERNET ACTIVITIES AND PSYCHOLOGICAL CHARACTERISTICS**

**Vesna Antičević<sup>1</sup>, Ana Ćurković<sup>1</sup>, Ana Šarić Gudelj<sup>1</sup>, & Varja Đogaš<sup>2</sup>**

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### **Abstract**

In this study, a correlational cross-sectional research design was used to identify factors contributing to vulnerability for IA. We were primarily interested in determining the frequency of Internet addiction and the most frequently used Internet activities of the participants. We also examined the relationship between the type of Internet activities and psychological characteristics with the degree of Internet addiction. A web-based survey was used to collect data. This web-based survey was sent on the Internet through the Google docs platform and the mainstream media. More than 300 members of the general population in all age categories (about 70% of women) in Croatia completed following questionnaires: The Internet Addiction Test- IAT, The Interpersonal Orientation Scale – IOS and The General Health Questionnaire – GHQ. The results indicated that more than one third of the participants met the criteria for Internet addiction according to the IAT criteria, with the largest number showing signs of mild Internet addiction. Being male ( $p=0.05$ ) in younger age groups ( $p<0.01$ ) contributed to a higher probability of achieving higher results on the Internet addiction scale. Further, participants who, on average, spent more time on the Internet per day also scored higher on IAT ( $p<0.001$ ). Finally, ineffective interpersonal styles (misanthropic versus philanthropic  $p<0.01$ ) and lower quality of mental health ( $p<0.01$ ) were found to be significant predictors of higher Internet addiction. In summary, the findings in this study indicated lower levels of Internet addiction in more than 30% percent of Internet users. The degree of Internet addiction is mostly contributed by the time spent on the Internet, but also by the personal (sociodemographic and psychological) characteristics of the participants.

**Keywords:** *Internet addiction, personal characteristics, types of internet activities.*

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## THE DIALECTICAL RELATIONSHIP BETWEEN EMOTIONAL ACCEPTANCE AND COGNITIVE CHANGE IN EMOTION REGULATION

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### Abstract

Emotion regulation is a process by which people influence the occurrence, intensity, and duration of their emotional experience. There are various strategies through which negative emotions can be downregulated. Acceptance-based strategies highlight the importance of accepting rather than suppressing negative emotional events whereas change-focused strategies involve reinterpreting negative situations to reduce their influence (i.e., cognitive reappraisal). Dialectical-behavioral therapy (DBT) is a well-established treatment for individuals with severe emotion regulation difficulties. The theoretical foundation of DBT is that there is a dialectical relationship between acceptance and change. Specifically, DBT emphasizes the synergistic effect of acceptance and change, indicating that emotional acceptance can facilitate cognitive change. Nevertheless, empirical evidence to support this notion is scarce. The goal of the current study was to address this gap. In the study, 120 healthy adults were randomly allocated into three training groups. The first group was trained to use an acceptance-focused DBT skill named "Radical Acceptance". This skill aims to improve emotional acceptance by practicing acceptance of painful aspects of reality. The second group was trained in a change-focused DBT skill named "Check the Facts", aiming to promote cognitive change by reappraising negative emotional events. The third group served as a control group and did not practice any skills. Participants in the training groups were trained to use these skills six times over two weeks. At baseline and the end of training, participants completed an emotion regulation task that assessed their ability to implement emotional acceptance and cognitive reappraisal (i.e., cognitive change) for downregulating real-time negative emotions. The results showed that participants who were trained in cognitive change improved in their ability to use cognitive reappraisal to downregulate negative emotions, but not in their ability to use emotional acceptance. In contrast, participants who were trained in emotional acceptance improved both in their ability to use emotional acceptance and cognitive reappraisal for emotion regulation. In fact, their improvement in cognitive reappraisal was larger in terms of effect size than that in the cognitive change group. Participants in the control group did not improve in their ability to use either strategy. The findings provide the first empirical evidence to support the basic theoretical idea of DBT according to which acceptance can facilitate change. Moreover, the results indicate that practicing acceptance enhances cognitive change to a greater extent than practicing cognitive change.

**Keywords:** *Emotion regulation, emotional acceptance, cognitive reappraisal, dialectical behavior therapy.*

## ASSESSMENT OF PERSONALITY AND PSYCHOPATHOLOGY IN THE CLINICAL-FORENSIC CONTEXT: CONTRIBUTION OF THE MMPI-2-RF

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### Abstract

The clinical-forensic context requires broad instruments for personality and psychopathology assessment, due to the seriousness of decision making in this context. It is of utmost importance to ground those decisions in accurate knowledge of psychological features, enabling a broad characterization of the individuals' level of functioning and adaptation. The Minnesota Multiphasic Personality Inventory-2-Restructured Form (MMPI-2-RF) is among the most used instruments in this setting, as it is a broad inventory with several substantive scales, also including a set of validity scales aiming to identify response attitude. Within this context, some common psychological and behavioural features may exist that characterize the involved samples, but also a number of relevant differences, depending on the diversity of situations. This diversity includes criminal context individuals, serving a sentence or accused of crimes; individuals assessed following judicial requests for parenting skills and competence

assessment; and individuals involved in court processes of litigation, related to compensation requests for work accidents, or domestic violence victimization. Thus, our main goal was to compare these specific forensic areas on the substantive and validity scales, and identify psychological characteristics more directly linked to the behavioural patterns of individuals in each sample. A total of 377 participants, grouped in three samples – Criminal ( $n = 163$ ;  $M_{age} 39.09$ ,  $SD 11.30$ ), Parenting skills ( $n = 133$ ;  $M_{age} 41.45$ ,  $SD 9.09$ ) and Civil ( $n = 81$ ;  $M_{age} 44.01$ ,  $SD 11.87$ ) – were assessed with the MMPI-2-RF and the results on the validity and substantive scales (i.e., higher order, restructured clinical, specific problems, and personality psychopathology) were considered. Multivariate analysis of covariance was used to assess the significant differences between the samples. Globally, both validity and substantive scales identify relevant characteristics of each sample. The criminal sample displayed the highest values in externalizing dysfunction, antisocial behaviour, hypomaniac activation; juvenile conduct problems, substance abuse, instrumental and intentional aggressiveness, and under-controlled behaviour. The parenting skills sample reached higher values in the validity scales that denote an inconsistent response attitude characterized by high social desirability. Finally, the civil sample showed clinically elevated profiles, indicating significant clinical issues. These results point out relevant psychological features characterizing different kinds of clinical-forensic areas, something that must be taken into account in psychological assessment in this field, and also as validation evidence supporting the use and interpretation of the validity scales.

**Keywords:** *Personality, psychopathology, MMPI-2-RF, clinical-forensic context.*

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## THE DARKER SIDE: PERSONALITY AND MOTIVATIONS OF CLINICAL AND COUNSELLING PSYCHOLOGISTS

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### Abstract

Clinical and counselling psychologists have traditionally been perceived as being helpful to others, empathic, caring, kind, trustworthy, independent, insightful, and introspective. They have also been found to possess analytical, interpersonal, observational, and problem-solving skills; patience and integrity. Research on the personality and motivations of clinical and counselling psychologists has therefore mostly focused on strengths and positive attitudes and motivations. Although theories regarding the negative traits and less desirable motivations of psychologists exist, few researchers have attempted to validate them empirically, especially in the Maltese context. The aim of the current study is to explore the personality traits and motivations of Maltese clinical and counselling psychologists, from the perspectives of their colleagues. Five clinical and five counselling psychologists were interviewed by means of the repertory grid technique, based on the tenets of Kelly's construct theory. Data was analysed following a procedure adapted from Lemke et al. (2011). Findings suggest that besides altruistic motives to pursue the profession, psychologists are also driven by "darker" motivators which have been under-researched so far. These include power, financial gain and the need for self-affirmation. Additionally, results underscore the existence of traits which could potentially interfere with the outcome of psychotherapy, such as unethical attitudes and behaviours, an inflated sense of self, and difficulties with empathy. These findings have pragmatic value in that they can inform understanding of determinants underlying clinical and counselling psychologists' choice of career. This could prove useful both when prospective psychologists are considering entry into the profession, and to inform the personal psychotherapy and supervision of existing psychologists. The results therefore have implications for the selection, training and supervision of clinical and counselling psychologists.

**Keywords:** *Personality, motivations, clinical and counselling psychologists, repertory grid technique.*

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## **TRAUMA-SENSITIVE YOGA IN PUBLIC PSYCHIATRIC SERVICES: INNOVATIVE CLINICAL MODEL FOR VETERANS WITH PTSD**

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### **Abstract**

Many veterans with PTSD fail to gain significant improvement through trauma-focused therapies or other cognitive evidence-based therapies that are offered in public psychiatrist services. As a result, many veterans who are in the care of the public psychiatric system do not enjoy a sufficient improvement in their condition. This situation leaves both the patients and professionals in distress and creates a major load on the public psychiatric systems. One of the reasons for veterans' difficulty to benefit from treatments is an unregulated and overstimulated nerve system, that cannot tolerate the cognitive and emotional efforts demanded by these treatments. At the same time, there is an increasing body of knowledge on body-mind interventions for PTSD that address the hyper arousal of the sympathetic nerve system (SNS) and support regulation. However, these interventions are yet to be recognized by mainstream therapists and the public services, either as standalone interventions or as supporting therapy, enabling the more "traditional" therapies. This study will present an innovative therapeutic intervention that consist of short-term group of trauma-sensitive yoga (TSY) for veterans with PTSD, that took place between 2020-2022 in public psychiatric outpatient clinic in general hospital in Israel. Preliminary findings of this qualitative study show 6 main themes among participants: 1. Improved regulation of the sympathetic nerve system. 2. Acquirement of practical tools for stress-release. 3. Reconnection to supportive resources and using them in daily life. 4. Improvement in quality of life and daily functioning (e.g., sleep, memory, concentration). 5. Strengthening bodily awareness, hence consolidating sense of self-agency. 6. Improving illness management and treatment adherence. These findings demonstrate that TSY can be a promising supplementary intervention within public service that promote improvement in the client condition hence his ability to benefit from other treatments offered him. This study demonstrates the possible efficacy of using body-mind interventions with PTSD veterans who are clients of public services. Combining novel approaches within standardized care can increase the effectiveness of the latter, in clinical situations where success rates are limited and need to be better address.

**Keywords:** Veterans, trauma, trauma sensitive yoga, PTSD, psychiatry services.

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## **IS THERE BANALITY IN EVIL? RE-READING HANNAH ARENDT'S EICHMANN IN JERUSALEM IN VIEW OF YARIV MOZER'S FILM "THE DEVIL'S CONFESSION ON THE LOST EICHMANN TAPES"**

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### **Abstract**

In 1957, some years before Eichmann's Willem Sassen a Dutch Nazi journalist, conducted a series of interviews with Eichmann in Buenos Aires. The resulting tape recordings were recently made public for the first time in the documentary "The Devil's Confession: The Lost Eichmann Tapes" (2022). This is the occasion for a rereading of Arendt's *Eichmann in Jerusalem*. Arendt, reporting Eichmann's trial in Jerusalem for the *New Yorker*, argued that rather than a bloodthirsty murderer motivated by anti-Semitic ideology, Eichmann showed himself to be a mediocre but ambitious civil servant whose evil can be described as "banal". I look at a hitherto neglected aspect in the discussion of her book: the psychology of attribution of evil. The Sassen interviews bear out that Eichmann, no less than Himmler, was a radical anti-Semite. Eichmann relates how he himself took the initiative to kill as many Jews as possible and felt sorry for not having managed more. Arendt was misled by Eichmann's cliché riddled testimony during his trial. Referring to a new theory of moral judgment (Govrin, 2014) this lecture shows how the local public outrage against Arendt's analysis is related to the fact that it broke each of the four criteria of the perception of evil. She questioned the asymmetry between victim and perpetrator; accepted at face value the perpetrator's denial of his hatred of the victim; entered the perpetrator's mind and presumed he showed a degree of guilt. This undermined the public perception of the evil of the Nazis which was largely based

in identification with the victims and profound shock with their actions. That said, Arendt's analysis was a contribution to our understanding of evil by pointing at a structural gap between the observer's perception of the perpetrator and that of the perpetrator himself. Recognizing this will allow us to take due note of aspects of evil whose origins are in banality.

**Keywords:** *Evil, moral psychology, Arendt Hannah, victimhood, antisemitism.*

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## **DEVELOPING AN ALTERNATIVE STORY AND ITS WAYS OF NEGOTIATION WITH MASTER NARRATIVE**

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### **Abstract**

The present study aims to explore the major process of negotiation with and internalization of the master narrative, which assists as the cultural framework for narrative identity development. Another goal of the study is to situate data obtained from Georgian samples in the broader context of narrative inquiry within the narrative identity theoretical framework and the broader model of master narrative. It analyses the data obtained from Georgian sex workers and traces the process of creating an alternative master narrative (which, in turn, serves as the avenue for overcoming stigma, achieving resocialization, and generativity) and its negotiation with an autobiographical master narrative. The research addresses the following questions: How do research participants construct alternative master narratives and how do participants' alternative narratives interact with the Georgian biographical master narrative? Since this is ongoing study, no extensive research outcomes can be communicated now, however, altogether, 15 life stories or 1080 narratives will be coded for autobiographical reasoning, generativity, life script, as well as for narrative structure (redemption, contamination, other). Besides, thematic analysis will be carried out. As preliminary data analysis shows, research participants construct their life stories or narrative identities through bringing to the surface the implicit master narrative and creating their own alternative one via either shifting and replacing the events or modifying sequences of the events included in the normative life story or autobiographical master narrative.

**Keywords:** *Alternative master narrative, biographical master narrative, generativity, autobiographical reasoning, narrative structure.*

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## **DEFENSIVE COPING IN WOMEN WITH EATING DISORDERS**

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### **Abstract**

Eating disorders are highly prevalent problems observed across world populations, especially among women. Current analyses lead to the conclusion that with time the issue becomes more serious and it affects more people. It is underlined that people with eating disorders have problems with adequate emotion regulation that leads to emotion suppression in patients with anorexia nervosa. The results for persons suffering bulimia nervosa are ambiguous, whereas no data is given for people with binge eating disorders. One of the approaches to studies concerning coping with difficult emotions states that people differ according to their level of anxiety and defensiveness. Based on those two measures it is possible to identify four independent groups of people: repressors (low level of anxiety, high level of defensiveness), low anxious (low scores of anxiety, and defensiveness), high anxious (high level of anxiety and low level of defensiveness), and sensitizers (high on both anxiety and defensiveness). So far, there were no studies dedicated to verification of defensive coping strategies among people with eating disorders. In the presented study the analysis of this issue was undertaken. In the study participated 127 women, aged 18-69 ( $M=28.73$ ;  $SD=7.74$ ). Among all the respondents there were 61 persons without diagnosis, 21 women with anorexia nervosa, 23 respondents with bulimia nervosa, and 22 persons with binge eating disorder. All diagnoses were given by psychiatrists. Respondents filled in Eating Disorder Inventory and Eating Attitudes Test. It was proved that women without eating disorders were recruited mostly from the

group of low anxious and repressors. In the group with anorexia nervosa repressors were most frequent. For women suffering bulimia nervosa the most popular was high anxiety, whereas for persons with binge eating disorder low anxiety was the most frequent. The relations between type of disorder and defensive coping style was statistically significant  $\chi^2(9)=53.25$ ;  $p<.001$ . Based on the ANOVA results it was also proved that there were statistically significant differences between groups identified according to the coping style in their mean attitudes towards eating:  $F(3,123)=5.54$ ;  $p=.001$ , overeating  $F(3,123)=17.46$ ;  $p=.001$ , and laxativation  $F(3,123)=9.68$ ;  $p<.001$ . According to the results it might be stated that repressors, high anxious, and sensitizers are more prone to having eating problems than low anxious, but next studies are needed since gathered results are ambiguous in some respects.

**Keywords:** *Repression, sensitization, anorexia nervosa, bulimia nervosa, binge eating.*

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## ONLINE AND OFFLINE ART THERAPY BASED INTERVENTIONS IN PANDEMIC TIMES

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### Abstract

In our paper, we would like to give a summary of two art therapy based research projects, one online and one offline, conducted by ELTE EMIND laboratory. The online study is a mixed qualitative and quantitative methods research, exploring how online individual art-therapy based (ATB-SHOT) self-help tasks could support international students during the COVID 19 pandemic lockdown. Partially based on the result of ATB-SHOT, a similar in-person group protocol was designed for students. Both the effectiveness of the different settings and the correlations of outcomes with personality constructs are shown. The preliminary results suggest that art therapy might be an effective method for supporting in stressful times, even if tasks are not focused directly on the stressor. The importance of our findings might be further utilized in preventive mental health structures.

**Keywords:** *Time limited art therapy protocols, ATB-SHOT, stress reduction.*

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## THE EFFECTS OF PROBLEM-SOLVING SKILLS ON PERCEIVED DISCRIMINATION AND RELATIONSHIP SATISFACTION OF INTERRACIAL BLACK-WHITE COUPLES

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### Abstract

In light of the increasing number of interracial marriages in the U.S., this study aimed to investigate the effect of couples' problem-solving skills on how discrimination experience is related to relationship satisfaction among interracial Black-White couples. A sample of 178 interracial couples (93 Black husbands-White wives and 85 Black wives-White husbands) participated in the study by completing online surveys via Qualtrics Panel. A structural equation model was utilized to test whether or not problem-solving skills could moderate the relationship between couples' experience of discrimination and relationship satisfaction. Results revealed a positive association between relationship satisfaction and problem-solving skills and a negative association between the perception of relationship satisfaction and couple discrimination. Interracial couples' problem-solving skills buffered the relationship between the experience of discrimination and relationship satisfaction. The results of the present study highlighted the importance of interracial couples' problem-solving skills in effectively addressing relationship concerns.

**Keywords:** *Black-white couples, discrimination, interracial couple, problem-solving skills, marital satisfaction.*

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## THE ROLE OF PUBLIC AND INTERNALIZED STIGMA ON SEEKING PSYCHOLOGICAL HELP: A STUDY TARGETING ALBANIAN YOUTH

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### Abstract

As in other cultures, the stigma associated with mental health symptoms or therapeutic services appears to be a substantial barrier to obtaining professional assistance in Albania. In the psychotherapy literature, stigma often refers to the public stigma associated with having a mental illness and to the feelings of shame involved with seeking professional help. The nature of the study is correlational based and aims to explore the relationship between public stigma and internalized self-stigma, and how may influence young people in Albania to seek psychological help. In the study participated 153 students, 95 females (62.1%) and 58 male students (37.9%). The age range of participants was 18-23 years of age (mean=20.50 years of age). The data were collected using a demographic data form, the Self-Stigma of Seeking Help Scale, the Social Stigma Scale for Receiving Psychological Help, and the Attitudes toward Seeking Professional Psychological Help Scale-Short Form. The findings indicated that self-stigma ( $r = -0.577, p < .01$ ) and public stigma ( $r = -0.763, p < .01$ ) correlated negatively with help-seeking attitudes. The multiple regression analysis results showed that only the self-stigma scale significantly predicted the attitudes toward seeking psychological help,  $F(2, 150) = 39.614, p < .0005, R^2 = .346, p < .05$ .

**Keywords:** *Internalized stigma, mental illness, psychological help, public stigma.*

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## SOCIAL ANXIETY CONNECTION WITH INDIVIDUAL CHARACTERISTICS: THEORY OF MIND, VERBAL IRONY COMPREHENSION, AND PERSONAL TRAITS

**Anano Tenieshvili, & Teona Lodia**

*Department of Psychology, Ivane Javakhishvili Tbilisi State University (Georgia)*

### Abstract

Social anxiety disorder (SAD) is one of the most common mental health problems not only in adults but also in adolescents. Individuals with SAD exhibit difficulties in interpersonal relationships, understanding emotions, and managing them as well. This prevents individuals from optimal functioning, as far as, it is crucial for social and emotional adaptation to identify, understand, accept, and manage emotions correctly. Researchers are still concerned about the factors that contribute to the development and maintenance of this condition. Therefore, the main purpose of this study is to acquire knowledge about the association between social anxiety and individual characteristics, such as theory of mind (ToM), verbal irony comprehension, and personal traits. The quantitative method of research was selected and the data from 112 adolescents were collected for this research. Adolescents aged from 12 to 18 years and 15 of them had a diagnosis of Social Anxiety Disorder. Statistical analysis was performed on the whole group, additionally, two groups: adolescents with and without SAD were compared separately. Social anxiety (Social Anxiety Scale for Adolescents, 1998) and personal traits (Der Münchner Persönlichkeitstest, 2012) were measured by questionnaires. Theory of mind (A Movie for Assessment for Social Cognition, 2006) and comprehension of verbal irony (Mewhort-Buist, & Nilsen, 2012) were assessed using psychological tests. Statistical analysis indicated a positive relationship between social anxiety and comprehension of verbal ironic criticism. Moreover, social anxiety was significantly positively correlated to neuroticism and isolation tendency, while it was negatively related to extraversion and frustration tolerance. On top of that, statistical analysis revealed a positive relationship between ToM and verbal irony comprehension. However, the relationship between social anxiety and ToM was not statistically significant. Two main explanations for this result are that hypermentalizing is related to social anxiety only when the social situation is self-referential (Ballespi et al., 2019) and theory of mind impairment may manifest only on the clinical and not subclinical level of social anxiety (Lenton-Brym et al., 2018).

**Keywords:** *Personal traits, social anxiety, theory of mind, verbal irony.*

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## GAMBLING HABITS, SENSATION SEEKING AND DANGER INVULNERABILITY AMONG UNIVERSITY STUDENTS

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### Abstract

In countries where gambling is widely offered and advertised, gambling has become a significant public health problem. Moreover, young adults are a particularly vulnerable group, and studies consistently confirm that both gambling involvement and gambling-related problems peak in this age group. While many studies have documented an important role of sensation seeking, danger invulnerability as well as its relationship to sensation seeking have been neglected in studies of gambling intensity. In order to contribute to the knowledge of young adults' gambling behaviour, the present study investigates the prevalence of various games of chance and the gambling habits of university students. In addition, the focus of this study is on the relationship between sensation seeking and gambling frequency, as well as the possible mediating effect of danger invulnerability. A total of  $n=641$  university students participated in the study ( $M_{age} = 21.25$ ;  $F = 52.7\%$ ,  $M = 47.3\%$ ), and their self-reports on the following measures were obtained: (1) Gambling Activity Questionnaire (Ricijas, Dodig, Huic & Kranzelic, 2011), (2) Brief Sensation Seeking Scale (BSSS-4) (Stephenson et al., 2003), (3) The Invulnerability Scale (Milic, Vlajcic & Krizanic, 2019).

The results show that gambling is highly prevalent among university students, with sports betting being the most common gambling activity. Moreover, sensation seeking and danger invulnerability are positively correlated with gambling frequency, and danger invulnerability fully mediates the relationship between sensation seeking and gambling. The proposed model in which danger invulnerability mediates the relationship between sensation seeking and gambling frequency explained 42.4% of the variance in danger invulnerability and 32.7% of the variance in gambling frequency.

This study confirms the importance of focusing on this specific age group and following research on other risk behaviours to examine both sensation seeking and invulnerability in the context of gambling. The findings will be discussed and interpreted in terms of their implications for further research and practical/clinical interventions.

**Keywords:** Gambling, gambling intensity, university students, sensation seeking, danger invulnerability.

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## AFFECT-RELATED CHANGES IN PATIENTS WITH DISSOCIATIVE AMNESIA

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### Abstract

Dissociative amnesia is a psychiatric syndrome accompanied by severe memory disturbances which are usually retrograde and restricted to the autobiographical domain. If the amnesia relates to the whole past life, self-consciousness ("autonoetic consciousness") is considerably disturbed. Due to the fact that autobiographical memories are usually affect-related, it is of interest to investigate whether a reason for the patients' memory disturbances can be sought in changes in affect and emotion. We therefore investigated possible affect-related changes in 34 patients with a diagnosis of dissociative amnesia using neuropsychological tests and questionnaires.

Patients: The patients were between 11 and 54 years of age at the time of their investigation (mean age: 37 years). All but one of them had live-long retrograde amnesia; the exception had continuous

anterograde amnesia (a very rare, but existing form of dissociative amnesia). The majority of the patients had deficits in attention and concentration (20 patients; 59%). With respect to affect-related changes, many of the patients (24 patients; 71%) had a blunt affect in interviews and conversations; and in affect-related tests (Florida Affect Battery; Reading the Mind in the Eyes Test; Toronto-Alexithymia-Scale), again most of them (26 patients; 76.5%) showed remarkable deficits. Furthermore, in questionnaires used to investigate personality dimensions (Freiburg-Personality-Inventory; Symptom-Check-List 90; Dissociative Experiences Scale-II; Beck Depression Inventory; Interpersonal Reactivity Index), the clear majority (>75% of the patients tested with these instruments) manifested deviances suggestive of affect-related changes (tendencies of depression, anxiety, somatization, alexithymia).

It is concluded that the old concepts for dissociative amnesia, namely 'hysteria' and that patients with this disease condition demonstrate a kind of 'belle indifference' towards their social environment, are still valid and may contribute significantly to their lack of self- or auto-noetic consciousness. Furthermore, their usually selective autobiographical retrograde amnesia seems to be attributable to a desynchronization between affect-related and memory-processing regions of the brain, a hypothesis which is confirmed by more recent functional neuroimaging data in patients with dissociative amnesia.

**Keywords:** *Emotion, auto-noetic consciousness, memory, personality dimensions.*

## ONLINE GAMING AMONG HIGH SCHOOL STUDENTS - GAMING CHARACTERISTICS AND PREDICTORS OF VIDEO GAME ADDICTION

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### Abstract

Playing video games is one of the most popular leisure activities among youth, the use of which has increased significantly due to the development of online versions of games. For this reason, the number of individuals who develop gaming related problems has also increased, and therefore the World Health Organization has included gaming disorder as a behavioral addiction in its' eleventh version of the ICD (Ciccarelli et al., 2021). High school students are the group at highest risk of developing addiction. Although there are numerous studies examining the predictors of gaming addiction, there are no studies to date that have included the most important predictors in a comprehensive regression model that allows analysis of their individual and comprehensive contribution to explaining the criteria, as well as their interactions.

Accordingly, the main goal of this study is to explore the characteristics of online gaming and to examine the contribution of demographic characteristics, personality traits, mental health problems, social-emotional competencies, interpersonal relationships, motivation, and intensity of playing in explaining gaming addiction using a probabilistic sample of N=825 Zagreb high school students (Mage=16.65; F=50.7%, M=49.0%). To meet the research goal, an extensive battery of measurement instruments was used: (1) Questionnaire on participants' baseline characteristics; (2) Questionnaire on frequency of use of online video games; (3) Internet Addiction Test (Young, 1998); (4) International Personality Item Pool-20 (Donnellan et al., 2006); (5) Self-Description Questionnaire II (Marsh, 1992); (6) General Self-Efficacy Scale (Schwarzer, Jerusalem, 1995); (7) Hyperactivity-impulsivity-attention Scale (Vulić-Prtorić, 2006); (8) Questionnaire of emotional skills and competence (Takšić, 1998); (9) Depression, Anxiety and Stress Scale-21 (Lovibond and Lovibond, 1995); (10) Internet Motive Questionnaire for Adolescents (Bischof-Kastner, Kuntsche, Wolstein, 2014); (11) Social Comparison Scale (Gibbons, Buunk, 1999); (12) Social and Emotional Loneliness Scale (diTommaso, Spinner, 1993). The results indicate that approximately 15-20% of high school students, mostly males, play online video games daily, with first-person shooter games being the most common. Hierarchical regression analysis was performed and significant predictors of Internet addiction among adolescents who predominantly play online video games were higher levels of attention problems, motivation to use the Internet as a coping strategy for stressful life situations, and more intensive gaming.

The research findings suggest that there is a need to change the way online gaming addiction is studied. The findings also provide a starting point for developing effective prevention and treatment interventions for adolescents.

**Keywords:** *High school students, gaming, internet addiction, internet gaming disorder, predictors, stepwise regression analysis.*

## EXTERNAL SHAME, COPING COMPETENCE AND SOCIAL SUPPORT AS PREDICTORS OF QUALITY OF LIFE IN INFERTILE WOMEN DURING IVF

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### Abstract

World health organization's statistics show that 8-12% of couples worldwide have a problem with fertility, so it is a public health problem around the world. The problem is that the percentage of infertile couples is constantly increasing. Infertility is a medical condition that represents a great challenge for mental health and can significantly affect the quality of life (QoL) of people who face this problem. The aim of this research was to investigate whether external shame, coping competence, and social support are significant predictors of QoL in infertile women during their In Vitro Fertilization (IVF). QoL was examined according to two dimensions - as a core QoL which represents the QoL across the following domains - Emotional, Mind-Body, Relational, and Social - and as the QoL determined by the different aspects of infertility treatment. This study involved 151 women who were undergoing IVF at the time of testing. The following instruments were used: Fertility quality of life tool (FertiQoL) - in this study we used two of three total scores: The Core FertiQoL (the average fertility QoL across Emotional, Mind-Body, Relational, and Social domains) and The Treatment FertiQoL (the average QoL across treatment domains - Treatment Environment and Treatment Tolerability), the Other as Shamer Scale (OAS), the Coping Competence Questionnaire (CCQ) and the Multidimensional Scale of Perceived Social Support (MSPSS). The results of the regression analysis show that Coping competence defined as resilience to learned helplessness and depression is a significant predictor of The Core FertiQoL ( $\beta = .49$ ,  $p < .001$ ) and that this model explains 33% of the criterion variance ( $R^2 = .33$ ,  $F(3, 147) = 25.33$ ,  $p < .001$ ). When it comes to the prediction of QoL determined by treatment characteristics, the regression model explains 11% of the criterion variance ( $R^2 = .11$ ,  $F(3, 147) = 7.37$ ,  $p < .001$ ), while the significant predictors of this aspect of QoL are Coping competence ( $\beta = .28$ ,  $p = .002$ ) and Perceived social support ( $\beta = .19$ ,  $p = .022$ ). Individual coping skills in dealing with infertility are very significant for the global QoL, while in the case of the QoL associated with accessibility and quality of infertility treatment in addition to individual competencies, social resources are also important. The results may have practical implications as an important guideline in counseling and psychotherapy work with this group of clients.

**Keywords:** *Infertility, quality of life, external shame, coping competence, social support.*

## EMOTIONAL DISTURBANCES IN URBACH-WIETHE DISEASE WITHOUT VISIBLE AMYGDALA DAMAGE

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### Abstract

A 19-year-old man with Urbach-Wiethe disease (UWD) - a rare genetically-based syndrome which usually is accompanied by various dermatological changes and bilateral calcification of the amygdalae - was investigated neuropsychologically and neuroradiologically. As consequence of amygdalar damage, typical functions mediated by this structure are disturbed. These are alterations in emotional behavior - both with respect to positive and negative emotions - changes in sensory perception, primarily olfaction and taste, and impairments in certain memory domains. Especially the emotional flavoring of autobiographical memories is impaired, both with respect to anterograde and retrograde memories. As the neurological changes in the amygdalae occur gradually over time, it is of

major importance to investigate (a) whether there is major amygdalar damage already at age 19, and (b) whether in case of no major measurable amygdalar damage, UWD-related behavioral changes are nevertheless apparent.

Case: The patient had genetically-proven UWD and had been investigated by us at age 9 and at age 19. He visited high school, but was every day accompanied by an assistant, who helped him to keep track of his duties and to co-ordinate his school work. His mother said that he is quite uncoordinated. Both a computer tomography and magnetic resonance imaging failed to show evidence of brain damage, which is an unusable finding in comparison to other, and even younger patients with UWD. On the other hand, the neuropsychological tests revealed a number of deviances from normality. These were seen with respect to his attention and concentration abilities, with respect to emotional behavior and personality dimensions, and with respect to certain aspects of memory. As predictable from his mother's judgment, he was found to have concentration problems. On the emotional level, he had problems in judging facial emotional expressions. And with respect to personality, he scored high on dimensions of depression, compulsion, and anxiety.

These findings indicate that behavioral changes precede measurable brain organic changes and that UWD has a major impact on the well-being, even when the usual bilateral amygdalar calcification is not yet apparent.

**Keywords:** *Affect, static brain imaging, effort, calcification, personality dimensions.*

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## **MATERNAL WORKLOAD, MATERNAL GUILT AND THE COPING STRATEGIES OF WORKING MOTHERS**

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### **Abstract**

Introduction: The current study examined intensive mothering ideals and the maternal guilt experiences of full-time working mothers. Also, it was aimed to explain how they emotionally cope with this sense of guilt they experience. Maternal guilt is common in many countries (Collins, 2020). With the increased number of working women, many mothers feel guilty about the high standards set by intensive mothering (Aycan & Eskin, 2005; Karakaya et al., 2021). While research has indicated that maternal guilt has been linked to many negative effects such as depression, anxiety, and stress (Constantinou et al., 2021; Dunford & Granger, 2017; Sánchez-Rodríguez et al., 2019), less attention has been focused on what mothers do about this guilt they feel. This study investigated the factors and experiences leading to the feeling of guilt and how full-time working mothers cope with this sense of guilt arising. Method: This study investigated mothers' emotional coping with guilt using in-depth semi-structured interviews conducted with 10 full-time working mothers living in Turkey. The inclusion criterion for mothers is having at least one 2–6-year-old child because mothers with younger children feel more guilty due to toddlers demanding more care (Borelli et al., 2017). The data gathered from the interviews were analyzed by using phenomenological analysis in the program MAXQDA 20. Results: Two main following themes emerged: mothers' experiences and coping. Mothers' experiences consisted of intensive mothering ideals and maternal guilt. Mothers had some intensive maternal ideals like they have to plan all details and fulfill all needs of children. Also, being good both at work and mothering was challenging. These expectations and the feeling of being inadequate might cause maternal guilt. They experienced guilt after they were angry with the child and in some circumstances, such as leaving the child while he/she was sick or spending less time with the child. Another emerging main theme was coping. In an effort to cope with this guilt, mothers employed social support, tried to have time to relax, gained meaning through work, refused intensive and perfect mothering, and emphasized taking less load at work. Conclusion: The lived experiences of maternal guilt emanating from intensive mothering ideals and the mothers' management strategies were examined. Implications for working mothers and mental health workers dealing with guilt were discussed in the light of literature.

**Keywords:** *Mothering, maternal guilt, coping, qualitative study.*

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## SELF-DIFFERENTIATION, RESILIENCE, DISSOCIATION, AND DEPRESSION AS PREDICTORS OF DIFFERENT FAMILY ROLES

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### Abstract

In order to facilitate family functioning children often assume different roles (e.g. hero, scapegoat, mascot, lost child). The role that a specific child will assume is determined both by the characteristics of the family system and his/her personal characteristics. The aim of this research was to examine the relations between different family roles (hero, scapegoat, mascot, lost child) and dimensions of self-differentiation (emotional reactivity, I position, emotional cutoff, fusion), resilience, dissociation, and depression. The sample consisted of 179 students of psychology and social work and social policy, aged 18 to 25 years ( $M = 20.09$ ;  $SD = 1.64$ ). The following instruments were used: Children's Roles Inventory (CRI), Patient Health Questionnaire (PHQ-9), Differentiation of Self Inventory (DSI), Stress Related Dissociation-10 (SRD-10), Connor-Davidson Resilience Scale (CD-RISC). Results of regression analysis showed that fusion was the only statistically significant predictor of family role hero ( $\beta = -.238$ ,  $p = .004$ ;  $R^2 = .137$ ,  $F(4, 144) = 5.73$ ,  $p < .001$ ). Significant predictors of family role scapegoat were emotional cut-off ( $\beta = -.333$ ,  $p = .000$ ) and dissociation ( $\beta = .229$ ;  $p = .048$ ;  $R^2 = .188$ ,  $F(4, 144) = 8.326$ ,  $p < .001$ ). Emotional cut-off ( $\beta = .180$ ,  $p = .026$ ), and resilience ( $\beta = .210$ ,  $p = .035$ ) were statistically significant predictors of family role mascot ( $R^2 = .188$ ,  $F(3, 145) = 8.326$ ,  $p = .002$ ). The emotional cut-off was the only statistically significant predictor of the family role the lost child ( $\beta = -.470$ ,  $p = .000$ ;  $R^2 = .254$ ,  $F(4, 144) = 12.286$ ,  $p < .001$ ). Results indicate that dimensions of self-differentiation have an important role in assuming certain family roles. Higher scores of emotional cutoff play an important role in assuming less functional roles (role of the scapegoat and the lost child), while a lower level of emotional cutoff is a significant predictor of more functional role such as mascot. It is also showed that a higher level of fusion is predictive of family role hero. Dissociation is important in understanding assuming the role of a scapegoat, whereas resilience has a significant contribution in assuming the family role mascot. The results could have practical implications for psychotherapy, and a better understanding of family functioning.

**Keywords:** *Family roles (hero, scapegoat, mascot, lost child), self-differentiation, resilience, dissociation, depression.*

## THE MEDIATORY ROLE OF SELF-COMPASSION IN THE RELATIONSHIP BETWEEN SOCIAL ANXIETY AND LONELINESS

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### Abstract

The aim of this study is to examine the mediatory role of self-compassion in the relationship between social anxiety and loneliness among young adults. The study sample consisted of 356 young adults, 288 of whom were female (%80) and 68 of whom were male (%19.1). Participants had an average age of 24.05 which varied between 18 and 40 ( $SD=4.58$ ). "Liebowitz Social Anxiety Scale", "Self-compassion Scale", "UCLA Loneliness Scale" and the demographic information form were used in the study. Regression analyses were primarily applied, and it was discovered that social anxiety predicted loneliness positively; on the other hand, self-compassion predicted it negatively. For mediatory analysis, SPSS PROCESS Program was employed. According to the results of mediatory analyses, self-compassion has a partial mediation role in the relationship between social anxiety and loneliness.

**Keywords:** *Social anxiety, loneliness, self-compassion.*

## **INTENSITY AND DIRECTION OF EMOTIONS DURING SPORT COMPETITIONS: RELATIONSHIPS WITH EMOTIONAL COMPETENCIES, COPING AND PERFORMANCE**

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### **Abstract**

In competitive sports, Hanin (2007) has shown that beyond the hedonic (i.e., unpleasant and pleasant) tone, the functionality (i.e., direction: performance facilitation or debilitation) of emotions must be considered. The concept of directional interpretation of emotions has been a significant advance in understanding the emotion-performance relationship (Neil, Hanton, Mellalieu, & Fletcher, 2011). Directional interpretation refers to the extent to which the intensity of perceived cognitive and physiological symptoms is labelled as positive or negative for performance on a continuum of facilitation and debilitation (Nicolas, Martinent, & Campo, 2014). Furthermore, the direction of athletes' emotions could be conditioned by their emotional competence. However, to the best of our knowledge, no studies have examined the relationships between emotion direction and emotional competencies. Thus, to better understand the emotion-performance relationship, it seems appropriate to examine the links between emotion direction and subjective performance. In this perspective, the objectives of the two studies were to examine the relationships between the intensity/direction of emotional states and the global score of emotional competencies.

Three hundred and ninety-nine athletes (studies 1 and 2) completed the sport emotion questionnaire – direction (SEQ-D) and other self-report questionnaires measuring emotional competence, coping and subjective performance. Cross-sectional (study 1) and longitudinal design (study 2) with self-reported questionnaires.

In study 1, the patterns of relationships between SEQ-D and global score of emotional competence provided evidence of the distinction between intensity and direction of emotions. For instance, the results showed that global score of emotional competence had a significantly positive effect on anger direction whereas there was no significant effect between global score of emotional competence and anger intensity. In study 2, both scores of the direction of unpleasant and pleasant discrete emotions were significantly correlated with the selected outcomes (i.e., coping efficacy, attainment of sport achievement goals, and performance satisfaction) after the intensity of these emotional states was held constant.

From a theoretical point of view, these results offer additional insight into the emotion-performance relationship through the concept of direction of emotions. Indeed, the distinction between intensity and direction of emotions provided a better understanding the emotional experience of athletes in competition and its relationships with athletes' antecedent (emotional competencies) and outcomes (performance satisfaction, attainment of achievement goals, coping efficacy). On a practical level, these findings have some implications for coaches and sport psychologists. Measuring the direction of emotions should enable sport psychologists and consultants to propose more accurate and appropriate intervention to develop emotional competence based on the directional interpretation of emotions.

**Keywords:** *Direction of emotions, emotional competencies, intensity, performance, sport emotion questionnaire.*

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## HEALTH-RELATED GOALS AND GOALS OBSTACLES IN EMERGING ADULTHOOD

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### **Abstract**

**Aim:** This study was conducted to investigate the description of the content of mental health-related goals that emerging adults try to achieve and goal-related obstacles. Additionally, it examined the relationship between subjective perceived mental health, action crisis (ACRIS scale,) and dispositional mindfulness (FFMQ 18). Content analysis identified categories of achieved goals and goal-related obstacles; and correlations. **Sample:** 400 Slovak respondents participated in an online study, with an age range of 20-30 years ( $M = 22.5$  years,  $SD = 2.66$ ). **Results:** Most respondents set mental-health-related goals. Overall were e.g., emotional stability, and coping with stress. Goal-related obstacles include lack of time, laziness, or lack of skills. Examining the relationships, we found that a higher rate of action crisis is associated with poorer mental health, and a higher frequency and intensity of obstacles are associated with a higher rate of action crisis in young adults, but the intensity and frequency of obstacles are not related to reported mental health. **Conclusion:** The results highlight the importance of investigation of mental-health-related goals, mindfulness, and action crisis research in emerging adulthood, as the relationship between mental health and the obstacles themselves has not been demonstrated.

