# Psychological Applications and Trends 2023

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# **FOREWORD**

Dear Participants,

This book contains a compilation of papers presented at the International Psychological Applications Conference and Trends (InPACT) 2023, organized by the World Institute for Advanced Research and Science (WIARS), held in 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 themes and sub-themes. The conference proceedings and program include six main broad-ranging categories that cover diversified interest areas:

- CLINICAL PSYCHOLOGY: Emotions and related psychological processes; Assessment; Psychotherapy and counseling; Addictive behaviors; Eating disorders; Personality disorders; Quality of life and mental health; Communication within relationships; Services of mental health; and Psychopathology.
- EDUCATIONAL PSYCHOLOGY: Language and cognitive processes; School environment and childhood disorders; Parenting and parenting related processes; Learning and technology; Psychology in schools; Intelligence and creativity; Motivation in classroom; Perspectives on teaching; Assessment and evaluation; and Individual differences in learning.
- SOCIAL PSYCHOLOGY: Cross-cultural dimensions of mental disorders; Employment issues and training; Organizational psychology; Psychology in politics and international issues; Social factors in adolescence and its development; Social anxiety and self-esteem; Immigration and social policy; Self-efficacy and identity development; Parenting and social support; Addiction and stigmatization; and Psychological and social impact of virtual networks.
- **LEGAL PSYCHOLOGY**: Violence and trauma; Mass-media and aggression; Intra-familial violence; Juvenile delinquency; Aggressive behavior in childhood; Internet offending; Working with crime perpetrators; Forensic psychology; Violent risk assessment; and Law enforcement and stress.
- COGNITIVE AND EXPERIMENTAL PSYCHOLOGY: Perception, memory, and attention; Decision making and problem-solving; Concept formation, reasoning, and judgment; Language processing; Learning skills and education; Cognitive Neuroscience; Computer analogies and information processing (Artificial Intelligence and computer simulations); Social and cultural factors in the cognitive approach; Experimental methods, research and statistics; and Biopsychology.
- PSYCHOANALYSIS AND PSYCHOANALYTICAL PSYCHOTHERAPY: Psychoanalysis and psychology; The unconscious; The Oedipus complex; Psychoanalysis of children; Pathological mourning; Addictive personalities; Borderline organizations; Narcissistic personalities; Anxiety and phobias; Psychosis; Neuropsychoanalysis.

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 with the full content of the accepted submissions of the International Psychological Applications Conference and Trends (InPACT 2023). We hope that this book of proceedings 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!

Lasty, 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**

# 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-facetted 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.

# **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.

# SPECIAL TALK

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

# **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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