**Keywords:** *Mental health, emerging adulthood, goals, obstacles, action crisis, mindfulness.*

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## LET'S TALK ABOUT MORE THAN SEX: INTIMACY, MENTAL HEALTH, AND PSYCHOLOGICAL FLEXIBILITY AFTER CANCER

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### **Abstract**

Cancer survivors report disruptions to their relationships, including decreased sex drive and fear of initiating sex with their partner. Although research indicates that sexual functioning is not directly related to subjective well-being, higher intimacy is positively associated with higher life satisfaction. Psychological flexibility, the ability to make practical, values-based choices among many competing options, is the measurable outcome of Acceptance and Commitment Therapy (ACT). Inflexible individuals tend to ruminate and hold grudges leading to relational strain. Although previous research indicates relationships between psychological flexibility, anxiety, and depression, little research connects the specific pillars of psychological flexibility (Openness to Experience, Behavioural Awareness, Valued Action) to these outcomes. Thus, we investigated the relationships between intimacy, psychological flexibility, and mental health. In this study, we examined: (1) the connections between intimacy and mental wellness (e.g., anxiety, depression) in cancer survivors and (2) which pillars of psychological flexibility are most closely related to intimacy in psychological outcomes of cancer. Participants who reported being in a relationship and had a previous cancer diagnosis were recruited to complete questionnaires measuring factors associated with sexual activity and intimacy, psychological flexibility, satisfaction with life, as well as symptoms of anxiety and depression. All components of intimacy (emotional, sexual, social, intellectual, recreational) were inversely correlated with depression and anxiety. Mediation analysis indicated that psychological flexibility was a significant mediator in the relationship between emotional intimacy, anxiety, and depression. This research adds to the body of research supporting acceptance and commitment therapy to improve intimacy and relationship satisfaction levels, focusing on the most salient components of this population.

**Keywords:** *Cancer, sexual function, intimacy, psychological/physical symptoms, psychological flexibility.*

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## CYBERBULLYING PERPETRATION IN ADOLESCENCE IN TERMS OF EXPOSURE TO CYBERBULLYING LEVELS

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### Abstract

The aim of this study is to examine whether cyberbullying perpetration among adolescents is differed by different levels of cyberbullying exposure. The survey includes two different forms of Cyberbullying Scale. The first form is used to determine cyberbullying exposure and the second form measures cyberbullying perpetration of participants. In order to predict cyberbullying perpetration, inter-quartile ranges of cyberbullying exposure are created. To determine the cyberbullying exposure levels, quartile are used instead of arithmetical averages and standardized equation. Calculated exposure scores are divided into 3 quartile, 1 to 9 being cut points. In this case, participants score 1 point or below fall under the first quartile which indicates adolescents who are not exposed to cyberbullying. The second quartile consists of participants who are exposed to medium level of cyberbullying score between 1 and 9. The third quartile includes 9 point and above who are exposed to high level of cyberbullying. The study was conducted with 311 adolescent participants between the ages of 13 to 19. In order to predict cyberbullying perpetration, Multiple Linear Regression Analyzes were applied. As dependent variables, participants' self-esteem, pathological narcissism and empathetic anger scores are included in the analysis as well. As a result, adolescents' cyberbullying perpetration scores differed by non-exposure, medium and high cyberbullying exposure levels. The findings were consistent with the results of other studies in the literature of cyberbullying.

**Keywords:** Cyberbullying exposure, cyberbullying perpetration, adolescence.

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## EXAMINATION OF THE RELATIONSHIP BETWEEN DEPRESSION, ANXIETY, STRESS AND SPORTS IN TÜRKİYE: CROSS-SECTIONAL STUDY

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### Abstract

Depression, anxiety, and stress are the most common psychological disorders. On the other hand, it is seen that the rate of sports in Turkey is quite low when compared to other European countries, while the obesity rates are quite high. This study aimed to examine whether doing sports and physical activity differ in terms of depression, anxiety, and stress levels in non-professional athletes. It is planned to collect data from a large group with a cross-sectional study. In the study, 3032 people (1715 female and 1317 male, ages between 18-70 years ( $M = 26.51 \pm 10.55$  years)) were reached by convenient sampling method in 2022 in Turkey. The Hospital Anxiety and Depression Scale and The A Stress Scale-36-Tr were used in the study. According to the MANOVA results, a difference was found between the groups who regularly do sports or exercise, do it occasionally, and do not do it at all, in terms of depression, anxiety, and stress total scores. All three groups differed from each other. As you do sports or exercise, depression, anxiety, and stress total scores decrease. The obtained results seem to provide information about the public health problem in Turkey.

**Keywords:** Depression, anxiety, stress, exercise, sports.

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## TURKISH ADAPTATION OF THE PERCEIVED STIGMA SCALE AFTER COVID-19

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### Abstract

Social disapproval and devaluation of an individual or a group, called stigmatization, has become even more common with COVID-19, includes discriminatory and hostile attitudes towards the person/persons or place who have been diagnosed with the disease. This social discrimination may contribute to delay in diagnosis and treatment. To prevent this, stigmatization process can be assessed through valid assessment instruments. The objective of this study was to analyze the psychometric properties of COVID-19 Infection Stigma Scale (CISS) for measuring the social stigma among patients with COVID-19 in the Turkish sample. The participants are 364 male and 612 female aged between 18-70 who were diagnosed with COVID-19. The data obtained from the COVID-19 Infection Stigma Scale, Stigmatization Scale, Coronavirus Anxiety Scale and Hospital Anxiety and Depression Scale were analyzed by using Exploratory Factor Analysis, Confirmatory Factor Analysis, Correlation Analysis and Discriminant Analysis for validation. The results revealed that, the adapted Perceived Stigma Scale is reliable and valid measurement instrument in Turkish sample.

**Keywords:** Stigmatization, COVID-19, perceived stigma scale, adaptation.

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## LIFE SATISFACTION AFTER TRAUMATIC SPINAL CORD INJURY: A COMPARISON OF LIFE SATISFACTION IN PEOPLE LIVING WITH PARAPLEGIA AND TETRAPLEGIA TO THE GENERAL CANADIAN POPULATION

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### Abstract

Traumatic spinal cord injury (tSCI) can be a life changing event that has the potential to impact many aspects of life including subjective well-being. One component of subjective well-being that is commonly measured following tSCI is Life Satisfaction (LS). Despite this, it is difficult to find research that has made direct comparison between the levels of LS reported by tSCI survivors and the general population. To better understand the impact that tSCI has on LS, the present study compared the LS of individuals without a tSCI, to a large sample of individuals who are currently living with tSCI that resulted in either paraplegia or tetraplegia. Our analyses showed that individuals with tSCI report lower levels of LS, when compared to individuals without a tSCI, and that people with tetraplegia report lower LS than individuals living with paraplegia. We also determined whether people without a tSCI can make accurate predictions about how their LS would change if they sustained a tSCI resulting in paraplegia or tetraplegia. When participants without tSCI were asked to estimate their life satisfaction in both situations, they overestimated the impact of tSCI. The degree to which LS in tSCI survivors differs from individuals without a tSCI, reasons for the overestimations made by individuals without tSCI and implications of the findings are discussed.

**Keywords:** Traumatic spinal cord injury, subjective well-being, life satisfaction.

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## POSITIVITY EFFECT IN AN ETHIOPIAN SAMPLE: INSIGHTS FROM THE DOT-PROBE TASK

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### Abstract

The positivity effect, or the tendency to attend more to positive than negative stimuli, has been widely reported in the literature among older adults, however, a few contradictory findings are also present. This concept is raising substantial interest from scholars as in this age group cognitive decline is evident, and surprisingly better emotional responses are present. Different theories try to explain this phenomenon without solid paradigms for investigation as it can be seen as a relatively new concept from the past 20 years. Furthermore, little is known about the positivity effect in non-Western populations. In this study, we aimed to explore the presence of the positivity effect in an Ethiopian population using the dot-probe task with facial emotional images as stimuli. This method is a pioneer in the positivity effect field consisting of a behavioral attentional task that relies on reaction time responses. A sample of 100 Ethiopian adults was divided into three age groups: young (18-30 years old), middle-aged (31-60 years old), and older (65+ years old) adults. All participants performed a dot-probe task on a computer where the stimuli were emotional images consisting of happy, angry, neutral, and sad faces. The results of the study did not show the presence of a positivity effect or a preference for any emotional image using this paradigm. These findings suggest that further research is needed to understand the factors that may influence the positivity effect in attention in different cultural contexts.

**Keywords:** *Aging, positivity effect, emotion, dot-probe.*

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## AN EXAMINATION OF 2SLGBTQIA+ PSYCHOLOGICAL WELLBEING IN CANADA AND THE UNITED STATES

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### Abstract

Compared to the general population, members of the 2SLGBTQIA+ community demonstrate lower mental health, psychological wellbeing, and life satisfaction (Conlin et al., 2019). An online questionnaire was administered to 534 participants across Canada (59.5%) and the United States (40.5%) to assess psychological wellbeing across sexual orientation and gender identity. Respondents were separated into four distinct categories to identify group differences: sexual minority (44.6%), gender minority (4.5%), double minority (sexual + gender minority; 26%), and non-minority (24.9%). A series of Chi-square tests and analyses of variance (ANOVA) were used to identify differences across groups and region. 2SLGBTQIA+ participants reported significantly higher anxiety, depression, and loneliness (family, social) as well as lower life satisfaction than non-2SLGBTQIA+ participants. Further, significant group differences were found on some psychosocial measures; for example, double minority participants reported the lowest satisfaction with life and highest family loneliness relative to both sexual and non-minority categories. Overall, there were no differences between 2SLGBTQIA+ participants in Canada and the United States. Results demonstrate the continued disparity between 2SLGBTQIA+ and non- 2SLGBTQIA+ populations in psychological wellbeing, with some poorer outcomes for double minority participants and limited differences between 2SLGBTQIA+ participants in Canada and the United States.

**Keywords:** *Psychological wellbeing, mental health, sexual minority, gender minority, 2SLGBTQIA+.*

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## QUALITY OF LIFE AND PSYCHOLOGICAL SYMPTOMATOLOGY IN ADOLESCENTS WITH SICKLE CELL DISEASE

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### Abstract

**Background:** Sickle cell disease (SCD) is the most common monogenetic haematologic disorder globally. Although still rated as a rare disease, the prevalence of SCD has been growing in Europe. Adolescents with SCD often experience acute and recurrent pain alongside with other physical complications. Furthermore, they present short stature and delayed puberty. These clinical features tend to compromise adolescent's quality of life and their mental health. Studies on both the quality of life and the mental health of adolescents with SCD are still scarce.

**Objective:** To identify and correlate levels of quality of life and psychological symptoms in adolescents with SCD.

**Sample:** 31 adolescents and 31 parents/ main caregivers participated.

**Methodology:** The Pediatric Quality of Life Sickle Cell Disease Module (PedsQL-SCD); the KIDSCREEN and the Pediatric Symptom Checklist-17 (PSC-17) were used. Statistical analyses were preformed using SPSS 27 version.

**Results:** Adolescents reported moderate to low levels of QoL, with the general QoL questionnaire (KIDSCREEN) showing better results than the specific questionnaire (PedsQL SCD module). The worst results were found in the subscales: Pain Impact; Pain Control and Management; Living with the disease; Emotions and Communication with peers. When assessing their children's' QoL parents reported higher levels than those signalized by adolescents. Comparatively, no significant differences were found between boys and girls. Adolescents with the highest number of hospitalizations had significantly worse outcomes.

The screening for psychological problems showed no risk for externalizing and attention disturbance, and near limit risk for depression. Parents reported better results than adolescents. Comparatively, boys showed worse results in the externalization subscale.

Associations were found between levels of QoL and Psychological symptomatology namely low level of QoL and higher scores of Internalization (depression) and between some of the QoL subscales and Internalization. Difficulty to talk about the disease with peers and with health professionals was associated with depression.

**Conclusions:** These results will be discussed as a contribution to better support and to tailored interventions that might promote the QoL and mental health of these adolescents.

**Keywords:** *Quality of life, sickle cell disease, adolescents, mental health.*

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## SAFFRON SPICE OF LIFE FOR MENTAL HEALTH

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### Abstract

**Background:** Herbal medicine have been widely used to treat anxiety and depression since ancient times. Among the most researched botanical medicine for mental health are: St.Johns Wort, Valerian, Passionflower, and Saffron. This review aims to mainly assess Saffron (*Crocus Sativus*) efficacy for optimization of mental health. Even if antidepressants are the first line treatment for depression many people do not respond as expected to them which calls for finding alternative treatment to support population mental health needs. This study aims to compare safety and efficacy of botanical medicine including *Crocus Sativus* (Saffron) versus medical drugs in improving mental health symptoms.

**Objectives:** to assess the efficacy, tolerability, and safety of saffron (herbal, plant-derived) compared to placebo or conventional drugs for psychological conditions.

Selection criteria: from Medline (Pubmed) it was selected a list randomised, double-blind controlled trials, clinical trials from 2017 to 2022.

Data collection and analysis: this systematic review aimed to compare the efficacy and safety of pharmacological and non-pharmacological treatments for major depressive disorder (MDD), post-partum depression, attention deficit/hyperactivity disorder, mild cognitive impairment, anxiety. Primary outcomes were efficacy (response rate) and safety (overall risk of adverse events) of botanical medicine.

Main results: a systematic review with network meta-analyses and randomised controlled trials were identified from published sources through searches in PubMed. The primary outcomes were efficacy (treatment response) and safety. In analyzing the interventions Saffron studies suggest improvements in mental health and overall health.

Author conclusions: Some patients do not respond well to pharmaceuticals and can not tolerate the side effects of drugs. In trying to find alternatives medications herbal medicine is considered. Literature reveals clinical evidence for various phytomedicine along with good safety. The potential benefits of saffron in mental health is suggested by several studies still more evidence is needed. The quality of evidence for does not provide concerns regarding potential harms and suggest safety in using Saffron.

**Keywords:** *Saffron, mental health, psychologic, anxiety, depression.*

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## **MENTAL HEALTH SYMPTOMS, ANXIETY AND DEPRESSION LEVELS OF PHYSICIANS AND DENTISTS FROM TURKEY DURING THE COVID-19 PANDEMIC: THE IMPORTANCE OF PRE-PANDEMIC PSYCHOPATHOLOGY**

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### **Abstract**

The aim of this cross-sectional online study is to evaluate depression, anxiety, stress levels and COVID-related anxiety of the physicians and dentists in Turkey during COVID-19 Pandemic. Using the snowball sampling method, data is collected via sociodemographic question form, Depression, Anxiety and Stress Scale, Beck Hopelessness Scale, COVID-19 Anxiety Scale and Obsession with COVID-19 Scale. According to DASS-42, more than half of the participants were free of significant depression and stress (59.4% and 62.1%, respectively) while approximately half was free of significant anxiety (49.8%). The physical and mental well-being of the health care workers is very important when we are facing COVID-19 Pandemic. The well-being of the care givers will effect patients speed of recovery.

**Keywords:** *Pandemics, COVID-19, mental health, physicians.*

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## **“I GAINED SOMETHING BUT I HAVE LOST MORE” – BEHIND THE SCENES OF AMBIGUOUS LOSS**

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### **Abstract**

The study explored the subjective experience of ambiguous loss as reported by work immigrants. Fifteen Georgian work immigrant women ( $M_{age}=47.5(10)$ ) living in Italy were recruited through accessibility and snowball sampling procedure. Data were collected via adapted version of the life story interview protocol, analyzed by employing the deductive content analysis strategy and major thematic lines were identified, such as ambiguity/ambiguous loss, psychological family, resilience, boundary ambiguity and family roles, and legal status. The participants experienced loss that was either directly or indirectly related to their immigrant status. However, ambiguity accompanied not the loss experience per se, but the legal status, timeline and relational patterns of the immigrants and their families. Participants reported being unable to live day-by-day life with their families as the state of ambiguous loss and being concerned upon the fate

and challenges of their family members left behind. However, the expansion of the psychological family boundaries through including either fellow immigrant workers or employer family members was repeatedly reported. As for the boundary ambiguity, mostly was not mentioned in the narratives since family boundaries in the majority cases remained clear as the transnational families reconsider roles and redistributed responsibilities among them. The main challenge, as participants stated, were the mechanisms to remain resilient in immigration. Further, the identity reconstruction was reported as the main coping strategy in this case. The status of an illegal immigrant worker served as an impediment to the identity reconstruction process.

**Keywords:** *Ambiguous loss, boundary ambiguity, immigration, life story narrative.*

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## **RACE AND GENDER IN THE EXPERIENCE OF ANGER IN THE PSYCHOTHERAPEUTIC OF SOCIO-HISTORICAL PSYCHOLOGY**

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### **Abstract**

The Brazilian context of profound social inequality intensifies differences in the ways of living and feeling human experiences. It demands from mental health care the critical appropriation of the oppressive and exploitative structures that found and sustain capitalist society. Among the fundamental human experiences, emotions have special emphasis, especially in clinical practice. That presupposes embracement and bonding, so that understanding the particularities that determine emotional experiences is essential for clinical reasoning. Socio-historical psychology with its historical materialist base offers categories that allow the appropriation of these determinants, among them the notion of significance, meaning and experience that guide this study. Based on Socio-Historical Psychology, we understand emotions as socially meaningful experiences. Kahhale & Montreozol (2019) list some fundamental parameters for thinking about clinical management in socio-historical psychology, they are: active listening; dialogical and reflective relationship; historicity as an analytical category; potentialization and autonomy of the subject and human rights and access to the best cultural production of humanity. We constructed this paper from a clinical case study (21-year-old black woman, daughter of a black father and white mother, college student, resident of São Paulo /SP/Br), a psychotherapeutic process that took place during the first half of 2020, understanding that through this format we were able to apprehend clinical processes in their concreteness, that is, as a synthesis of multiple determinations. We aim to deepen the debates about the experience of anger from an intersectional perspective, understanding the historical processes of meaning of this emotion for the female gender and for black people. The discourse analysis methodology of the therapeutic sessions and case supervisions was used, so we illustrate psychotherapy based on Social-Historical Psychology using a case study focusing on anger. The following core meanings were obtained: the client's denial of her emotions; the expression of anger; therapists' emotions. These nuclei indicated a specific knot of this condition in which black women are doubly excluded from the right to signify and express their anger. In view of this, it is fundamental that the therapists involved take ownership of these discussions at the most immediate and unique level so dear to psychotherapy, the emotions.

**Keywords:** *Psychotherapeutic process, emotions, socio-historical psychology, race, gender.*

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## **PREDICTORS OF WELL-BEING IN EMERGING ADULthood: ROLE OF GOALS AND EMERGING ADULthood TRANSITION DIMENSIONS**

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### **Abstract**

Although there has been increasing research on well-being in emerging adulthood (EA), only little attention has been paid to its connection with goal pursuit in this life period. Young adults in EA are generally expected to pursue goals which reflect the main developmental tasks in this life period, e.g. to graduate, find a job, leave parents' house, get married, have children. However, emerging adults do not necessarily incorporate and transform all those external expectations into their personal goals which they are committed to attain. To fill the gap in the research knowledge in goal pursuit and well-being in EA, the main aim of this study was to explore the role of EA transition dimensions and goals of emerging adults in explaining the variance in well-being (life satisfaction, positive affect, and negative affect) in EA. This study is a part of a broader longitudinal research project on goal-oriented behavior in EA. Currently, the second phase of the data collection is in process. Therefore, the data coming from the first phase of the research were analyzed for the purposes of this paper. A total number of 647 emerging adults aged 18-30 ( $M = 23.28$ ,  $SD = 3.39$ ) participated (78% female; voluntary response sampling). In Qualtrics questionnaire, they indicated if they had goals in the four areas (education, work, relationships, and personal growth; 0 = I do not have a goal in this area; 1 = I have a goal in this area) and briefly described their goals. After that, they completed a short form of the Inventory of the dimensions of emerging adulthood (IDEA-8), Satisfaction with life scale, and Emotional habitual subjective well-being scales. The regression analyses (Enter method) revealed that well-being was significantly predicted by two EA transition dimensions (experimentation – positive predictor; negativity/instability – negative predictor). The current presence of goals in the four areas did not significantly explain a variance in well-being in EA. However, t-tests revealed that emerging adults with goals in the areas of education and relationships reported significantly higher levels of life satisfaction and/or more frequent positive affect compared to their peers without goals in the two areas. The findings can be applied into psychological practice to prevent decrease in well-being and to support mental health of emerging adults.

**Keywords:** *Well-being, life satisfaction, positive and negative affect, emerging adulthood, current goals.*

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## **PERSONALITY AND CUED ASSOCIATIONS INFLUENCE ALCOHOL AND CANNABIS USE IN ADOLESCENTS (AGED 13 – 17)**

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### **Abstract**

Early transitions to alcohol and cannabis use are associated with a variety of negative consequences including reduced physical and mental health, substance use disorders, educational and social problems. Youth aged 13 to 17 is a vulnerable time for initiation, escalation, and problems associated with use. This research focuses on specific personality traits: Sensation-seeking (SS), Impulsivity (IMP), Anxiety sensitivity (AS), and Negative thinking (NT) and cued associations known to have a direct relationship with adolescent substance use. We report here the predictive value of personality and its interaction with substance use associations including longitudinal transitions to initiation of use, increased frequency and quantity of use, and abuse. *Method:* Canadian youth ( $N=1552$ ) from grades eight to ten were surveyed in Spring 2018, Winter 2018, and Spring 2019. All students received questions about alcohol and cannabis use including past year use, quantity and frequency of use, and abuse (AUDIT and CUDIT). Personality in Grade 8 students was assessed in Spring 2019 using the Substance Use Risk Profile Scale (SURPS), which reliably measures SS, IMP, AS, and NT traits. Cognitive associations with alcohol and cannabis use were measured in each survey. Two types of associations were assessed: behavioral associates and outcome expectancies. In the behavioral associate tasks, students responded with the first behavior that came to mind when presented a specific emotional or situational cue. The number of alcohol-related (e.g. get drunk) or cannabis-related (e.g. smoke pot) comprised the behavioral associates score. Alcohol and cannabis use cues each generated four open-ended outcomes that were subsequently self-rated for amount of liking (Likert scale) and category (e.g. social, emotional). *Results:* Personality had strong

effects on both concurrent alcohol and cannabis use and problems. Both cognitive measures also strongly predict concurrent alcohol and cannabis use and problems. Personality also predicted the level of liking and category of expectancy outcomes as well as the number of behavioral associates. Longitudinal mediation analysis across the three waves revealed the prospective predictive power of both personality and cognition measures on initiation of use and problems. In addition, a latent construct with the cognitive associations as indicators mediated the effects of personality on both use and problems. *Conclusion:* Specific personality trait and cognitive associations are useful as both early indicators and as targets for prevention of transitions to alcohol and cannabis use in early adolescence. The specific findings should inform cognitive behavioral approaches to early prevention efforts.

**Keywords:** *Alcohol and cannabis use, personality, cognition, adolescents, early transitions.*

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## **THE EXPANDED SOCIO-HISTORICAL PSYCHOLOGY CLINIC OF SEXUALITY: REASONING AND MANAGEMENT IN INDIVIDUAL AND GROUP CARE**

**Edna Maria Severino Peters Kahhale<sup>1</sup>, Beatriz Brambilla<sup>2</sup>, Julia Costa<sup>3</sup>, Margoth Mandes da Cruz<sup>3</sup>, Juliano Baltazar Pereira<sup>3</sup>, & Jamille Koury<sup>3</sup>**

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### **Abstract**

The present work develops from the academic research in the Laboratory of Health and Sexuality Studies (LHSS). We acknowledge the need to expand the debate and the performance focused on clinical assistance to Socio-Historical Psychology's (SHP) critical perspective. This shift in perspective enhances the likelihood of questioning the heteronormative social standard. We identify the Expanded Psychology Clinic as a way of changing patterns of the heteronormative status quo, creating other possibilities of gender identity and sexual practices that are not considered abject. Our clinical practice oversees (or monitors) individuals and groups of people living with sexually transmitted infection (STI) in conversation circles/discussion groups where sexuality is the main topic. This study found little research in Socio-Historical Psychology that could help define parameters for a critical perspective of clinical practice. Studies done on SHP clinical approaches to psychological suffering that could be related to sexuality were also scarce. This project developed case studies and discussion groups (conversation circles) about health and sexuality. The general objective is: set the SHP parameters and propose scientific reasoning and clinical management to understand issues related to sexuality, like sexual activities and gender identity; evaluate the clinical practice criteria. Method: we are developing case studies and online discussion groups (conversation circles). Results: This study evaluates the dialectical and ambiguous construction of the client and group's subjectivity through their speech and the conflicts contained in it, which repeat social contradictions. The case studies and groups define a challenge for the clinic in the dialogic deconstruction of hegemonic models of masculinity, femininity, and heteronormativity.

**Keywords:** *Expanded clinic, conversation circles/discussion group, sexuality, mediation, psychotherapy.*

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## **BASIC EMOTIONS AND THEIR VICISSITUDES: ASSESSING SUBCORTICAL ACTIVATION PATTERNS WITH THE MCMI-IV**

**Thomas Guyer**

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### **Abstract**

Theodore Millon's (2011) evolutionary theory describes a model of the affective profile underlying the personality of an individual human being. The general affective patterns which an individual exhibits are characteristic of one's personality, and specific instantiations of these affective patterns influence motivation and behavior at a given moment in time. Among clinical populations, this affective profile may be measured and described using the Millon Clinical Multiaxial Inventory, Fourth Edition (MCMI-IV). In this paper, I propose that the components of Millon's model may be correlated with the basic affective systems identified and described by Jaak Panksepp (1998) and others. Panksepp's work serves as a primary theoretical and empirical basis for the burgeoning fields of affective neuroscience and neuropsychanalysis. I suggest that investigating the correlation between Panksepp's basic affective brain systems and Millon's personality profiles will provide insight into the neurological factors influencing the etiology of clinical syndromes. An investigation such as this promises to open new avenues for the neuropsychological assessment of subcortical functioning. In this paper, a method is proposed for interpreting MCMI-IV personality profiles as describing the arousal and inhibition of the primary affect systems identified by Panksepp, and the ways in which motivational forces mutually influence and interact with these processes. An illustrative case is reported in which the fluctuating mood states of an individual with bipolar disorder are interpreted as being structurally and functionally determined by personality patterns, which are themselves characteristic patterns of arousal and inhibition of basic neural affective systems. Hypotheses are presented which indicate potential areas of future research relating to the ways in which basic affect systems form interacting functional clusters.

**Keywords:** *Affective neuroscience, neuropsychological assessment, MCMI-IV, clinical psychology, neuropsychanalysis.*

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## EDUCATIONAL PSYCHOLOGY

### YOUNG CHILDREN'S SPONTANEOUS EMOTION VOCABULARY DURING AN EMOTIONAL VALENCE RATING TASK

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#### Abstract

Emotional vocabulary development represents a growing field of interest. Studies show that children use emotional words starting from the age of two (Izard & Harris, 1995; Michalson & Lewis, 1985). Between 3 and 5 years, children develop their ability to name basic emotions (e.g., joy, sadness, surprise, disgust, anger, fear). Li and Yu (2015) observed that 2–13-years-old Chinese children comprehend positive emotion words earlier than negative and neutral ones. This result is probably link to the fact that *valence* is an early key dimension in emotion conceptual representation (Nook et al., 2017). If many studies investigated emotion words comprehension, only few studies investigated spontaneous vocabulary young children use to refer to emotions in reaction to emotional and non-emotional stimuli. The present experiment measured the use of emotional vocabulary during an emotional valence rating task of words, pictures, words-pictures combined. More precisely, 178 young French children aged 4-, 5- and 6-years-old were observed while rating stimuli. These ratings were made using a three points emotional valence rating scale (negative, neutral, and positive) based on AEJE scale (Largy, 2018). The 90 words, 90 pictures, 90 words-pictures combined were divided in sets of 15 stimuli. Each child rated all sets of stimuli in separate sessions in random order. Children's utterances containing emotion words were recorded. The content form of these emotional words produced was analyzed thanks to EMOVAL software (Leveau, Jhean-Larose & Denhière, 2011). EMOVAL is an automatic evaluation of emotional valence and arousal of texts, sentences using a 5656 root-words meta norm in French and in English. It also extracts emotional semantic topics from texts and sentences. First, analyses highlighted that young children use more positive emotion vocabulary compared to negative one. This result is congruent with the positive bias observed while young children rated emotional valence of stimuli (Syssau & Monnier, 2009). Like comprehension of emotional words, the use of positive emotion vocabulary occurs earlier in the development than negative one. Second, it was found that with increasing of age, the use of emotion vocabulary enhanced. If children aged 4 used topics that refer to primary emotions, children aged 5 and 6 used larger and more complex emotional topics. Discussion focused on the understanding of children's daily emotional language environments, and the implications of these for early educators and teachers.

**Keywords:** *Emotional vocabulary, development, EMOVAL, emotional stimuli, preschooler.*

### HARMONIZATION WITH EUROPEAN STANDARDS IN QUALITY ASSURANCE IN HIGHER EDUCATION: CHALLENGES FOR SERBIA

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#### Abstract

The European Association for Quality Assurance in Higher Education (ENQA) has created unique indicators of quality in higher education as a common framework for different countries. In 2017, Serbia formed an independent agency for accreditation and quality assurance - National Entity for Accreditation and Quality Assurance in Higher Education (NEAQA). One of the key strategic goals of NAT is to become a member of ENQA. On that occasion, after the visit to NEAQA in February 2020, ENQA produced a report in which it is pointed out the need for greater harmonization of NEAQA with European standards. The aim of this work is to detect the main problems in the harmonization of NEAQA with European standards and processes in order to devise ways to overcome them. The subject of this research is the analysis and identification of key challenges in the process of quality assurance in higher education

in Serbia. Document analysis was applied in the research, which included relevant documents for quality assurance (national legislation, NEAQA regulations, NEAQA self-evaluation reports, ENQA reports on the agency's external audit and a comparative analysis of national standards and ESG 2015). Based on the conducted analyses, four key areas were identified in which improvement is necessary: (1) insufficiently elaborated and unexplained concept of quality in higher education and inadequate determination of NEAQA's mission, vision and goals; (2) deviation from the spirit of ESG 2015, which put the teaching and learning process, the quality of the learning environment and its connection with research and innovation in the focus of quality assurance; (3) dominance of control over the development role of NEAQA in the system of external quality assurance; and (4) insufficient mechanisms and instruments for external quality control (characteristics of quality procedures and standards and quality assurance of reviewers' work). The detected problems are not technical but conceptual in nature and require coordinated understanding and action by various stakeholders in order to improve the quality of higher education, which should be one of the main development resources of Serbia. The paper analyzes and discusses the detected challenges and gives recommendations for overcoming them.

**Keywords:** *Higher education, quality assurance, National Entity for Accreditation and Quality Assurance in Higher Education (NEAQA), Standards and Guidelines for Quality Assurance in the European Area of Higher Education (ESG 2015), Serbia.*

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## WHAT DOES ONE CHILD DO FOR ANOTHER IN POST-PANDEMIC TIMES? RESULTS OF A SURVEY

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### Abstract

In 2022, a group of 20 researchers carried out, in schools of São Paulo, Brazil, an interventional and qualitative study of 13 ASD children in inclusive education aged 2 to 6 years. These researchers were guided by psychoanalytic references and instruments and had a question in their minds: what does one child do for another? The research was based on the "Function of Siblings", a notion theorized by J. Lacan about peer relationships. According to this author, peer relationships are a source of identifications and collaborate in the psychic constitution of the subjects involved. The objective of the research was then to investigate the accuracy of the APEGI instrument in detecting and following-up the effects of the Function of the Sibling on the changing of the subjective position of children with ASD in schools. As this study was held in a post-pandemic moment, the research also intended to be an auxiliary in the direction of allowing a relaunch of the role of the siblings in the school – a role that was absent during the pandemic. The APEGI (Psychoanalytic Monitoring of Children in Schools, Groups and Institutions) is an instrument that allows the recording of the psychic movements of children in general, and was validated in previous research. The researchers organized small groups to monitor the interactions between a child in inclusive education and their peers, and were guided in their intervention by the principles of Therapeutic Education, a set of interdisciplinary treatment practices based on psychoanalysis. In APEGI there are 5 axes, which intersect and reciprocally determine each other in their function of producing the constitution of the subject. The methodology of the research was predominantly the case study, with a secondary survey of quantitative elements from the study of monitoring indicators. After an average of 9 months, 26% of indicators of the first axe, the "Function of the Siblings", previously absent became present. In the other 4 axes, the portion of indicators which became present were: 19% in "Paternal Function"; 18% in "Presence of a Subject"; 16 % in "Body Image" and 10% in "Play and Fantasy". Articulated to qualitative evaluations, these results show that the follow-up was effective and well detected by APEGI. They point to a partial post-pandemic school reintegration of those children, due to an encounter of their peers and to a consequent change in their subjective position.

**Keywords:** *Psychotherapy, special education, peer relationships, post pandemic times.*

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## QUALITY STANDARDS FOR DIGITAL TEXTBOOKS: CHALLENGES OFTEN OVERLOOKED

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### Abstract

A key issue in modern education is the requirement to use technology thoughtfully for learning/teaching purposes. The theoretical framework of this work is Lev Vygotsky's theory on the character of culturally-psychological tools and their influence on learning. The basic role of textbooks, printed and digital, is to encourage the development and construction of knowledge. It is not unusual to come across the practice of simply transferring a printed textbook to a digital format, while ignoring the specificity of learning in digital medium and the fact that „medium is the message“ (McLuhan). In devising quality standards for digital textbooks, we started from the specifics of digital media. The most frequently mentioned in the reference literature are: multimedia; interactivity; branched structure; and navigational features. The positive aspects of each of these characteristics are very often mentioned in the literature, while their limitations, i.e. the potential risks that these characteristics represent for effective learning, are less often mentioned. In developing textbook quality standards, we looked at each of these characteristics in relation to their strengths and risks, i.e. whether they support textbook learning or can hinder it. Among the main risks in constructing digital textbooks are: cognitive overload, "interrupted attention", failure to separate essential and additional elements (limitations of multimedia); lack of communication with peers and the teacher (restrictions of interactivity); impossibility of personalizing learning and educational experience if students do not have a developed ability for autonomous, self-regulated learning that develops through teaching and teacher support (limitations of branched structure); and the dependence of the navigation characteristics in the textbook on the level of prior knowledge of the students. Digital media possess a set of specific features that have a lot of advantages, but also they carry important risks for the process of learning. The current production of digital textbooks has not yet solved these challenges. We still do not know enough about the nature of online learning, which is probably the reason why the revolution in education has not yet happened despite the remarkable progress of ICT.

**Keywords:** *Digital textbook, learning in an online environment, technology in education, quality standards for textbook.*

## AN INTERDISCIPLINARY APPROACH TO THE CONSTRUCTION OF FACIAL COMPOSITES IN THE MEXICAN POPULATION: AI, ANTHROPOLOGY AND PSYCHOLOGY

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### Abstract

We present an interdisciplinary approach to the construction of facial composites that could overcome some of the cognitive limitations that are frequently found in eyewitness/forensic recognition. We take advantage of the extensive anthropological research carried out on the facial characteristics of the Mexican population that produce the CARAMEX database, and combine it with the most recent methodologies of artificial intelligence and image processing to construct a large database of synthetic faces. Additionally, we present preliminary results on a corpus of basic linguistic/verbal facial descriptions obtained with subsamples of CARAMEX faces, to be used as the initial seed for the evolution and gradual convergence on a target facial composite.

**Keywords:** *Facial composite, holistic criterion, AI algorithms, anthropometry, Mexican population.*

## COMPARATIVE STUDY OF ENVIRONMENTAL MORAL JUDGMENT WITH SPECIFIC TEACHING ON SUSTAINABLE DEVELOPMENT

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### Abstract

Many researchers have focused on the development of moral environmental judgement in children (Hansla & al.; 2008; Persson, & al. 2015). The pioneer, Kahn (2002, 2003, 2008) identified three types of environmental, and moral reasoning: homocentric, bio-centric, and isomorphic. Our study asks about the influence of teaching on moral reasoning in relation to the environment for children of 1st grade and 2nd grade who had a specific education (N=60) to sustainable development or without specific education (N=56). We assume that students in schools with an education in sustainable development will be more bio-centric than those without. For that, we created stories, including an environmental dimension to identify the type of reasoning of children. Student's t test indicates that bio-centric reasoning is dominant for all children, however, teaching contributed to more bio-centric reasoning. Student's t test shows that children without specific teaching in both grades had significantly more difficulty in making moral judgments and reasoning on the proposed stories. These results support the importance of environmental education in the development of moral environmental reasoning.

**Keywords:** Elementary school-age children, teaching sustainable development, environmental moral judgment, reasoning.

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## ANXIETY, DEPRESSION, COPING AND NEEDING HELP AMONG ISRAELI HIGHER EDUCATION STUDENTS DURING OMICRON/COVID-19 WAVE

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### Abstract

Students in higher education have faced abrupt changes following the breakout of the COVID-19 pandemic. The fifth wave of the pandemic, also known as "the Omicron wave," created new challenges for students in Israel. The goals of this study are to examine: 1) the level of depression, anxiety, and coping during the progression of the pandemic. 2) whether perceived academic achievements and needing help are good indicators of depression, anxiety, and coping during the pandemic.

The sample included 9,038 students from five research universities in Israel, of which 63.4% were women, 36.0% were men, and 0.6% were other. The median age was 26. The study design was a cross-sectional survey. GAD7 and PHQ-9 measured anxiety and depression, respectively. A one-item self-report question measured the level of coping (on a scale from 1 "not at all" to 10 "to a great extent"). Data collection was carried out through an anonymous online survey from January 30 to April 23, 2022.

A quarter and almost 40% of the participants reported anxiety and depressive symptoms, respectively, within the clinical range. The level of perceived coping was moderate. The rates of anxiety and depression in this wave of the pandemic were higher than in previous one. Lower academic achievements were associated with anxiety and depressive symptoms and lower coping levels. Needing help variables were good predictors of anxiety, depression, and less coping.

In conclusion: the findings indicate that academic achievements were found to be a significant predictor of anxiety, depression, and perceived coping even at this progressive phase of the pandemic. A simple measure of self-reported needing help serves as a good and quick screening indicator for vulnerable groups. The provision of services for higher education students should be an integral part of maintaining and supporting effective academic activity.

**Keywords:** Omicron/COVID-19 pandemic, higher education, depression, academic achievements, needing help.

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## TEACHERS' LIFE SATISFACTION: THE ROLE OF CALLING AND JOB CHARACTERISTICS

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### Abstract

In order to live a calling at work a person should be intrinsically motivated for it. Whether living a calling would lead to greater life satisfaction may depend on various external circumstances including work potential to satisfy basic conditions such as salary and job security as well as opportunities for professional growth.

The aims of the study were to assess: a) the mediating role of living a calling in the relationship between calling motivation and life satisfaction; b) the moderating role of job characteristics in the relationship between living a calling and life satisfaction.

Four hundred primary school teachers (96% female) from Croatia participated in this study. Their teaching experience ranged from 0-43 years, 20 years on average. The following self-report measures were used: the Calling Motivation Scale (Duffy et al., 2015), the Living a Calling Scale (Duffy et al., 2012), the Job Satisfaction Scale (Hackman & Oldman, 1975), the Satisfaction with Life Scale (Diener et al., 1985).

In line with the hypotheses, the findings revealed that calling motivation was positively related to living a calling ( $b = .66, p < .001$ ). Living a calling then led to life satisfaction to a higher extent when conditions for professional growth were provided ( $b = .19, SE = .09, 95\% CI [.02, .37]$ ). Calling motivation showed no direct effect which means that living a calling completely mediated the relationship between calling motivation and life satisfaction ( $b = .51, 95\% CI [.35, .70]$ ).

It can be concluded that stimulating work environment providing for professional growth is important factor for teachers' life satisfaction who are living their calling at work.

**Keywords:** *Calling motivation, job characteristics, life satisfaction, living a calling, teachers.*

## ACADEMICS' EPISTEMOLOGICAL ATTITUDE TOWARDS SOURCES OF KNOWLEDGE QUESTIONNAIRE

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### Abstract

This research aims to develop a method for studying academics' epistemological attitudes towards different sources of knowledge. The authors develop and propose the model of epistemological attitude as a socio-psychological theory of cognition of sources of knowledge and their content in a systemic perspective. Epistemological theories of cognition, philosophical and psychological aspects of personality cognition, and social contexts of scientific and non-scientific cognition are the main theoretical assumptions that suppose the cognition of the sources of knowledge as a process occurring in epistemological, subjective, and contextual spheres. The authors use the epistemological attitude multi-dimensional model for researching constructs of different sources of knowledge from academics' perspectives. Based on the epistemological attitude towards sources of knowledge, a new questionnaire is developed to assess the use and significance of different sources of knowledge among academics. To evaluate the appropriateness of the questionnaire sample of items for the epistemological attitude model, expert reviewers ( $n=5$ ), academics, university lecturers and professors, as subject matter experts connected to philosophy, psychology, methodology and education research and psychology, participated in this study. Experts evaluated the content validity of the total items ( $k=193$ ) using the expert method, and the content validity index (CVI) of the scale items was calculated. Using the experts' ratings and multistep qualitative improvement of the items by authors and experts, the academics' epistemological attitude towards different sources of knowledge questionnaire is developed ( $k=99$ ). Results present the analysis of the method, its content in terms of the content validity index (CVI), and its scales and items content, description and interpretation.

**Keywords:** *Content validity, epistemological attitude model, methodology, university academic staff, sources of knowledge.*

## WELL-BEING AND ACADEMIC ACHIEVEMENT OF STUDENTS: THE ROLE OF MINDFULNESS

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### **Abstract**

Besides academic achievement, well-being of students is highly important for both their academic and general life. Although some current research showed the role of mindfulness in general flourishing, the research on the role of mindfulness in academic flow and academic flourishing is limited, while the role of mindfulness for students' achievement is inconclusive. Therefore, this study is focused on understanding the role of specific facets of dispositional mindfulness in students' academic achievement assessed as grade point average and the students' well-being indexed as academic flow, academic flourishing, and general flourishing. The sample consisted of 135 university students at the Faculty of Teacher Education in Zagreb studying preschool education (all female, 22 years on average). Participants completed several questionnaires: the Five-Facet Mindfulness Questionnaire, the Swedish Flow Proneness Questionnaire adapted for assessing academic flow, the Academic Flourishing Scale, and the Flourishing Scale. The correlation analysis showed that of the five facets of mindfulness, only acting with awareness was associated ( $r = 0.23, p < 0.01$ ) with students' higher academic achievement. Regression analyses showed that facets of mindfulness explained 24% of academic flow with describing ( $\beta = 0.22, p < 0.05$ ) and acting with awareness ( $\beta = 0.35, p < 0.001$ ) being significant predictors, 34% of general flourishing with describing ( $\beta = 0.21, p < 0.05$ ), acting with awareness ( $\beta = 0.30, p < 0.001$ ) and non-reactivity to inner experience ( $\beta = 0.24, p < 0.001$ ) being significant predictors and 14% of academic flourishing with acting with awareness ( $\beta = 0.34, p < 0.001$ ) being a significant predictor. The study results contribute to the limited literature on the role of dispositional mindfulness for students' academic achievement as well as elucidate which specific facets of mindfulness are important for well-being of students. In addition to the theoretical contribution, the results also have practical implications suggesting the great value of practising mindfulness for sake of students' academic achievement, optimal functioning, and well-being.

**Keywords:** *Academic achievement, flourishing, flow, mindfulness, well-being.*

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## USING FLIPPED CLASSROOM IN PSYCHOLOGY TO IMPLEMENT A TRANSFORMATIVE EDUCATION

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### **Abstract**

There is a growing body of research on the flipped classroom, which focuses on topics such as the concept itself, the practices implemented, and the benefits or barriers associated with the method. While a core characteristic of the flipped classroom is the change that occurs in the tasks carried out in and out of class by the teacher and student roles, there are also different conceptions that can include particular pedagogical activities implemented or resources used.

This presentation highlights the flipped classroom practices developed as part of the Erasmus+ project "Developing Flipped Methods for Teaching." Participants are higher education students from a course on education, which includes curricular units in Educational and Developmental Psychology. The implementation of the flipped classroom included practices such as pre-class video watching, pre-tests, in-class group activities, post-tests and questionnaires, individual reflective summaries, and team reports. The lesson topics covered a range of subjects including educational and developmental psychology, development phases, emotions, and motivation. The activities involved analysing and discussing problems, role-playing, and sharing experiences.

The results of pre- and post-tests showed an improvement in the post-test scores. The analysis of the reports points to the potential of flipped practices to promote student engagement and pedagogical practices that foster learning of academic content, as well as personal reflection about the analysed topics. Therefore, promoting transformative education.

**Keywords:** *Flipped classroom, Psychology, transformative education.*

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## STUDENTS' ANXIETY ABOUT THE CHANGING WORK ENVIRONMENT AND FUTURE TRENDS

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### Abstract

Based on the recent reaction during the introduction of biosensor research equipment to the HR business course at a business school in Germany, the lecturer noticed anxiety among students. The question arose if this anxiety was based on the students' general apprehension towards technology or the perceived lack of knowledge concerning technology. This study seeks to determine the causes for anxiety occurring upon the realization of required skills for future digitized work environments.

With the mixed-method design, quantitative data has been evaluated using questionnaires, which has been supplemented by additional qualitative data using a between-subject design of focus interviews. Respondents were comprised of bachelor and master students at a Bavarian business school, aged 18-40 years. The validity of the data was measured against standard quality criteria for quantitative and qualitative data. Depending on the scenario presented to the "confident" and the "anxious" group of students in both the questionnaire and the focus interviews, confident participants are not perceiving anxiety about a lack of skills in their business education and are confident about their work perspectives. Contrary to that, the anxious group participants are displaying a high level of anxiety and perceive to lack the required skills in future work trends.

Curriculum adjustment needs to take place to reflect the transition into the future of work trends. Similarly, communicating the necessity for change to both groups and the development of required skillsets are imperative to master the transition into a highly digitized work environment.

**Keywords:** *Digitalization, future of work, anxiety, business education, awareness.*

## CONTROLLED INTERVENTIONS TO PREVENT OR REDUCE SUICIDAL BEHAVIOURS IN EDUCATIONAL SETTINGS: A SYSTEMATIC REVIEW AND NETWORK META-ANALYSIS

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### Abstract

**Background:** Suicidal behaviour in young people is a major public health problem which is on the rise globally.

**Aims:** Due to a lack of reliable evidence on the effectiveness of different types of frameworks and content involved in suicide prevention programmes in educational settings, we applied the first network meta-analyses to examine the important differences.

**Method:** We searched Medline, PsychINFO and CENTRAL until April 2021. Quantitative studies focused on young people aged between 12 and 25 years which evaluated interventions at educational settings and contained comparator groups, including passive (waiting lists) or other active interventions were included.

**Results:** Overall, we identified 49 studies comprising 42,039 participants. Regarding the type of intervention, universal interventions (OR 1.85, 95%CI 1.43-2.38) were associated with almost 2-fold reductions in the odds of suicidal behaviours. Selective (SMD 0.44, 0.24-0.63) and universal

interventions (SMD 0.25, 0.11-0.39) were moderately-to-weakly effective in increasing suicide prevention competencies. Regarding the content of the intervention, education/awareness programmes (OR 1.59, 1.23-2.04) and psychotherapy programmes (OR 2.22, 1.25-3.33) were associated with 1.5 and 2-fold reductions in the odds of suicidal behaviours. Education/awareness interventions (SMD 0.28, 0.12-0.43), gatekeeper universal interventions (SMD 0.31, 0.01-0.62) and gatekeeper selective interventions (SMD 0.44, 0.20-0.69) were moderately-to-weakly more effective in increasing suicide prevention competencies when compared to no-treatment.

Conclusions: Universal mental health/suicide awareness training programmes were the most optimal strategies to prevent youth suicidal behaviours and build suicide prevention knowledge and help-seeking competences among young people and staff in educational settings of high-income countries.

**Keywords:** *Young people, suicide prevention, schools and educational setting, network meta-analysis, systematic review.*

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## **FLIPPED CLASSROOM TRENDS: A SURVEY OF COLLEGE FACULTY IN EUROPE**

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### **Abstract**

The emergence of ICT tools in education enhances opportunities for using Flipped Classroom methods in education. Although the use of FC methods presents numerous benefits, its widespread use is hindered by factors like increased efforts necessary for preparing FC activities or lack of recognition and/or support in using this method. In order to prepare FC educational tools (videos and tests) for covering the discipline of Introduction to Psychology, survey-based research was conducted among higher education teachers from six EU countries for identifying FC methods developed by individual teachers and their experience in using these methods. Subjects were asked to provide a description of the flipped classroom methods used, including the source and nature of online activities used, difficulties they experienced, and recommendations for like-minded teachers. In order to document insightful case stories, subjects were asked also if they have success stories to share. Results indicate that although teachers who are aware of the benefits of FC methods and have tried to flip a course do agree with difficulties like lack of time and support in elaborating a flipped course, they have a general positive impression about using the method.

**Keywords:** *Flipped classroom, teaching social sciences, international survey.*

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## **SCHOOL PSYCHOLOGY PRACTICE AS CONFLICTUAL COLLABORATION**

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### **Abstract**

Reflecting on the role of the school/educational psychologist has been a core focus in school psychology research, however often considered separately from school professionals' perspectives. In the paper, we aim to transcend the tendency within school psychology research to treat the perspectives of the various parties who collaborate around school problems (e.g. teachers and school psychologists) separately. In continuation of this, we discuss the development of a knowledge hierarchy where technical rationality dominates at the expense of knowledge about everyday school practice. In school psychology, this



development is illustrated by the application of a wide array of manuals and models for assessment and consultation where prescribed operational procedures often define the tasks of both school psychologists and school professionals at different stages of the collaboration. We present the concept of conflictual collaboration, grounded in critical psychology and social practice theory (Axel, 2020; Højholt & Kousholt, 2020) in order to encourage exploration of the different collaborating parties' perspectives and their interconnections in a common contradictory matter (to ensure a good school life for all children). Through an analytical focus on the different parties' structural conditions, their situated interplay, and their negotiations of possibilities for action in everyday practice, we hope to contribute to the development of school psychology practices that promote social justice. The paper draw on analyses from a qualitative research project examining interprofessional collaboration to support inclusion in Danish schools, as explored from the perspectives of teachers, pedagogues, school psychologists and educational-psychological consultants.

**Keywords:** *School psychology, conflictual collaboration, educational psychological services, interprofessional collaboration, knowledge hierarchies.*

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## **THE IMPACT OF A NATURE-BASED RETREAT ON THE SELF-CARE AND PEER SUPPORT INTENTIONS OF STUDENTS ENROLLED ON POST GRADUATE TRAINING IN EDUCATIONAL AND CHILD PSYCHOLOGY IN IRELAND: A PILOT STUDY**

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### **Abstract**

Time spent in nature is purported to impact positively on nature connection and psychological restoration. This paper reports on the impact of a nature-based retreat on the peer support and self-care intentions of a cohort of educational psychologists in training in Ireland. Opportunities for the group to meet in person were significantly curtailed by the Covid-19 pandemic. The nature-based retreat facilitated re-engagement as a group in a socially -distanced manner. The retreat took place at a location in the Mid-West of Ireland in early Autumn. The habitat included flora and fauna, a river, a pond, a woodland area comprised of re-forested and re-wilded woodland and natural buildings. The retreat was comprised of individual, pair and group tasks, including nature connection activities. Following the retreat, participants ( $n=10$ ) were invited to complete a survey to access their views on the impact of the retreat on their intentions with regard to self-care and peer support. Findings from the survey indicated that participants were positive about the experience of the group, nature-based retreat in terms of self-care and peer support prioritization and intentions. A conceptual framework for understanding nature-based self-care is proposed. Directions for future research are considered, particularly in the domains of professional training in educational psychology, self-care and peer support practices, and the potential of nature-based settings in other areas of EP practice.

**Keywords:** *Educational psychology, nature connection, self-care, peer support.*

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## **SIBLING AGGRESSION AND RIVALRY AND PARENTAL DISCIPLINE**

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### **Abstract**

Sibling aggression is of the most widespread and yet under-researched forms of family aggression. Although the significance of sibling aggression has been indicated for decades (Gelles & Cornell, 1985; Goodwin & Roscoe, 1990; Khan & Rogers, 2015; Straus et al., 1980; Tippet & Wolke, 2015; Wolke et al. 2015), empirical studies on aggression between siblings and its determinants are far less numerous than those on aggression between partners, parents and children, or peers (Tippet & Wolke, 2015). Our

study aimed to: (1) identify parent discipline behavior profiles and examine their associations with sibling aggression and sibling rivalry; (2) investigate whether the relationship between parenting discipline profiles and sibling aggression and sibling rivalry was moderated by child aggressiveness. The sample consisted of 439 adults, 47.6% women and 52.4% men. Participants filled in the Sibling Bullying Questionnaire (Wolke & Samara, 2004), STQ-Then-R (Stewart et al., 2001), Dimensions of Discipline Inventory (Straus & Fauchier, 2007), Buss Perry Aggression Questionnaire (Buss & Perry, 1992) and a demographic survey. Person-focused, latent profile analysis revealed six classes that differed regarding the profiles of perceived parent discipline behaviors, with the only one characterized as 'moderately positive'. The mean levels of sibling victimization, sibling bullying perpetration and sibling rivalry were significantly lower in the group with a Moderately positive parenting profile when compared to the groups with a Moderately negative parenting profile, Single parenting discipline profile and Harsh parenting profile. There were no differences in the severity of sibling victimization between Moderately positive and Disengaged parenting profiles as well as in the severity of sibling bullying perpetration between Moderately positive and Psychological discipline profiles. Moderation effects of aggressiveness on the relationship between parenting discipline profiles and sibling aggression and rivalry were found, mainly between Moderately positive, Harsh parenting and Psychological discipline parenting profiles. The study revealed that considering the constellation of parent discipline behavior instead of treating it as unitary variables gives an interesting insight into understanding of family antecedents of sibling victimization, bullying perpetration and sibling rivalry, and the moderating role of trait aggression in these relationships.

**Keywords:** *Sibling aggression, sibling rivalry, parental discipline, LPA analysis.*

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## **TEACHING PSYCHOLOGICAL RESILIENCE EFFECTIVELY: ADDRESSING ONLINE CLASSROOMS, GEN Z LEARNING STYLES, AND INCLUSIVITY**

**Cynthia Potter**

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### **Abstract**

This paper explores the pedagogy of resilience in a college seminar through three different perspectives: adapting to online teaching, accommodating Gen Z learning styles; and reinvigorating diversity and inclusion perspectives. First, these three key issues in higher education are explored. I then utilize my experience in teaching a freshmen seminar on psychological resilience (including notes, syllabi, reflections, and lectures) to explore effective strategies. The findings will inform educators and researchers interested in current challenges in positive psychology pedagogy.

The transition to college can be a precarious time in a person's developmental trajectory; new independence and autonomy for incoming university students can increase social-emotional vulnerability (Walker et al., 2006). On top of already high levels of psychosocial distress, the pandemic created many new mental health challenges for college students. Therefore, resilience is a particularly salient topic for a college seminar. Fundamentally, resilience protects against stress (Campbell-Sills et al. 2006). Resilient students have more positive education experiences, higher degrees of academic achievement, and experience greater persistence in school (Hartley 2011). Social-emotional competence, including adaptability to stress and self-efficacy, (Domitrovich et al. 2017) and social support (Taylor, Z. 2014; Schaefer et al. 2018), two theoretically modifiable attributes, also are associated with resilience. Resilience also appears to be a fluid process; resilience ebbs and flows, in different life domains and in reaction to different stressors and contexts (Chmitorz A. 2017), suggesting that it is modifiable and therefore growing one's resilience is possible.

Gen Z students come to college with unique learning needs and orientations. They tend to value clear rubrics and instructions for assignments (McAllum in (Morreale & Staley, 2016), and expect frequent assessment and feedback. They also tend to favor the use of technology in the classroom and hands on activities (Oomen-Early & Early, 2015; Roseberry-Mckibbin, Pieretti, Habersstock, & Estrada, 2016). The observation that millennials appear to have a sense of a greater *external* locus of control (eg, reliance on rubrics, requesting frequent feedback, etc.), is a critical and salient challenge in teaching resilience.

Online Learning. Many universities across the globe were forced to transition to online learning in response to the covid epidemic. Three dimensions to secure a robust online community of inquiry have been identified: cognitive presence, social presence, and teaching presence (Garrison et al 1999).

Diversity and Inclusivity. In the US, the pandemic co-occurred with police killings of unarmed Black people and Black Lives Matter protests and race-based civic engagement. Many US colleges responded with overt antiracist messaging from administrations and trainings and forums for faculty, the goal of which is to highlight diversity, equity, and inclusion in the classroom and within the syllabus.

Lessons learned and strategies. I developed a compassionate yet rigorous approach to teaching online. Fundamentally, in order for students to feel empowered, they must be engaged and this is achieved through fostering a cognitive presence. Fostering a cognitive presence included approaches to support independent learning and academic resourcefulness; having students choose topics for papers that have personal relevance or interest; and extending textbooks and traditional readings to elevate diverse and under-represented perspectives. Fostering a social presence included creating valuable co-learning opportunities and the collaborative and rewarding use of technology in the synchronous, online classroom. Fostering a teaching presence, paradoxically, entailed de-centering myself, as the professor, in guided discussions and seminar while developing their capacity for robust and critical discussions.

**Keywords:** *Resilience, pedagogy, black lives matter, gen z, case study.*

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## **PROMOTING THE DEVELOPMENT OF TEACHERS' AND STUDENTS' METACOGNITIVE AND THEORY OF MIND (ToM) SKILLS**

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### **Abstract**

A research network with academics from five European countries (Cyprus, Greece, Hungary, Portugal and Romania) developed an Erasmus+ successful educational program funded by IDEP (the Foundation for the Management of European Programs for Lifelong Learning), in order to conduct research and a well-designed educational Intervention on Metacognition. The research project aims to enhance teachers' and students' metacognitive, epistemic and Theory-of-Mind (ToM) skills. Such key thinking skills are part of students' higher cognitive & metacognitive skills, which aim to help them 'learn how to learn' for life, but also to correctly interpret human behaviour in order for people to co-exist functionally and harmoniously. This presentation focuses on the specific intervention program in which a Participatory Action Research takes place and a 12- sessions' training program is carried out in 5 participant countries and pre- and post- tests are delivered to all participating teachers and their students. Examples of the tools as well as the content of the 12 training sessions are presented in this paper and dissemination activities are discussed.

**Keywords:** *Metacognition, theory-of-mind, epistemic beliefs, educational intervention.*

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## SOCIAL PSYCHOLOGY

### PROFESSIONAL REDUCTION AND EMOTIONAL EXHAUSTION PREDICT INTENTION TO LEAVE

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*D. Uznadze Institute of Psychology, Ilia State University (Georgia)*

#### **Abstract**

Role of burnout in predicting intention to leave a job for addiction specialists is investigated in the current study. 120 physicians, psychologists and nurses working in detox clinics, opioid substitution therapy and psychosocial rehabilitation centers constituted the study sample, which is 60% of the population of addiction specialists in the country of Georgia (former Soviet Union). The sample is representative and provides the possibility to generalize the obtained results to the entire population of drug addiction specialists. Intention to leave was measured using a two-item questionnaire by Kim et al. Burnout was measured by the Human Services Survey (MBI-HSS) (Maslach & Jackson, 1996), containing 22 items that group into three burnout factors: emotional exhaustion, depersonalization and professional reduction. The confirmatory factor analysis (CFA) of the Georgian version provided satisfactory indices after removing two items with low factor loadings:  $\chi^2(25, 366) = 104.31$ ,  $p < .001$ , CFI = .93, TLI = .92, RMSEA = .07, SRMR = .06. Cronbach Alpha for revised (MBI-HSS) is:  $\alpha = 0.89$  (emotional burnout scale),  $\alpha = 0.76$  (depersonalization scale), and  $\alpha = 0.82$  (scale of professional reduction). Demographic variables, such as age, gender, marital status, job position, satisfaction with income, length of professional experience, were studied. A hierarchical regression analysis was conducted with demographic variables in the first and three burnout scales in the second model. Both models were statistically significant:  $F(4, 115) = 2.40$ ,  $p < 0.05$ ,  $F(7, 112) = 3.97$ ,  $p < 0.001$ , from demographic variables, age  $\beta = -.17$ ,  $t = -1.99$ ,  $p < 0.05$  and working as a nurse  $\beta = -.19$ ,  $t = -2.05$ ,  $p < 0.05$  were negative predictors of intention to leave. These results converge with the existing findings. The psychological variables provided additional 12% of explanation in variance of intention to leave a job:  $R^2 \text{ change} = 0.12$ ,  $p < 0.001$ . Emotional exhaustion:  $\beta = .23$ ,  $t = 2.28$ ,  $p < 0.05$  and professional reduction  $\beta = 0.30$ ,  $t = 3.51$ ,  $p < 0.001$  were positive, significant predictors of intention to leave, while depersonalization:  $\beta = 0.01$ ,  $t = 0.13$ ,  $p > 0.05$  – did not yield significant coefficient. This finding differs from the previous studies. Professional reduction was found to be a predictor of intention to leave in one study only, however, coupled with depersonalization (Moneta, 2011). In our case professional reduction is coupled with emotional exhaustion, which is found to predict intention to leave in number of other studies (Azharudeen, Andrew, 2018; Ahmed, 2015). Depersonalization was also found to be a predictor in some studies (Lin & Jiang & Lam, 2013; Elçi, Yildiz, Karabay, 2018). This unique combination once more points to importance of including all three burnout factors in further studies.

**Keywords:** *Professional reduction, emotional exhaustion, depersonalization, intention to leave, health care specialists.*

### WILL BOYS BE BOYS? ATTITUDES TOWARDS MASCULINITY AND EFFEMINACY IN MEN

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#### **Abstract**

The idea that “boys will be boys” has been used an excuse for many behaviours, both by men and towards them. With the recent burst in attempts to bring back “masculine men” and the rise of the hegemonic norms most may wish were left in the 1920s, this study attempted to explore the attitudes towards masculine and effeminate men held by a sample of Maltese participants. Specifically, any associations between one’s attitudes and their age, gender, and self-perception of their own gender were sought. Since research on hegemonic masculinity is often carried out from a feminist lens, a goal of the study was to

take on a neutral approach to determine which stereotypes about men are the most believed. Questions from the BSRI-12, the MRNI-SF, and the AFNS were used to construct an anonymous questionnaire. Hypotheses were tested using data obtained from 410 participants aged 18-78. It was found that older age groups endorse traditional attitudes more strongly than younger ones, and use more dated adjectives to describe masculinity. Additionally, men were found to have more traditional views than women. Participants who perceived themselves as having low levels of femininity were found to endorse traditional attitudes more than those high in femininity. However, masculinity levels had no significant effect on endorsement levels of hegemonic norms. These findings highlight which groups need to be targeted to encourage changes in the way that men are perceived and consequently judged.

**Keywords:** *Hegemonic masculinity, effeminacy, attitudes, stereotypes.*

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## SECULARISM WON'T SAVE US FROM SEXISM: ATHEISTS IN ROMANTIC DYADS DEMONSTRATE NON-EGALITARIAN CHORE DIVISION

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### Abstract

**Introduction:** Major religions often have scriptures or teachings emphasizing the role of women in performing labour within the home. In contrast, secularism is often argued as promoting egalitarianism in relationships, which should produce less pronounced gender roles. If secularism promotes egalitarianism at an individual level, we would expect atheists in heterosexual, romantic dyads to report greater equality in the performance of unpaid labour.

**Purpose:** Our intent was to explore how atheists divided household labour relative to Roman Catholics, Protestants, Anglicans, Baptists, Christians, Lutherans, Gospel/Pentecostals, Free Church/Presbyterians, United Church, Jews, Hindus, Muslims, Agnostics, and the generically nonreligious.

**Method:** The present study used data from the 2017 Canadian General Social Survey ( $N_{\text{weighted}} > 14,000,000$ ) to investigate if there was a relationship between atheism and chore division. We retained only individuals who were in a romantic, heterosexual relationship in which they lived with their partner. Our housework variables were: meal preparation, laundry, generic housework, and washing dishes. Respondents could indicate that the chore was performed 'By themselves', 'By their partner', or 'Split evenly'. Notably, we controlled for age, marital status, education of respondent, education of partner, employment status of respondent, employment status of partner, and whether children were in the home.

**Results:** We found that the main effects of religious affiliation, religious attendance, prayer, and religiosity had little predictive power. Functionally, religious variables (unadjusted for sex) were not associated with more or less egalitarianism. When sex was added to the model, we found that women were more likely to prepare meals ( $RRR = 0.21, p < .001$ ), wash laundry ( $RRR = 0.13, p < .001$ ), perform generic housework ( $RRR = 0.19, p < .001$ ), and wash the dishes ( $RRR = 0.47, p < .001$ ). When examining our central research question—whether the relationship between sex and chore performance varied across religious affiliations—we found little evidence to support secularism promoting egalitarianism. Sexism was found to exist within romantic dyads irrespective of religious affiliation, and the burden of chores fell disproportionately on women.

**Discussion:** While sexism is often portrayed as a latent or manifest product of religion, there is little evidence that secular groups (e.g., atheists) demonstrate a greater degree of egalitarianism with respect to the division of unpaid labour in the home. This may suggest that the uneven division of household labour is due to a broader structural sexism as opposed to a narrower religious sexism.

**Keywords:** *Atheism, religion, Canada, chores, General Social Survey.*

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## A HOUSE DIVIDED CANNOT STAND: SOCIAL DIMENSION OF JOB AND PSYCHOLOGICAL WELL-BEING IN MILITARY FORCES

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### **Abstract**

Shared group memberships and social relationships have been associated with well-being by several ways, as boosting individual's self-esteem, belonging, meaning, sense of purpose, control, and efficacy in life, and protecting people from the impact of negative and stressful events. In the professional context, social relations are very important, as individuals spend most of their time in working activity, and this is of particular significance to military personnel, as the military identity is a social identity, which forms through military enculturation and becomes increasingly salient and integrated into the self-concept. Psychological well-being encompasses a positive perspective of psychological functioning, and it has been associated with a range of positive outcomes, from perceived health to job performance and satisfaction. Finally, Self-Determination Theory states that every human being has a set of three innate basic psychological needs, which must be accomplished for one to be fully functional: autonomy, competence, and relatedness, which have been associated with well-being, positive affect, and lower stress and anxiety. Therefore, this study focuses on the role of the social dimension of the work context in the military, and our aim is to test a model in which the social dimension of job satisfaction predicts psychological well-being, in a relation mediated by the basic needs satisfaction.

In this cross-sectional study, a sample of 200 masculine participants of military security forces, aged 23-54 ( $M = 37.17$ ;  $SD = 8.27$ ), was assessed with the Satisfaction with Professional Practice Questionnaire (Pais-Ribeiro & Maia, 2022), the Basic Needs Satisfaction in General Scale (Gagné, 2003; Sousa, et al., 2012), and the Psychological Well-Being Scale (Ryff & Keyes, 1995; Novo et al., 1997). A parallel mediation model, controlling for age, years in the institution, and position in the institution, showed that the social dimension of job satisfaction predicts psychological well-being, in a relation partially mediated by autonomy satisfaction. The social dimension also predicted competence satisfaction, but this need had no significant effect on well-being. The important role of autonomy satisfaction in the military is discussed, as a vehicle through which the organization of personality proceeds, as well as the role of autonomous regulation of behavior in the fulfilling of other basic needs. The importance of institutional practices that support and strengthen the relationship between these variables in this professional group is discussed.

**Keywords:** *Social dimension of job satisfaction, basic psychological needs, psychological well-being, military context.*

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## WORKING FROM HOME: ON THE RELATIONSHIP BETWEEN PLACE ATTACHMENT TO WORK-PLACE, EXTRAVERSION AND SEGMENTATION PREFERENCE TO BURNOUT

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### **Abstract**

In addition to its widespread effects on health and economic issues, Covid-19 shook the work and employment world. Among the prominent changes during the pandemic is the work-from-home trend, complete or partial, as part of social distancing. In fact, these changes accelerated an existing tendency of work flexibility already underway before the pandemic. Technology and means of advanced communications led to a re-assessment of "place of work" as a physical space in which work takes place. Today workers can remotely carry out meetings, manage projects, work in groups, and different research studies point to the fact that this type of work has no adverse effect on productivity. However, from the worker's perspective, despite numerous advantages associated with work from home, such as convenience, flexibility and autonomy, various drawbacks have been identified such as loneliness, reduction of commitment, home-work boundary erosion, all risk factors relating to quality of life and burnout. Thus, a real need has arisen in exploring differences in work-from-home experiences and

understanding the relationship between psychological characteristics and the prevalence of burnout. This understanding may be of significant value to organizations considering a future hybrid work model combining in-office and remote working. Based on Hobfoll's Theory of Conservation of Resources, we hypothesized that burnout would mainly be found among workers whose physical remoteness from the workplace threatens or hinders their ability to retain significant individual resources. In the present study we compared between fully remote and partially remote workers (hybrid work) and we examined psychological characteristics and their connection to the formation of burnout. Based on the conceptualization of Place Attachment as the cognitive-emotional bond of an individual to a meaningful place, and the need to maintain closeness to it, we assumed that individuals characterized with Place Attachment to workplace, would suffer more from burnout when working from home. We also assumed that extrovert individuals, characterized by need of social interaction at the workplace and individuals with segmentation preference – a need for separation between different life domains, would suffer more from burnout, especially among fully remote workers relative to partially remote workers. 194 workers, of which 111 worked from home in full and 83 worked partially from home, aged 19-53, from different sectors, were tested using an online questionnaire through social media. The results of the study supported our assumptions. The repercussions of these findings are discussed, relating to future occupational experience, with an emphasis on suitable occupational adjustment according to psychological characteristics and needs of workers.

**Keywords:** *Working from home, burnout, place attachment, extraversion, segmentation preference, Covid-19.*

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## **TO EVALUATE TRAINING IMPACT IN HEALTHCARE: AN ACTION-RESEARCH PROJECT ORIENTED TO A SUSTAINABLE MODEL**

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### **Abstract**

Organizations in general, and particularly those in the healthcare sector, need to have evidence of the added value of training; the few existing tools and models may be too complex and time-consuming and are therefore usually dismissed or not used properly.

The aim of this presentation is to introduce a sustainable model to analyze the impact of training in the healthcare sector.

The TIE-H model (Training Impact Evaluation - Healthcare Model) has been created through a process of Action Research intervention involving the training referents of a large Italian healthcare organization in a four year-long process, and was tested on over 350 training courses. The main feature of the model is its focus on the training impact starting from the planning phase. The first step consists of classifying training based on three impact criteria; afterward deploying goals, indicators and timing of evaluation. The first criterion refers to the impact area: individual, team, organization; the second one refers to the added value (efficiency/effectiveness, quality, engagement and culture) and the third one refers to the degree of expected change (normative, improvement, strategic and disruptive).

At the end of each training, following the defined timing, indicators are monitored to define the impact of the training, its expected and un-expected results.

In addition to providing a new impact evaluation process, the TIE-H model has proved to be effective since the planning phase, making the training project process closer to the training aims, allowing for an easier identification of expectations of training results, thus acting as a guideline for training planning.

**Keywords:** *Training impact, training evaluation, healthcare employees, action research.*

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## GEORGIAN STUDENTS' PERCEIVED VITALITY, COMPETENCE AND BEHAVIORAL INTENTION TO GERMAN-SPEAKING OUT-GROUP

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### Abstract

Attitudes – stereotypes, their antecedents, emotions (i.e., positive – admiration, or negative - contempt) and behavioral intention of Georgian students toward the representatives of German-speaking countries are studied. According to the Stereotype Content Model (Fiske et al., 2002; Fiske, 2015), stereotypes of warmth measure to what extent German-speaking people are perceived as wishing to harm others and stereotypes of competence - how capable they are considered. According to theory, stereotypes are elicited by the corresponding socio-structural antecedents: perceived international image of German-speaking countries, measured by vitality and perceived threat posed by them, measured by fear of assimilation. Combination of stereotypes of warmth and competence, in turn, elicit corresponding emotions, which might lead to certain behavioral intentions, such as wish of cooperation or avoidance, etc. (Cuddy et al., 2008; Fiske, 2018).

The data were collected from 87 native Georgian students using a modified questionnaire from Cuddy, Fiske and Glick's study (2007). The German-speaking out-groups were perceived as competent, having high international status/being vital, eliciting the wish to become similar to the people of German-speaking countries.

The hierarchical multiple regression analysis (we entered demographic variables – age and gender - in model 1, vitality and fear of assimilation in model 2 and warmth and competence in model 3) showed that perceived competence of German-speaking group positively predicted the corresponding behavioral outcome:  $\beta = .48$ ,  $t = 3.28$ ,  $p < 0.01$ ,  $F(9, 56) = 3.55$ ,  $p < 0.01$ ,  $R^2 \text{ change} = 0.14$ ,  $p < 0.01$ . However, vitality also yielded significant regression coefficient in the previous model:  $\beta = .29$ ,  $t = 2.36$ ,  $p < 0.05$ , which turned insignificant in the final model. Thus, we conducted mediation analysis, which yielded full mediation: vitality antecedes perceived competence, which, in turn, elicits behavioral intention,  $TE = 0.66$ ,  $LLCI = 0.16$ ,  $ULCI = 1.17$ ;  $IE = 0.32$ ,  $LLCI = 0.03$ ,  $ULCI = 0.56$ ;  $DE = 0.35$ ,  $LLCI = -0.12$ ,  $ULCI = 0.81$ .

The stereotype content model is usually applied to investigate attitudes to the groups in a given society, while we applied this theory to measure attitudes of Georgian students to distant out-group of German-Speaking people, who, mostly, represent the European Union countries (Germany, Austria, Belgium, Luxemburg, Switzerland and Liechtenstein), and found out that their image on international arena (measured by vitality), predicted wish to become similar to them via eliciting perception of these group as competent.

**Keywords:** *Stereotype content model, attitudes of Georgian students, German-speaking countries, vitality, fear of assimilation.*

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## FROM COMMITMENT TO ORGANIZATIONAL PERFORMANCE: WHAT ABOUT THE ISSUE OF EMPLOYEE RETENTION?

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### Abstract

The purpose of this paper is to present a critical analysis of the literature on high commitment, high involvement and high-performance management systems, in order to question the relevance of these models to meet contemporary challenges in human resource management. There is a need to revisit the attributes and influences of "new HRM" to assess whether the initial premises of these models are solutions for the human problems of today's organizations. The results of our analysis generate the proposition of a potential new high retention system that induces a perspective where commitment becomes a necessary goal, not just one of the means, to promote organizational performance, psychological health and well-being at work.

**Keywords:** *Human resource management, high commitment systems, high involvement systems, high performance systems, employee commitment, employee retention.*

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## STRATEGIC CAREER BEHAVIORS IN FLEXIBLE WORKING PATTERNS: A MEDIATION ANALYSIS

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### **Abstract**

The main purpose of this study is to predict the use of strategic career behaviors from a set of antecedents and to determine their impact on a variety of consequences in a sample of European workers. A total of 739 employees (Male=442, 59.8%) participated in this study, with a mean age of 27.64 years (SD=8.48; Min-Max=18-70), working mostly full-time (n=398, 53.9%) and with 46.35% of their work being done remotely. These participants were assessed on personal, demographic, and career-related variables via an online questionnaire. Objective career success was removed from the model for being uncorrelated to most variables. Mediation analysis showed that strategic career behaviors only fully mediated the relationships between desire for career control and perceived career control and that between perceived organizational support and subjective career success. These results are important for informing recommendations and career management strategies for organizations and individuals.

**Keywords:** *Strategic career behaviors, flexible working patterns, career management, European workers.*

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## THE PROMOTION OF EXTERNAL EXPLANATIONS: THE CASE OF SANCTIONS DISTRIBUTED IN THE FAMILY FIELD

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### **Abstract**

Whether to explain the reinforcements that one receives or the behaviors that one adopts, many researches show the existence of internal attributions. However other researches, carried out in order to explain the distributive behavior of sanctions, *i.e.* exclusively focused on the distributor of a sanction, show that the attributions are more hetero-attributive than self-attributive, more external than internal. The latter researches having been carried out in the field of training or in a professional environment, the purpose of the present research is to extend them to the family sphere by studying the explanation of the sanctions administered by a parent to his children and between spouses. 55 participants were confronted with scenes in which a parent sanctioned (positively or negatively) his children and a husband his spouse (vs a spouse her husband). Each sanction, whether positive or negative, was followed by internal and external explanations. The participants had to indicate the degree of acceptability of these explanations. It is observed that the distributor of the sanction is never considered as the primary cause of the sanction: the receiver or the context, *i.e.* external targets, come first. These results are discussed in relation to the available knowledge on attribution.

**Keywords:** *Internality, sanctions, equity, family.*

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## NAVIGATING TRANSITIONS THROUGH TERTIARY EDUCATION: THE INFLUENCE OF THE FAMILY

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### **Abstract**

This paper investigates the impact of the family on Maltese young people as they negotiate transitions through tertiary education at the University of Malta (UM). The findings presented in this paper are part of an ongoing PhD project and findings solely related to the family are discussed. The paper explores how the family shapes the expectations, choices and trajectories of young Maltese people. The findings are embedded in the narratives of sixteen Maltese participants in relation to the family. Taking a qualitative

longitudinal approach, three sets of interviews were held with each participant, whose ages vary between eighteen and twenty-three. The first set of interviews was conducted while the participants were registered as freshers at UM. The narratives are explored through the Three-Dimensional Narrative Space Structure framework, developed by Clandinin & Connelly (2000) guided by Dewey's theory of experience. The findings highlight the interdependent relationships between parents and young people notwithstanding the change in the form and function of the family. The themes elicited are the strong family network, the matriarchal influence and the delaying of young people in moving out of their parents' home. The findings indicate that transitions are protracted and extended, while young people are reaching adulthood later and in a different way, therefore constructing a new concept of adulthood.

**Keywords:** *Transitions, tertiary education, family, young people, new adulthood.*

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## **PRE-MESSIANIC COGNITIVE DISSONANCE HAREUVENI IN LISBON**

**Michael Katz**

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### **Abstract**

More than a few studies in social psychology dealt with what I call Post-Messianic Cognitive Dissonance, namely the dissonance arising in the wake of a failed messianic vision. In this paper I consider the other side of the equation, what I call Pre-Messianic Cognitive Dissonance, that is not the dissonance that arises from messianism but the dissonance that gives rise to messianism. I examine in detail one historical case of messianism, the case of the Sixteenth Century's David HaReuveni (or Reubeni). I focus on the critical state of cognitive dissonance experienced by the Jews of Europe in general and of Lisbon in particular at the start of that century. I analyze the major causes of this state and I explain from a social-psychological perspective how it gave rise to a wide-ranging scope of belief in HaReuveni's vision. Finally I note that similar circumstances surround other Jewish false Messiahs, chief among them the Seventeenth Century's Shabtai Zvi.

**Keywords:** *Cognitive dissonance, pre-messianic, post-messianic, David HaReuveni.*

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## **EVIDENCE FOR PROSOCIAL TENDENCIES IN THE COMPETITIVE ARCHERFISH**

**Shai Gabay**

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### **Abstract**

Human cognition has an evolutionary origin. Accordingly, older evolutionary neural structures may still play a role in cognitive processes that are considered to be uniquely human. Nevertheless, the current research in psychology and cognitive sciences focuses largely on the involvement of cortical regions in cognition – neglecting the potentially rich influence and function of more ancient subcortical structures. In this talk, studies on the evolutionary basis of social attentional allocation and prosociality will be presented. We argue that subcortical components still remain an essential part of these processes. To substantiate these claims, we provide evidence from a phylogenetic model species of complex cognitive processes - the Archerfish. We took advantage of the archerfish's natural ability to shoot down insects above the water level by training fish them to shoot at targets presented on a computer screen. The findings suggest an early evolutionary origin for these social faculties.

**Keywords:** *Archerfish, prosocial behavior, subcortical structures.*

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## ASSESSMENT OF CANDIDATE EFFICIENCY BASED ON PERSONALITY TRAITS ON RESKILLING PROGRAMS IN THE IT SECTOR

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### Abstract

In the labor market, there is a rapid change in the need for employee competencies, conditioned by the increasing degree of digitization and technological innovations. Adaptation to these changes is expected from the educational system when preparing young people for new positions and jobs that arise, but it also requires additional training and reskilling of already employed workers, to keep their jobs. Bearing in mind the high costs and time resources invested in reskilling programs, it is important to consider all the factors that influence the efficiency and success of that process. The key role is often played by the candidates, their willingness, motivation, and personality traits. The main objective of this paper is to test a model for evaluating the efficiency of candidates, based on personality traits, in the reskilling program for junior Java programmers. Research was conducted during the reskilling program of unemployed and employed workers (from different fields of work) into junior Java programmers, in the Republic of Serbia. The Data Envelopment Analysis (DEA method) was used to calculate the efficiency. The candidate's personality traits (reasoning (R), tough-mindedness (TM), self-control (SC), independence (I), anxiety (A), extraversion (E)) were observed as inputs, and the results achieved during and after the reskilling course (test results, professional practice gain and employment in a new field) were observed as outputs. Data on personality traits were collected in the process of candidates' selection for the reskilling program, the assessment of the candidate's knowledge was carried out during and after the course through knowledge tests, and data on participation in professional practice and data on employment in new jobs were collected after the program. The results presented in the paper shows differences in the efficiency of the candidates based on demographic characteristics (gender, age, education, employment) but not significant impact of personality traits.

**Keywords:** *Reskilling programs, efficiency, personality traits, DEA method.*

## PREDICTING SELF-ESTEEM OF EMPLOYEES BY JOB PERFORMANCE, JOB SATISFACTION AND SUBJECTIVE WELL-BEING: THE MEDIATING ROLE OF SUBJECTIVE WELL-BEING

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### Abstract

Self-esteem, which has a very important effect on cognition, emotion, motivation and behavior, is regarded one of the key elements of mental health. In studies examining the relationships between both job performance and job satisfaction with self-esteem, it is stated that self-esteem generally predicts job performance, and job satisfaction is a protective factor in terms of self-esteem, subjective well-being and happiness. The aim of this study is to examine whether subjective well-being has a mediating role in the relationship between self-esteem, job satisfaction and job performance and to find its function in explaining employees' self-esteem. For this purpose, data were collected online from a total of 508 working people between the ages of 18-65 ( $M=31.65$ ;  $s=8.65$ ), 217 men (42.7%) and 291 women (57.3%). Coopersmith Self-Esteem Inventory, Subjective Well-Being Index, and Osgood Semantic Differential Measures for Job Performance and Job Satisfaction were used as data collection tools. The data obtained were analyzed by path analysis, and it was found that subjective well-being predicted self-esteem by mediating job performance and job satisfaction.

**Keywords:** *Self-esteem, job performance, job satisfaction, subjective well-being.*

## THE RELATIONSHIP BETWEEN RISKY AND DELINQUENT BEHAVIOR, SELF-ESTEEM AND DEPRESSION IN ADOLESCENTS

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### Abstract

Adolescence is a sensitive developmental period in the life of every individual in which significant biological, physical and psychological changes occur. Also, it is a period of establishing various new forms of behavior in interactions with significant others. Some of them may have characteristics of risky and delinquent behavior. The aim of this paper was to examine whether the self-esteem and depression of adolescents can be important in predicting risky and delinquent behavior. Also, the goal was to examine the relationship between self-esteem, depression, and the tendency toward risky and delinquent behavior, as well as to examine the mutual relationships between the tendency toward risky and delinquent behavior and sociodemographic variables (gender, school performance, parents' education). The research sample is convenient and consists of 200 participants (102 female; 98 male), aged 18 to 19. The following instruments were used: Beck Depression Inventory, Rosenberg's Self-Esteem Scale, and Self-description of risky and delinquent behavior of young people. A significant negative correlation was obtained between depression and self-esteem ( $r = -.45, p < .001$ ), as well as between self-esteem and the tendency towards risky and delinquent behavior ( $r = -.49, p < .001$ ). Also, a statistically significant positive correlation was obtained between depression and a tendency towards risky and delinquent behavior ( $r = .17, p < .005$ ). The results showed that the regression model with self-esteem and depression as predictors explained 23% of the variance in the tendency towards risky and delinquent behavior, but self-esteem is the only significant predictor ( $\beta = -.515, p = .000$ ). When it comes to the relationship between the tendency towards risky and delinquent behavior and socio-demographic variables, the results show that the tendency towards risky and delinquent behavior will be manifested more often in boys ( $t = 6.88, p = .000$ ), adolescents with lower school performance ( $r = -.52, p < 0.01$ ) and an adolescent whose parents have a lower education ( $r_{(\text{father})} = -.25, p < 0.01, r_{(\text{mother})} = -.38, p < 0.01$ ). The results of this research indicate the importance of self-esteem, and individual and family factors for the development of desirable forms of behavior and have implications for counseling work with adolescents.

**Keywords:** *Depression, self-esteem, risky behavior, delinquent behavior, adolescents.*

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## COMPARISON OF PARENTING STYLES, SOCIAL COMPETENCES AND CONFLICT MANAGEMENT STRATEGIES OF YOUTHS IN ITALY AND SERBIA

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### Abstract

The aim of the paper is to explore how parental styles and social competencies predict the conflict management strategies of young adults in Italy and Serbia, as well as to explore the differences among those variables and their relations in different cultural contexts. Data were collected in Serbia (N=288) and in Italy (N=476) with young adults (18-30 age). They responded to a questionnaire composed of several scales. Social competencies were measured by MSCS and included empathy, emotional regulation, and verbal and non-verbal skills. Perception of the parenting styles was measured by the EMBU and showed two factors: authoritarian or democratic styles. The conflict management styles, based on the Dual Concern Model, showed three factors: Cooperative, Competitive, and Defensive. It was expected that differences in parenting styles and social competencies will have different impacts on preferences for conflict management strategies.

Multiple regressions showed that Cooperative style was predicted by similar variables in both cultures which include verbal communication as a personality trait, empathy, and emotional regulation, while non-verbal skills predict cooperative strategies only in the Serbian sample. The defensive style was predicted by the different variables in the two cultures. In the Italian sample, they were predicted by authoritarian parenting style, verbal communication as a personality trait, and verbal communication as an

ability, while in the Serbian sample, they were predicted only by empathy. The competitive style was predicted by emotional regulation and verbal communication as an ability in both cultures, as well as by the democratic parenting style and empathy but only in the Italian sample.

**Keywords:** *Conflict management strategies, parental styles, social skills, cross-culture.*

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## TRANSITIONING TO ADULTHOOD: WHAT MILLENNIALS THINK

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### Abstract

Introduction: Millennials are a generation born between 1982 and 2004, some of whom will soon complete their transition to adulthood, with their thirties being a pivotal period in the development of emerging adults. The current literature does not make it possible to know how the latter feel concretely in relation to this transition and more specifically, how they come to feel adult. This study is particularly relevant since millennials differ from the generations that precede them by the diversity of their backgrounds, their values or their relationship with technology.

Methods: This qualitative study of young people aged 32-33 in 2021 (n = 31; 74.2% women) used semi-structured biographical interviews to achieve four objectives: (1) determine at what point participants felt adult, (2) which markers contributed to their feelings of adulthood, (3) what reduced their sense of being an adult, and (4) the social pressures surrounding this feeling of adulthood.

Results: The qualitative analysis of the data made it possible to identify the presence of several markers contributing (or not) to the feeling of adulthood, as well as the presence of social pressures surrounding the transition to adulthood. The participants consulted first reported certain markers of adult life traditionally identified, such as having children, a job or a home. The results also show that these markers seem to be presented as conforming to social norms. On the other hand, the results also lead to the idea that millennials seem to have a pejorative view of adult life, insofar as many of them specify that their desire to want to have fun persists and leads them to believe that they are not fully grown. Also other participants justify not being fully adult due to the fact that they do not have children or because they do not have a "socially recognized" job, but specify themselves that these markers remain prescribed by society.

Conclusion: Thus one can question the place occupied by social norms in the transition to adulthood of millennials since some participants do not seem to agree with the markers of adulthood that they identify, but do it anyway.

**Keywords:** *Emerging adulthood, transition to adulthood, millennials, life course, qualitative methods.*

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## PARENTING STYLES AND SCRIPT INJUNCTION AS PREDICTORS OF ANXIETY IN STUDENTS

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### Abstract

Parents, as the first agent of socialization with whom a child comes into contact, are of great importance for development and growth. Parenting styles, the way in which parents achieve their educational goals, accompanied by acceptance and love, or rejection of the child, as well as script injunctions, verbal and non-verbal messages that parents send to the child, affect the adaptation and autonomous functioning of the child. For this reason, with this research, we wanted to get an answer to the question of whether parenting styles and scripted injunctions are significant predictors of anxiety, which in earlier research was shown to be a dominant feeling among students. The sample was convenient, consisting of 122

respondents ( $M = 18.9\%$ ,  $F = 81.1\%$ ) with an average age of 19.95 ( $SD = 1.02$ ). The following measuring instruments were used to operationalize the mentioned constructs: the Zung Anxiety Scale, the Script Injunctions Scale, and the Parenting Styles Measurement Questionnaire (PSDQ), adapted for the student population. The results show that the model consisting of script injunctions and parenting styles explains 43% of the total variance ( $p < .01$ ). The estimated authoritative style of the mother ( $\beta = .22$ ,  $p < .05$ ), as well as the authoritative style of the father ( $\beta = .32$ ,  $p < .05$ ) stood out as individual predictors. When it comes to script injunctions, the following stood out as significant predictors of anxiety: *Don't exist* ( $\beta = .58$ ,  $p < .01$ ), *Don't be a child* ( $\beta = .23$ ,  $p < .05$ ), *Don't grow up* ( $\beta = -.28$ ,  $p < .05$ ), *Don't* ( $\beta = .26$ ,  $p < .05$ ) and *Don't think* ( $\beta = .29$ ,  $p < .05$ ). It can be concluded that the assessment of parents as authoritative figures leads to an increased feeling of anxiety among students. Also, script injunctions accompanied by feelings of guilt and a sense of bothering others (*Don't exist*), insecurity (*Don't*), lack of concentration, and doubt in your intelligence (*Don't think*), as well as those that led to the prevention of childhood play (*Don't be a child*), lead to more pronounced anxiety. On the other hand, lack of responsibility and frivolity (*Don't grow up*) are associated with less expressed anxiety.

**Keywords:** *Anxiety, parenting styles, script injunctions, students.*

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## POSTTRAUMATIC STRESS AND POSTTRAUMATIC GROWTH IN THE BLACK COMMUNITY

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### Abstract

The aim of this study is to research psychological outcomes among Black adults after exposure to race related traumatic events online (TEO). Exposure to such events can lead to posttraumatic stress (PTS) and posttraumatic growth (PTG). Results showed a significant correlation between posttraumatic stress and posttraumatic growth indicating a link between the variables.

**Keywords:** *Posttraumatic growth, posttraumatic stress, social media, black identity, trauma.*

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## THE FOLLOWERSHIP: STATE OF KNOWLEDGE AND PROPOSAL OF A MEASUREMENT TOOL

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### Abstract

While followers represent the largest proportion of people in employment, understanding of the followership concept is still in its infancy and too few empirical studies focus on this notion, which is nevertheless central to organizational functioning. A deeper study of the concept of followership, as well as a better understanding of the behavioural structure of subordinates linked to it, could make it possible to better define the dynamics of hierarchical power and shed light on certain parameters of organizational indicators such as productivity, ethics and well-being. This would contribute to enriching our understanding of managerial processes by adopting a different point of view, that of the role of subordinates in actualizing leadership (*bottom-up*), rather than the strict traditional perspective (*top-down*).

Yet, the need to further investigate this concept is accompanied by the need to benefit from valid metrics in order to effectively define it. This is currently not the case. Although some scales exist to estimate followership, they remain rare and require, for the most part, conceptual and psychometric refinements to fully facilitate increased research on this topic. The development of better metrics of the concept is essential in order to highlight the relative importance of the phenomenon in achieving organizational objectives (*cf.* performance, commitment, well-being). Our study therefore aims to address the lack of knowledge, specifically regarding the measurement of the concept.

This scientific paper aims to present an innovative measure of followership. Following a review of the literature to define the concept, and using Kelley's typology as a frame of reference, we will present the

foundations and attributes of a measurement tool involving the performance of employees according to their level of commitment. Our thinking is in line with studies on the link between employee engagement and autonomy leading to satisfaction and productivity. The proposed measure will assess the various specific followership behaviors that contribute to organizational success.

**Keywords:** *Followership, commitment, satisfaction, productivity.*

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## **DIFFERENCES IN PERCEIVED SOCIAL SUPPORT, LIFE SATISFACTION AND PSYCHOLOGICAL WELL-BEING IN PARENTS AND “CHILDFREE” INDIVIDUALS**

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### **Abstract**

More and more women and men are postponing the age of childbearing due to lack of stability and changing life preferences. Other people, however, consciously decide not to have children because it is not their desire to have children. The literature recognises this group of people as “*Childfree*” individuals. Several studies have analyzed the influence that some socio-demographic variables such as income, employment status, educational level, etc, have on the decision to become parents. However, few studies have focused on analyzing which psychological variables are involved in this decision. Therefore, the main objective of this study is to analyze the differences in perceived social support, life satisfaction and psychological well-being between those who are parents and those who have made the decision not to become parents (“*Childfree*”). The sample of the study consisted of 145 participants between 25 and 45 years of age ( $M = 37,46$ ,  $DT = 4,99$ ), residents of the Autonomous Community of the Basque Country. Of these, 134 were women and the remaining 11 were men. The participants were divided into two groups: those who had children (women = 100, men = 5) and those who were childfree by choice (women = 34, men = 6). The results showed significant differences between groups, where parents obtained a greater satisfaction with life in comparison to *childfree* individuals. In addition, it was also observed that the participants who had children reported higher scores in the dimensions Self-Acceptance, Mastery of the Environment and Purpose in Life, of the psychological well-being, than those who were childfree.

**Keywords:** *Parenthood, perceived social support, life satisfaction, psychological well-being, childfree.*

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## LEGAL PSYCHOLOGY

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### TRACKING THE INCIDENCE OF US HATE CRIMES BY KEY LEGISLATIVE MARKERS (1991-2020)

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#### **Abstract**

The *Hate Crime Statistics Act* (1990) in the US requires that the Attorney General collect and publish annually the incidence of hate crimes in the US based on a victim's race, religion, disability, sexual orientation, or ethnicity. With almost 220,000 hate crimes committed from 1991-2020, the present study tracked changes in the incidence of 163,375 racially-motivated hate crimes, as perpetrated against each of the following groups: Arabs, Asians, Blacks, Hispanic, Indigenous, Jews, and Whites. Crimes ranged from intimidation to homicide. Legislative markers included both widely publicized incidents (viz. James Byrd and Matthew Shepard, 1998), as well as significant changes to law enforcement and criminal punishment including the *Violent Crime Control Act* (1994), *Church Arson Prevention Act* (1996), *Hate Crimes Prevention Act* (2009); and most recently the *Emmett Till Antilynching Act* (2022). We tracked changes in crime rates by six 5-year time periods and region in the US. Initial analysis indicated changes in hate crime rates over time, but with a unique pattern for each racial group. For instance, hate crimes against both Asian and White victims were at their highest in 1991-1995, but steadily decreased despite a rise in 2016-2020. Crimes against Indigenous were lower in the first two decades only to increase in 2011-2020. Black victims (routinely with the highest incidence) saw a zigzag pattern: low in the early 90s, then high; low again in the early 2000s, then high; but lower from 2011-2020 (likely due to wider news coverage). Hispanics saw a steady rise in incidence over time, whereas Arabs were targeted more following Sept.11/2001. Crimes against Jews were largely invariant across the 30 years. Implications of these data to the wider social arena are discussed, as are directions for future research.

**Keywords:** *US, racial hate crimes, 1991-2020, demographics, legislation.*

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### EXPERIENCES OF DOMINATING AND JEALOUS TACTICS, IMPACT ON MENTAL HEALTH AND ACCEPTABILITY OF VIOLENCE

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#### **Abstract**

Young adults' intimate relationships are generally respectful and based on equity. However, the literature has reported the high prevalence of psychological violence in this age bracket (Connolly & McIsaac, 2011), being these rates higher than physical violence (Fernández-González et al., 2014; Orpinas et al., 2013; Ybarra et al., 2016). In terms of psychological violence, one of the most frequently reported types is the expression of dominance and jealousy. Following Kinsfogel and Grych (2004) and Sears et al. (2007), the acceptability of violence is not only a function of having witnessed violence at home but having being exposed to peer-perpetrated and community violence. Thus, it seems relevant to explore the acceptability of violence, learned from earlier experiences, and the role it plays in the context of a young adult intimate relationship, especially in terms of the psychological impact it might have in people experiencing those dominating and jealous tactics (Eshelman & Levendosky, 2012; Reidy et al., 2016). The aim of the present study is therefore to analyse the relationship between the victimization of dominating and jealous tactics in young couples, as well as the acceptability of violence, and the psychological impact in terms of mental health. A cross-sectional quantitative study was designed, with a sample of 274 participant between 18 and 30 years of age (194 women and 80 men; overall mean age was 25.21 (dt = 3.9); the females mean age being 25.15 (dt = 3.84) and males mean age being 25.39 (dt = 4.26). All participants completed measures of victimization of dominant and jealous tactics by their intimate partners, acceptability of violence and mental health symptoms (anxiety, depression and interpersonal sensitivity).



The results showed that the acceptability of violence mediated the relationship between having being exposed to dominant tactics, but not for jealous tactics, in the context of an intimate relationship and overall mental health symptoms. Further mediational analyses showed that this indirect effect was present for all three indicators of mental health and victimisation of jealous tactics. However, when we analysed in detail the victimisation of dominance tactics, this indirect effect only remained for interpersonal sensitivity. Limitations of the study and implications for practice and future research will be discussed.

**Keywords:** *Dating violence, dominating and jealous tactics, psychological violence, mental health, acceptability of violence.*

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## THE ROLE OF GRATITUDE, EMPATHY AND ANGER RUMINATION IN REGULATING DIFFERENT FORMS OF AGGRESSIVE BEHAVIORS

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### Abstract

Although moral evaluation of aggression is generally negative, the social approval and the prevalence of certain forms of aggressive behaviors is diverse with physical aggression mostly rejected and disapproved and verbal aggression quite prevalent and relatively accepted, in particular when such forms are used as irony or sarcasm. Among them, relational aggression is least discussed and explored in terms of risk and protective factors. Further, the crucial question arises whether the pattern of personality predictors is the same or different in comparison to other forms of aggressive behaviors. This study was to find out the answer for this question. We included physical, verbal and relation aggression predicted by anger rumination as a potential risk factor as well as empathy and gratitude as the protective factors. Anger rumination is the intrusive, perseverative thinking about anger-inducing events from the past, and as so this cognitive process may contribute to aggression, though, little is known to which extent it regulates physical, verbal and relation aggression. Further, empathy and gratitude are two personality features promoting behaviors strengthening social bond. Thus, they both may play the role in inhibiting aggressive manifestation, in particular in case of relational aggression which is a danger to social bond. An online survey was administered to 357 participants (56.6% female;  $M_{age}=43.34$ ,  $SD=15.15$ ) who completed a battery of questionnaires including Anger Rumination Scale (Sukhodolsky, Golub & Cromwell, 2001), Gratitude Questionnaire (GQ-6; MacCullough, Emmons & Tsang, 2002), Empathy Quotient (EQ-Short; Wakabayashi, et al., 2006) self-report on relational aggression (Murray-Close, Ostrov, Nelson, Crick & Coccaro, 2010), and physical and verbal aggression scales derived from BPAQ (Buss & Perry, 1992). The result showed that anger rumination is an universal risk factor contributing positively to each form of aggressive behaviors. However, empathy and gratitude played the role of protective factors with regard to physical and relational aggression, and in case of verbal aggression their inhibiting function disappeared. Overall, the pattern of personality features contributing to relational and physical aggression was similar in terms of the predictors and the proportion of variance explained by regression (approximately  $R^2=.34$ ) whereas in case of verbal aggression barely 11% of the variance was explained. It implies that further research on verbal aggression should go beyond the variables concerning personality features because their regulating function in this case is limited as compared to other forms of aggressive manifestation.

**Keywords:** *Anger rumination, gratitude, empathy, forms of aggression.*

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## COGNITIVE AND EXPERIMENTAL PSYCHOLOGY

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### PERCEPTUAL CATEGORY LEARNING MECHANISMS IN DEVELOPMENTAL DYSLLEXIA

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#### **Abstract**

Despite decades of research there is still much debate about the underlying biological and cognitive causes of developmental dyslexia. Although dyslexia has traditionally been associated with phonological deficits (i.e., in the use of speech building blocks like [b] vs. [p] in *bat* vs. *pat*), there is growing evidence of more general procedural learning difficulties. It is not yet known how procedural learning deficits might relate to phonological deficits. However, the neural learning systems thought to contribute to procedural learning have diverse nonmotor roles, including involvement in acquiring perceptual categories. Intriguingly, perceptual category learning is highly significant in the development of robust speech representations to support phonological processing. Phonetic category acquisition represents a procedural perceptual category learning challenge, as the characteristics of the speech signal (multidimensional, highly variable, and rapidly conveyed) make it difficult to acquire explicit knowledge about the crucial acoustic dimensions that define speech categories. In this talk I will describe a series of studies examining perceptual category learning mechanisms in individuals with dyslexia. Specifically, I will present data showing that procedural perceptual category learning is selectively disrupted in dyslexia, while declarative based perceptual category learning is spared compared to a neurotypical group. I will display data based on computational modelling showing reduced use and a slower shift to procedural based strategies in dyslexia, with declarative use comparable to neurotypicals. While phonological *processing* impairments have been emphasized as the cause of dyslexia, the current approach suggests that *learning* perceptual representations through procedural learning is impaired in dyslexia and could contribute to phonological deficits, with consequent negative effects on language acquisition and reading.

**Keywords:** *Developmental dyslexia, auditory category learning, implicit cognition, multiple memory systems, procedural learning deficit.*

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### ON THE WISDOM OF MAJORITY OPINIONS: TRUE VERSUS FALSE CONSENSUS

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#### **Abstract**

In the interest of improving their decisions, individuals revise their opinions on the basis of other persons' opinions. How do people perceive majority votes? What factors lead them to trust majorities? How do they revise their opinions after receiving advice? Under certain conditions, majority votes (aggregated opinions should be highly trustworthy, as suggested by the Condorcet theorem). This work will consider the influence of majority votes and the process of advice taking.

Previous research has shown that decision makers' ease of processing and confidence in their judgments is related to the agreement among the opinions they are presented with. Judges find it rewarding that other advisors agree with them, confirming their initial judgments. Consistency breeds confidence. However, a normative analysis implies that decision-makers' gains from consulting others' opinions should depend on the degree to which these opinions are independent of one another. The marginal gains from aggregating opinions disappear when the sources are correlated. Thus, high confidence is warranted when uncorrelated sources agree with each other; confidence is unwarranted if it is based on consistent opinions that are obtained from correlated sources.

We investigated this intriguing relationship between confidence and accuracy. Our experimental task involved the estimation of uncertainties (e.g., the number of calories contained in different foods). After generating their initial estimates for each food, participants could revise their initial estimates based on samples of advisory opinions. They were also asked to rate their confidence in their revised estimates, and to bet on their most accurate answers. The method of sampling the advisory opinions was the main factor. With independent-sampling, the three opinions were sampled at random from a pool of estimates. With opinion-dependent sampling, the opinions were drawn from among those near the decision maker's prior opinion.

We found that after consulting the sample of advice, decision-makers were more confident in their less accurate judgments. People underestimated the informative value of independently drawn opinions, if those appeared to conflict with one another. They placed more confidence in consensual opinions (designed to agree with them), although they were sampled in an interdependent manner. In contrast, considering the independent opinions (which tended to conflict with one another) helped them improve their accuracy, but did not elicit much confidence. People's intuitive trust in consensus, despite the interdependence, was detrimental to their performance. Implications for individual and group decisions and the development of echo chamber effects are discussed.

**Keywords:** *Wisdom of crowds, advice-taking, consensus and interdependence, independent opinions, decision accuracy, confidence in judgment, Condorcet Jury theorem.*

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## **EXECUTIVE FUNCTIONS DEVELOPMENT IN CHILDREN AGED 7-12 YEARS WITH DIFFERENT LATERAL PREFERENCES**

**Elena Nikolaeva, Victoria Efimova, & Irina Shirokova**

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### **Abstract**

There is an idea that left-handedness and right-handedness at the phenotypic level correspond to different rates of maturation of brain structures in ontogenesis (Nikolaeva, Leutin, 2011). This can manifest itself in different rates of maturation of executive functions in children. The paper tested the hypothesis of different rates of occurrence of inhibitory control and mechanisms of working memory in children aged 7-12 years with different lateral preferences. 160 pupils of 1,4 and 6 grades took part in the study. Lateral preferences (Nikolaeva et al., 2022), inhibitory control in the go/go and go/no-go paradigm (Vergunov et al., 2018), the volume of working memory (Razumnikova, Nikolaeva, 2018) and the level of intelligence using Raven's Progressive matrices, were evaluated. In the whole group of subjects, it was shown using multiple step-by-step regression analysis that working memory does not depend on lateral preferences in ontogenesis, whereas inhibitory control depends on age and lateral preferences: the inhibitory control of left-handed boys is formed more slowly. The division of children into age groups showed that lateral preferences affect inhibitory control only in the first grade. The older the children are the more inhibitory control is determined not by the mechanisms of maturation, but by social factors.

**Keywords:** *Executive functions, children, intelligence, lateral preferences.*

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## **COGNITIVE BIASES: DO THEY IMPACT INSTANT DECISION-MAKING BASED ON ETHNIC SIMILARITY?**

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### **Abstract**

**Motivation:** Due to recent media coverage (war coverage of Ukraine vs. Palestine vs. Congo), religious phobia-based issues during World Cup 2022, or lack of exposure to other(s), the authors' curiosity was triggered to examine how potential cognitive biases might impact decision making concerning global environmental issues. Since the effects of the biases are not fully understood nor fully valued, this paper is exploring the topic further.

**Objectives:** The paper illustrates the mediating effect of cognitive biases on decision-making (DV = dependent variable) based on global environmental issues concerning natural disasters

(IV = independent variable in the form of flooding). Natural disasters from three continents are displayed and bio-sensory data was collected to measure participants' biological responses to the video clips shown. The decision-making (DV) following these displayed events (IV) is mediated by possible cognitive biases present during the decision-making process (here how personal or public funding is distributed in a simulation). Based on these situations evaluated merely centered around media coverage, subjects make decisions on relief funding, similar to how UN decision-makers are appropriating emergency response funds. Ultimately, the study shows that the personal impact perceived by individuals and their respective nations through natural disasters or crises is moderated by cognitive bias.

Methodology (what was done, how was it done) and validation: The study is based on a between-subject design of three groups of participants including subjects from Asia, Africa, and Europe. Utilizing different biosensors (eye tracking, facial expression analysis, and galvanic skin responses), biodata visualizations and statistics are collected and their correlation to decision-making was examined. Subjects are composed of a convenience sample of tertiary education students in southern Bavaria, aged 18-35 years. Validation takes place based on standard quality criteria measures.

Major results: Decision-making is based on a perceived needs basis (social security, economy, and support system in the country) and mediated through cognitive biases based on similarity to own cultural, ethnic, and geographical background.

Conclusion: Research shows that cognitive bias is omnipresent with an ethnocentric focus on decision-making.

**Keywords:** *Cognitive bias, decision-making, bio-sensory data, global environmental issues, ethnocentricity.*

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## **DO DEFICITS IN SPECIFIC DOMAINS IN EXECUTIVE FUNCTION PREDICT THE RELATION BETWEEN THEORY OF MIND AND SYNTAX UNDERSTANDING IN CHILDREN WITH AUTISM?**

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### **Abstract**

Theory of mind, executive function and language could be three overlapping cognitive variables in children development. A large literature in psychology and developmental sciences support this assumption. Results in the perspective of this hypothesis come from two lines of research which grew up separately for a long time: studies on the theory of mind - executive function link and theory of mind – language link, in children development. The actual challenge is whether the relationship of these three cognitive processes may implicate the reality that one should be an explanatory factor of the two others correlation. Thus, we conduct an experience in the aim to verify if executive function as a general cognitive domain is a predictor of the developmental theory of mind-syntax understanding relationship, in children with autism. A large matching age sample of children is recruited to participate in the experience. We used both first order and second false belief tasks, three EF tasks assessing inhibition, cognitive shifting and planning, and two tasks of syntax in the experimental material. We expect having results allowing to describe the predictive and explanatory links between executive function, syntax understanding and theory of mind. We also expect to obtain results explaining the relation of planning tasks with first and second order false belief tasks. We wish discussing the pattern of inhibition and cognitive shifting in the perspective of the cognitive complexity and control theory. Results of planning – theory of mind relationship is expected to discuss the effect of age in processing false belief tasks. The sense of syntactic understanding variable will be discussed in the results patterns for both children with autism and typically developing control group, in order to verify the consistency of our results with the literature about findings on syntactic processing in children with autism.

**Keywords:** *Theory of mind, executive function, syntax understanding, autism, children development.*

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## REVIEW OF THE EFFECTS OF COGNITIVE TRAINING INTERVENTION ON SLEEP QUALITY IN OLDER ADULTS WITH INSOMNIA

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### Abstract

Objectives: The risk of both, reduction in sleep quality and cognitive decline, increases with advanced age, raising the question of whether cognitive training intervention could improve sleep quality in older adults with insomnia. The current review aims to characterize existing literature on the possible effects of cognitive training intervention on sleep quality in older adults with insomnia. Evidence suggests that among older adults with insomnia cognitive training intervention (either personalized or in a group) improved sleep quality. The possibility of improving sleep quality among these patients via a non-pharmacological treatment is an encouraging new concept that requires in-depth testing.

**Keywords:** *Older adults, sleep quality, insomnia, personalized cognitive training intervention, group cognitive training intervention.*

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## SIMULATION OF DEVELOPMENTAL TRANSITIONS BELOW AND ABOVE FORMAL REASONING IN A NEURAL NETWORK MODEL

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### Abstract

The Model of Hierarchical Complexity (MHC) is one post-Piagetian theory that shows that humans develop through stages beyond post-formal reasoning. At each developmental transition, simpler knowledge self-organizes into more complex knowledge without overwriting itself, however, the nature of transitions is poorly understood. We used neural networks to simulate this stage incremental process and to explore whether conclusions about transitions could be taken from the developing structure of the model, specifically when solving problems below and above formal reasoning. We simulated stage-wise human performance on the balance-beam test. The MHC analyzed the order of hierarchical complexity (OHC) of balance-beam tasks, identifying 4 OHC subtasks (9, 10, 11, and 12), each being solved by individuals at the following stages: concrete (stage-9), abstract (stage-10), formal (stage-11) and systematic (stage-12). Hence, two stages below formal, where individuals operate with concrete information until they transform it into abstract information, and two stages above formal, where individuals operate with abstract information. In our method, we segregated the input set into the four disjoint OHC subsets. Then, we trained the minimal neural network model structure to solve each OHC subset separately. The best performing model for each OHC subset was selected and the evolving structure across sequential models was evaluated. Developmental transitions are represented by the recruitment of new neurons and connections from one OHC network to the next. First, results showed that segregating inputs by disjoint OHC led to the best performance of networks in the formal-order subtasks (torque difference calculus) among the literature. Second, transitions from concrete to abstract rely mostly upon an increase of memory resources of the existing connections. From abstract to formal and from formal to systematic, there is an increase in the number of neurons and connections. More than one transition pattern was found, which points towards the dynamic of self-organization. We either observed that there is an increase of 120% in both the number of neurons and connections from abstract to formal and a decrease of 50% from formal to systematic or that there is an increase of 80% in the number of

neurons and connections, which maintains stable during the systematic performance. Limitations of this work concern the operations that were being learned at each OHC subtask, which conflict with the mathematical nature of neural network models. Even so, the scaling of network elements is worth exploring by simulating further OHC subtasks.

**Keywords:** *Stage of development, developmental transitions, simulation, neural networks, complexity.*

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## PSYCHOANALYSIS AND PSYCHOANALYTICAL PSYCHOTHERAPY

### EXTREME EXPERIENCE AND HEIGHTENED CREATIVITY: FOUR HYPOTHESES ON THEIR CORRELATION

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#### Abstract

Once a prospective doctoral researcher came up with a proposal to work on the suicide notes written by farmers for whom life had become impossible due to drought and debts. Though the case was not one of *creativity* [in any academic sense] *under duress*, I was inspired to pursue interdisciplinary theoretical research, bringing together insights from psychology, philosophy, history, and literary/creativity studies, to explore the relation between extreme experience and heightened creativity: the connection between unbearable experience – war, genocide, and domestic violence – on the one hand, and paradigm shifts in thought, experimental art, and path-breaking discoveries, on the other. Creative process is elusive, complex, and often unamenable to empirical verification. I began by trying an existing explanation on the correlation: the theory of *sublimation* – channelization of anger and resentment into productive endeavours. A *second* explanation is that it is precisely the preceding experience that the consequent achievement requires for its *raw material*. Viktor Frankl's *Logotherapy*, based on the *will to meaning*, even in the most harrowing circumstances, as the source of survival, needed the experience of the concentration camp. A key factor here is the ability of victims to utilize possibilities provided by *narrativization* – by deducing and creating alternative meanings/implications from the same event. Further integrated psycho-philosophico-literary investigations into the cognitive processes that underlay the work of certain twentieth-century thinkers and writers who wrote amidst menacing macro-historical developments, offered *two supplementary explanations*. The inability of available *external forms* – limitations of language, existing models of thought or forms of art, modalities of interpersonal relationships – to capture the overwhelming intensity and true extent of extreme experience compels the experiencing subjects to break these forms/paradigms, and develop radical alternatives. Besides, when experience is overwhelming, the human psyche salvages the most delicate and vulnerable aspects of reality which it considers valuable.

**Keywords:** *Extreme experience, heightened creativity, sublimation, external forms, narrativization.*

### GENES AND GENDER: WHY THEY NOT ALWAYS MATCH

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#### Abstract

Sexuality is considered an essential element of human nature, not only in its procreative aspect but also, and above all, as an affective manifestation of the establishment of relationships with another human being. In turn, the gender has been an important issue, particularly in the last thirty years since it has been linked mainly to the human rights. In the various declarations and plans approved at the different United Nations World Conferences, the evolution of this concept, and of others associated with it, has been raising questions with implications at the most diverse levels. These implications can be internal to each individual or in societal and cultural terms and in their organization, such as in the legal aspects, and, above all, in the way we think and experience the society in which we are inserted.

Sexuality, however, may also be considered as the inter-relation of gene and hormone systems that will determine the formation of genitalia, that will eventually imprint the neuronal systems where the affective manifestations take place. However, sometimes the genetic sexuality is not in conformity with the self-definition of gender. This discrepancy may be related with some neuronal systems related with the definition of self, in the construction of each own identity, and the relationship with other people.

If medicine has a saying in this matter, the psychoanalysis and psychoanalytic thinking have an essential role, which is paramount in promoting reflection on gender issues, whether in identity, or in the experience of sexuality as a whole. This reflection will allow the constitution of itself as a science that is not restricted to psychology, but that encompasses several areas of knowledge, allowing, through the free association method, to analyze and reflect on the essence of the human being.

In this presentation, these two issues will be addressed and confronted.

**Keywords:** *Gender, genes, psychoanalysis, neurobiology.*

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## **FROM IMPASSE TO DIALOGUE IN PSYCHOTHERAPY: TRAINEE PERSPECTIVES ON USING PSYCHOANALYTIC THINKING IN TERTIARY PSYCHIATRIC SETTINGS**

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### **Abstract**

Psychotherapy in tertiary psychiatric settings necessitates structured, symptom-focussed approaches which can be applied by trainees and staff. However, given the complex presentations, impasses in psychotherapy are common, and may result in unplanned termination if unaddressed. Containment in supervision, and using elements of psychoanalytic thinking may be especially helpful in such situations; here we discuss trainee perspectives from a tertiary psychiatric institute in India.

Patient presentations at the institute include chronic and severe psychiatric illnesses including dissociation/conversion, personality disorders, substance abuse and self-harm, and psychotic conditions; commonly low-education and low-income; a complex history of previous psychiatric/psychotherapeutic consultations; from across the country and neighbouring countries. Clinical psychology trainees at the institute undertake a two-year full-time advanced training, with a focus on diagnosis, psychopathology, assessment, and psychotherapy. The psychotherapy training emphasises structured, manualised treatments (e.g., cognitive-behavioural, dialectical behaviour therapy, mindfulness), which are suited in these settings for providing a structure and framework, building trainee confidence, and quick symptom relief.

However, trainees frequently encounter impasses in psychotherapy, such as patients displaying excessive verbal compliance without matching insight or action, too much/too little verbal content in sessions, frequent crises, boundary violations, hostility/antagonism, and splitting of the multidisciplinary team. When “the techniques don’t work”, trainee therapists often struggle with feelings of ‘stuckness’ and self-doubt, resulting in avoidance and potentially, unplanned termination.

In supervision, psychoanalytic thinking offers several insights. Firstly, for trainees burdened by outcome expectations, there is immense relief in noticing and verbalising a difficult therapist-patient dynamic. Secondly, containment in supervision allows for a greater tolerance of the patient’s affect in the session. Third, shifting the focus to listening and ‘not-knowing’ allows the patient to explore previously forbidden experiences. Trainees highlight the experience of “using no technique at all...only the basics of therapy”, using themselves and the relationship as vehicle of change. These elements of psychoanalytic thought appear to stabilize trainee therapists when the ground shifts, and manual-based techniques fall short. More importantly, when used within a multidisciplinary team, psychoanalytic thinking may make room for an understanding of the patient’s internal psychic reality as it plays out in external events, rather than acting on it.

Trainee psychotherapists may lack skills to navigate roadblocks, particularly with difficult-to-treat patients, in tertiary settings. This is a critical gap to be bridged in training and supervision, and indeed, training of supervisors. It is important that psychoanalytic thinking be accessible and usable alongside other psychotherapeutic approaches in tertiary settings.

**Keywords:** *Impasse, tertiary settings, psychoanalytic, supervision, containment.*

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## THE EXPERIENCE OF GRIEF IN A CHILD ORPHANED BY THE PANDEMIC OF COVID-19

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### Abstract

In the context of Covid-19, talking about mourning and death acquires even greater repercussions, with the advent of the pandemic and the frightening number of deaths, especially in adults and the elderly. The urgency of thinking about the situation of orphanhood was revealed, since thousands of children and adolescents lost mothers, fathers, legal guardians and/or other relatives, and many of them started to live in a situation of great vulnerability, a situation that must be considered to be a matter of public health emergency. The sudden death of family members, as can occur due to Covid-19, due to its potentially traumatic nature, can generate numerous challenges for children. Based on this assumption, the objective of this study was to know the expression of mourning in its biopsychosocial statutes in a child orphaned by the Covid-19 pandemic through interviews and the Drawing Procedure Story with Theme and free drawing. It was a qualitative, exploratory research, characterized as a clinical case study, with a psychoanalytical approach. The study complied with all the ethical requirements established in the resolutions that regulate research involving human beings and with the approval of the Research Ethics Committee. A 09-year-old child, who went through a situation involving the death of her mother due to Covid-19, and an older sister who took care of her, participated in this study. Four meetings were held with the child, one for each collection procedure. For the analysis of the data resulting from the application of the projective technique, it was used in the procedure manual for Drawing Story with Theme. For the integration of data and construction of the clinical case, the psychoanalytic theory, especially Winnicott's contributions, supported the articulations. As a result, it is understood that the symptoms that a child may experience soon or long after the loss of who exercises the maternal function, can have repercussions in all fields of their development. Thus, the study brings findings about the biopsychosocial expression of the bereaved child, the experience of family mourning and finds secondary losses as a complicating factor. Thus, in the grieving process, it is necessary for the child to experience the feelings and be able to get in touch with the fantasies that result from the loss. From these data articulated to psychoanalytic theory, it was possible to think that the work of mourning can benefit from the child's ability to create a transitional space where there is the possibility of reconstructing reality through a creative and spontaneous impulse, even in conditions difficulties such as mourning the death of the mother. Finally, the need for an interdisciplinary look in the care of the bereaved child is highlighted.

**Keywords:** *Grief, child, death, pandemic, Winnicott.*

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# POSTERS



## CLINICAL PSYCHOLOGY

### VIGOROUS PHYSICAL ACTIVITY AS STRESS BUFFER IN ADOLESCENTS AND YOUNG ADULTS FROM THE GENERAL POPULATION

**Katja Beesdo-Baum, Catharina Voss, Frank Rückert, & Hanna Kische**

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#### Abstract

The adverse effects of stress and the positive effects of physical activity on health are well established but their interaction is less clear. The present study investigated whether vigorous physical activity may buffer the negative effects of stress on depressive symptoms in adolescents and young adults from the general population. A random community sample of 14 to 21 year-olds was drawn from the population registry of Dresden (Germany) in 2015 and reported, among others, about perceived stress (Perceived Stress Scale, PSS-4), the weekly number of days with vigorous physical activity, and depressive symptoms (Patient Health Questionnaire, PHQ-9) cross-sectionally at baseline ( $n = 1,053$ ) and longitudinally at one-year follow-up ( $n = 651$ ). Linear regression analyses with interaction terms were applied both cross-sectionally and longitudinally with PHQ-9 sum score as outcome variable and stress and activity as interacting predictor variables, adjusting for baseline age, sex, body mass index and – in prospective analyses – also for baseline depressive symptomatology. In cross-sectional analysis, no significant interaction emerged between baseline stress and physical activity on baseline depressive symptoms; there was only a main effect of perceived stress. However, prospective-longitudinal analyses supported the stress-buffering-hypothesis. There was a significant interaction between baseline perceived stress and physical activity on follow-up depression symptomatology ( $p < .05$ ). Decomposing the interaction showed that among those with high perceived stress at baseline, a higher number of days with vigorous physical activity at baseline was linked to lower depression levels at follow-up. These findings suggest that vigorous physical activity exhibits prospectively an antidepressogenic effect under high perceived stress conditions and may be a useful target for prevention or early intervention efforts during the crucial developmental period of adolescence and young adulthood.

**Keywords:** *Epidemiology, mental health, adolescence, young adulthood, cohort study.*

### EXTRINSIC EMOTION REGULATION CHOICE: THE ROLE OF DEPRESSION SYMPTOMS

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#### Abstract

Extrinsic emotion regulation (EER), the provision of emotion regulation support to another person, has gained more scientific interest from researchers in recent years. An important question is what factors influence peoples' choice of EER strategy. Namely, what determines the type of EER strategy an individual chooses to use in order to help another person. The present study examined the role of depression symptoms in EER strategy use. Fifty-one women who reported high levels of depression symptoms and forty-eight women who reported low levels of depression symptoms participated in the study. They were asked to read eight texts that described negative emotional situations presumably written by another participant. They were then asked to provide help to the other participant by writing a supportive letter. They also reported the degree to which they believe the other person feels bad about the event, how much they are similar to that person, and the degree to which they used distraction and reappraisal when they wrote the supportive note. They also rated their positive and negative moods before and after providing support. Results showed that depressed and non-depressed participants reported more positive and less negative mood after providing support. Furthermore, both depressed and non-depressed participants reported higher use of reappraisal compared to distraction when providing support. The level

of depression symptoms was positively correlated with the perceived negativity of the events, as well as the perceived similarity to the other person. These findings are consistent with previous findings showing that EER is beneficial for support providers, especially those with a high level of depression symptoms. Together, these findings imply that EER may be a good way to improve mood and that people choose to provide support to others using reappraisal more than a distraction. These findings have implications for the understanding of the role of EER in depression and other psychopathologies.

**Keywords:** *Choice, emotion regulation, extrinsic emotion regulation, depression.*

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## **PTSD, SOCIAL SUPPORT AND RESILIENCE AMONG CHILDREN IN CHILD PROTECTION IN HAITI**

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### **Abstract**

This study aims to assess the trauma, social support and resilience of children entrusted to child protection in Haiti using quantitative measurement scales. Most of these children had a domestic life course before being entrusted to a child protection institution. They have been and still are victims of intentional and unintentional violence and trauma. Our study sample is 100 entrusted children aged 6 to 17 years old and from three child protection centers in Haiti. According to the results, 37% suffer from depression with a higher percentage in girls, 53% show clinical signs of Post-Traumatic Stress Disorder with a higher percentage in boys, 52% show peritraumatic distress scores. On the other hand, these children mostly show fewer clinical signs of anxiety. The Pearson correlations show that traumatic symptoms are much more present in primary school children, most of whom are former child domestics (restavèk). The experience of domesticity leaves deep traumatic traces in the child separated from his parents and forced for some to lead an inhuman life. However, despite mental suffering and a deleterious living environment 64, 3% of these children have a resilient profile. Social support is one of the factors that best predicts the resilience of these children. Indeed, these children separated from their families rely on what their immediate environment can offer them constructively while seeking stable support. This study makes it possible to draw up the psychological profile of children entrusted to child protection in Haiti, while providing details on the risk, vulnerability and protection factors on which we can rely in their care. Finally, it emphasizes the need to offer therapeutic placements to children in order to prevent the traumatic effects of their experience and of domesticity in the long term.

**Keywords:** *PTSD, social support, resilience, foster children, Haiti.*

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## **PATIENTS' SELF-REPORTING PAIN ASSESSMENT AND THE SATISFACTION LEVEL OF THE TREATMENT IN BREAST UNIT**

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### **Abstract**

Introduction and purpose of the study: Pain must never be overlooked or trivialized. Whether it is a consequence of oncological surgery (removal of the tumor) or plastic surgery (breast reconstruction), pain must always be reported by the patient and carefully evaluated by the doctor. For some time now we have been talking about hospital without pain, and there are various scales used to evaluate it. The aim of the study is to evaluate the patient's perceived satisfaction with the treatment of pain in relation to the care received.

Materials and Methods: We used the American Pain Society - Patient Outcome Questionnaire (APS-POQ) proved valid and reliable even in Italian. An easy-to-impart tool consisting of 16 items provided by the psychologist to the patients through an interview. This project analyzed a sample of 43 hospitalized patients, aged between 37-66 years. Patients with cognitive deficits, psychiatric or psycho-physical that do not allow the questionnaire completion were excluded. The aim was to verify the

presence of pain in its intensity and impact in different areas of activity; patient satisfaction for pain management and reasons for satisfaction/dissatisfaction; the presence of erroneous pain management beliefs.

Results: The reported average intensity of pain was 5/10. The highest pain intensity of hospitalization was 8/10. Patients reported the highest level of pain impact limited to the operated area immediately after surgery while the pain level fluctuated in the following month. Satisfaction with pain care was positive for both the way nurses and physicians responded throughout the care pathway.

Conclusions: In the future it would be advisable not only to check the effectiveness of the treatment of pain but also the patient's perception. It would be a further indicator of the quality of treatment as feedback of the interventions carried out.

**Keywords:** *Breast cancer, pain, satisfaction, assessment patient.*

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## COGNITIVE FUNCTIONS AND HEALTH STATUS IN PREVIOUSLY HOSPITALIZED VERSUS NON-HOSPITALIZED POST-COVID PATIENTS: A PILOT STUDY

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### Abstract

**Introduction:** An increasing amount of evidence indicates that patients after having been recovered from COVID-19 are still experiencing various neurocognitive deficits, as part of the commonly described post-COVID sequelae. These deficits can significantly affect patients' perceived health status and quality of life.

**Method:** This study assesses global cognitive functions, executive functions, memory, attention, subjective cognitive functioning, perceived health status and quality of life. We compared 16 previously hospitalized (56% males, 44% females, age: 46.1±11.5 years, education in years: 14.9±4.2 years) and 16 non-hospitalized (50% males age: 46.8±15.7 years, education in years: 14.8±2.38 years) post-COVID patients who were matched based on age, education level and time elapsed since the end of COVID-19 infection (respectively 160±140 166±143 days). Objective neuropsychological tests such as the Montreal Cognitive Assessment (MoCA), forward and backward digit spans, Trail Making Test (TMT), verbal fluency test, Frontal Assessment Battery (FAB) and self-report scales such as the Perceived Deficits Questionnaire (PDQ), Post-COVID-19 Functional Scale (PCFS) and EQ-VAS were administered and analyzed.

**Results:** Previously hospitalized patients performed significantly worse on forward digit span task ( $p<.05$ ), backward digit span task ( $p<.05$ ) and lexical fluency ( $p<.05$ ) compared to non-hospitalized patients. Moreover, hospitalized patients showed significantly higher scores on both parts of PCFS ( $p<.01$  and  $p<.05$ ).

**Discussion:** This pilot study found that previously hospitalized post-COVID patients demonstrate decreased short-term memory, working memory, lexical fluency and perceived quality of life compared to previously non-hospitalized post-COVID patients. Nevertheless, contrasting to previous literature, we did not find significant differences in global cognition, mental flexibility, overall frontal functions, subjective cognitive deficit, and perceived health status.

**Keywords:** *Post-COVID, cognitive function, subjective cognitive function, health status, quality of life.*

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## USE OF VIRTUAL REALITY IN TREATING SEXUAL DISORDERS – PRELIMINARY RESULTS OF A SCOPING SYSTEMATIC REVIEW

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### Abstract

**Background:** Although estimating the prevalence of sexual disorders poses a demanding challenge (e.g. Bancroft, 2009), research with representative samples of US (Laumann et al., 1999), Great Britain (Mercer et al., 2003) and Australia (Richters et al., 2003) suggest that problems of sexual function are relative common phenomena. Based on previous research, Lewis and colleagues (2003) indicate that among adults, about 40-45% women and 20-30% men have one or more sexual dysfunction. Virtual reality (VR) is a computing-based environment that allows users to independently engage physically, emotionally, and unconsciously with a cybernetic world (Freeman et al., 2017; Gregg & Tarrier, 2007; Pantelidis, 1993; Zheng et al., 1998). VR immersion may help people who have trouble interacting with certain world features (e.g., intense anxiety around certain animal species or in trauma-related situations, e.g. Freeman et al., 2017).

**Purpose:** The main aim of our scoping systematic review is to provide the state of the art in the field of therapeutical use of VR in sexual disorders. The scoping approach and broad categories provide the opportunity to find relevant knowledge gaps that researchers in the field may not have been aware of yet.

**Methods:** We systematically searched 11 electronic databases for all types of studies investigating participants with sexual disorders engaged in therapeutical use of VR. We are interested in participants who meet the following two criteria: (1) those who have been diagnosed with a sexual disorder, (2) those who have undergone therapeutical use of VR. After screening titles, abstracts, and full-text assessment, we will extract data, and assess the quality of included studies (using appropriate study design tools). Each phase will be run by two independent reviewers. Discrepancies will be resolved through discussion or assistance of a third reviewer.

**Result:** Our review is in the preliminary stages. We prepared search strategies for all databases and used them to identify 43,109 records before deduplication. Removing duplicates and screening resulted in 88 papers to consider during the full-text phase. Next, based on the full-text screening, the pool of 28 articles was obtained. Final results will be announced at the conference.

**Conclusion:** It is anticipated that the use of VR technology may be effective in treating sexual dysfunction. However, this type of therapy is new and requires detailed analysis to identify its strengths and weaknesses. These results can be exploited for future treatments.

**Keywords:** *Virtual reality, sexual disorders, scoping systematic review.*

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## ATTACHMENT AND INTERNALIZING AND EXTERNALIZING PROBLEMS: MEDIATING ROLE OF MENTALIZATION AND DRAMA TRIANGLE

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### Abstract

The main aim of this paper is to examine the relation between attachment, mentalization, externalizing and internalizing problems and Drama Triangle – referring to three possible roles people play in interpersonal interactions, the roles being: Persecutor, Victim, and Rescuer - as a factor mediating between attachment and mentalization on the one side and externalizing and internalizing problems on the other. Our sample consists of 266 students of all levels (bachelor, master, and PhD) from the universities of Niš and Belgrade, 41 male (15,4%) and 225 females (84,6%). The average age of the participants was 22, with the range from 18 to 39. Following instruments were used: The Experience in Close Relationship Reviseted (ECR-r; Fraley et al., 2000), Reflective Functioning Questionnaire (RFQ; Fonagy et al., 2016),



Youth Internalizing Problems Screener (YIPS; Renshaw & Cook, 2018), Youth Externalizing Problems Screener (YEPS; Renshaw & Cook, 2019), and Drama Triangle Roles (ZESUI; Brajovic Car et al., 2012). The data was analyzed using SPSS and AMOS. Namely, SPSS was used for calculation of the reliability and correlations between the variables in the study, and AMOS was used for the path analysis of the assumed theoretical model. All fit indices have shown good fit of model to data, meaning that we can further analyze the model ( $\chi^2 = 1.331$ ,  $p = .856$ ;  $\chi^2/df = .333$ ; GFI = .999; NFI = .998; CFI = 1.000; IFI = 1.003; RMSEA = .000; SRMR = .01). Certainty in mental states negatively predicts Persecutor as one of the roles of the Drama Triangle (effect = -.259), while Uncertainty in mental states predicts positively the role of Victim (effect = .307). Further, Anxiety predicts all three roles from the Drama Triangle positively. This means that higher Anxiety is connected to higher scores on all variables from the Drama Triangle. Avoidance, on the other hand, predicts two out of three roles from the Drama Triangle negatively – Rescuer (effect = -.118) and Persecutor (effect = -.120). This means that higher Avoidance is connected to lower levels of these two Drama roles. The role of Victim can predict Internal problems positively (effect = .328), while Persecutor can predict positively both Internal (effect = .171) and External (effect = .607) problems. Uncertainty in mental states can also predict positively both Internal and External problems, while Anxiety predicts only Internal problems, also positively (effect = .200). Finally, Avoidance predicts both Internal and External problems, positively. We can conclude that dimensions of attachment can indeed predict Internal and External problems through capacity to mentalize and three roles of Drama Triangle as mediators. This means that these constructs, although from different theories, are quite connected in predicting Internal and External problems.

**Keywords:** *Attachment, capacity to mentalize, drama triangle, externalizing problems, internalizing problems.*

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## **PREGNANCY BETWEEN IMAGINATION AND CORPOREITY: A STUDY ON MATERNAL REPRESENTATIONS IN PREGNANCY**

**Agata Romeo**

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### **Abstract**

The perinatal period, as now reported in the literature, has a particular value since the woman reorganizes her sense of identity. The changes that occur, both on a biological and psychological level, involve substantial modifications of the representational world relating to the Self, as a future mother, and to her future child. Scientific literature has also demonstrated that different maternal styles influence not only fantasies, representations and expectations in pregnancy, but also the mother/child relationship and that they can be predictive of the child's attachment style. The objective of the survey carried out is to explore in the woman who is facing pregnancy, the mental representations about herself as a woman, her experiences, emotions, fantasies, the relationship with her partner and with her family of origin, to be able to identify any perinatal psychic discomfort already during the prenatal classes.

The sample consists of 32 women, pregnant for the first time, who reached the seventh month of gestation, with an average of 28.5 years, with a medium-high socio-cultural level, attending prenatal classes at private centers in Sicily. No pregnancy or psychiatric pathology was a specific criteria in the sample segmentation. The choice of the gestational period derives from the fact that the presence of the fetus has had the possibility of being well-formed within the maternal “ghosting”, not yet completely invaded by pervasive anxieties linked to the imminence of childbirth.

After an initial interview with the midwife, a second interview was carried out by the psychologist. The instrument used is the IRMAG (Ammaniti M. et al. 1995) a semi-structured clinical interview consisting of 41 questions, which, through a qualitative survey, detects the way in which women organize narration of the pregnancy.

Moreover 5 lists of adjectives that allow to focus on 5 psychic images and the meanings associated with them (herself, the child, the partner, self as parent, the mother). After about 15 days the interview was returned. The content of the interview was examined in relation to the main themes that emerged.

The narration of the pregnant woman allows us to make hypotheses about her mental functioning and representations of herself as a mother. Very often problematic or psychological risk conditions are hidden by the woman or can be overlooked untrained medical personnel. An early assessment of the risks, starting from the prenatal classes, can allow a tailor-made and adequate support to the woman.

**Keywords:** *Perinatal, pregnancy, representations, prenatal, mother/child relationship.*

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## **MINDFULNESS, SOMATIC AND COGNITIVE SYMPTOMS OF ANXIETY, AND SELF-ESTEEM: A RANDOMIZED CONTROLLED TRIAL**

**Fleura Shkëmbi**

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### **Abstract**

Empirical studies have demonstrated the beneficial impact of mindfulness on anxiety and well-being. However, there is a lack of research related to the relationship between mindfulness and symptoms of somatic and cognitive anxiety as distinct dimensions of anxiety. Thus, this study aims to investigate whether a mindfulness-based intervention may improve levels of cognitive and somatic anxiety and self-esteem. Cognitive symptoms of anxiety include feelings of tension, rumination, and negative thoughts, while somatic symptoms include sweating, hyperventilation, elevated heart rate, and blood pressure. A randomized experimental design with a 3x2 between-subjects design was employed. The intervention consisted of two experimental groups of guided meditation alone and guided meditation followed by deep breathing, and a control group. Overall, the intervention reduced symptoms of somatic and cognitive anxiety, while no effect on self-esteem was found. These findings fill a substantial gap in the existing literature and have important implications related to the potential of mindfulness as a tool for treating anxiety. Meditation provides a solution for these drawbacks, as it is cost-effective, does not require too much time (can last from 10 minutes to more than an hour depending on the patient's previous experiences with meditation), and is a stigma-free practice

**Keywords:** *Mindfulness, meditation, deep breathing, somatic anxiety, cognitive anxiety, self-esteem.*

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## **REFLEXIVITY AND EMOTIONS IN QUALITATIVE FIELDWORK WITH HEROIN USERS**

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### **Abstract**

Motivation for the paper: Doing qualitative research fieldwork implies some ethical and personal issues to take in account such as reflexivity and emotions. Objectives: Describe and analyze challenges in managing emotions while researching hidden populations with substance abuse problems. What was done: Results come from an ethnographic study with heroin male and female patients attending a methadone clinic. How it was done and validated: 100 open-ended qualitative interviews were done with the aim of reaching a subjective approach related to the onset of heroin consumption and the eventual assistance to the clinical space. Thematic analysis was use and saturation validity was obtained. Project was approved by the research and ethics committee of the National Institute of Psychiatry Ramon de la Fuente Muñiz, in Mexico Major results: Listening to complex personal, social and structural violence stories make evident researcher and interviewee vulnerabilities. Besides observing the wounded bodies due to the multiple injections, the extreme thinness, blank stares and death hovering in the environment, which made its appearance four times. Conclusions: Researcher identity has implications in all levels including themes of gender, ethnicity and status are involved in research process. Besides there are interactions that provoke emotions and feelings in the field work that provide a glance to culture and social dynamics that became a source to enhance clinical interventions. Previous psychotherapy and ethical training of the fieldwork team to be in charge of reflexivity, it is a must.

**Keywords:** *Reflexivity, emotions, qualitative research, ethics, hidden populations.*

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## THERAPEUTIC INTERVENTIONS ADDRESSING PTSD, SUBSTANCE USE, AND SEXUAL RISK FOR NATIVE AMERICANS IN THE U.S.A.

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### Abstract

**Background:** Native Americans (NA) are reintroducing traditional knowledge and practices in clinical interventions to address health concerns. Multiple approaches have been taken such as “building from the ground up” or adapting westernized approaches. When the latter approach is taken, traditional ceremony and language complemented by community and cultural values are integrated into clinical practice. Cultural adaptations fall along two broad dimensions. Surface structure adaptations reflect surface aspects of a specific culture and deep structure adaptations which incorporate cultural, social, historical, environmental, and psychological factors of a population. Cultural adaptations can make western-based approaches more acceptable to other cultures for whom the intervention was not originally developed.

**Objective:** Describe the procedures and identify common processes and differences in adapting two therapeutic interventions: 1) Narrative Exposure Therapy (NET), an evidence-based trauma therapy aimed at reducing PTSD symptoms and enhancing wellness, and 2) Motivational Interviewing plus Skills Training (MIST), an evidence-based substance use reduction treatment with cognitive behavioral therapy skills training (i.e., communication skills, problem-solving, and building positive social support networks), to improve outcomes.

**Method:** We followed a three-step iterative process allowing for feedback from our community advisory board (CAB,  $n=7$ ), counselors ( $n=11$  in NET,  $n=9$  in MIST), and NA clients (50 in each intervention). Acceptability was assessed through client surveys, client post-intervention debrief interviews, counselor post-training surveys, and counselor six-month follow-up surveys.

**Results:** Surface-level changes included 1) incorporating guidelines for working with NA clients, 2) adjustments to the number and length of sessions, 3) reducing the complexity of the language in the treatment manual. 4) culturally tailoring the visual content and illustrations in the manual. Deeper changes included language revitalization, changing naming convention, modifying the included examples to better fit the lived experiences, and addressing historical trauma in a way that was validating for the community.

**Conclusions:** NET and MIST were shown to be appropriate approaches for this community and should be considered as a treatment option for other Native American communities. Future work should consider strategies outlined in this adaption and following a similar process for working with indigenous communities to adapt and implement culturally appropriate interventions.

**Keywords:** Native Americans, trauma symptoms, substance use, sexual risk, adapting evidence-based interventions.

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## A COMPARISON OF AUTHORITARIAN AND PERMISSIVE APPROACHES OF HYPNOSIS FOR ANXIETY TREATMENT

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### Abstract

Hypnotherapy has the potential to be a quick and cost-effective alternative to medicine in the treatment of anxiety disorders, particularly in children and young people. Although research on the use of hypnosis, in general, is encouraging, research on the use of hypnotherapy for treating anxiety disorders is insufficient to draw clear conclusions. This study is critical to improving the next generation of anxiety disorder therapies. Everything we know now about diagnosing and treating anxiety disorders is the product of research studies conducted over the years. Anxiety is an issue for patients who are about to have surgery, with more than half of them worried about anesthesia or not waking up afterward. Given the growing popularity of complementary and alternative medicine and the need for new anxiolytic preoperative therapies, we conducted a randomized attention-controlled trial to assess the efficacy of hypnosis as a therapeutic method for preoperative anxiety. Hypnosis has been demonstrated to reduce anxiety related to cancer, surgery, burns, and several medical/dental treatments. The method that is used in this study is the

comparison between the authoritarian and permissive approaches of hypnosis for anxiety treatment and the systematic literature review to compare those techniques.

This research aims to assess the efficacy of two hypnotic induction and suggestion strategies: authoritarian and permissive. The results of this research imply that hypnotherapy recommendations and pain relief procedures should be adapted to the patient's specific situation.

As a result, the study we did finds that the evidence is insufficient to demonstrate the usefulness of hypnotherapy in treating anxiety disorders, and additional research employing a more rigorous approach is advised as a result. Better quality research on the effectiveness of hypnotherapy looks to be one of the most significant issues.

**Keywords:** *Hypnosis, anxiety, authoritarian, permissive, approach, treatment.*

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## **NEGATIVE IMPACTS OF GESTATIONAL DEPRESSION ON QUALITY OF LIFE**

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<sup>3</sup>*Molecular Medicine, UFMG (Brazil)*

### **Abstract**

**Background:** Perinatal depression, and particularly gestational depression, is an important and highly neglected public health problem. We have now a large body of evidence showing the negative impacts of depressive symptoms on quality of life (QoL) but very little is known about the association of gestational depression and QoL.

**Methods:** In this study we evaluated the impact of gestational depression (GD) on quality of life. We assessed 252 women in the second trimester of pregnancy using an abbreviated version of the World Health Organization Quality of Life questionnaire and the MINI International Neuropsychiatric Interview for depression diagnosis.

**Results:** In our sample, 20.6% (n= 52) were diagnosed with depression. We compared sociodemographic and clinical data and QoL domains of the two groups (with/without depression) using Chi-square tests, or Fisher's exact test, for categorical variables and Analyses of Variance for continuous variables. The results showed that depressed women scored significantly lower on all QoL domains, when compared with the group of non-depressed women.

**Conclusion:** In summary, prior and current depression are associated with worse quality of life. We suggest that clinicians should address not only depressive symptoms but also quality of life dimensions which include basic human needs such as life satisfaction and living conditions.

**Keywords:** *Gestational depression, quality of life.*

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## EDUCATIONAL PSYCHOLOGY

### CROSS-CULTURAL VALIDATION OF THE RESILIENCE SCALE FOR ADULTS IN THE QUEBEC UNIVERSITY POPULATION

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#### Abstract

In recent years, the concept of resilience has received attention from many researchers, particularly in light of the pandemic (Kontogiannis, 2021; Vindegaard & Benros, 2020). Several studies have sought to map the situation in various countries and compare how nations are coping with this adversity. Resilience is therefore a timely topic and concerns about the methodological aspects associated with cultural comparisons are justified. In this context, the main objective of this dissertation is to contribute to the cross-cultural validation of a widely recognized instrument for measuring resilience; the Resilience Scale for Adults (RSA; Hjemdal et al., 2001) with a sample of 405 Quebec and French speaking students. For comparison purposes, the statistical analyses carried out were based on two measurement models: the classical test theory and the item response theory. Analyses of the factor structure of the instrument show that the six-factor model obtained using exploratory structural equations (ESEM) fits the data collected from the Quebec sample well. The alpha coefficients of the dimensions vary from very good (0.84) to excellent (0.95). These results are comparable to those obtained with other cultural groups by several researchers. The analysis of classic items and that based on Samejima's (1969) graded model show that the majority of the RSA items are effective and useful for evaluating resilience in Quebecers, especially in those with a very low to moderate level of resilience. Five items present less satisfactory indices: three in the Social Competence dimension and two in the Social Resources dimension. All in all, the RSA has satisfactory metric qualities and is an instrument that can be used to assess resilience in the Quebec context. Studies involving direct comparisons between cultures are still needed to support these results.

**Keywords:** *Resilience, scale, cross-cultural validation, item response theory, factor analysis.*

### IS THIS TEXT LIGHT? WHEN WEIGHT OF A TEXT INFLUENCES ITS COMPREHENSION FOR ELEMENTARY PUPILS

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#### Abstract

Reading comprehension is fundamental for both children and adults. It involves three dimensions (Giasson, 1990): the reader, the text and the context. This last component is notably physical and includes the perceptions coming from our own body. Yet our study is situated in the field of embodied cognition, which investigates the effects of the physical environment and its characteristics, and more specifically the way it affects our representations and cognitive processes. Thus, Jostmann et al. (2009) found that a heavier medium of presentation of a text leads to consider the content as more important than a lighter weight. This offers an interesting perspective in the context of reading comprehension and education. Considering the task as more important could lead to better performances, simply by changing the way to present the task. The aim of our work was therefore to study effects of the weight of the presentation device on reading comprehension. We hypothesised that a congruence between actual weight and its perception could lead to better performances in reading comprehension. French pupils aged between 10 and 11 participated in our experiment. These pupils already had the capacity to decode texts. The measures consisted in a French reading comprehension questionnaire (Potocki et al., 2014) and a measure of weight perception using a visual scale. We manipulated two variables: the text difficulty (easy or difficult); and the weight conditions with pupils either responding on a table, or holding a light or heavy device. Statistical analyses indicate that a significant interaction between the weight and the perceived weight, in function of the text difficulty. More precisely for an easy text, a congruent perception of the

device (e.g. a light perception of a light device) improves reading comprehension performance. However, when the text is difficult, incongruence between devices and their perception (e.g. a heavy perception of a light device) leads to better performance. These results confirm that the weight device perception modifies the setting of cognitive processes involved in reading comprehension. It indicates that the perception of the task plays an important role in the performance. The perspective arisen by these results is that the physical classroom environment could be a simple means to enhance performance in reading comprehension. Extension of this work will be to lighten the potential mediators of the relation above-mentioned, by taking in consideration how the pupils perceive their capacities to manage the presented task.

**Keywords:** *Text comprehension, presentation device, embodied cognition, education.*

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## **EXPLORING TECHNOLOGY-MEDIATED MUSEUM EXPERIENCE AND SOCIOCULTURAL PSYCHOLOGICAL PROCESSES WITHIN A CHANGING INSTITUTION**

**Louis Joe Kernahan**

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### **Abstract**

This poster presentation acts as a demonstration of my thesis proposal. For my research, I aim to commence data collection in July 2023. The advancement of technology within cultural heritage institutions (CHIs), such as museums, is increasingly being utilized. I will target extended-reality (Virtual-, Augmented-, and Mixed-Reality) technologies. These technologies have imposed myriad impacts upon multiple levels of museum research, practice, and visitation. Due to this, for my thesis, I will conduct three studies to explore the changing sociocultural dynamics that can be observed in these levels. The theoretical framework I will use will fall primarily into sociocultural psychology with an enactive approach. Furthermore, this framework falls into three parts: The Semiotic Prism (Zittoun, 2018), Symbolic Resources (Zittoun & Gillespie, 2015), and the Interactive Experience Model (Falk & Dierking, 1992, 2013, 2016). This framework will overall concentrate upon how sociogenetic changes within CHIs in-turn guide microgenetic- (sense-making) and ontogenetic-processes (meaning-making) within said CHIs. The *first* study will consist of a systematic review of the literature, concerning XR enabled museum exhibitions and how they guide sense-making as well as meaning-making. The *second* will consist of a focused ethnography of one museum and the dynamics of those people who work/volunteer there, focusing upon how the institution has adapted to use of technology. The *third*, will also be conducted in the same museum as the second study, will concentrate upon how visitors construct meaning in terms of the symbolic resources they produce and use after visitation, utilizing Subjective-Evidence-Based-Ethnography methodology described by Lahlou (2011). Overall, it is expected that there will be a noticeable impact upon multiple levels of museum practice and experience in conjunction with the advent of extended-reality technology.

**Keywords:** *Sociocultural psychology, museum studies, extended-reality technology, sense-making, meaning-making.*

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## **SCHOOL ADJUSTMENT OF TEENAGERS: THE RELATIONSHIP BETWEEN BULLYING, VICTIMIZATION AND RESILIENCE FACTORS**

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### **Abstract**

Bullying and victimization are among the most worrying problems that can undermine school climate. Worldwide, studies show that between 6% and 45% of students are involved in those kinds of behaviours, depending on countries and methodologies (Bowen et al., 2018). In addition to reaching a significant proportion of students, studies list a variety of short- and long-term consequences related to school violence such as various psychological difficulties (Hawker & Boulton, 2000), poor grades and school

dropout (PISA, 2015). While school violence is widespread and devastating, some adolescents maintain positive adjustment throughout their schooling despite victimization. Resilience can take a variety of meanings, but it's mostly associated with the ability to maintain normal functioning despite adversity (Luthar et al., 2000). In this context, objectives of the study are: 1) to provide a global picture of bullying and victimization in high schools in Quebec (Canada); 2) to study the relationship between bullying, victimization, resilience factors and school adjustment. A total of 165 high school students completed a survey on bullying, victimization, resilience, and related topics. Results show that 23% of teenagers have adopted bullying behaviours in the past two months, while 31% reported being bullied. Furthermore, 44% of adolescents reported bullying behaviours at some point in their schooling and 61% reported being a victim. Hierarchical regression analysis shows that reported victimization and resilience factors account for 44% of the school adjustment variance, with resilience factors contributing more to the predictive model (26%) than reported victimization (18%). This study highlights the extent of violence in the school context and how resilience components can act as protective factors and maintain positive coping.

**Keywords:** *School-adjustment, teenagers, victimization, resilience, assessment.*

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## SOCIAL PSYCHOLOGY

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### AN EMPIRICAL STUDY OF INDEPENDENT VARIABLES OF NURSES' FOLLOWERSHIP

**Minoru Nishinobo**

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#### **Abstract**

The topic of nurses' followership is very important in the context of Covid-19 pandemic. During this pandemic, nurses continue to affect the full extent of their expertise for the benefit of public health. Therefore, it is important for public health to identify the determinants of nurses' followership. Then, the purpose of this study is to clarify independent variables of nurses' followership quantitatively. Firstly, I identified how the existence of key-person is related to nurses' followership. Secondly, I use a hierarchical multiple regression analysis to determine how leadership and key-person influence nurses' followership.

The independent variables used in this study were affective commitment and leadership from previous studies. Next, Misumi's (1984) Performance Maintenance (PM) leadership theory (leader emphasis on subordinate performance and maintenance of good relations) is used because Maintenance behavior influenced one dimension of followership of business person (Nishinobo, 2014).

Survey participants were 306 nurses who work full-time in a medium- to larger- sized hospitals (34 males and 272 females), 73 managerial position nurses and 233 general position nurses, 119 key persons and 187 non-key persons).

Independent variables are affective commitment (an affective orientation toward the organization), and Misumi's (1985) PM leadership theory. Dependent variable is nurses' followership.

As a result of analysis, the following four points were indicated. (1) nurses' followership was three dimensions which are follower's Suggestive behavior, Considerate behavior and Supportive behavior. (2) Key person influenced followership (Considerate behavior) positively. (3) Affective commitment influenced followership (Suggestive behavior and Supportive behavior) positively. (4) Maintenance leader's behavior influenced followership (Considerate behavior and Supportive behavior) positively.

**Keywords:** *Nurses' followership, key-persons, independent variables.*

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### KALEIDOSCOPE CAREER MODEL: IMPACT OF PERSONAL, FAMILY, ORGANIZATIONAL AND SOCIAL VARIABLES

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#### **Abstract**

The main purpose of this study is to explore the impact of personal (gender, career stage and educational level), family (marital status and children), organizational (type and size of company and work regime) and social (individualism vs collectivism) variables on the strategic career behaviors of the Kaleidoscope Career Model (authenticity, balance and challenge) in European workers in flexible working arrangements. Survey data was obtained from 739 employees (Male=442, 59.8%), with a mean age of 27.64 years (SD=8.48; Min-Max=18-70), working mostly full-time (n=398, 53.9%) and with 46.35% of their work being done remotely. Results suggest that the personal and family variables of gender, career stage, education, and having children, as well as the organizational and social variables of employment status and individualistic vs. collectivistic culture, have the most significant impact on strategic career behaviors. Knowledge about the impact of these variables can support organizational leaders in reviewing their policies and practices for managing the careers of their employees, particularly those in flexible working arrangements.

**Keywords:** *Strategic career behaviors, flexible working patterns, career management, European workers.*

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## ARE HR MANAGERS READY FOR REMOTE WORKERS PROFESSIONAL DEVELOPMENT?

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### Abstract

The EURECA project, funded by Fundação para a Ciência e Tecnologia, aims to develop new guidelines for HRM in developing strategies for remote workers. The project uses both qualitative and quantitative data collection to understand both the perception of remote workers after the Covid-19 pandemic, and the way HR managers are tailoring HRD strategies to match the different expectations of a new category of employees. Through a semi-structured interview, the research team collected testimonies of HR managers in Spain, Portugal and Italy to understand how HRD policies moved in new directions after the pandemic confined many to remote-working. Companies were selected in order to assess both the public and private sectors, in both the manufacturing and service sectors. Data collection has been accompanied by classical content analysis and quantitative text analysis. The poster that accompanies the present study will show the principal results obtained through data collection, particularly highlighting the main differences and similarities between countries and company sectors.

**Keywords:** HRD, remote workers, professional development, cross-cultural analysis, qualitative study.

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## ANGER RUMINATION IN POLAND: VALIDATION OF THE ANGER RUMINATION SCALE

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### Abstract

Anger Rumination Scale (ARS) enables to measure individual proneness to intrusive perseverative thinking about past events inducing anger. The purpose of the study was to assess the psychometric properties of the Anger Rumination Scale (ARS; Sukhodolsky, Golub & Cromwell, 2001) in Polish non-clinical sample ( $N = 728$ ). We conducted two studies aimed to determine the factor structure, construct validity and reliability of the ARS. Although, the result of CFA confirmed the four-factor structure of ARS, both the intercorrelations between the ARS subscales and the HTMT ratios (Henseler, Ringle, Sarstedt, 2014) were very high, suggesting that the original ARS's four factor model is inadequate to measure rumination in Polish sample. The final one-factor model had better goodness of fit indices through correlations with different measures of aggression-related constructs. The results of the multigroup CFA (MGCFA) conducted to verify the gender variations in anger rumination, revealed that there was only a small difference between men and women across more and more constrained models. Given that the difference between the compared models did not exceeded the targeted values neither in metric nor scalar models, they might be considered as fully invariant.

**Keywords:** Anger rumination, Anger Rumination Scale, validation study, measurement invariance.

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## STEREOTYPES AGAINST SINGLES: A STUDY OF THE NEED FOR SOCIAL APPROVAL AND SELF-CONSTRUALS

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### Abstract

Stereotypes Against Singles: A Study of the Need for Social Approval and Self-Construals. According to studies on single people, the number of singles is increasing in various countries including Turkey. However, negative stereotypes against singles are increasing due to reasons such as the culture's giving importance of marriage and family. Because people think that singles become a threat to the social order. For example, it's believed that these people are unhappy, lonely and insecure. In studies, singles report negative experiences such as stigma, exposure to violence or exclusion because they are single. Therefore, in this study it's been examined why people are exposed to negative stereotypes just because they are single. It's thought that negative stereotypes might be related to people's cultural backgrounds. It is known that in collectivist cultures, negative stereotypes are more dominant against groups that are attributed to features that are not accepted by the society. According to studies, "autonomous self" structure is prominent in individualistic cultures, while "related self-construal" in collectivist cultures. Kağıtçıbaşı states that the "autonomous-related self" construal, in which relational characteristics are maintained but independence is supported, is formed depending on socioeconomic developments in relational cultures. So, we thought that individuals' self-construals might be related to stereotypes about single people. In addition, the need for social approval which means giving importance to the expectations and judgments of others is also influenced by culture and may be related to negative stereotypes. It's thought that people with a high need for social approval in Turkey may perceive singles more negatively. So, the aim of the study is to examine the mediator role of the need for social approval in the relationship between self-construal and stereotypes towards willing singles. In the study, it's been used "negative stereotypes scale for willing singles", "self-scale in family context" and "Need For Social Approval Scale". 301 people aged between 18-65 participated in the study. Of these, 183 (60.8%) were female and 118 (39.2%) were male. In addition, it was determined that 263 people had autonomous-related, 36 people had related, and 2 people had autonomous self-construal. In model test results of the analysis, need for social approval mediates the relationship between autonomous self-construal and stereotypes towards singles. Accordingly, as the level of autonomy of individuals increases, their need for social approval decreases, and accordingly, their stereotypes towards single people decrease. Findings show that with the increasing socioeconomic level, autonomous-relational self-construal has become widespread in Turkey. In addition, it shows that the increased level of autonomy affects people's stereotype content more positively.

**Keywords:** Stereotypes, singles, social approval.

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## THE ROLE OF MARKERS OF ADULTHOOD IN THE EXPERIENCE OF ADULTHOOD IN YOUNG ADULTS

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### Abstract

The research study presents the partial results of a larger study investigating the specifics of the transition to adulthood from the point of view of achieving goals. The aim of this part of the research - based on nationwide data collection, which was carried out on 897 respondents aged 18-30 (M=25.09; SD=3.42, 485 women and 412 men) - is to examine the so-called the role of the main markers of adulthood (residence status, parenthood, work status) in subjective perception of the feeling of own adulthood. The results of the ordinal logistic regression analysis indicated that, apart from age, independent living, partnership, full-time work and parenthood were the most important predictors. The results are briefly discussed.

**Keywords:** Markers of adulthood, subjective feeling of adulthood, transition to adulthood, young adults.

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## VICARIOUS POSTTRAUMATIC GROWTH IN DEATH CARE WORK

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*Department of Psychology, University of Turin (Italy)*

### Abstract

Working with trauma is difficult and can leave indelible marks on the personal lives of the professionals involved as well as affect their ability to work. However, sometimes positive effects can occur, such as vicarious posttraumatic growth (Calhoun & Tedeschi, 2004; Tedeschi et al., 2018). The aim of the present study is to investigate the role of vicarious posttraumatic growth (VPTG) in the relationship between secondary traumatic stress (STS) and work ability (WA) in a sample of 254 funeral industry workers in Northern Italy. Regression analysis with interaction was performed using PROCESS version 4.1 (model 1). The results showed a significant direct and negative relationship between STS and WA and a significant and positive relationship between VPTG and WA. The interaction between STS and VPTG was also statistically significant. When analyzing the moderation effect, it turns out that at low and moderate levels of VPTG, the conditional effect was negative and statistically significant. Interestingly, the relationship between the two variables flattened when the VPTG level was high, i.e., STS exposure had no more significant and negative effect on WA, as if VPTG had a sort of protective role from STS. The results of the present study provide important new insights into the role of VPTG in work environments with daily trauma exposure, such as death care work.

**Keywords:** *Vicarious posttraumatic growth, secondary traumatic stress, work ability, funeral industry, death care work.*

## PERCEIVED EXTERNAL RESOURCES OF RESILIENCE AND THEIR ROLE IN LIFE SATISFACTION

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### Abstract

External resources of resilience along with internal assets facilitate the healthy development. Resilience and its external resources are key factors in life satisfaction especially when facing adversity. In early adolescence, this often comes from the home environment. The main aim of this study is to investigate the mediation role of external resources of resilience between individual family adversity factors and life satisfaction. 132 (53% female) early adolescents (mean age = 13.45; SD = 0.52) participated in the research. The external resources of resilience were represented by peer support, home support, home meaningful participation, school support, school meaningful participation, school connectedness, community support and community meaningful participation. The family adversity factors were assessed through conflict, antagonism and punishment scales for mothers and fathers separately. The life satisfaction scale served as the dependent variable. A parallel mediation model with multiple X-variables was used to analyze the data. Regarding life satisfaction, the mediation analysis showed an indirect effect of antagonism with the mother and father on life satisfaction through home meaningful participation and school connectedness. In conclusion, antagonism with mothers and fathers undermined home meaningful participation and school connectedness which led to a lower level of life satisfaction. Thus, home adversity effect broader social environment than expected and not only intervention in the home environment is recommended but also the promotion of other external resilience factors

**Keywords:** *Resilience, family adversity, adolescents.*

## VALIDITY AND RELIABILITY OF THE HUMAN CAPITAL SUSTAINABILITY LEADERSHIP SCALE – JAPANESE VERSION

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### Abstract

**Background:** As the industry becomes more competitive in an era of rapid change, human resource management that aims to promote employee well-being calls for a new style of leadership. Di Fabio and Peiro (2018) have recently developed a new instrument for the Human Capital Sustainability Leadership Scale (HCSLS). **Purpose:** This study is to develop the HCSLS-Japanese version in Japanese workplace settings and analyze the psychometric properties of the new scale for assessing human capital sustainability leadership for Japanese workers. **Method:** A cross-sectional questionnaire survey was conducted online between September 13-27, 2019 from 33,480 members of a private survey enterprise. The original HCSLS was translated into Japanese followed by a back-translation procedure. The provisional HCSLS-Japanese version is composed of 16 items on a Likert scale. Validity was performed using concurrent validity to demonstrate the extent to which the HCSLS-Japanese version correlated with the trust scale, mentoring behavior scale, 5 items- subjective happiness scale, stress mindset, and K6-depression scale. **Results:** The compatibility of the factor model to the data was analyzed on a confirmatory factor analysis under maximum likelihood robust estimation to test three goodness-fit indices. As a result, the three-factor model of the HCSLS-Japanese version showed an acceptable fit to the data with 3 first-order factors: ethical (Cronbach's alpha coefficients of 4 items=.805), sustainable (alpha coefficients of 4 items=.824), and mindful/servant leadership (alpha coefficients of 5 items=.775): GFI=.942, AGFI=.915, and RMSEA=.067. The results of Pearson's *r* correlations between the HCSLS-Japanese version and concurrent other scales were found to exist with its referent measures, ranging from -.109 to .585,  $p < .05$ , with exception of the stress-is-enhancing mindset. Multiple group structural equation modeling showed no homogeneity of leadership constructs between gender due to inequivalent sample numbers. **Discussion:** This study hypothesized that each of the dimensions is ethical (e.g., I ethically make decisions.), sustainable (e.g., I support my collaborators in their personal/career growth.), mindful (e.g., I am aware of the strengths and the limitations of my collaborators.), and servant leadership (e.g., I encourage my collaborators when I realize that they encounter difficulties.), according to the original scale. The HCSLS-Japanese version proved to be a reliable and valid measure for assessing this new kind of leadership, except for the servant leadership factor which was not extracted as a sub-scale construct and combined with the mindful leadership factor. This finding suggests that the construct of human capital sustainability leadership in the Western context would need to adjust according to the Eastern work setting. Nevertheless, the HCSLS-Japanese version may be practical and usable for Japanese workers.

**Keywords:** Human Capital Sustainability Leadership Scale (HCSLS) - Japanese version, Cronbach's alpha reliability, concurrent validity, multiple group structural equation modeling, industrial and organizational psychology.

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## LEGAL PSYCHOLOGY

### ROLE OF EMOTIONS IN THE ASSESSMENT OF CSA INTERVIEWS

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#### Abstract

The present study aimed to investigate the role of emotions in the ability to assess a child sexual abuse (CSA) interview and recollection of details from it. The participants were 105 (80 women,  $M_{age} = 23.78$ ,  $SD_{age} = 7.06$ ) undergraduate and graduate students. Participants watched pre-recorded interviews with child avatars that were interviewed suggestively (vs. not), and that revealed details of CSA (vs. not). Both self-reported and facial expressions were assessed. In addition, participants answered questions about the quality of the interview and relevant detail recollection. The results indicated significant differences in objective emotional reactions between CSA and no-CSA groups for sadness,  $F(1, 95) = 4.67$ ,  $p = .033$ , partial  $\eta^2 = .05$  and disgust,  $F(1, 95) = 3.55$ ,  $p = .06$ , partial  $\eta^2 = .04$ , as well as significant differences for subjective emotional reactions for disgust,  $F(1, 103) = 4.41$ ,  $p = .038$ , partial  $\eta^2 = .04$ , and relief,  $F(1, 103) = 17.19$ ,  $p < .001$ , partial  $\eta^2 = .143$ . According to overall objective measures, the angrier ( $r = .21$ ,  $p = .043$ ) and more sad ( $r = .29$ ,  $p = .004$ ) participants made fewer mistakes in remembering the correct details provided by the child avatar. Participants who viewed suggestive interviews perceived the interviewer's questioning as less suggestive ( $M = 2.20$ ,  $SD = 1.10$ ) than those who viewed the non-suggestive interviews ( $M = 2.67$ ,  $SD = 1.33$ ),  $t(101.13) = 1.98$ ,  $p = .05$ ,  $r = .19$ . Also, CSA scenario interviews were perceived as less suggestive ( $M = 2.23$ ,  $SD = 1.13$ ) than the no-CSA scenario ( $M = 2.69$ ,  $SD = 1.32$ ). However, this difference was only marginally significant,  $t(93.20) = 1.89$ ,  $p = .062$ ,  $r = .19$ . Objectively angrier ( $r = .21$ ,  $p = .043$ ) and more sad ( $r = .29$ ,  $p = .004$ ) participants made fewer, and subjectively more relieved ( $r = -.25$ ,  $p = .01$ ) participants made more mistakes in remembering correct details provided by the child avatar. In conclusion, this line of research, if in the future replicated with a professional sample, has the potential to enrich instructions before and feedback after the interview training with content related to emotions. Also, the findings of the current study could be helpful for those who need to assess CSA interviews (e.g., psychologists, lawyers, and prosecutors) or make judgments based on elicited information from such interviews (e.g., CPS or judges).

**Keywords:** Child interviewing, child sexual abuse, emotions, memory, interview assessment.

### THE CO-OCCURRENCE OF DIFFERENT FORMS OF CHILDHOOD ABUSE

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#### Abstract

**Background:** Studies show that multiple forms of childhood abuse co-occur (Kim et al., 2017). However, most studies investigating childhood abuse use convenient samples, and prevalence studies tend to analyze different forms of childhood abuse separately (Brown et al., 2019). Therefore, the current study aims to analyze the co-occurrence of different forms of childhood abuse in a representative sample of young adults in Lithuania and evaluate the levels of depression and anxiety in founded exposure groups. **Method:** A representative sample of Lithuanian youth aged 18-29 was used for the analysis. The sample consisted of 2000 participants (47.7% women;  $M_{age} = 23.9$ ,  $SD = 3.6$ ) who answered questions about their experiences of abuse in childhood (physical and verbal abuse, physical and emotional neglect) and various psychological aspects of their current life (e.g., depression, anxiety). Abuse in childhood was measured with the Maltreatment and Abuse Chronology of Exposure scale (Teicher & Parigger, 2015). Current symptoms of depression and anxiety were measured with the Patient health questionnaire (Kroenke et al., 2001) and the Brief measure of assessing generalized anxiety disorder (Spitzer et al., 2006). Most participants (84.2%) indicated that they experienced at least one form of abuse in childhood.

K-mean cluster analysis was used to determine co-occurrences of different forms of childhood abuse. Results and conclusions: The analysis indicated four clusters: *Neglect* (16%), *Physical and verbal abuse* (10%), *Mild abuse* (70%), and *Severe abuse* (4%). Additionally, we compared these clusters by participants' current anxiety and depression levels. Results indicated that all groups differed in their anxiety and depression levels except for *Physical and verbal abuse* and *Severe abuse* groups. These results reveal not only that severe childhood experiences can have long-lasting effects but also that less intense childhood abuse can leave just as painful scars as severe abuse. The results indicate that childhood abuse experiences are related to poorer mental health in later life, and the availability of support resources and psychological interventions are necessary to increase survivors' well-being.

**Keywords:** *Childhood abuse, depression, anxiety, co-occurrence of childhood abuse.*

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## **PERPETRATORS OF DIFFERENT FORMS OF CHILD SEXUAL ABUSE IN A NATIONALLY REPRESENTATIVE SAMPLE OF LITHUANIA**

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Aleksandr Segal, & Goda Kaniušonytė**  
*Mykolas Romeris University (Lithuania)*

### **Abstract**

**Background:** Most of the times legal definitions of child sexual abuse (CSA) generally require the perpetrator to be older than the victim. However, reviews of the studies related to the perpetrators of child sexual abuse revealed that perpetrators could be committed not only by adults, but children as well (Gewirtz-Meydan & Finkelhor, 2020). Therefore, the current study aims to analyze the prevalence of perpetrators in different forms of childhood sexual abuse.

**Method:** A representative sample of Lithuanian youth aged 18-29 was used for the analysis. The sample consisted of 2000 participants (47.7% women;  $M_{age} = 23.9$ ,  $SD = 3.6$ ). Experiences of CSA were measured using the ICAST-R (ICAST-RICAST-R: A Retrospective Interview about childhood exposure to CSA, Dunne et al., 2009) questionnaire, designed to be used with young adults (age 18–24 years). Participants answered the questions about their experiences of different forms of CSA (forced to look at their private parts or looked at yours; forced you to pose for sexual or pornographic pictures; touched your private parts in a sexual way, or made you touch theirs; made you upset by speaking to you in a sexual way or writing sexual things about you; forced sexual intercourse). Each question about CSA was followed by a question about the offender, whether the offender(s) was/were father, mother or their partners/stepparents, siblings, friends or peers, representatives of education, sports or other fields (men or women), a clergyman or other person associated with a religious institution, other adults or a combination of these. Each question was followed by a question at what times in participants' life the event had happened. Also, after the question about sexual intercourse participants were asked to indicate if they consented to it (e.g., “Always with consent”, “Often with consent”, etc.).

**Results and conclusions:** Research results indicated that the most prevalent perpetrators among intrafamilial contexts were stepfathers/mother's partner and stepmothers. Men were the main perpetrator in the context of family (fathers, stepfathers, brothers), and in education, sports, or other fields. Women were more often perpetrators in romantic relationship (boyfriend/girlfriend) contexts. However, in all forms of CSA, the majority of perpetrators were friends or peers.

The great majority of the participants (86.0–95.8 %) reported only one perpetrator irrespective of the form of CSA and there were no clear differences between the different types of abuse. The most severe type of abuse involving sexual intercourse on different occasions had multiple perpetrators for 9 % of the victims.

**Keywords:** *Child sexual abuse, perpetrators, juveniles, prevalence.*

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## COGNITIVE AND EXPERIMENTAL PSYCHOLOGY

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### VISUOSPATIAL PROCESSING IN THE RESOLUTION OF THE CORSI TEST IN BILINGUALS AND MONOLINGUALS CHILDREN

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#### Abstract

Several studies have shown that bilingual children perform are better than monolingual children, particularly in terms of mental flexibility and code switching. The aim of this study is to investigate whether the context of language learning modifies the strategies of information retrieval in visuo-spatial working memory illustrated by the nature of the errors made on one hand by bilinguals and on the other hand by monolinguals. To achieve this, we used the Corsi block tappink task (Corsi, 1972), a visuospatial working memory assessment tests. This study was conducted with 66 children aged 6 to 8 years (33 bilingual children and 33 Francophone children) and 58 bilingual subjects aged 8 to 10 years (29 bilingual children and 29 Francophone children). The results obtained from this study show a distinct visuo-spatial behavioral treatment patterns between the bilingual children and the monolingual children.

**Keywords:** Bilingualism, working memory, Corsi Block.

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### USING COGNITIVE TASKS FOR NON-RESPONSIVE ASSESSMENT OF LONELINESS

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School of Human Movement & Sport, The Academic College Levinsky-Wingate (Israel)

#### Abstract

Loneliness is the perceived feeling of lack of significant social relationships and has a significant impact on the wellbeing and physical health throughout lifespan. It has been suggested that the feeling of loneliness occupies the cognitive system by inducing hypervigilance to social-cues, as positive or negative facial expressions, thus impairing functions as attention and memory. However, to date, levels of loneliness are assessed solely using self-report questionnaires, which are sensitive to response bias and thus may yield biased assessments. The aim of this presentation is to review and discuss the efficacy of employing commonly used, non-responsive, cognitive tasks in order to assess loneliness. Specifically, this notion will be explored through the presentation of initial findings from a pilot study in which tasks of memory and attention were employed. Overall, the findings indicate that loneliness may be assessed to some extent using cognitive tasks. However, these tasks may be sensitive to some technological constraints, as type of computerized platform or the environment in which the test is taking place, as well as to some personal factors as technological literacy.

**Keywords:** Loneliness, attention, memory, perception.

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## EYE MOVEMENT IN ANTI-FAT STEREOTYPES: THE ROLE OF TEXT INFORMATION IN VIEWING IMAGE STIMULI

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### Abstract

Prior research investigating the nature of stereotypes has found that stereotypes about obese individuals are asymmetrical –divergent qualities are ascribed to males versus females. Also, prior research shows different eye movement when viewing individuals of average weight versus individuals suffering from obesity. Having these differences in mind, this paper investigates the activation of stereotypes by different types of texts, with the stated goal of determining how textual content interacts with stereotypes.

The experiment employed 32 stimuli, consisting of texts expressing stereotypical views concerning people suffering from obesity (regarding depression, intelligence, attractiveness, laziness, untidiness, job, sexuality, and heart attack), targeting either men or women. Texts were described as originating from a scientific or general public source and were paired with two images located next to the text (male and female individuals suffering from obesity).

The sample consisted of 22 individuals (72% females), ages 19 to 25 ( $M = 20.77$ ,  $SD = 1.82$ ). A Gazepoint GP3 150 Hz eye tracker was used to record eye movement.

Independent variables were text contents, information type (scientific or not), and the gender of the text's target (male or female anti-fat stereotypes). Dependent variables were the durations of fixations on texts/images. Data was analyzed using ANOVA.

Results show that there are significant differences in fixation durations depending on text content ( $F(7) = 3.234$ ,  $p < .01$ ). Bonferroni post hoc test for text content shows that differences exist between texts that have laziness on one hand, and depression, attractiveness, untidiness, sexuality, and heart attack risk as their topic on the other ( $p < .05$ ), with participants having longer overall fixation times on images when the text attributes laziness to obese individuals. Interactions between text content and the gender of the stimuli ( $F(7) = 4.306$ ,  $p < .01$ ), suggest that the following text topics lead to longer overall fixation times on the female segment of the visual component: intelligence, employment, and heart attack. Attractiveness, laziness, untidiness, and sexuality lead to longer overall fixation times for the male segment. Additionally, text content and information type ((not) scientific) also interact ( $F(7) = 2.237$ ,  $p < .05$ ). Scientific texts caused longer overall fixation times for the visual component when the topic of the texts was depression, intelligence, job, and heart attack. Non-scientific texts produced similar results when the topic was laziness, untidiness, and sexuality. Taken together these results suggest that stereotypes are stored in a multimodal format which combines both qualitative features and appropriate visual representations.

**Keywords:** Eye movement, stereotypes, anti-fat stereotypes, gender, source of information.

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## OVERCONFIDENCE BIAS ON INVESTMENT DECISION MAKING: A STUDY OF THE BANGLADESH SECURITY MARKET

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<sup>1</sup>Prof. Dr

### Abstract

The psychology of investors plays an important role in decision-making in the investment process. The motivation of the study is concerned with overconfidence bias, a tendency where a person overestimates their abilities. This bias can lead to risky investments. But this study indicates that overconfidence bias can be in a positive relation with investment decision-making. Being overconfident can lead to excess risk but the bias brings higher returns. Additionally, it is revealed that risk-taking ability influences the correlation with overconfidence. Bias is usually associated with negative aspects, which led the authors to investigate potentially positive effects. The quantitative analysis was conducted at the Dhaka stock exchange (DSE), Bangladesh, and explores how investors' risk tolerance influences investment decisions.

**Keywords:** Bias effect, overconfidence, investment, cognitive bias.

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## PRO-RESILIENT EFFECTS OF ENVIRONMENTAL ENRICHMENT ON GABAergic AND GR ACTIVITY IN DORSAL HIPPOCAMPUS: AN ANALYSIS IN WISTAR ADULT RATS

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### Abstract

Our work aims to evaluate the impact that environmental enrichment has on male Wistar rats in an animal model for depression. For this purpose, before applying an unpredictable chronic stress model, one group was exposed to environmental enrichment for four weeks in order to test if this procedure has protective effects against chronic stress. The selected groups were three: control group (n=8), unpredictable chronic stress group (n=8) (UCM) and environmental enrichment+chronic stress group (n=8) (EE+UCM). In all of them, the following behavioral tests were evaluated: sucrose preference (anhedonia test), zero maze (anxiety test) and forced swimming (passive coping test). This was followed by the evaluation of GR receptors activation and GABAergic activity in dorsal and ventral hippocampus. These receptors have been related to the inhibitory control of the hypothalamic-pituitary-adrenal axis after chronic stress. Moreover, GABAergic activity has been reduced in hippocampus in a chronic model stress. For data analysis, a mixed factorial ANOVA was used in the anhedonia test and a one-way ANOVA in the other tests. Results showed that environmental enrichment reduced the effects of the chronic stress, promoting a greater resilience. There were statistically significant differences between UCM group and the others. UCM group showed an anhedonia response and more anxiety than either the control group or the EE+UCM group. Results of the GR receptors activity and GABAergic neurons in hippocampal regions showed again statistically significant differences in the UCM group. There was a reduction in GABAergic activity in dorsal hippocampus coupled with an increased activation of GR in this group; for ventral hippocampus there were not differences between groups. These results suggest environmental enrichment could enhance greater resilience, reducing the vulnerability of the subjects to develop disorders such as depression and anxiety.

**Keywords:** Resilience, environmental enrichment, GABAergic neurons, glucocorticoids receptors, rat.

## NEURAL NETWORKS UNDERLYING VISUAL ILLUSIONS: AN ACTIVATION LIKELIHOOD ESTIMATION META-ANALYSIS

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### Abstract

Visual illusory configurations have long been used to unveil the mechanisms underlying visual perception and the integration of contextual information. Neuroimaging studies employ different classes of optical illusions to identify which areas of the visual pathway are involved in visual perception and how these interact in feedback and feedforward loops to integrate specific visual features in a univocal percept. Here, we conducted a systematic review and meta-analysis of fMRI studies that contrasted activations in response to illusory contours, geometrical and motion illusions in order to reveal the cortical regions involved in the processing of illusory percepts, thus revealing the networks contributing to the integration of visual contextual information. Furthermore, we pooled the studies into two subgroups to reveal the areas of overlapping activation related to static visual illusions (e.g., Kanizsa figures, Müller-Lyer, Ebbinghaus) and motion illusions (e.g., illusory self-motion, stereokinetic effect, Pinna illusion). The resulting networks represent the neural signatures of illusory processing and allow us to investigate the functional distribution of perceptual processing across the ventral and dorsal visual streams, observing the

degree to which the two streams interact when building a visual percept.

The Activation Likelihood Estimation (ALE) meta-analysis, conducted on 41 experiments taken from 19 studies emerging from the systematic review for a total of 243 foci, revealed a bilateral network of visual areas encompassing both ventral and dorsal visual regions, including the inferior and middle occipital cortices bilaterally and the right superior parietal gyrus.

Furthermore, we used a meta-analytic connectivity modeling approach to explore the functional connectivity of the LOC, which resulted from the conjunction analysis as the only region shared between the static and motion illusion networks. Based on these results and previous connectivity accounts, we describe the networks of areas involved in the perception of contextual visual illusions, laying the foundation for a neural based classification system of illusions.

Overall, these results describe a network of areas crucially involved in perceptual inference relying on feedback and feedforward interactions between areas of the ventral and dorsal visual pathways. The same network is proposed to be involved in hallucinogenic symptoms characteristic of schizophrenia and other disorders, with crucial implications in the use of illusions as biomarkers.

**Keywords:** *Visual illusions, visual perception, ALE meta-analysis, schizophrenia, fMRI.*

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## **COGNITIVE DEMAND IN THE DEM TEST FROM THE PERSPECTIVE OF FIXATION DURATION ANALYSIS**

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### **Abstract**

**Introduction:** The Developmental eye movement (DEM) test is a widely applied method for assessing eye movements under reading-like conditions. Eye-tracking studies have demonstrated a correlation between the performance of the DEM C test and the average fixation duration (Moiroud et al., 2018) and children with better reading abilities have significantly shorter average fixation duration in the DEM test compared to children with poorer reading abilities (Hindmarsh et al., 2021). Webber et al. (2011) demonstrated that the horizontal task performance time correlates with the average fixation duration in reading, however, the correlation between average fixation duration in the DEM test and reading task performance were not analyzed. Since the performance of the horizontal DEM test requires similar visual processing and cognitive demands as in reading (Ayton et al., 2009), and one of the factors that characterizes cognitive demand is fixation duration (Reney et al., 2014), the aim of the current study is to explore the relation between DEM test performance and eye movement parameters in reading text in children with and without reading difficulties.

**Methods:** The DEM test and age-appropriate reading text were demonstrated on a computer screen at 65 cm distance and eye movement recording was performed with Tobii Pro Fusion (250 Hz) eye tracker. The average fixation duration from 57 school-aged children in fourth grade (9-11 years old; average age 10) was analyzed. Children's reading skills were assessed using the Acadience Reading test.

**Results:** The average fixation duration in the DEM test was significantly shorter compared to the average fixation duration in the reading task ( $p < .001$ ). A high correlation was observed between the participants' average fixation duration in the DEM test and the average fixation duration in reading task ( $r = .349$ ,  $p = .008$ ). A high correlation was also observed between the average fixation during reading and the Acadience Reading test composite score ( $r = .698$ ,  $p < .001$ ).

**Conclusions:** The results demonstrate that the average fixation duration in the DEM test is shorter than during reading, leading to the conclusion that the cognitive demand in the DEM test may be lower than during reading. However, the average fixation duration during reading correlates more strongly with reading ability than the average fixation duration in the DEM test.

**Keywords:** *Children, cognitive demand, DEM test, fixation duration, reading.*

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## DECISION-MAKING AND PROBLEMATIC GOAL ATTAINMENT

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### **Abstract**

The decision-making and the goal attainment are widely researched and undoubtedly intertwined areas. However, research into the connection between aspects of the decision-making process and the problems occurring during specific stages of the goal attainment process is somewhat lacking. Based on previous work, our study focuses on exploring the existence of a connection between the action crisis, the decision-making styles, and the newly specified aspects of the decision-making process. This paper presents results of a longitudinal study consisting of four phases. Ninety-seven people aged 25 to 65 ( $M = 38,8$ ;  $SD = 9$ ) participated in this study. The Action Crisis Scale (ACRISS; Brandstätter & Schöler, 2013) was used to measure manifestations of the action crisis, and the General Decision-Making Style scale (GDMS; Scott & Bruce, 1995) was used to measure five decision-making styles: rational, intuitive, dependent, avoidant, and spontaneous. Moreover, to explore selected aspects of the decision-making process occurring during the goal attainment process, 16 newly formed items were used. Significant relationships were found between the action crisis and the rational, avoidant and spontaneous decision-making style. Several other significant relationships were found between the action crisis and the aspects of the decision-making process, such as the momentary decision to end the goal attainment process, to give up the goal or to make changes in the means of the goal attainment. The momentary decision-making certainty, the thoughts reflecting on the costs of ending the goal attainment process or ruminating on previously made decisions were also connected to the action crisis. These results point out to the changes in the decision-making and a preference of certain decision-making styles when obstacles and failures to attain the goal pile up. Knowledge of these relationships may help in preventing as well as resolving goal attainment problems. While keeping in mind limits of this study, these findings may inspire much needed future research and practical applications.

**Keywords:** *Action crisis, decision-making process, decision-making styles, goal attainment.*

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# **VIRTUAL PRESENTATIONS**



## CLINICAL PSYCHOLOGY

### PSYCHOSOCIAL PRESSURES OF HAVING BETA-THALASSEMIA

**Anita Udabor**

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#### **Abstract**

Having a chronic disease presents a series of lifelong problems for the patient and the family. In regards to beta-thalassemia major (BTM), the patient has to worry about the effects of medical care on their body from such a young age. However, after interviewing Patient S, it has been stated that maintaining his mental health was the most difficult part of having BTM. Although some patients can adjust to their lives, not everyone has the same story in regards to the way they view themselves and the way they interact with others. The goal of this literature review is to address the psychosocial pressures that Patient S discussed with a focus on engaging in romantic relationships. This requires exploration of the psychological and physical development of the patient with the disease which will give a better picture of the sociological development that Patient S explained. There are several studies of BTM that took place in western countries where beta-thalassemia is not as prevalent and with medicine that is of a different standard. However, due to Patient S being from a country that has a higher prevalence of BTM with less of these resources, it was only appropriate to include studies representing this population.

**Keywords:** *Psychology, Sociology, chronic conditions.*

### A MODEL FOR PREDICTING SCHOOL READINESS USING DATA MINING TECHNIQUES

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Computer Science Department, Tel-Hai Academic College (Israel)*

#### **Abstract**

Study the school readiness is an interesting domain that has attracted the attention of the public and private sectors in education. Researchers have developed some techniques for assessing the readiness of preschool kids to start school. Here we benefit from an integrated approach which combines data mining and social network analysis towards a robust solution. The main objective of this study is to explore the socio-demographic variables (age, gender, parents' education, parents' work status, and class and neighborhood peers influence, Supportive Family, Health Status, Family Problems, Motivation, Family Problems, Gaming Devices, Sleeping quality, School Support, Extended Family Support) and Average Marks, data that may impact the school readiness. This paper proposes to apply three models of Data Mining Techniques using R and Python Script Languages to predict school readiness. Real data on 148 Primary School children was used from Life school for Creativity and Excellence a private school located in Ramah village, and white-box classification, clustering and association methods, such as induction rules were employed. Experiments attempt to improve their accuracy for predicting which children might fail or dropout by first, using all the available attributes; next, selecting the best attributes; and finally, rebalancing data and using cost sensitive classification. The outcomes have been compared and the models with the best results are shown.

**Keywords:** *Machine learning, school readiness, socio-economic data, data mining, socio-demographic data, script languages, Python, R Language.*

## **MINDFULNESS AND EATING DISORDERS: THE MEDIATION ROLE OF DYSMORPHIC CONCERNS**

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### **Abstract**

**Background:** Research has shown that mindfulness may foster body satisfaction (Lavender et al., 2012), and may reduce problematic behaviors such as body comparison, which seems to be pivotal in dysmorphic concerns (Dijkstra & Barelds, 2011) and eating disorders (Hamel et al., 2012). However, there is a paucity of studies observing the direct relation between mindfulness and dysmorphic concerns, with the latter potentially being a risk factor for eating disorders (Kollei et al., 2013). Even if several studies suggest that mindfulness may play an important role in the prevention and reduction of risk factors in eating disorders, a deeper knowledge is still needed (Beccia et al., 2018; Sala et al., 2020).

**Objective:** The goal of this study was to assess whether the relationship between mindfulness and eating disorders would be mediated by dysmorphic concerns.

**Method:** 288 individuals aged between 18 and 35 years old ( $M = 26.36$ ;  $SD = 4.49$ ) were recruited on social media platforms and filled an online survey comprising: the Five Facet Mindfulness Questionnaire (FFMQ), the Italian Body Image Concern Inventory (I-BICI), and the Eating Attitude Test (EAT-26). A structural equation modelling (SEM) with latent variables was used to test a model with mindfulness as predictor variable, dysmorphic concerns as mediator, and eating disorders as outcome.

**Results:** The hypothesized model showed good fit indices:  $\chi^2(24) = 49.45$ ,  $p = .002$ ;  $CFI = .99$ ,  $RMSEA = .06$  (90% CI = .04 – .09),  $SRMR = .03$ . Significant paths were found from mindfulness to dysmorphic concerns ( $\beta = -.37$ ) and from dysmorphic concerns to eating disorders ( $\beta = .51$ ), but a non-significant path was found from mindfulness to eating disorders ( $\beta = -.04$ ). However, the indirect relation of mindfulness with eating disorders through dysmorphic concerns was statistically significant ( $\beta = -.19$ ).

**Conclusions:** The results suggest that individuals low in mindfulness may be more prone to develop dysmorphic concerns. Indeed, the promotion of behaviors characterized by intentional, judgment-free attention towards one's current sensations may protect against behaviors characterized by maladaptive body-related sensations and thus preoccupations towards one's body (Bahreini et al., 2022; Lavell et al., 2018), which have been shown to contribute to the development and maintenance of eating disorders (Peat et al., 2008; Striegel-More et al., 2004). Implementation of mindfulness-based programs to reduce dysmorphic concerns is needed to improve clinical management of eating-related psychopathologies.

**Keywords:** *Mindfulness, dysmorphic concerns, eating disorders.*

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## **THE ROLE OF SOCIAL SUPPORT IN SEEKING MENTAL HEALTH CONSULTATIONS IN PEOPLE WITH MOOD DISORDERS**

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### **Abstract**

The purpose of this study was to examine the role of social support in seeking mental health consultations in people with mood disorders. Several researchers have suggested that social support increases help-seeking behaviours and mental health service use among individuals with depression and other related mood disorders. Other researchers suggest that social support increases one's use of general medical services but not for those with psychiatric illnesses requiring mental health consultations. Research in this area has examined the influence of social support in general; however, many of these studies have failed to examine the specific role of family support and friend support in seeking out mental health services in individuals with mood disorders. Moreover, researchers have mostly examined the influence of social support in seeking mental health services among young adults (i.e., college students) with mood disorders. Due to the discrepancies and gaps in the literature, the current study explored the relation between mood disorder and mental health consultation and whether this relation was moderated by friend and family support. Using data from the 2017/2018 Canadian Community Health Survey, we examined family satisfaction (i.e., family support), friend satisfaction (i.e., friend support), presence of a



mood disorder (i.e., depression, bipolar disorder, mania, dysthymia), and mental healthcare access within the past 12 months (i.e., mental health consultations) in a large sample ( $N = 26,448$ ) of individuals aged 12 to 80+ years. Data analysis was performed with Stata 15 and we used binary logistic regression. Having a mood disorder was found to significantly increase the likelihood of mental health consultations. In turn, family and friend satisfaction were found to be significant negative predictors of mental health consultation. Interaction terms between mood disorder and family satisfaction and mood disorder and friend satisfaction were examined. The linear effect of family satisfaction and friend satisfaction on mental health consultations for individuals with a mood disorder was positive, albeit non-significant. In contrast, the linear effect of family satisfaction and friend satisfaction on mental health consultations for individuals without a mood disorder was negative. These findings support that mood disorder works in conjunction with family and friend satisfaction to predict mental health consultations; in the absence of a mood disorder, higher satisfaction with family and with friends is associated with lower mental health consultations. Overall, further research should continue to investigate the influence of friend and family support on seeking mental health consultation in people with mood disorders.

**Keywords:** *Mood disorders, friend, family, support, mental health consultations.*

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## **SOCIAL SUPPORT AND ANXIETY IN PARENTAL BURNOUT OF BULGARIAN MOTHERS**

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### **Abstract**

Introduction of the concept of parental Burnout (PB) in 2014 by Bianchi and colleagues has started with the comment on definition of burnout as a consequence of enduring chronic stress. The present research assesses parenting burnout in Bulgarian mothers post Covid-19 pandemic. The links between level of social support, general anxiety and demographic factors are explored. Parental burnout is a multifaceted construct with 4 subscales: 1) Exhaustion in parental role, 2) Contrast in parental self, 3) Feelings of being fed up and 4) Emotional distancing. Bulgarian version of Parental Burnout Assessment (PBA) instrument (Roskam, Brianda, & Mikolajczak, 2018), Generalized Anxiety Disorder (GAD-7) (Spitzer, Kroenke, Williams, et al., 2006) scale, and perceived social support (COPE-CF) were applied. The sample consists of 384 parents ( $Mage = 40.2$ ,  $SD=6.89$ ) with at least one child under 18 years of age. T-tests were conducted to find that only one subscale Exhaustion in Parental role was significantly higher in parents living in the capital, in parents of more than one child, and in parents of children under 6 years of age. Regression analysis demonstrated that GAD-7 predicts 28% of PB ( $Adj. R^2 = .28$ ,  $F(2, 382) = 150.27$ ,  $p < .01$ ) and perceived change in social support before and after pandemic was not found to be a significant predictor. Demographic factors (age of parent, type of family, place of living, age and number of children and child with or without neurodevelopmental problems) were not found significant predictors of total parental burnout. The results were discussed in the light of socio-cultural specifics of child raising in Bulgaria and the impact of family life cycle stage.

**Keywords:** *Parental burnout, perceived social support, generalized anxiety, parenting, mothers.*

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## **STIGMA TOWARDS VICTIMS OF INTIMATE PARTNER VIOLENCE IN LOW AND MIDDLE-INCOME COUNTRIES: A SYSTEMATIC REVIEW**

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### **Abstract**

Public stigma towards women who suffer IPV has begun to be studied given the difficulties it poses to the process of recovery from violence. The influence of social norms and certain myths in stigmatizing responses such as blaming, denial of violence and negative judgments about the victim's behavior have been identified. However, knowledge about this stigma is still very scarce, most studies that have tried to explain this process come from the United States and there are no solid models of how it works. Given

that public stigma is a process closely linked to the context in which it emerges and that IPV is increased in situations of poverty and financial dependence of the victims, a systematic review of the last ten years on the functioning of public stigma in low and middle-income countries was carried out, identifying the social norms and myths involved, the stigmatizing responses and consequences on the victims, as well as factors that could increase or decrease stigmatization. Seventeen studies were selected from peer-reviewed journals. All except from one were qualitative, only in three of them stigma was part of the main objectives of the work and no studies from Latin America were identified. Within Social norms, the consideration of violence as a private matter, the normalization of certain types of IPV and gender roles (e.g. "good wife") dominated. This led to the following Stigmatizing responses: isolating, discriminating and blaming the victim, making her feel ashamed, dismissing/denying the abuse and blatant unprofessionalism on the part of IPV support service-providers. The most common consequences were non-disclosure of the violence, not seeking help, and not leaving the abuser. Some protective factors for stigma were having received support from a person or service, knowledge of existing support services, and self-perceived high severity of acts of violence. The intersection of IPV with other unfavorable social identities, which intensifies stigmatization, was barely discussed. This review detailed the differences observed between different geographic regions and highlighted the role of the legal framework, which often does not recognize IPV as a crime, in maintaining stigma. Among other implications of these findings, we highlighted the importance of designing anti-stigma programs that take into account the specific characteristics of the context.

**Keywords:** *Stigma, intimate partner violence, low- and middle-income countries, systematic review.*

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## THE PSYCHOLOGICAL IMPACT OF LIVING IN A CONTAMINATED SITE: TRAJECTORY OF INTERVENTIONS

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### Abstract

Occupational and environmental asbestos exposure can lead to significant diseases, including malignant mesothelioma (MM), a rare and fatal tumor with an estimated median survival time of 9 months.

Recent studies have estimate 255.000 deaths per year from asbestos-related disease. In Italy, 31.572 diagnoses of MM were reported from 1993 to 2018 and considering that MM latency period varies between 20 and 45 years from exposure, the maximum diagnostic peak is expected between 2020 and 2030. Several national and international guidelines acknowledged the importance of evaluating psychological and socio-relational features in MM patients and their caregiver, and to develop psychological interventions specifically designed for Contaminated Sites.

Living in an environment where the risk of exposure to a toxic agent is omnipresent, together with the awareness of the large number of victims and outcome of MM, can cause individuals to enter a state of social and emotional detachment. The community can experience personality dysfunction, anxiety, depression, and posttraumatic symptoms as well as helplessness, hopelessness. Defense mechanisms such as denial, splitting, repression, and reduced emotional expression can be used by individuals to contain their overwhelming anxieties.

Such evidence strongly suggests the need to adopt an integrated approach toward patients and caregivers, improving the development of active strategies considering the particular features of the subject and his/her living environment. However, literature shows that the need for psychological care of patients with MM and their family is not sufficiently addressed.

The Research-Intervention Group of the Department of Psychology of the University of Turin, coordinated by Antonella Granieri developed a psychological intervention, the Brief Psychoanalytic Group (BPG), that consists of 12 one-hour 1 h weekly therapeutic sessions for MM patients and their caregivers in the first months following diagnosis.

A psychoanalytic group intervention for patients and their caregivers may constitute a valid contribution to the integration and elaboration of unconscious somatopsychic processes. Thinking together within the group help participants to give meaning to the transformations in their lives brought about by the experience of the disease and the related feelings, to weaken its pathogenic effects, and to identify more adaptive ways of handling the diagnosis.

**Keywords:** *Cancer, asbestos, malignant mesothelioma, caregivers, brief therapy.*

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## PERSONAL AND SOCIAL SKILLS IMPACT ON LITERACY ABOUT ALCOHOL AND CANNABIS CONSUMPTION IN PORTUGUESE ADOLESCENTS

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### Abstract

Personal and social skills in adolescence are protective factors for the consumption of psychoactive substances, namely alcohol and cannabis. We highlight the interventions designed to develop these skills, including the promotion of its literacy. This study aimed to characterize the impact of personal and social skills training on the levels of knowledge about the cannabis and alcohol's effect, based on the analysis of myths associated with it, among adolescents from the central region of Portugal. This is an action-research, with 172 participants (50.7% female), 14-18 years old ( $M=15.35 \pm 1.02$ ), 9th-11th grades of schooling, between 2018-19 and 2021-22. Ethical and legal procedures required in research were respected. Intervention consisted of 6 to 10 biweekly 60 minutes' sessions (6 online, more expository, in 2020-21, due to the pandemic). An *ad hoc* questionnaire was used, with 5 statements about myths associated with alcohol and 5 with cannabis consumption, on a Likert scale (1 Strongly Disagree; 5 Strongly Agree). A pre and posttest was carried out. Participants improved global scores on myths about alcohol ( $M= 14.14 \pm .4.15$  vs.  $M= 14.98 \pm 2.84$ ;  $p=.01$ ) and cannabis ( $M= 17.18 \pm 2.68$  vs.  $M= 18.03 \pm 2.75$   $p=.037$ ) consumption. Variables with influence on the results about alcohol were the pre or post-pandemic period ( $p=.001$ ), school attended ( $p=.001$ ), and age ( $p=.001$ ). As for cannabis, stood out the pre or post pandemic period ( $p=.015$ ), attended school ( $p=.012$ ), and gender ( $p=.002$ ). The intervention contributed to improve participants' knowledge about alcohol and cannabis' effects, which may have impact on consumption reducing, to be explored later. There was also a regression in the middle of the pandemic period (2020-21), regarding myths about alcohol consumption, whose effect was canceled in 2021-22. In cannabis, significant positive results only happened in 2021-22. Age only stood out in the myths about alcohol, with the most relevant effect at 14 years old. The females evolved positively and significantly in their cannabis' knowledge. So, the importance of the intervention is confirmed, in myths about the effects of alcohol and cannabis consumption, which, if repeated in follow-up evaluations, as well as crossed with consumption data, could reveal its effectiveness in early intervention and prevention. Intensifying the intervention with younger people (in alcohol) and males (in cannabis), and the option for 10 face-to-face sessions, more dynamic, seems to be relevant strategies. However, it is also necessary to replicate the study, with more participants, and complement the self-report data with objective measures.

**Keywords:** *Personal and social skills, myths about alcohol, myths about cannabis, adolescents.*

## BODY DISSATISFACTION AND BODY WEIGHT CONTROL STRATEGIES AMONG DEPRESSED AND NON-DEPRESSED ADOLESCENTS

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### Abstract

Despite substantial evidence that body dissatisfaction explains depression directly or indirectly, there is limited information regarding the specific ways depressed adolescents regulate their body weight and what specific body parts they are dissatisfied with compared to their non-depressed counterparts. The current study aimed to explore a sample of adolescents under the care of a psychologist with risk of depression as the criterion for body dissatisfaction and weight control strategy differences. 60 adolescents (75% girls) aged between 11 and 18 (mean age = 14.58,  $SD = 1.75$ ) in the care of a psychologist reported their body weight and height (BMI was calculated), body dissatisfaction (Hibell et al., 2012), perception of actual body figure (Contour Drawing Rating Scale), whether they were on a diet, what weight control strategies they use and depressive symptoms (6-item Kutcher Adolescent Depression Scale) using a paper – pen questionnaire.

61.7% of the adolescents in the sample reported a higher risk of depression. The risk of girls being depressed more than boys was statistically insignificant (66.7% vs. 46.7%). Those at risk of depression are more dissatisfied with their appearance ( $U = 183.5$ ,  $z = -3.80$ ,  $p < .001$ ,  $r = .49$ ) and perceive their body as significantly bigger ( $U = 209$ ,  $z = 2.51$ ,  $p < .05$ ,  $r = .34$ ) in comparison to those who are not at risk. Dietary behavior is more typical for those who are at risk of depression (77.1% vs 22.9%,  $\chi^2(1, n=60) = 6.98$ ,  $p = .01$ ,  $\phi = .38$ ) with a medium effect size. Regarding weight control strategies, the content analyses showed that non-depressed adolescents use more adaptive strategies (sports, exercising, strolling, not overeating, avoiding sweets, fatty or junk food). More depressed adolescents tended to control their body weight in more extreme or maladaptive ways (fasting, vomiting, daily calorie counting and weighing on personal scale, extreme exercising...). With respect to dissatisfaction with certain appearance components, it seems there were no relevant content differences. The current results support previous research findings regarding the association between body dissatisfaction and depression and extend them to a more specific subclinical population with more specific and qualitative information. In terms of the implications for psychological practice, it would be worth addressing body concerns even if there are no confirmed diagnoses to prevent depression and unhealthy maladaptive weight controlling behavior.

**Keywords:** *Body dissatisfaction, depression, body weight control strategies, adolescents.*

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## A PSYCHOLOGICAL CONSULTATION MODEL FOR CANCER PATIENTS AND THEIR CAREGIVERS

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### **Abstract**

Cancer and its treatment have a significant impact on patients' and caregivers' lives. A cancer diagnosis compels to confront feelings of helplessness and vulnerability and with intense anxieties related with grief and death. Patients and caregivers may experience high levels of hopelessness, dissatisfaction and unhappiness, increased feelings of discouragement and demoralization, as well as concerns related to bodily perception. A feeling of having failed in their own life and having insufficient resources to cope with everyday circumstances can emerge. Looking at the biological, psychological, and social complexity of cancer from a clinical perspective, it is crucial to investigate the subjective response of each patient and caregiver in the somatopsychic experience of illness and their ability to represent and attribute meaning to it. The consultation model in the field of Clinical Psychology in Oncology proposed within the San Giovanni Bosco Hospital in Turin (Italy) sets assessment goals about the different dimensions influencing affective regulation, and aims to assess the subjects ability to symbolize their own level of psychophysical integration through five psychological interviews and an assessment of the psychophysiological profile using biofeedback. In the initial phase of assessment, is important to gather information about symptoms, investigate their subjective perception, recognize their significance, and promote their adjustment if they occur in the interview. Transversely, the possibility of put in words and making representable the dysregulation at a psychic, relational or psychophysiological level offer an opportunity of regulation and the possibility of asking for psychological help. Sensory, somatic, and emotional experiences related to the disease are embodied and experienced primarily at a bodily level by patients and caregivers. In such consultation model, the clinician's focus on body is enhanced by the use of biofeedback, which offers an opportunity to observe their own spontaneous self-regulatory strategies and draw connections between bodily sensations (interoceptive states) and emotions, providing an initial opportunity of regulation and representation. The Investigation of the relational and community context of cancer patients, caregivers, and family unit, with a focus on psychic, relational, and psychophysiological dysregulation elements, can uncover unexpressed needs and risk situations for the development or the exacerbation of physical and mental health issues. It is important for the clinical psychologists to promote the recognition of such needs both facilitating patient access to psychological support services both sensitizing health care providers to recognize signs of distress in patients and caregiver through a multidisciplinary teamwork.

**Keywords:** *Assessment, cancer patients, clinical psychology, biofeedback, affective regulation.*

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## THE EFFECT OF DEFENSE STYLES ON DARK TRIAD PERSONALITY TRAITS ACCORDING TO THE LEVELS OF EMOTION REGULATION DIFFICULTIES IN A NON-CLINICAL ADULT SAMPLE

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### Abstract

The aim of this study is to examine the types of defense as a predictor of the dark triad personality traits within the framework of emotion regulation difficulties in adults without a psychiatric diagnosis. 1395 people, 57.8% of whom were women, who were not diagnosed, participated in the study. Participants were chosen by convenience sampling method, and those who were diagnosed were excluded from the analysis. In the survey form the Difficulties in Emotion Regulation Scale (DERS), the Defense Style Questionnaire (DSQ-40), the Short Dark Triad (SD3-T) scales and the demographic form were used. Emotion regulation difficulty levels were created to be one standard deviation above and below the mean of the total score of the DERS. According to these levels, whether machiavellianism, psychopathy and narcissism scores were predicted by the defense types were examined with the Multiple Linear Regression Model. Results have shown that the effects of defense types differ in the dark triad personality traits according to the levels of difficulty in emotion regulation.

**Keywords:** Emotion dysregulation, defense mechanisms, dark triad, MLR.

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## SEXUAL ABUSE / RAPE IN FEMALE PRISONERS AND ITS LINK WITH SUICIDE ATTEMPT / DEPRESSION

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### Abstract

Motivation for the paper: The interest in studying the phenomenon of sexual abuse in some of its dimensions arises from the possibility of analyzing a database of a research project on women in prison who presented addictive behaviors.

Objectives: Investigate the frequency of sexual abuse in women in prison and its association with other mental health problems such as suicide and depression.

What was done: A secondary analysis of a research study of women in prison in Mexico was conducted. How it was done and validated: Three variables of interest were analyzed from a statistical analysis which yielded various data in relation to sexual abuse and rape in women in prison, the database was approved by the research and ethics committee of the National Institute of Psychiatry Ramon de la Fuente Muñiz, in Mexico.

Major results: There was a significant relationship between sexual abuse and suicide attempt in women who are incarcerated, 11.3% attempted suicide in the last month, while 41.3% attempted suicide, at some time in their lives, mostly sexual abuse and rape occurred during childhood, within their homes and the main perpetrator was a family member or close friend of the male gender.

Conclusions: Prevention and awareness programs on sexual abuse and comprehensive care in prison spaces are required to meet and prioritize all the needs of those women who are deprived of liberty. Policies and measures aimed at redressing harm for victims of sexual abuse and rape are needed.

**Keywords:** Women, sexual abuse, prison, suicide, depression.

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## THE CHARACTERISTICS OF THE FUTURE ORIENTATION OF ARAB ADOLESCENTS WITH INTELLECTUAL DISABILITIES

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### **Abstract**

Future orientation focuses on the image an individual constructs regarding their future; including future goals and courses of action they set for themselves in order to realize these goals. The present study discusses the consolidation of the future orientation of Arab adolescents with mild intellectual disabilities who attend special education schools in northern Israel. In this study, both qualitative and quantitative research methods were used. 79 adolescents, aged 16 to 21, participated in the study. The questionnaires which were used were originally designed for adolescents without disabilities. Hence, they were adapted for the population of this study. The results show that the future orientation of adolescents with intellectual disabilities is obscured, pessimistic, and dependent on close ones. It also reflects the division of gender roles in the Arab society. It further reveals the loneliness and helplessness the adolescents feel because of the social rejection and the repulsive attitudes towards them.

**Keywords:** *Adolescents, Arab society, future orientation, gender differences, intellectual disabilities.*

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## THE LIVED EXPERIENCES OF STIGMA IN NON-OFFENDING PEDOPHILES

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### **Abstract**

Non-offending pedophiles are an under-researched, hard to reach population. This group of individuals are often hesitant to come forward and fail to seek help due to ongoing stigma experienced within society. In order to better understand non-offending pedophiles experiences of their identity and the stigma they face, semi-structured qualitative interviews were conducted with 10 non-offending pedophiles, who were recruited through online support groups for individuals who have sexual attractions towards children. Participants were interviewed over skype and the data was analyzed using interpretative phenomenological analysis (IPA) following Smith et al (2012) approach and a number of themes were generated from the rich data set produced. Four main themes emerged, providing insight into how non-offending pedophiles experience stigma and how this negatively impacts them seeking help for their sexual preferences. The themes found in this study were 'stigma in relation to themselves', 'others', 'the media' and 'impact of stigma of MAP's seeking treatment'. Findings are discussed in relation to existing literature and practical recommendations are proposed to hopefully allow this population to feel more comfortable sharing their sexual interests in future, which will allow them to seek help and ultimately result in the reduction of sexual offending. This study fills the void in terms of lack of research with this population, especially when it comes to qualitative in-depth studies and it includes not just male minor attracted persons, but female minor attracted persons as well, which we till date no so little about. It is hopeful that this study will add a deeper insight into a taboo subject and allow professionals to challenge their own assumptions about pedophilia, creating awareness upon the distinction between pedophiles and sex offenders.

**Keywords:** *Pedophilia, stigma, non-offending pedophiles, minor attracted persons, prevention.*

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## PERSONAL RESOURCES THAT HELP IN COPING WITH DISTRESS: WHAT HAS THE COVID-19 PANDEMIC REVEALED TO US?

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### Abstract

The COVID-19 pandemic has run into all aspects of people's life and individuals were emotionally drained from its social, financial, and emotional impact. Thus, this global situation has resulted in increased levels of distress (e.g., stress, anxiety, and depression). Given the individual differences observed in how people faced the pandemic, it was hypothesized that certain personal resources may help in coping with distress. The aim of the research was to evaluate the impact of psychological inflexibility, mindfulness, and resilience on the susceptibility to experiencing stress, anxiety, and depression. Study 1 recruited 501 participants (58.9% women; mean age = 26.97 years, SD = 11.85) who completed the following scales: the Acceptance and Action Questionnaire (AAQ-II), the Mindful Attention Awareness Scale (MAAS), the Connor-Davidson Resilience Scale (CD-RISC-10), and the Depression Anxiety Stress Scale (DASS-21). The same measures were administered to 423 participants in Study 2 (62.4% women; mean age = 30.97, SD = 12.46) selected from a larger sample because they had a more intense subjective perception of loneliness (scored a 3-item-UCLA Loneliness Scale  $\geq 6$ ). In Study 1, linear regression showed that the AAQ predicted stress ( $\beta=.29$ ), anxiety ( $\beta=.34$ ), and depression ( $\beta=.44$ ). Moreover, the higher the MAAS score, the lower the stress ( $\beta=-.15$ ) and anxiety ( $\beta=-.10$ ), while the CD-RISC was not a significant predictor. In Study 2, the predictive role of the AAQ on stress, anxiety, and depression was confirmed ( $\beta=.42$ ,  $\beta=.40$ , and  $\beta=.46$ , respectively), moreover, resiliency was negatively associated with depression ( $\beta=-.17$ ). The current results showed that psychological inflexibility interferes with coping with distress, and mindfulness and resilience can prevent stress, anxiety, and depression even in an unexpected and complex situation, such as the pandemic. Indeed, some personal resources continued to act as protective factors as previously documented in the literature on "everyday" time also among people who subjectively perceived greater loneliness. This result underlines the relevance of these resources and, therefore, the need to develop interventions aimed at strengthening them.

**Keywords:** *Personal resources, mental disorders, psychological inflexibility, resiliency, mindfulness.*

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## EDUCATIONAL PSYCHOLOGY

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### SCHOOL ENGAGEMENT AND EDUCATIONAL OUTCOMES OF SLOVAK ADOLESCENTS IN THE CONTEXT OF SOCIAL MEDIA USE

**Vladimír Poliach, & Lenka Ďuricová**

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#### **Abstract**

Objectives and methods: School engagement is an important prerequisite for psychological and educational development in students. The two-fold effect of information technology on adolescents' academic performance is currently the subject of professional debate (Quahri-Saremi and Turel, 2016; Turel and Serenko, 2012; Turel et al., 2011). This empirical study aims to explore how school engagement in adolescence relates to problematic Internet use with the specific focus on social networking. The goal of this study is to investigate the potential correlations between the tendency to overuse social media in Slovak adolescents ( $N = 1,005$ ; 73% women;  $AM_{age} = 16.99$ ;  $SD_{age} = 1.24$ ) and the dimensions of school engagement (behavioural, cognitive, affective, agency). The correlation between the selected variables and adolescents' academic performance is observed as well. The research instruments included: SES-4DS/Student Engagement in Schools – Four-Dimensional Scale (Veiga, 2016) and BSMAS/Bergen Social Media Addiction Scale (Andreassen et al., 2016). Results: The results indicate a negative correlation between the tendency to overuse social networking and the affective and behavioural dimensions of school engagement. Students' academic performance in Slovak language, biology, and mathematics correlated negatively with the individual dimensions of their school engagement and positively with excessive social networking. Conclusion: These results can be used for the creation of educational programmes focused on students with critically low academic performance. This paper is a part of the VEGA 1/0765/21 Multidimensional self-concept of the digital adolescent generation in Slovakia and its contexts research project.

**Keywords:** *School engagement, social media use, learning outcomes, adolescence.*

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### MOTIVATIONAL STRATEGIES IN CLASSROOM OF SECOND LANGUAGE TEACHING

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#### **Abstract**

Motivation is one of the most important factors required for effective foreign language teaching. Nowadays, faced with the pandemic and the fast development of new technology, with the new hybrid teaching form of the combination of online and offline teaching, the universities are innovating their teaching methods and strategies to give more motivation in the classroom, stimulate the students' learning enthusiasm and improve the teaching efficiency. In this article, considering the new situation that university teaching is faced with, we formulate a list of methods of motivational teaching strategies for foreign language teaching in universities, such as promote students' autonomy, collaborative group working mode, create a pleasant classroom climate, enrich the class with foreign country's culture and values, make the learning tasks stimulating and integrate in the teaching new information technology. We also realize an empirical experiment to apply these strategies in the Spanish teaching classrooms for Chinese students in the University in order to discuss the application method and its results. We also elaborate questionnaire among the students to find out their learning results with these strategies.

**Keywords:** *Foreign language teaching, motivational strategies of teaching, university teaching, students' autonomy.*

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## ATTITUDES TOWARDS CHANGE AMONG TRANSFORMATIVE LEADERS IN EDUCATION

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### **Abstract**

Introduction of Objectives: Attitude towards change is one of the fundamental characteristics of an educational leader's personality, and we seek to analyse it from the perspective of transformative leadership.

Methodology/sampling techniques: The research sample consisted of 133 primary school class teachers with an average age of 41 years working in the Banska Bystrica, Zilina and Presov regions. Attitudes to change were measured with the Attitudes to Change questionnaire (Dunham, Grube, Gardner, Cummings & Pierce, 2011), personality structure with the NEO-FFI questionnaire (Ruisel & Hlama, 2007), and individual types of transformational leader behaviour with the questionnaire Leadership Practices Inventory (LPI) questionnaire (Kouzes & Posner, 2002). SPSS software was used to process the research data. The study has a quantitative comparative and correlational design.

Findings: the results show that the most open attitude towards change was among female teachers over 40 years of age who scored higher on the Model the way and Encourage the heart types of behaviours, which were also significantly positively associated with attitude towards change.

Conclusion: The present paper could contribute to developing the field of human resource management.

Implication of the study: Occupational psychologists and managers in educational settings could be assisted in developing strategies for change and, in fact, in implementing any change brought about by the transformation of the Slovak education system.

**Keywords:** *Leaders, teacher leader, followers, Big Five factors.*

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## EFFECTIVENESS OF INTERVENTION ARRANGING ASSIGNMENTS IN HIGH SCHOOL PHYSICS

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### **Abstract**

Motivation is considered as a crucial element in acquiring physics concepts (Redish, 2003). Also, educational psychology has developed various intervention models to promote student motivation. Particularly, The Time Continuum Model (Wlodkowski, 1985) shows that strengthening the connection between consecutive classes enhances learner motivation. This study focused on assignments that emphasize links between classes and examined their effectiveness. In addition, I investigated whether the intervention would enhance student motivation such as autonomy and significance of assignments.

Six eleventh graders joined in the intervention from April to November 2019, which consisted of (1) arranging assignments that included many thinking tasks once every two physics classes, and (2) linking classes by offering answers to the assignments of previous classes at the beginning of the following classes. The surveys were conducted after the intervention on November 26<sup>th</sup> and measured student motivation through an interview asking each person why they study physics etc.

The results suggest that participants became autonomous physics learners through this intervention because they said "To learn physics is useful" and "Physics changed from a weak subject to interesting it". They also showed that participants found the assignment significant because they said "Doing assignments made me more aware in class" and "I was able to study little by little for the test".

**Keywords:** *Assignments, physics, motivation.*

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## COMPARING ONLINE AND VIRTUAL REALITY MORAL DILEMMA DISCUSSION

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### **Abstract**

Face-to-face moral dilemma discussion, which has been employed in moral education throughout the world, has been repeatedly shown to improve morality and sociality even though face-to-face discussions have recently been difficult to implement. Accordingly, in this study, the educational effects of online moral dilemma discussion (OMDD) and virtual reality moral dilemma discussion (VRMDD) for college students were examined. The participants, who included 38 female university students, were randomly assigned to an OMDD or a VRMDD condition, although they participated in both conditions with acquaintance pairs; Zoom was employed in the OMDD condition, and the VRMDD condition used a VR headset (Oculus Quest 2). The participants in the OMDD condition used individual personal computers, whereas those in the VRMDD condition utilized a VR headset that had been prepared individually in a small laboratory. Pair 1, Pair 2, and the experimenter participated from separate rooms. In the VRMDD condition, each experiment assistant explained how to use VR to each participant. In both conditions, after following the experimenter's instructions and practicing, the pairs discussed Heinz's dilemmas (1) and (2). The discussion ended when the pair reached a conclusion. The standards for public space (SPS) scale, which comprised egocentric, peer standards, regional standards, care for others, and public values subscales, and the communication skills scale (CS), which included listening and speaking, nonverbal, assertiveness, and discussion subscales, were measured separately before and after the experiment. The SPS corresponds with Kohlberg's stages of moral development. After confirming the homogeneity of both conditions, an analysis of variance was performed with two factors for each subscale: condition (OMDD, VRMDD) and the time of survey (pretest, posttest). The results revealed that there were significant differences in the main effect of the condition for the subscales of the SPS. The respondents scored higher on the SPS egocentric and peer standards subscales, which had significant main effects at the time of the survey, on the pretest than on the posttest. The practice of OMDD and VRMDD decreased behavioral standards with a narrow social perspective (egocentric and peer standards), and OMDD and VRMDD were not related to behavior standards with a wider social perspective (regional standards, care for others, and public value) or CS.

**Keywords:** *Online moral dilemma discussion, virtual reality moral dilemma discussion, Zoom, VR.*

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## THE INTERPLAY BETWEEN MATH PERFORMANCES, SPATIAL ABILITIES AND AFFECTIVE FACTORS: THE ROLE OF TASK AND SEX

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### **Abstract**

Science, technology, engineering and mathematics (STEM) fields are very important to modern society. Careers in STEM fields involve larger salaries than in all the other domains, and there is underrepresentation of females in STEM related fields. Hence, understanding the cognitive and affective foundation of math abilities, a core part in all STEM related careers, has central educational and social significance.

Over the last two decades, many studies have suggested that cognitive and affective factors explain individual differences in math. One of the central cognitive factors is spatial abilities. However, recent studies suggest that spatial abilities (real or spatial anxiety) affect emotional factors such as math anxiety. A large body of research has found stronger math anxiety in females and suggests that inferior spatial abilities in females compared to males are the origin of sex differences in math anxiety.

To fully explore the complex relationship among math anxiety, spatial abilities, spatial anxiety on math performance and sex differences, the current set of studies examined spatial skills, working memory skills, math anxiety, spatial anxiety and math self-efficacy as predictors of math performance in different math contents, in college students.

The results showed sex differences in a few domains: math anxiety was higher in females compared to males, males outperformed females in number line performance and spatial skills. The relationships among spatial abilities, math performance, and math anxiety were stronger in males than in females. By contrast, the relationship between math self-efficacy and performance was stronger in females compared to males.

Moreover, the results indicated that the interplay between math performances and cognitive and affective factors is related to task demand. Math anxiety and spatial abilities had a direct effect on math performances regardless of task. Spatial anxiety had only an indirect effect on math performances via mathematical anxiety, regardless of task. Math self-efficacy had an indirect effect on math performances via MA, and in the one case, also had a direct effect on math performances.

Few implications can be drawn from the current findings:

First, this finding demonstrated fundamental differences between the sexes, even with similar performances in curriculum-based assessments. Second, for math performances, contrary to math anxiety, real spatial abilities rather than spatial anxiety play a significant role in explaining individual differences. Additionally, math anxiety is a very important factor in explaining individual differences in complex math. Hence, the present result dissociates cognitive and emotional factors.

**Keywords:** *Mathematical anxiety, mathematical self-efficacy, spatial abilities, individual differences in mathematical performances, sex differences.*

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## **FAMILIES OF CHILDREN WITH SPECIAL EDUCATIONAL NEEDS: PERCEPTIONS OF SOCIAL SUPPORT AND PARENTAL WELL-BEING**

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*School of Education, Polytechnic Institute of Viseu -- CI&DEI (Portugal)*

### **Abstract**

Research on social support in families of children with Special Educational Needs (SEN) points its influence in parents' health and well-being as well as in their involvement in the educational and therapeutic process. National and international laws assign parents a central role in assuring children's educational interests. Promoting quality of life and well-being are key areas in educational and therapeutic contexts. The aim of this study is to: i) compare parents of children with and without SEN in social support and parental well-being (life satisfaction) and these variables in parents of children with different problems; ii) understand the relationship between social support and well-being; iii) analyze the effect of sociodemographic variables on social support and parental well-being. This is a non-experimental and cross-correlated study with a non-probabilistic and convenience sample of 152 parents of children with SEN and 149 without SEN. Of the 152 children, 53.9% (n=82) showed Intellectual Disabilities (ID), 24.3% (n=37) Motor Disabilities (MD) and 21.7% (n=33) Autism Spectrum Disorders (ASD). Data were collected in the central region of Portugal. Instruments: Social Support Questionnaire – short version, Life Satisfaction Scale; and a parental sociodemographic questionnaire. There are significant and positive correlations ( $r=0.539$ ,  $p<.001$ ) between social support and well-being (life satisfaction). Both parent groups have significant differences in well-being and in satisfaction with social support. In the SEN group, parents of children with ASD showed significantly higher values in social support than those with children with ID ( $p=.001$ ) and MD ( $p=.004$ ). A similar trend was observed in life satisfaction scale, but only with the ID group ( $p=.005$ ). The results highlight the relationship between well-being/life satisfaction and social support and the need to invest in social support in SEN children's families. Intervention programs should include ways to support family's adaptation, empowering them to deal with these children giving them special attention. In the ecological/systemic and social support approaches, families are perceived as having skills, resources and needs, and the professionals should be, essentially, promoters, in a (co)constructed and dynamic process between family and technical expert, respecting family's autonomy.

**Keywords:** *Special education needs, families, well-being, life satisfaction, social support.*

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## **VIRTUAL EDUCATION SYSTEM: A RESPITE FOR OUT-GROUP TEEN STUDENTS**

**Sheel Chakraborty**

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### **Abstract**

The recent pandemic has presented a unique opportunity to test the impact of remote learning on students globally. Despite several shortcomings, the virtual education system had a beneficial effect on students who have been outcasted, bullied, or othered. Often, it is observed that the teenagers who are more likely to be bullied and display neuroticism, are shy and introverted. Studies have shown that intrinsic motivation is the key for the mind development of shy teenagers and operant conditioning strategies often fail, impacting their minds negatively.

Analyzing the personality traits on data collected through 126 surveys conducted in-person, electronically, and over phone, I observed that the statistically significant number of students who prefer a virtual education system over an in-classroom environment, are typically shy-natured and had faced some forms of othering situations while attending school in-person. Many were demotivated, disengaged, and felt

un-included in traditional schools, stressing them towards behavior alteration, fake liking, and many times developing an aversion towards the school system itself.

Much of my initial research is conducted at Fulton Academy of Virtual Excellence (FAVE), a K-12 virtual public school based in Fulton County, Georgia, USA, which first opened its virtual classes during the pandemic and continues to enjoy popularity among certain sectors of the student population even in the post-pandemic era. The research here points out that an opportunity exists to extend the strategies that make up an effective virtual education system for teenagers to create leaders suitable for modern-day needs, because intrinsically motivated minds are found to be more effective leaders in the new knowledge economy.

**Keywords:** *Virtual, shyness, othering, intrinsic motivation, knowledge economy.*

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## **“BULLYING AND CYBERBULLYING AT SCHOOL”: AN ACTION RESEARCH PROJECT AT A LOWER SECONDARY SCHOOL**

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### **Abstract**

This paper describes a pilot action research study conducted at the "Aldo Moro" lower secondary school in Stornarella-Ordona (Foggia, Italy). The study in question involved the whole institute (six classes), as part of an outreach and training course co-managed by the Learning Science Hub research center of the University of Foggia. The main aim of the project was to carry out an intervention that directly involved young people, in a student-centered dynamic. The intervention integrated the use of Information and Communication Technologies (ICT) in a cooperative way to raise awareness of bullying and cyberbullying. Motivations and results of the present study align with some recent national legislative provisions put in place to discourage the phenomena, thus responding to a precise need detected by governance and surveying data in a socio-demographic context hitherto little considered in research processes on the topic. The project in question involved the delivery of validated self-report questionnaires to assess the effects of the intervention, namely the Florence Bullying and Victimization Scales (FBVSs) and the Florence Cyberbullying and Victimization Scales (FBCVSs). The present study presents the results of an intervention that integrated the use of ICT, and Digital Storytelling (DST) in particular, with the aim of implementing the intervention research model.

**Keywords:** *Bullying, cyberbullying, media education, digital storytelling, ICT.*

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## THE RELATIONSHIP BETWEEN PRE-DEPARTURE RISK-RELATED INDICATORS AND POST-PANDEMIC EMIGRATION PLANS AMONG ADOLESCENTS

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### Abstract

The negative effect of the COVID-19 pandemic on economic development of weakly diversified Slovak regions has been shown to be associated with emigration plans of young, educated people. The relationship between the emigration plans and the pre-departure health indicators during COVID-19 has become an important issue requiring further research. The aim of this study was to investigate the relationship between the pre-departure risk - related indicators (smoking, alcohol consumption) and the post-pandemic emigration plans and intentions to study abroad among Slovak adolescents. A cross-sectional survey design was adopted. A paper-pencil and online surveys were carried out between October – November 2021. A total sample consisted of 296 adolescents from the eastern part of Slovakia (50.7% girls, M= 17.7 years). Regression analyses examined associations between smoking, alcohol consumption (both during past 30 days), and post-pandemic emigration plans, as well as an intention to study abroad. Gender and COVID-19 related variables were included as the control variables. Adolescents who reported alcohol consumption were more than 2-times more likely to report post-pandemic emigration plans than those who did not report alcohol consumption, controlling for gender and all COVID-19 related factors in the model. Higher level of post-pandemic study abroad intention was found among girls and adolescents who reported alcohol consumption. The results of this study confirmed a gender dimension to intention on study abroad and emigration plans among Slovak adolescents. This study contributed to the understanding of the pre-departure migration – health indicators relationship with implications for alcohol school-based prevention and policy.

**Keywords:** Emigration plans, smoking, alcohol consumption, adolescents, COVID-19.

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## USING MULTIPLE STRATEGIES TO ADDRESS NEUROMYTHS IN PRESERVICE TEACHERS

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### Abstract

Neuromyths, popular misconceptions about brain development, are shown by research to be common in preservice teachers. This is concerning, because an accurate understanding of brain development enhances teachers' understanding of how their students learn. Accordingly, researchers designed a study to address prevalent neuromyths and their alleviation. Eight preservice teachers were provided with information on neuromyths, along with accurate brain development information, in a unit situated within an educational psychology course at a University in the Southeastern United States. Researchers sought to determine which neuromyths were present in the preservice teachers, and whether the unit would alleviate those neuromyths. The unit included inviting a neuroscientist into the preservice classroom to share accurate knowledge about brain development at different stages throughout K-12 schooling. Preservice teachers were asked to reflect about "What did you learn that surprised you? How will you use the information from today to understand students?" following the presentation by the neuroscientist. Preservice teachers also watched a video, attended a preservice teacher's presentation, and read relevant articles and book chapters. Preservice teachers were given a pre-test, post-test, and an end-of-semester test which included ten neuromyths and 20 general brain knowledge items. Data were analyzed to determine to what degree neuromyths were alleviated right after the brain development unit ended (during week 6 of a 16-week semester) and to what degree the information was retained by the end of the semester. Because of the small sample size, data were analyzed qualitatively. Pre-, post- and end-of-semester-assessment results were compared. Responses to the discussion post were used to provide consistency and depth to results from the post-assessment. An examination of which neuromyth

beliefs were lessened and which were persistent revealed that the neuromyths concerning left brain/right brain and the belief that caffeine increases alertness were commonly held yet mostly alleviated. Preservice teachers expressed surprise in class discussions about these neuromyths because they had been heard and believed by many. The belief that children are less attentive after consuming sugary drinks and/or snacks was revealed in class discussions to be based on preservice teachers' anecdotal observations, and was shown to be a persistent neuromyth. The distinction between individuals preferring to learn in a particular style and lack of research supporting the belief that individuals learned better when they received information in a particular style caused some confusion, as seen in the results. It was determined that more clarity was needed on this topic.

**Keywords:** *Educational psychology, teacher education, neuromyths, brain development.*

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## WHAT A TEACHER SAYS AND WHAT A STUDENT UNDERSTANDS

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### **Abstract**

Based on the view that the difficulties students experience in learning mathematics are in part due to a lack of a shared precise language, and the recent emphasis on the importance of language in the development of mathematical proficiency through newly formed reform practices around the world, we analyzed student work to determine what language was used that potentially led to common misconceptions. The sample consisted of 69 first-semester freshmen at a University in the Midwest United States. Data were analyzed qualitatively, with the three authors discussing student work and language use until 100% agreement was found. Focusing on rational expressions, polynomials, and number systems; we found major misconceptions related to negative sign, simplifying rational expressions, multiplying binomials, and conceptualizing fractions. We analyzed students' explanations and reasoning to determine the potential misuse of language for each misconception. In this paper, we illustrate examples of misconceptions, present evidence for imprecise and incoherent language use that potentially supported the development of each misconception, and recommend coherent and precise language in all grades, K-12, to develop both procedural and conceptual understanding, which will be beneficial to students as they advance from high school into college.

**Keywords:** *Algebra, misconceptions, mathematical language, mathematics learning.*

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## DETAINED UNIVERSITY STUDENTS: AN EXPLORATORY SURVEY ON THE ACADEMIC SUCCESS FACTORS

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### **Abstract**

High rates of recidivism and prison overcrowding are urgent critical issues that demand to be explored and managed, possible solutions are then worthy of attention. Correctional education is associated with a reduction of recidivism rates, as well as with other personal benefits, both from individual and social standpoint; it is then necessary to understand which factors promote its success.

The main purposes of this research were to describe the study experience of 28 students from the penitentiary center of the Milano-Bicocca University and to identify some factors of their academic success. A questionnaire has been administered, which includes both ad hoc descriptive questions related to personal and academic experiences and psychometric scales measuring Academic Self-Efficacy, Academic Motivation and Academic Resilience; the original scales have been modified to fit the correctional context.

Descriptive results picture an extremely complex situation regarding participants' current and past academic experiences. Despite this complexity, some aspects yielding better academic and social outcomes have been found, especially high social support as well as recent participation in correctional

education programs. Regarding the analysis of the psychometric scales, there were just few significant correlations, among which the ones between Academic Resilience and two of the academic outcomes, i.e. Dropout Intentions and Academic Satisfaction. It is then necessary to deepen the exploration of both the theoretical models and the academic success indicators to be used.

The detained university students who participated in this study show some different characteristics from the general inmate population in Italy; this suggests that university study could affect prison experience. It is then important to further explore this type of education and its success factors in order to promote a positive prison experience and the reduction of recidivism.

**Keywords:** *Recidivism reduction, correctional education, university, academic success.*

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## **SENSITIVITY AS A FIDELITY INDICATOR OF UNPLUGGED IN RELATION TO ALCOHOL USE**

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### **Abstract**

**Objective:** Substance use prevention program Unplugged was implemented in Slovak primary schools during the school year 2017/2018. For its effectiveness evaluation, not only its results, but also the fidelity is important. One of the key dimensions of fidelity is sensitivity – assessment of the target group to the intervention. The aim of this study was to examine the impact of sensitivity on alcohol use during the last 30 days among schoolchildren as well as the moderation effect of gender. **Method:** The study was a cluster randomized controlled trial with data collection immediately before the Unplugged implementation as well as right after. Solomon four group design as research design was used in this study, it means that half of the experimental group is assigned to a pre-test. Sensitivity was measured through the modified scale Youth Experience Survey 2.0 with the following subscales: intrapersonal skills; interpersonal skills; novelty seeking; integration with authority; integration with peers; social exclusion; negative influences. *Two-stage* logistic regression was applied, adjusted for gender and condition (pretest/non-pretest). Moderation effect of gender was also explored. The study involved 399 schoolchildren (45.11% boys; pretest group n=211; non-pretest group n=188). **Results:** In the first stage, the main effects were observed. In relation to alcohol use during the last 30 days, only few indicators of sensitivity were statistically significant: social exclusion; integration with authority and integration with peers. A higher number of schoolchildren in the experimental group without pre-test reported alcohol consumption during the last 30 days compared with schoolchildren in the group with pre-test. The model explained 13.4% of variance of the dependent variable and correctly classified 78.4% of cases. In the second stage, the interaction effects of sensitivity indicators with gender were observed. In the final model, only statistically significant interaction effects were retained. It was confirmed that relationship between integration with authority and alcohol use depends on gender. **Conclusion:** It was found that integration with peers increases the likelihood of alcohol use, and conversely, integration with authority reduces the likelihood of alcohol use. Moreover, schoolchildren who reported alcohol consumption reported also high social exclusion during the Unplugged. It was also found that girls with alcohol consumption reported lower level of integration with authority although girls without alcohol consumption reported higher level of integration with authority when compared to boys.

**Keywords:** *Unplugged, fidelity, alcohol use.*

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## SEMIOTIC BASIS OF PEDAGOGICAL COMMUNICATION

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### **Abstract**

The study examines pedagogical communication as a semiotic and postmodernist category. Its essence is the concepts "text and discourse", as well as "discourse analysis" as their application. Their basis is the power in and the ways of its use in a social institution like the school. The scientific text has a primarily conceptual character, in the direction of power practices in school realized through language and its social connotations. The purpose of the study is to understand the post-modernist modifications of school texts and speech practices, as well as the possibility of manipulation they bring to the teacher-student relationship.

**Keywords:** *Text, discourse, discourse analysis, pedagogical communication, postmodernism.*

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## IMPLEMENTATION OF PRE-BOARD INHOUSE REVIEW AND MANAGEMENT PRACTICES OF THE ACADEMIC HEADS AS CORRELATES OF LET PERFORMANCES

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### **Abstract**

This study generally aims to determine if the implementation of pre-board in house review and the management practices of the academic heads could play an important role in the Licensure Examination for Teachers (LET) performances from AY 2017-2019. The survey used the purposive convenience sampling to get the respondents sample and its proportion. The respondents of the study were the one hundred ninety-seven (197) LET takers from AY 2017 – 2019, ten (10) academic heads and forty (40) faculty members engaged in pre-board in house review of the selected State Universities and Colleges (SUC's) in CALABARZON. The respondents were asked to rate the extent of implementation of the pre-board in house review and the extent of management practices of the academic heads of the College of Education in the conduct of the pre-board in house review as correlates to LET performances.

Research result revealed that the three groups of respondents perceived the implementation of the pre-board in house review in terms of all aspects as very highly implemented. Likewise, they also perceived that the management practices of the academic heads in the conduct of the pre-board in house review in terms of all aspects were very much practiced; however, there is a weak correlation of the Implementation of the pre-board in house review and the management practices of the academic heads to the Licensure Examination for Teachers. The findings imply that the implementation of the pre-board in house review and the management practices of the academic heads in the conduct of the pre-board in house review could be strengthened and enhanced to influence positively the result of the Licensure Examination for Teachers. An e-policy intervention program for the conduct of the pre-board in house review and management practices is hereby recommended.

**Keywords:** *Pre-board inhouse review, management practices, LET performances.*

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## SOCIAL PSYCHOLOGY

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### INVESTIGATING THE SOCIAL NETWORKS - SOCIAL SUPPORT AMONG SINGLES AND PARTNERED INDIVIDUALS DURING THE COVID-19 PANDEMIC

**Ewelina Kusaj, Monika Frydrychowicz, Dawid Bojarski, & Patryk Burdun**

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#### **Abstract**

The aim of the current study was to compare social networks among single and partnered individuals, while analyzing it in terms of social support against three constructs: 1) significant other, 2) family, 3) friends in a COVID-19 pandemic context. 125 people aged from 18 to 60 ( $M=25,5$ ,  $SD=6,63$ ) took part in the study, 79 people were in relationships and 46 were single. Participants completed the Polish adaptation of *The Multidimensional Scale of Perceived Social Support* (Adamczyk, 2013) in two versions - first with its statements, which should have been addressed based on current impressions and, in the second version, impressions from before the pandemic began. The findings revealed that participants in relationships experienced a higher sense of support from "significant others" compared to singles. The effects applied both before the pandemic ( $r_g = -0,37$ ) and at present ( $r_g = -0,33$ ). In addition, the study revealed the correlation between the choice of the significant person and being in a relationship or being single. Individuals in a romantic relationship most often chose a partner as a special person, while singles mentioned a friend. Cramer's  $V$  coefficient indicated a strong relationship: before the pandemic ( $V=0.71$ ) and now ( $V=0.77$ ). Current study confirmed previous research on perceived social support from significant others among singles and people in relationships. In conclusion, people in a romantic relationship seem to experience a higher sense of support from "significant others" compared to singles due to the choice of a partner as a special person.

**Keywords:** *Social networks, social support, singlehood, romantic relationships, COVID-19.*

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### CONNECTION BETWEEN COGNITIVE BIASES IN MANAGERS AND THE MANAGEMENT STYLE OF THE ORGANIZATION

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<sup>2</sup>*Catholic University in Ružomberok, Faculty of Education, Department of Social Work, Ružomberok (Slovak Republic)*

#### **Abstract**

This paper addresses the issue of cognitive biases in managers and their relationship to team leadership style. Cognitive distortions are understood as a destructive component of the experiential system of thought (within the framework of Cognitive Experiential Theory). The aim of the research is to identify the relationship between the manager's thinking style (constructive and destructive components of the experiential thinking style) and the team's leadership style (transformational, transactional, Laissez-faire). The research sample consisted of 44 top managers with decision-making authority. The primary findings of our research include the finding that constructive experiential thinking style is related to effective team leadership styles (transformational, contingent reward). A destructive experiential thinking style is related to laissez-faire.

**Keywords:** *Cognitive experiential theory, full-range leadership theory, the cognitive-experiential leadership model, transformational leadership, cognitive biases.*

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## **SOCIAL MEDIA USE IN THE CONTEXT OF PARENTAL ACCEPTANCE AMONG SLOVAK ADOLESCENTS**

**Lenka Ďuricová, & Vladimír Poliach**

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### **Abstract**

Background and aims: It is a major challenge for contemporary parents to deal with the omnipresence of social media in their adolescent children's lives. This study focuses on the deeper psychological contexts of problematic social media use, drawing mainly on the empirical evidence on the relationship between parental responsiveness and problematic Internet use. The aim of the study is to verify the correlations between adolescents' propensity to overuse social media and the perceived parental warmth, indifference, hostility, and rejection. Methods: The research file consisted of 1,005 Slovak adolescents (73% women,  $AM_{age} = 16.99$ ,  $SD_{Age} = 1.24$ ). The research instruments included PARQ/Parental Acceptance-Rejection Questionnaire (Rohner, 2005) and BSMAS/Bergen Social Media Addiction Scale (Andreassen et al., 2016). Results: The results indicated a weak negative correlation between the perceived parental warmth in mothers and fathers and their child's propensity to overuse social media. Conversely, parental hostility, indifference, and rejection showed a positive correlation with excessive social media use. The results are discussed from the viewpoint of gender differences as well. Conclusions: The presented findings corroborate the theories of compensatory Internet use (Kardefelt-Winther D., 2014) and basic psychological need compensation research (Deci & Ryan, 2000; Liu et al., 2016; Lukavská et al., 2020). Our findings show the need for interventions to prevent problematic social media use by helping parents to apply optimal parenting styles.

This paper is a part of the VEGA 1/0765/21 Multidimensional self-concept of the digital adolescent generation in Slovakia and its contexts research project.

**Keywords:** *Social media use, perceived parental responsiveness, adolescence.*

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## **VOCATIONAL SCHOOL DROPOUTS' PERSPECTIVE OF DROPOUT RISK AND PROTECTIVE FACTORS**

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### **Abstract**

Early leaving from vocational education is both an individual and societal problem that has been the focus of researchers' attention for over a decade, and a previous metanalytic review (Böhn, & Deutscher, 2022) indicates that former research has mainly focused on dropout drivers within the individual and less on the learning environment in the workplace, with the proportion of qualitative research being relatively limited. The aim of this study was to gain insight into the risk and protective factors of dropping out from vocational training by vocational school dropouts' perspective. This study followed a qualitative and descriptive research design stemming from semi-structured personal interviews with 12 adolescents (8 males and 4 females) who have left initial vocational training before achieving a formal qualification in Estonia. Deductive qualitative content analysis was used to analyze the data gathered through transcribed interviews. Dropping out from vocational schools was associated with multiple specific risk factors based on a dynamic framework model (Böhn, & Deutscher, 2022), while there was a clear focus on learner, learning activities, learning supportive networks and flexible career choice as protective factors and less focus has been placed on the workplace environment and contextual factors from the perspective of dropouts' own reflections.

**Keywords:** *Early leaving from vocational education, dropout risk factors, dropout protective factors, qualitative study.*

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## THE IMPACT OF PERCEIVED SOCIAL SUPPORT ON WORK ENGAGEMENT: THE MEDIATING ROLE OF WORKPLACE LONELINESS

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### Abstract

The current study aims to examine the effect of perceived social support on work engagement and the mediating role of workplace loneliness. Workplace loneliness is the feeling that one's social needs are not being met at work (Ozcelik & Barsade, 2018). Research on workplace loneliness and perceived social support or employee engagement are very scarce. Social relationships are very important in people's lives, and we have to be aware that we spend most of our time in the workplace. Therefore, if we fail to bear such relationships, we will be apt to feel loneliness. Previous studies (Jung, Song, & Yoon, 2021) showed that workplace loneliness negatively affects job performance, role conflict, and role ambiguity (Senturan, Çetin, & Demiralay, 2017). Moreover, Öge and colleagues (2018) noted that workplace loneliness and work engagement had a negative relationship. The study is based on a cross-sectional design, with data being collected from a convenience sample of 178 participants (48 males, 130 females), aged between 21 and 53 years old ( $M=30.88$ ,  $SD=9.00$ ) through the following structured questionnaires: Loneliness at Work Scale (Wright, Burt, & Strongman, 2006), The Multidimensional Scale of Perceived Social Support (Zimet et al., 1988) and The Utrecht Work Engagement Scale (Schaufeli & Bakker, 2003). Results showed that workplace loneliness and work engagement had a negative relationship ( $r=-.570$ ,  $p<.01$ ). Similarly, workplace loneliness also negatively correlated with perceived social support ( $r=-.729$ ,  $p<.01$ ). Also, workplace loneliness was found to be a strong mediator between perceived social support and work engagement. The paper shows that, by increasing the level of social support, leaders could have a strong positive effect on employees' levels of work engagement. Moreover, (reduced) workplace loneliness acts as one of the most important factors in fostering employee work engagement. Practical implications of the recent study are discussed as well as some directions for future research in the area. Future studies can improve the explanatory power of the proposed model by adding new variables that could further explain the link between perceived social support and work engagement such as work alienation, organizational commitment, or organizational citizenship behaviour.

**Keywords:** *Perceived social support, work engagement, workplace loneliness, mediation.*

## FACILITATORS AND BARRIERS IN THE USE OF DIGITAL TOOLS FOR OLDER ADULTS LIVING IN A FRENCH GENERAL POPULATION

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### Abstract

**Objectives:** In a constantly changing world, digital tools are no exception. The use of digital tools can have positive effects on young people and adults, improving their sense of self-efficacy and self-esteem. Among the elderly, digital tools can also increase their autonomy and social participation. It therefore seems essential that older adults have access to digital tools if they are to claim the same benefits. However, the literature shows that, although present in their environment, older adults do not necessarily use digital tools. The aim of this research is therefore to identify the psychological barriers and facilitators to the use of digital tools by older adults. **Methods:** The sample consisted of 13 older adults (54% men,  $Mean=68.7$  years;  $SD=6.5$ ) recruited in public organization (i.e., association, public digital space). The inclusion criterion was to be aged 60 and older. Semi-structured interviews were administered, and a qualitative content analysis was performed using the recommendations of Braun & Clarke (2006). An additional questionnaire was introduced to assess the perceived competence in using different digital tools (i.e., computer, phone, tablet, office tools, administrative procedures). **Results:** Main facilitators to use digital tools highlighted by all older participants were: (1) Receive support (i.e., family, friends, associations, tutorial), (2) Undergo training session and practice regularly, (3) To be curious and

persistent, and (4) Practicality of digital tools. However, older adults face certain barriers such as: (5) Low sense of self-efficacy and self-competence, (6) Resistance to change, (7) Stereotype threat which limit their motivation to use of digital tools. Regarding perceived competence, the elderly considers themselves competent in using the computer and office tools. On the other hand, they do not consider themselves competent in the use of the tablet, phone, and in carrying out administrative procedures online. *Conclusions:* This study highlighted that there were several psychological barriers and facilitators to the use of digital tools by older adults even when they have physical access to digital tools. Identifying them can help organizations and communities to design and develop training session that meets the needs, expectations, and specificities of this population. Specifically, these results could be translated into a practical action. The objectives of these actions would be to work on the representations that young people, adults and older adults have of digital tools. This would ultimately reduce the barriers identified and *in fine* increase the motivation of older adults to use digital tools.

**Keywords:** *Barriers and facilitators, digital tools, older adults, qualitative study.*

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## THE RELATIONSHIP BETWEEN THE NEED FOR COGNITIVE CLOSURE, EMOTIVE CONTROL AND CONFLICT RESOLUTION STRATEGIES AMONG ADOLESCENTS

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### Abstract

Interpersonal interactions may be characterized by various kinds of conflicts, disagreements, disapprovals, and confrontations. Many studies show that interpersonal conflicts are very often one of the most prominent sources of distress. Due to possible negative consequences on social relations and personal well-being, it is important to explore factors that contribute to the lack of assertiveness and destructive conflict outcomes. The goal of this research is to explore the relationship between the need for cognitive closure, emotional regulation, and conflict resolution strategies. The sample consists of 504 young people in Italy (aged 18 – 35), and they responded to a questionnaire distributed online, containing several scales (Need for cognitive closure, Emotional regulation, and conflict management styles (accommodating, avoiding, collaborating, competing, and compromising).

Multiple regression analyses confirmed the relevant role that the need for closure can have in conflict management, especially in interaction with emotional regulation. It was found that individuals with high NCC and low emotional regulation use to a higher level competing style in conflict management. In addition, it emerged that individuals with low NCC and high emotional regulation use more compromising style, whereas those with low NCC and low emotional regulation use less compromising style. Last but not least, we found that the individuals with low NCC and low emotional regulation use less collaborating style in conflict management.

**Keywords:** *Conflict resolution strategies, need for cognitive closure, emotive control.*

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## GENERAL AND TECHNOLOGY SELF-EFFICACY AMONG UNIVERSITY STUDENTS - PRELIMINARY FINDINGS

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### Abstract

Self-efficacy is an essential part of an individual in various areas of both work and personal life. According to Wood and Bandura (1989), self-efficacy is defined as “beliefs in one’s capabilities to mobilize the motivation, cognitive resources, and courses of action needed to meet given situational demands” (p. 408). A specific area in the study of self-efficacy is the area of computer self-efficacy and the related. Authors Gupta and Bostrom (2019) state that computer self-efficacy is currently “one of the most important constructs in information systems research” (p. 71). The ability to work with computers

and improves the individual's employability in the labour market, and, for this reason, technology self-efficacy is the subject of our research. The aim of the study is to assess the level of general and computer self-efficacy among university students in relation to gender, age, perceived social strata and the time spent at the computer.

The research sample consisted of 171 university students (70.76% females) aged 17-27 years ( $M=20.14$ ,  $SD=1.85$ ) of teaching disciplines (65.5%) and management (34.5%) of the University of Prešov (Slovakia). The data were collected online.

General self-efficacy was measured by the New General Self-efficacy scale (Chen, Gully, Eden, 2011), Technology self-efficacy by Brief Inventory of Self-efficacy (BITS) by Weingold and Weingold (2021). Based on the score obtained in the BITS, the respondents are divided into three groups (novice, advanced and expert), according to their level of computer self-efficacy.

Moderate positive relationships were demonstrated between perceived social class and self-efficacy, between self-efficacy and Novice and Advanced levels of technology self-efficacy. Differences were found between male and female students at the advanced and expert levels of the technology self-efficacy framework. Female students reported lower mean self-efficacy than male students. The research findings are consistent with the Acceptance Model (TAM), gender differences in the level of technology self-efficacy were also supported by previous research findings. Limitations include a homogeneous sample in terms of age and the factor of experience using, which was measured by a single item.

**Keywords:** *General self-efficacy, technology self-efficacy, university students.*

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## **SOCIAL COMPARISON, BODY APPRECIATION AND SOCIAL MEDIA USE: AN EXPLORATIVE STUDY**

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Giusi Antonia Toto, & Pierpaolo Limone**

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### **Abstract**

**Introduction and background:** According to Festinger's Theory of Social Comparison, individuals, to obtain an accurate assessment of themselves, often compare with those they consider similar. Social media provides a unique context for this phenomenon. However, users often share images that are altered to answer the phenomenon of social desirability. Individuals tend to compare themselves on social media with people more competent and popular, resulting in reduced well-being, self-esteem, self-perception, mental health, emotional adjustment, and body appreciation.

**Objective:** The current study aimed to verify the relationship between social comparison, body appreciation, and social media use in a sample of higher education teachers and students. Considering the role played by teachers in the educational context, it is essential to investigate, alongside those of the students, the teachers' perceptions in this regard. This, in fact, would make it possible to intervene on multiple levels to enhance self-acceptance and body appreciation in students.

**Method:** 699 higher education teachers (Mean age 39y., Female=82.6%) and 200 students (Mean age 22y., Female 60%) of the University of Foggia, Italy, took part in this study, completing the following questionnaires: The Social Media Social Comparison Scale and The Body Appreciation Scale-2. Pearson bivariate correlations were performed to test associations between studied variables. T-test and ANOVA were used to analyze social comparison and body appreciation in relation to the number and type of social media used (Facebook/Instagram) and between groups (Teachers vs. students).

**Results:** Overall, results showed a negative relationship between higher levels of social media social comparison and body appreciation ( $r=-.14$ ,  $p < .01$ ). Furthermore, the use of 3 or more social media [ $F=9.050$ ,  $p < .001$ ] and the use Instagram, compared to Facebook, appears to be associated with greater use of social media to compare one's abilities and opinions with those of others [ $t=-2.759$ ,  $p=.006$ ].

**Conclusions:** Results open interesting perspectives on the cognitive schemas that teachers and students construct with respect to body appreciation and social media use and how these may intervene in influencing teaching and learning processes.

**Keywords:** *Social media, social comparison, body appreciation, body esteem, higher education.*

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## EXPLORING THE DEVELOPMENT OF A CROSS-CULTURAL FLEXIBILITY SCALE: A PRELIMINARY STUDY

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### Abstract

The aim of this study was to preliminarily explore the development of a cross-cultural flexibility scale based on a view of Kolb's experiential learning theory. To design the cross-cultural flexibility scale, we modified the existing measure within the theory called the Adaptive Style Inventory, which was invented to examine how people are adaptable and flexible in a learning situation. This study utilized the idea of theoretical commensuration between the Adaptive Style Inventory and Kolb's learning style model. To achieve the aim, we chose an international graduate school in Japan as a research site. One hundred twenty-six graduate students participated in this study who belonged to the international master's program. We conducted a correlation analysis between six key variables of the cross-cultural flexibility scale and those of the cross-cultural learning style questionnaires. Results of the correlation analysis revealed that each of the six variables of the flexibility scale was positively significantly related with the other of those of the learning style questionnaires respectively. The results suggested that this cross-cultural flexibility scale may potentially become initial foundation for the further development of measurement to analyze people's flexibility in a cross-cultural situation.

**Keywords:** *Cross-cultural flexibility, scale development, experiential learning theory, international graduate students.*

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## UKRAINIANS STUDYING IN SLOVAKIA. HOW DO THEY PERCEIVE THE ATTITUDES OF SLOVAKS TOWARDS MIGRANTS?

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### Abstract

The war conflict in Ukraine has brought about the migration of Ukrainians to other European countries. This also applies to Slovakia, as a neighbouring country of Ukraine. People come for work, but also for study. However, Slovak society is set negatively towards migrants. The aim of the paper is to observe to what extent a sample of young people studying in Slovakia perceive that Slovaks see migrants as a threat. At the same time, however, we investigated to what extent the given perception of Slovaks is associated with social and personality variables: bullshitting, life orientation, Big Five traits.

The sample consisted of 136 foreign students from Ukraine studying in Slovakia (69% of women,  $M_{age}=18.91$ ,  $SD=1.91$ ). Data were collected in the second half of 2022 through the scale of prejudice among migrants, Bullshitting Frequency Scale, BFI-2 XS, Life orientation test, Scale of habitual subjective well-being. Biological sex and perceived socioeconomic status were observed as control variables. Results were processed in SPSS.20 using descriptive statistics and linear regression.

According to the results, students from Ukraine perceive that Slovaks are most worried about threats to their physical health and safety related to migration. At the same time, the perceived negative attitudes of Ukrainians towards Slovaks were predicted by the bullshitting level ( $\beta=.326$ ;  $S.E.=2.599$ ;  $p<.05$ ) openness to experience ( $\beta=-.260$ ;  $S.E.=2.152$ ;  $p<.05$ ), as well as by their own socioeconomic status ( $\beta=-.275$ ;  $S.E.=2.308$ ;  $p<.025$ )

The results indicate the importance of subjective embellishment of reality due to the need to show oneself in a better light when subjectively evaluating the attitudes of others. Coping with the migration crisis will also require diverse care in the development of social competence and critical thinking.

**Keywords:** *Social perception, students from Ukraine in Slovakia, bullshitting, open-mindedness.*

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## SELF-ESTEEM, AGGRESSION AND VIOLENCE: WHAT THE INCONSISTENCIES IN RESULTS TELL US

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### Abstract

“So, the question is: are violent people more likely to have low self-esteem or high self-esteem?” (Ostrowsky, 2010). The answer is not as simple as this question implies. What would be considered “common knowledge” is that people who are violent are people with low self-esteem. This logic was challenged in the early 1990s by a series of authors who argue that higher self-esteem is more likely than low self-esteem to be linked to violence and aggression (Baumeister, 1999; Baumeister, R.F., Bushman, B.J., & Campbell, W.K., 2000; Bushman, B.J., Baumeister, R.F., Thomaes, S., Ryu, E., Begeer, S., & West, S.G., 2009). Based on recent publications, it appears that even to modern researchers it remains a controversy. In fact, the whole concept of a violent individual is riddled with contradictions. For example, they are often arrogant but have low self-worth (Ostrowsky, 2010). The literature gives little in terms of help deciding which side to be on. But by considering the intricacies of self-esteem along with aggression, narcissism, and violence and by identifying some of the variables and mediators involved, researchers may be able to design, build, and conduct research on these topics that emits more accurate and valuable results. If future research incorporates the more nuanced dimensions of each variable that they are dealing with, it will lead to stronger evidence overall. The purpose of this theoretical review paper is not to find an answer because, as we will learn, self-esteem can be highly state-dependent, meaning the level of self-esteem can change over time based on social, cultural, and other influences. Instead, this work aims to clarify the research from a perspective that is not biased to either side of the argument.

**Keywords:** *Self-esteem, self-worth, narcissism, violence, aggression.*

## A SUSTAINABLE PERFORMANCE MANAGEMENT SYSTEM IMPLEMENTATION IN A GLOBAL ORGANIZATION: A PARTICIPATORY ACTION RESEARCH

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### Abstract

Work performance is among the main success factors for organizations. The performance management process necessary for the design of development and skill improvement plans appears to be crucial. Nowadays, the sustainable management of organizational processes and performance is inseparable from organizational values.

This contribution describes a Participatory Action Research (PAR), carried out within a leading global organization of hardware products and software solutions, aimed at promoting the culture of performance through the co-construction of a new Videndum Performance Management System (VPM) based on competencies aimed at white collars.

The need to adapt the pre-existing VPM to a constantly changing environment, which requires the acquisition of strategic competencies increasingly in line with new business needs, led the client to contact us to receive scientific support in the construction of the new VPM. After setting up a team composed of researchers and co-researchers (i.e., client), the phases necessary for the construction of the new VPM were defined. The first phase involved sharing the existing VPM and proposing a new set of competencies in line with the organizational strategy through constant dialogue between team members. Similarly, the drivers that characterize the identified competencies and the behavioral indicators that make them observable and measurable have been identified. One of the aims of the PAR was to develop a VPM aimed at enhancing excellent performance. To this end, the team developed a five-level ranking scale (i.e., poor, low, good, high, top) with respect to which behavioral indicators were formulated. The second phase involved the empirical verification of the new VPM. To this end, the researchers proposed the online card sorting technique, which involved the organization's HR department. This phase ended

with a plenary meeting of the team of researchers and co-researchers in which the VPM was perfected, and the operating manual was shared, useful for staff training on the new VPM.

The co-construction process just outlined led to the identification of nine competencies (e.g., Change agility), each defined by four drivers (e.g., Cope with uncertainty), each of which can be measured through five behavioral indicators (e.g., Embraces uncertainty in a positive way to generate new opportunities) corresponding to the five ranking levels.

The adoption of the new VPM will hopefully make the assessment process more sustainable and enhance excellent performance through more effective feedback and feedforward activities, enhancing the quality of dialogue and comparison between manager and worker in the perspective of personal and organizational development.

**Keywords:** *Performance management system, business core competencies, feedback, sustainable human resource management, participatory action research.*

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## **EXHAUSTION IN ITALIAN FUNERAL DIRECTING SERVICES DURING THE COVID-19 PANDEMIC: THE ROLE OF PSYCHOLOGICAL JOB DEMANDS AND SUPERVISOR SUPPORT**

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### **Abstract**

Funeral directing services (FDS) workers deal with the practical and bureaucratic support of the bereaved, i.e., from the management of the funeral ceremony to the handling of the procedures necessary for the transfer and burial of the body. The activities of these professionals expose them to intense emotional stress and long working hours.

During the recent pandemic COVID-19, the exponential increase in the mortality made critical the working conditions of these professionals as a greater number of funerals had to be handled. Few studies to date have examined the psychosocial conditions of FDS during the pandemic (Van Overmeire et al., 2021; Van Overmeire & Bilsen, 2020).

The present study aimed to increase the knowledge about this phenomenon in the Italian context. Following the JD-R theoretical framework (Bakker & Demerouti, 2014), job demands may increase the risk of disengagement or exhaustion, while job resources have a buffering effect, maintaining a good level of commitment and job satisfaction.

The research question was whether psychological job demands, and supervisor support could predict work-related exhaustion in a sample of Italian FDS workers during the pandemic. Differences between groups in age, length of employment, and gender were also considered. A questionnaire was administered via purposive sampling to FDS workers in northern Italy (the area most affected since the beginning of the pandemic); participation was voluntary, participants did not receive any reward, and data protection was ensured in accordance with current EU Regulation (2016/679). The study was approved by the Bioethics Committee of the University of Turin (protocol code no. 0598340). The sample consists of 142 FDS workers, 82.4% men, mean age 41.77 years ( $SD = 20.73$ ), mean length of service 13.14 years ( $SD = 11.97$ ).

The hierarchical regression results showed that psychological job demands were positively related to exhaustion, whereas supervisor support was negatively related to exhaustion; gender and job tenure were included in the model as control variables. Regarding differences between groups, older workers, women, senior workers, and on-call workers had higher scores on psychological job demands; regarding supervisor support, women reported higher scores; no significant differences were found regarding exhaustion.

This study offers new insights into the factors that contribute to the wellbeing of funeral directing service workers, one of the professions most concerned with coping with the impact of the COVID-19 pandemic. It also confirms the importance of supervisor support during difficult times in the workplace.

**Keywords:** *Funeral directing, Exhaustion, COVID-19, Psychosocial risks, JD-R.*

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## **VR-BASED MINDFULNESS INTERVENTION FOR WOMEN RETURNING TO WORK AFTER MATERNITY. DOES VIRTUAL REALITY IMPROVE THEIR EXPERIENCE?**

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### **Abstract**

Working mothers deal with various difficulties attaining work-family balance and job satisfaction. Despite the number of women in the labor force, women typically continue to be the primary caregivers of children and this phenomenon makes returning to work a complex issue for women. Maternity leave is subjective to the mothers' work experiences before and after birth, which changes based on different factors (e.g., course of pregnancy, cultural factors, employment contract). Recent studies highlight that 20.1% of women reported having anxiety symptoms during pregnancy or the postpartum period. Given this alarming data, it is important to develop concrete tool to assist women facing emotional stress surrounding maternity leave. A protocol, based on VR-based mindfulness intervention, will be proposed to group of women to understand how this technology can impact the return-to-work experience after maternity leave in reducing stress and anxiety levels.

Inspiring new areas of research have been emerging and among them, one that has stood out is Virtual Reality (VR). VR enables users to experience computer-generated environments within controlled experimental conditions. VR creates an immersive, motivating, and attention-grabbing experiences by engaging several sensory modalities.

Mindfulness can be defined as self-awareness and the focusing on one's experiences in the present moment. This practice leads to multiple psychological benefits such as the enhancement of one's attention regulation, improvements in blood pressure, anxiety, and depression symptoms. Mindfulness can be used to treat a wide range of conditions, from stress management at the work to anxiety and depression, and it has been used in many psychotherapeutic approaches.

VR-BMI has proven to be an effective method to improve one's own psychological and/or physiological status. Many studies have been conducted which examine the effects of VR-BMI in reducing stress and anxiety. Based on previous and promising studies, our interest is to examine the impact of brief guided meditations in the form of paced breathing exercises on the well-being of women returning to work after maternity leave.

The participants will be mothers returned to work after maternity leave who will be administered a training protocol comprising VR-BMI intervention (experimental group) and an audio-based mindfulness intervention without VR (control group). Expanding on the potential of VR demonstrated in previous studies, we would expect to two brief mindfulness interventions, VR-based and guided audio, would induce a greater level of state of mindfulness and a general reduction in stress and anxiety when compared to the control group.

**Keywords:** *VR-based mindfulness intervention, virtual reality, mindfulness, maternity leave, anxiety.*

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## **PERSONAL OPTIMISM, SELF-EFFICACY, AND RESILIENCE AMONG NURSES IN A PRIVATE MEDICAL CENTER AMIDST COVID-19 PANDEMIC**

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### **Abstract**

The COVID-19 Pandemic has hardly hit the health sectors and healthcare workers particularly the Nurse front liners in unprecedented ways. It effectively disrupted usual operations due to various imbued changes and restrictions. This study focused on determination of the relationship of Personal Optimism, Self-efficacy and Resilience of Nurses in dealing with the new kind of normal approach and enhanced personal control despite the setbacks. (Martin Seligman, 2006, 2007). Guided by the Martin Seligman's

Learned Optimism Theory (1990) and using the Personal Optimism and Self-efficacy Optimism Scale (POSO-E) and Connor-Davidson Resilience Scale 25 (CD-RISC-25) as tools, it was found out that majority of Nurses who responded to the survey has an average level of Personal Optimism, Self-efficacy and Resilience. Also, correlational analysis between personal optimism, self-efficacy and resiliency among nurses of a private medical center indicate moderate to high positive correlation. This implies that there is significant positive relationship between the respondents' personal optimism, self-efficacy and resiliency. The way Nurses treats, deals, and copes with any arising situation has everything to do with the level of hopefulness an individual has or positive outlook. Having such hopefulness stimulates thinking optimistically, leading to creative thinking and resourcefulness, which in effect, promotes persistence. This provides an opportunity for personal development, growth and well-being, which over time can lead to greater resilience when facing difficulties. In this regard, regular debriefing of staff regarding work, conduct of wellness activities such as exercise and meditation as exercise improves level of serotonin, dopamine, and norepinephrine which are the feel-good chemicals in the body. Trainings, programs and seminars on ways to maintain grace under pressure and improve well-being outside of work, counselling, mentoring and coaching for employees who are burnout, promote a work-life balance principle and enhance strategic planning for emergency responses and command system that aims to help nurses before, during, and after any health-related crisis are also some of the other recommendations by the researchers. (Jo Billings, et al 2021)

**Keywords:** *Personal optimism, self-efficacy, resilience, nurse.*

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## LEGAL PSYCHOLOGY

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### INNOVATE TO STRENGTHEN MULTIDISCIPLINARY WORK IN CHILD ABUSE: THE CONTRIBUTION OF AN INTEGRATED INFORMATION SYSTEM

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#### Abstract

The assessment and care of sexually or physically abused children and their families require the multidisciplinary collaboration of the medical, psychosocial, police and justice sectors. On the initiative of Youth Protection Agency (YPA) and a university hospital in Quebec City, Canada, a new program named *Services intégrés en abus et maltraitance* (SIAM; Integrated Services in Abuse and Maltreatment) was launched in 2018. Based on the Child Advocacy Centers model, the SIAM provides children, adolescents and their families with on-site integrated clinical assessment, investigation, treatment, support and advocacy services (Alain, Nadeau & al., 2016).

The success of child maltreatment interventions requires evaluation and research activities, but especially the integration of available data and expertise (Alain, Clément & al., 2022). Therefore, the multi-agency representatives involved in the SIAM were mobilized to develop, within the SIAM, an innovative information system. This system meets operation, evaluation and research needs with integrated, compatible and continuous clinical and administrative data.

This communication aims to: 1) present the main characteristics of the SIAM innovative and Integrated Information System (IIS), as well as the issues associated with its creation and exploitation and 2) present the results of the first exploratory study using this IIS and share potential advances in terms of knowledge and practices.

The sample of this exploratory study consists of 1633 situations referred to the SIAM and for which the service trajectory had ended as of December 2021. One of the main advantages of this integrated system is its capacity to follow the entire trajectory of socio-judicial services, from the moment the situation is reported to YPA until the judicial process, including psychosocial and trauma-informed support. Following the initial multidisciplinary triage discussion, 40% (n = 653) of the situations went to the police investigation stage, whereas the other 60% (n = 980) were redirected to YPA only. Charges were laid in 7% (n = 47) of the situations investigated by the police and trauma-informed support services were granted in 4% (n = 73) of all the situations under study (investigated or not). Descriptive and bivariate analyses about the situations and a comparison between the situations in which trauma-informed support services were granted and those without such support will be presented.

**Keywords:** *Child abuse and maltreatment, integrated information system, multidisciplinary (psycho-socio-judicial) trajectories, trauma-sensitive approach.*

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## THE EFFORTS OF RECEIVING PSYCHOLOGICAL SUPPORT AMONG WOMEN SURVIVORS OF DOMESTIC VIOLENCE

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### **Abstract**

This study examines how women survivors who received protection order describe their efforts of receiving psychological or psychiatric support with their (ex) husbands and how their (ex) husbands responded to attending any intervention in Turkey. Five semi-structured interviews with women who had protection order as well as attempted to receive psychological or psychiatric support were conducted. The phenomenological analysis was used. The findings revealed two major themes, including (a) feelings of being blamed and (b) the process of men's rejection or preference to participate in therapy or psychiatric support. While psychological support is critical for women and men in cases of domestic violence, several multiple factors are involved in regular attendance in psychological support for both men and women. These factors were economic problems, substance use, psychiatric disorders, feelings of being blamed, and men's insufficient responsibility. While several studies pointed out the importance of interventions for domestic violence, this study suggests that mental health and human services should consider multiple factors in the process of psychological or psychiatric support to enhance survivors' well-being.

**Keywords:** *Domestic violence, psychological support, women survivors.*

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## THE EMERGENCE OF SCIENCE IN ENGLISH COURTS AND THE IMPACT ON THE "ULTIMATE ISSUE RULE"

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### **Abstract**

The purpose of this research is to trace the origins of and rationale for scientific expert witnesses in English criminal law and to elucidate their contemporary significance and reciprocal interaction with the "ultimate issue rule." The authors explore the history of how the expert witness has become an intricate part of the English court system and how the expert witness's specialized knowledge and qualifications strongly impact case outcomes. The research methodology employed is the case study approach, both instrumental and collective. The study provides an analysis of critical legal cases, both historical and contemporary, in which a miscarriage of justice hinged directly on scientific expert testimony. Furthermore, the cases are analyzed to determine the role of the ultimate issue rule upon the weight given to the scientific expert versus the level of responsibility placed on the jury in interpreting and comprehending complex scientific evidence. The results of the case study indicate that a myriad of psychological constructs heavily influence the jury's interpretation of expert witness testimony, including various forms of bias and psychological anchoring; witnesses themselves are also susceptible to deficiencies in statistical reasoning and bias. The authors discuss the pros and cons of the ultimate issue rule, ultimately arguing that, as scientific evidence becomes more complex and the evidence underpinning the case outcome continues to evolve, justice might best be served by continuing to place the ultimate issue in the hands of the jury. Relaxing the ultimate issue rule is, therefore, untimely. The implications of the study are that novel scientific techniques are not always accurate, and the fear of questioning the validity of an expert witness causes many costly appeals. These inconsistencies, as well as the need for improving the reliability and admissibility of expert scientific evidence, are critical, especially where miscarriages of justice are concerned. Furthermore, evaluation is needed for reforms to improve the overall confidence the justice system must provide for public trust. Limitations of the study are that cases available are limited to those published cases, which are typically appeals cases, as the initial court case is typically not published in available databases. The cases selected are representative of a small slice of English criminal law.

**Keywords:** *Ultimate issue rule, evidence, English criminal law, expert witness, miscarriage of justice.*

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## **STIGMATIZATION OF WOMEN VICTIMS OF INTIMATE PARTNER VIOLENCE FROM THE JUSTICE AND LAW ENFORCEMENT SYSTEMS**

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### **Abstract**

The literature in recent years has begun to analyze the public stigma suffered by women victims of intimate partner violence (IPV), including that exercised by protection and support service professionals, as well as the repercussions of this stigma on the process of recovery from violence. The most frequent manifestations of stigma exercised by professionals, according to the women themselves, include not believing them, not taking them seriously and blaming them for the abuse, these being more common on the part of professionals in the court system and law enforcement officers. In view of the above, the current lack of explanatory models of this stigma and the cultural and legal differences between countries, this study aimed to analyze the functioning of the public stigma exercised by law enforcement professionals and the judicial system in Spain towards victims of IPV. In-depth interviews were conducted with 11 professionals from different regions of Spain working in the professional fields indicated above, 6 of them working in specialist services for women victims of IPV. In addition to the stigmatization that the participants had observed in coworkers, we asked about the stigma that could have been exercised by themselves and analyzed the stigma that was exercised unconsciously by the interviewees and that emanated in the course of the interview. All of the participants thought that the stigma exercised by professionals coincided with that of the rest of society, the severity being greater when it came from the former due to the role they had in the protection of the victims. This was often involuntary and implicit. The theoretical model that emerged from the data comprised three broad categories: Origin of Stigma (e.g., personal experiences related to IPV, patriarchal culture, etc.), Stigmatizing Myths about victims and IPV (e.g., "broken toy" myth, myth about the existence of a victim profile, etc.) and Stigmatizing Responses towards victims (e.g., being paternalistic, blaming the victim). The study detailed the associations observed between these factors and all the subcategories included in each of them, and highlighted, among other implications for research and practice, the need to design training programs for law enforcement professionals and those working in the judicial system aimed at combating stigma. We highlight the need that training programs include, in addition to theoretical content, self-analysis exercises about stigmatization in professional practice, as well as about patriarchal values, social attitudes and personal experiences with IPV that may influence behavior.

**Keywords:** *Stigma, intimate partner violence, professionals, law enforcement, judicial system.*

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## COGNITIVE AND EXPERIMENTAL PSYCHOLOGY

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### THE EFFECT OF COGNITIVE LOAD, AGE AND DRIVING EXPERIENCE ON PROCESSING TIME IN AN EXPERIMENTAL TRAFFIC TASK

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#### Abstract

The general goal of this research was to examine risk factors in traffic that are related to the individual's cognitive abilities. Attention is very important for driving, because it allows us to focus our mental activity on selected information and neglect other irrelevant ones. But, attention has a limited capacity. During driving, the driver is affected by numerous distractors that can absorb available attention resources and make it difficult to process relevant data. Accordingly, we wanted to examine how increasing cognitive load affects reaction time in an experimental "traffic" task. We manipulated the cognitive load by adding another, auditory, task to the primary visual task, as an analogy with frequent distractors while driving, such as talking to a passenger or using a mobile phone. We also wanted to examine whether the effect of cognitive load differs among drivers of different ages, given that perceptual and cognitive changes occur as people get older. But, along with age, we also analyzed years of driving experience, because research has shown that this is an important aspect of driving behavior. The sample consisted of 279 drivers ( $M=26,9$ ,  $SD=8,6$ ) who voluntarily participated in the research. There were three factors in the study: cognitive load, age and driving experience. Reaction time was measured in an experimental task from the traffic domain, that was created in Psytoolkit online platform. The obtained results show that there is a main effect of cognitive load on reaction time. Subjects who had an additional task had an extended reaction time in the traffic task. There is also statistically significant interaction between cognitive load and age. When the cognitive load of a new task increases, younger drivers (younger than 33) react more slowly in the traffic task, while this is not observed in older drivers. An effect of driving experience on the RT is statistically significant. Subjects with the least driving experience have the shortest reaction time. The obtained findings indicate differences between drivers in cognitive information processing mechanisms and can be explained by the attention capacity model.

**Keywords:** *Cognitive load, driver attention, age, driving experience, processing time.*

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### STUDY ON THE RELATIONSHIP BETWEEN CREATIVITY AND BOREDOM

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#### Abstract

The connection between creativity and boredom has received attention from researchers, but with contradictory findings on whether boredom has a positive or negative influence on creative outcomes. To examine this issue, this study investigated how the state of boredom affects creative performance, assessing four dimensions of creativity: fluency, flexibility, originality, and elaboration. There were 25 participants, half of whom completed a boring task before completing a creativity task. The results suggested that the influence of boredom on creativity varied depending on the dimension of creativity. The study highlights the importance of specifying dimensions of creativity and suggests that taking on tedious tasks may help individuals achieve more creative performance.

**Keywords:** *Creativity, boredom, dimensions of creativity, Japan, university students.*

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## RELATIONSHIP BETWEEN APATHY AND COGNITIVE FUNCTIONS IN PARKINSON'S DISEASE

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### Abstract

Although apathy and cognitive impairment are among the frequently reported neuropsychiatric symptoms of Parkinson's disease (PD), the relationship between apathy and cognitive functions in Parkinson's disease has not been adequately explained. In this study, we aimed to reveal the relationship between apathy and cognitive impairment by evaluating the cognitive functions of PD patients with and without apathy, using neuropsychometric tests. The inclusion criteria for this study was diagnosis of PD according to the criteria of "United Kingdom Parkinson's Disease Society Brain Bank". Patients were distributed into groups based on their AES scores (cut-off point=38) and NPI Apathy subscores, together with the clinical evaluation. PD patients with apathy (n=32) were assigned to the a+PD group, and PD patients without apathy (n=45) to the a-PD group; age, education level, HYS and CDR stages were matched. The cognitive functions of the patients in both groups were evaluated using the following tests; personal and current information subtest of the WMS, orientation subtest of WMS, verbal fluency tests, abstraction skills tests, Stroop Test Çapa Version, Clock Drawing Test, visual memory subtest of WMS, logical memory subtest of WMS, Öktem-VMPT, BNT, BFRT, Yesavage GDS, NPI and MMSE were used. For the evaluation of the motor and non-motor clinical symptoms; the UPDRS, HYE, UM-PDQ, and RBDSQ were used. Independent Sample t-test was carried out to compare the normally distributed variables between the PD groups with and without apathy, and for the non-normal distributed variables Mann-Whitney U test was utilized for comparison. Results of the statistical analysis showed, in PD patients with apathy; depression scores are increased; orientation and abstract thinking skills are impaired; and attention span, verbal fluency, performance in visual and logical memory tests, and cognitive flexibility are decreased. Overall, these findings suggest that clinical and cognitive features of PD patients with apathy differ from PD patients without apathy; and multifaceted decline is observed in neuropsychometric profile of parkinsonian apathy.

**Keywords:** Apathy, cognitive functions, neuropsychological assessment, Parkinson's disease.

## NON-BIASED CFACS MEASUREMENT TOOL: FROM IDEA TO SOFTWARE APPLICATION

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### Abstract

We would like to draw the readers' attention to our method of precise facial expressions analysis. Our research pursued two main objectives: (1) developing the methods and algorithms for the direct evaluation of facial expressions using computer vision (CV) technology; (2) creating software for conducting empirical research in psychology and related subjects. We have developed an authentic implementation of cFACS (Rosenberg, Ekman, 2020) as an approach to computer facial expressions analysis. We would like to stress that at present, the neural network approach is de facto dominant. The approach is based on the basic emotions concept, and on the assumption that a neural network can be trained to recognize emotions using a respective set of pictures, or, more rarely, videos. In our opinion, implementing this approach is limited (Baev et al., 2021). We have applied a comprehensive approach to the analysis of facial activity, based on detecting and analyzing time-defined FACS action units' (AUs) combinations. The chosen approach has obvious advantages: 1) employing AUs as facial activity analysis

units; 2) the feasibility of assessment of individual features of facial activity; 3) racial and age biases becoming irrelevant. While developing the software, two major methodological principles have been used: 1) the direct assessment of facial surface movements aiming to detect AUs, coupled with the deliberate rejection of employing neural networks for facial events classification; 2) modelling an expert's perception of facial surface movements' peculiarities while detecting certain AUs, taking into account the general topography of facial surface movements. We have developed the EmoRadar software, using our proprietary CV procedures that allow us to evaluate facial surface changes in the areas corresponding to different AUs. In the process, there was created a system of rules, based on which the "raw" data on lighting changes transform into surface movements, and those, in turn, convert into AUs, and, further on, into basic emotions and patters of facial activity. In the course of our software's empirical verification, the method of automated analysis of job interviews was created. We have also performed automatic evaluation of video recordings for forensic psychological examinations and analyzed participants' emotional dynamics, participating in the "SIRIUS-21" project of the Institute of Biomedical Problems of the Russian Academy of Sciences. We believe that the implementation of the above-mentioned principles of the direct approach to facial activity registering and the comprehensive approach to its analysis provides tangible advantages:

- High accuracy of facial surface movements assessment.
- Feasibility of conducting all kinds of facial analysis (basic emotions, basic emotions emblems, facial activity patterns) based on reliable allocation of 22 main AUs.
- Complete absence of racial bias.
- Feasibility of assessing children's facial activity (up to 5-7 years old).
- Independence from theoretical approaches to the facial expressions analysis (P. Ekman, K. Scherer, L. Feldman Barrett, H. Oster).

**Keywords:** *FACS, emotions, affective computing, facial expressions, computer vision.*

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## **CONSUMER DECISION-MAKING AND PSYCHO-SOCIAL WELL-BEING: EXPLORING THE ASSOCIATION IN THE SOUTH AFRICAN URBAN CONTEXT**

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### **Abstract**

Urban populations' significant growth results in larger market environments and complex decision-making. Various factors influence decisions, of which the social environment is an important role player. Informed decision-making is essential for good overall well-being; however, whether a relationship exists between consumer decision-making and psycho-social well-being is questioned. Correlational research with an online survey determined South African urban respondents' decision-making styles and consideration for future consequences of medium to high-risk products such as household equipment. These consumer decision-making components were brought into association with psycho-social well-being variables as operationalized with the Mental Health Continuum – Short Form and the Satisfaction With Life Scale. Results revealed associations between consumer decision-making and psycho-social well-being indicators, which can inform scientists and practitioners about client profiles that may be considered in future planning. The association of decision-making regarding certain products with the quality of and satisfaction with life provide new insights through this multi-disciplinary research study.

**Keywords:** *Consumer decision-making, immediate and future consequences, mental health continuum, psycho-social well-being, satisfaction with life.*

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## PSYCHOANALYSIS AND PSYCHOANALYTICAL PSYCHOTHERAPY

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### AGGRESSIVENESS AND ASSERTIVE BEHAVIOUR

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*Daugvapiļs University (Latvia)*

#### **Abstract**

Assertiveness can be described as a phenomenon that involves assertive expression of ideas, feelings and boundaries while respecting the rights of others, while maintaining a positive impact on the partner. Assertiveness is an important component of professionalism in professions that are related to work with people. The opposite of assertiveness is aggressive behaviour. The purpose of this study is to establish the ratio of assertiveness and aggressive behaviour of respondents of different behavioural groups and to explore its relation to the age factor. The participants of this study were student – teachers from the regional university of Latvia. The entire sample was divided into two groups based on age. The first group included participants under 30 years old. The second group was comprised of participants in the age group older than 30. Based on the results gained in the assertiveness test, the subgroups of so-called passive, assertive and aggressive respondents were singled out. The second test determined the structure and the level of aggressiveness of respondents in each of the selected groups. The results indicate that aggressive behavior is inherent in representatives from each group. The difference lies in the ratio of assertiveness and aggression, as well as in the degree of influence of self-aggression in the overall structure of aggressiveness of an individual.

**Keywords:** *Teachers, assertiveness, passivity, aggressiveness, self-aggression.*

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### MENTAL HEALTH DIFFICULTIES AND RELATED PERSONAL FACTORS (ACCORDING TO PEOPLE DURING COVID-19 PANDEMIC)

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#### **Abstract**

This paper aims to scrutinize people's mental health issues (stress, anxiety, and depression) in the conditions of the Coronavirus pandemic and personal factors linked to them: unique traits, maladaptive cognitive schemes, and defense mechanisms. Through an online survey, we gathered information from 343 individuals aged 16 through 73. We used self-report questionnaires including DASS-21, Hexaco, maladaptive cognitive schemes, and defense mechanisms. Statistical analysis of the data revealed that women, young people, single individuals, and people with low income and poor education level report to have experienced more psychological distress during the pandemic. Also, the study results show that mental health difficulties are positively related to maladaptive cognitive schemes, immature and neurotic defense mechanisms, and Emotionality while negatively correlating with mature defense mechanisms and personal traits such as - Extraversion, Agreeableness, Conscientiousness, and Honesty-Humility. According to the study, there is a positive correlation between maladaptive cognitive schemas, neurotic and immature defense mechanisms, and Emotionality. Mediation analysis has shown that the personal trait "emotionality" partly mediates the link between maladaptive schemes and mental health difficulties.

**Keywords:** *Maladaptive, schemas, defense, mental, traits.*

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# **WORKSHOPS**



## CLINICAL PSYCHOLOGY

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### KIDSTIME AND MINDFUL SCHOOLS: SOCIAL INTERVENTIONS FOR CHILDREN AND ADOLESCENTS FROM FAMILIES AFFECTED BY PARENTAL MENTAL PROBLEMS<sup>1</sup>

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#### Abstract

About one in five children lives with a parent with a mental illness. These children bear high risks of developing an own mental illness and usually face a lot of obstacles like stigma, social isolation and feelings of guilt. Many of them take a role as a young carer, thus taking over more responsibilities within and outside the family than they can really bear.

The workshop will introduce children of parents with mental illness (COPMI) as a group and explain the impact and risk factors of parental mental illness on children. We will provide examples of approaches that can help children in this situation, using the KidsTime Workshop model as a case study. We will describe the approaches and methods of the KidsTime practice model and explain how a combination of family therapy and systemic therapy influences, together with drama, can create an effective multi-family therapy intervention.

It will describe the impact of the KidsTime model, including testimonials from children and families, and highlight the evidence in support of preventive approaches, as well as the barriers to securing investment for these interventions. The workshop also shows a concept of how to better address mental health in school contexts, this presenting a generic approach to raise resilience within a whole-school-project. The workshop will conclude with recommendations for practice.

**Keywords:** *Parental mental illness, resilience, stigma.*

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<sup>1</sup> The following have participated in this work: Marta Coromina, psychiatrist, Parc Sanitari Sant Joan de Déu; Irene Ardévol, clinical psychologist, CASM Benito Menni-Sisters Hospitallers; Fernando Lacasa, clinical psychologist, Hospital Sant Joan de Déu; Teresa Ribalta, clinical psychologist, Fundació Orienta, Núria Grasses, clinical psychologist, Parc Sanitari Sant Joan de Déu; Miriam Fuentes, clinical psychologist, Orienta Foundation; Carme Saltó, clinical psychologist, Parc Sanitari Sant Joan de Déu; Trini Sánchez, social worker, Orienta Foundation; Olga Pérez Ibáñez, clinical psychologist, Parc Sanitari Sant Joan de Déu, Barcelona, SPAIN.

## LEGAL PSYCHOLOGY

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### "BETRAYED INNOCENCE" - PRETRIAL SEX OFFENDERS AND VICTIM PROTECTION

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#### **Abstract**

The National Center for Missing & Exploited Children /NCMEC, reported that in 2011 the number of registered sex offenders in the United States had increased by nearly twenty-five (25 percent in the last five years. The total documented in the most survey was 747,408, up from 606,816, in 2006, the first year that NCMEC did a count.

In 2015, 12,377 registered sex offenders reside within the geographic boundaries of Los Angeles County, Los Angeles, California, USA, with a recorded 2020 census population undercount of 10.04 million individuals. This workshop presentation lecture is an outcome of selected professional experiences by the presenter, gathered from 'one-on-one' forensic interviews of an estimated five-hundred (500) pretrial adult defendants charged with sex crimes in California, USA.

An outcome of original research conducted in 2017 involving 'data mining' of three hundred, seventeen criminal (317) adult cases, it is designed to enhance the safety of loved ones against the exploitation by pedophiles and sexual offenders that we encounter in our everyday lives, and on 'social media' on the Internet. By understanding the relationship between the sexual offender and his, or her, victim, and by applying the 'JIMENEZ TRIAD', to case information amassed from sexual crime reports and suspect interview data, the workshop participant may learn to crystallize information that he, or she, may already have some knowledge of, but lack the ability to apply 'In Vivo' in order to prevent, or minimize potential victimization.

**Keywords:** *Sexual offenders, sexual abuse, recidivism.*

#### *Disclosure*

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